

Common Symptoms

Visual health is more than just seeing clearly and it is more than just healthy eyeballs.

Visual health is concerned with the entire visual process: from the image entering the eye to the processing of the image by the brain to the output of eye-hand-body coordination.

For many people with learning disabilities, brain injury or focal infection, the information entering the brain can be overwhelming. The brain may not be able to process all the input so it ignores a large portion of it.

This leads to a variety of symptoms:

- Decreased reading skills
- Difficulty moving through space
- "Fuzzy thinking"
- Dizziness
- Depression, lethargy
- Poor night vision, light sensitivity
- Agitation, irritability, frustration
- Chronic fatigue
- Difficulty staying on task
- Poor concentration
- Poor memory
- Headaches



The journey into Phototherapy and Vision Therapy began for Dr. Wazny when his father suffered a traumatic head injury leaving him unable to concentrate on the simplest of tasks, or even walk without a dizzying sensation. Headaches and seizures virtually became a daily occurrence.

After 11 years of heartbreak concerning his dad, he happened upon a group of doctors doing phototherapy, whereby LIGHT becomes the medicine. In conjunction with vision therapy, he was able to help his father return to a normal, symptom-free life in less than 3 weeks!

He has expanded the program to assist patients suffering from head trauma, stress induced visual depression, chronic fatigue and other causes that decrease vision and brain function.

For further information, we recommend:

--- BOOKS ---

"Light: Medicine of the Future" by Jacob Liberman

"Total Vision" by Richard Kravner

--- WEBSITE ---

www.syntonicphototherapy.com



For Better Visual Health

The Eye-Brain-Body Connection

PhotoTherapy and VisionTherapy



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Visual Processing



Vision is a process which includes seeing, focusing, evaluating an image, comparing it to previous images and assisting the body to orient correctly in space. All functions need to work efficiently.

It is estimated that 80% of all information entering the brain does so through the visual system. There are approximately 200 million impulses through the optic nerve each second.

Fortunately for most of us, the brain can handle the workload. But for some patients their brain cannot process that much information. Because of brain injury, learning difficulties, emotional stress, physiological stress or improper visual development, these patients find it very frustrating to deal with all the stimulus their environment throws at them.

They find ways to adapt, often unacceptable ways. The brain learns to ignore the overload. They miss out on vital information for functioning efficiently. Behavior often becomes less than desirable. Learning is greatly compromised. The brain cannot handle all it needs to.

The good news: the brain is very 'trainable'; it can be trained to function more efficiently.



PhotoTherapy



Light is a nutrient. Specific colors (light frequencies) can assist the body to heal and work efficiently. Different frequencies affect different parts of the visual pathway and, in turn, assists the brain to process more with less stress.

The use of light for healing has been around for many, many years. We evolved as "outdoor" people which meant we received "full spectrum" light from the sun. The body requires all the frequencies of light. It can, also, be shown that some of the light entering the eye is not used for vision but rather to control and modify our body's response to its environment. Light helps us control our body temperature, breathing, and many other aspects under "automatic" control.

Phototherapy makes sure those pathways are functioning properly. It assists the body in healing damaged pathways or creating new pathways, particularly in the visual system. Phototherapy expands the brain's ability to deal with more impulses without adding stress to the system.

In conjunction with vision therapy, phototherapy helps the visual processing of the brain quickly become more efficient.



Vision Therapy



A necessary step toward good visual health is the ability of the eyes to point, move and focus properly. Vision Therapy works to enhance the neuro-muscular processing of the eyes and their muscles.

Vision Therapy is much more than eye muscle exercises. Our therapy programs are designed to improve visual function and mental efficiency. While the patient is working on a particular area of vision we are constantly monitoring their progress and continually challenging them.

We work on the 5 F's of efficient vision:

Focusing - having a clear image at all distances

Fixation - quickly and accurately locating objects in space including words on a page

Fusion - using both eyes together as a team and having efficient depth perception

Fields - monitor and interpret what is occurring in the entire field of vision

Flexibility - the ability for the entire visual system to respond quickly and accurately even when stressed

In addition, we work on improving memory, visualization and mental skills.

