

SYNTONIC OPTOMETRY

By
M. N. Spigel, O.D.

A knowledge of neurology helped me realize the value of Naturopathy Physio-therapy in the care of eyes. Since the optometrist is a drugless refractionist, it seemed logical to me that an Optometrist, in order to give adequate professional service, should do more than just fit and sell glasses and dispense prescriptions of Oculist.

My experience and success in physiotherapy led me to keep step with the new developments in that field, the use of chromotherapy and syntonics. I sincerely believe that Syntonics has great possibilities in the care of all ocular disorders. Syntonics will often effect results after medication and glasses have failed. During my forty-three years of office practice, Syntonics has produced by far the most outstanding results. I have found this especially true in hyperopic cases of the emotional nervous hypertension type with spasmodic accommodation. These cases are usually patients in poor physical condition with glandular disorders, Goiter, neurotic trouble, high blood pressure, heart trouble, toxic and nutritional disturbances.

For many years I have been deeply concerned about these hyperopic cases, which in my opinion, represent the most seriously neglected patients with normal visual acuity or a little better.

Their eyes are generally under corrected from one to two diopters and are neglected because of the false impression that 20/20 vision means normal healthy eyes. I am certain that these types of cases represent a problem case to most optometrists and oculists. Such cases may be accompanied by Nystagmus, Locomotor-Ataxia, Twitching of the face and blinking of the eyes, drooping eyelids, etc.

Orthopic, Visual training, Physical Exercises or Stimulation of any kind should be avoided. Placing an additional stimulation of physical and mental strain on the patient will increase the spasm of accommodation (hypertension) and the phorias will vary (as in high blood pressure) from day to day and often, from hour to hour, so much that no very determinative diagnostic data could be obtained from the phoria test. Patients of the above condition, frequently find it impossible to relax completely. Therefore, they find it very difficult to accept or tolerate the full measure of the static retinoscopic finding at one meter.

Use of Syntonics: Will relax tension as of the above condition by dilation of the small-blood vessels, motor, and sensory nerves. When the motor and sensory nerves are completely relaxed, or when there is no longer any effort to overcome Hyperopia by accommodation, the patient will accept the static retinoscopic finding with very little difficulty. For the extreme cases of nervous tension in addition to

SYNTONIC OPTOMETRY

correcting the errors of refraction, I request rest and regulation of habits and give three or four series of the Syntonic relaxation methods, to relax tension, to relieve spasmodic conditions, ciliary spasm, locomotor, Ataxia, Twitching and blinking of the eyes, Nervous headache, eye strain and fatigue-exhaustion, before I prescribe glasses.

If the patient does not find it convenient to take Syntonics, I find it advisable to prescribe temporary lenses and change them from time to time as part of his professional service, in the manner similar to the family physician who changes his prescription as the patient improves.

Syntonics has proven to be the most revolutionary, modern, forward step in the reconditioning of the entire ocular nervous system. Syntonics presents far reaching advancement opportunities in a specialist's field of importance to those engaged in the relief, correction and removal of visual difficulties.

The practice of syntonics is a fascinating and absorbing one, and fits in splendidly with optometry. There is much yet to explore in optometry, and the opportunities are unlimited in the use of Syntonics.

Rehabilitation or Syntonics does its work by building up and rejuvenating weakened nerves and muscles. It creates new reservoirs of readily available energy. Weak eyes are toned and invigorated. Half dead tissues are brought back to life. In eye practice supposedly incurable cases have been restored to usefulness, cloudy vision clarified, cataracts dissolved, strabismus (cross eyes) straightened, Toxic Amblyopia, Hyperopia with low visual acuity, over-corrected myopia, high myopia, progressive myopia, and subnormal vision. Use of syntonics has proved to be very satisfactory for 85% of the above cases in the prevention of blindness.

The former Editor of the Journal of the American Medical Association Dr. Morris Fishbein has said: "Perhaps the most striking trend in modern scientific investigation of the cause and cure of disease is the amount of attention being paid to the effects of light." Dr. Ernest J. Stevens, the world's acknowledged leading Pioneer Chromoscientist made this statement, "Syntonics constitutes a natural scientific correctional system that has deservedly acquired the appellation, "Natures Health System Supreme".

M. M. Spigel. O. D.
Richmond, Va.