

#2

BOOK TWO



Helping you
to focus better

crystalens® vision workbook
"your road to visual rejuvenation"



crystalens®
see young ... be young

GARDENING

J N D F F A M R O E F M U F Q Y D J Q O D
O W T B E J S R I V H Q M M G G Q Y A P I
S X V U M F S O I M F V A E U K K N J W
O Z A G I M J L Q F F F G U W P B E K G Y
Y B C V M L X V O P U J P C R P G N T E
D S Y U U M S P L C G R B S M H Q D S F T
E P I L E R X H U B R Z E K B N X K K E G
E J W T O N S R E T A W H F T C K L B R I
S K X I O R J H H O N J S Z K C Q B H T
S U W I V D Z U O O N F Q N C G Y S C P I
L M X Y A I H S E U N I R C Q P X L W Y
L F R X Z T A U N L O U O I X O L U O U B
I I H A E E N E N S C K Y I M Z M Y S K
U Z A S R B U A G T Y U U R N L N G E B I
J E R A R T L M A L C V Z H S I O O K T
X I V N D U N M K M S P H O T X J W H K O
T E W A V Y A E A H X W D E E W P U Y I C
B Y N H I H L W P S I Y G O K C I M P Q D
N C R F M J P R Y Q Q D P G C O M L M T
Z C U T U D U R

Cultivate

Fertilize

Hill

Hoe

Mulch

Plant

Season

Seed

Sow

Stake

Water

Weed

1950'S SINGERS

C P V O Y X E P O T D Z Y E T A Z H U M
R S I H T A M Y N N H O J L N S M B H H
G E O S Y M U E G C C T R S B I D F U W
B E E G L D H O G I X E J I X M P N D I
K X N S L Y E M P P W D D R S F W G B E
Y E N O O L C Y R A M E S O R D N O D R
R N O W H C W K K F D K F A K O A D P I
N C G Q Y B X T O W O U N A R F I Y H K
I X Y T D K E N T D C K Y T D E C C O C
T X D T D G I L D D I E S Z F T O X Q H
R T W O U X D Z V E R M O I O X R Z B U
A W P N B S O H A I R T S Q U T X K J C
M B D Y W R V V L A S H D R Z F G W A K
N H K B S X A Y S Q E P T L N Z C M P B
A R K E W L J I C R O C R W D E W Z L E
E X M N O U U S N E L A V E I H C T I R
D Y O N C O Y Y W E E H Q Q S B I E O R
M H A E L F N A T K I N G C O L E U Q Y
N G I T K A Y S T A R R M P C N E G U Q
P K P T X W E G U D P H F D S P U Y W R

Buddy Holly

Chuck Berry

Dean Martin

Doris Day

Eddie Fisher

Elvis Presley

Frankie Avalon

Johnny Mathis

Kay Starr

Louis Armstrong

Nat King Cole

Ritchie Valens

Rosemary Clooney

Tony Bennett

ZOO ANIMALS

D J X N M K N L N C W N G P E W M U T A
C F P B G V P I J T A P R P L O G U L S X
D V M V N U I X F Z G J K N Z Q V I K D N
D K O G J W U J T N N K E O K A M A Y U X
D N O G Z R R N T E B E F M D N A D D G
E U P N Z V L O Y R J J T M N G J B Z P
H G Z T A D D H A W A C W V A G Z S U E K
M J Z D L R O I D G M J M P T H E I Z M I
E S F O P E Z D H A X K S H E V T P R A
I R I E D O G T E F F A R I G F K I P O D
P V A G D X Z N E O H U I J S C H I R E G
I T W L P C N A C Y L X D X V L Q W A B
G Z C L B C O I H R I G V O U K T N M C
L G F Y Y R Z S P F U K V G L R D U M A W
I Q O T X E W L E Z U W R D X L G W N L Z
O S X A W N J Y L I R U O N Z H B N R L O
N L U L D I J T E C Y E U Q Z T M G Z B E
W M W D F U G K Q T K T U A G H J L D D
Q T R Y G X A H U E M J F Z L R A E B R
A L O P O H A K

Elephant

Fox

Giraffe

Lion

Llama

Monkey

Ostrich

Panda

Penguin

Polar Bear

Prairie Dog

Seal

Tiger

Zebra

COOKIES

G Y D V I D G C L O M X U G N D V E K G B
N I H X M M E K Y B G O R O E E K W D C
P G E Y V J L L I I S S U L P A X P N I U
T Z R J O P O E I E B Q K D I H R A F X
F Q P C P M D Q J L L O Z H G B U Z G B
E C Z M W I A E E G F F J W O M X T S B
N H R A W E H C F I K G D A W M N M N Z
D R H C B W H C S F I K T B O F V M L Y T
I P A K O Q O E P F M S Y L U W H S G O S
N R C R X J P T E X J R H U U B W Q L T
H O O K I R D A A V F T N O F I J I X M L
O C Y G X L W X L R K D I K S K D J A P
N O C F G S Y B E O N O Z Z C B P T S W
N N T I S L U E Y Q C F J B O B E A I R C
U V Z V M D G I I Z O D D T E K X G W G T
R X I O N O A F E A H J T G Q R P E A N U
T B U T T E R K J R C I B V T S H R R T
S Y B Z R O O S A F J I A S F T I K F F C
X F N E X P I E I T P A N C Q S M T H R
S L D P L W C S R H A

Biscotti

Chocolate Chip

Christmas

Coconut

Double Chocolate

Fig

Macaroon

Oatmeal

Peanut Butter

Sugar

PIZZA TOPPINGS

C B I M E D S L P Y Z Z S C L T B J O Y
G H N F N A P G K G M Q Q Z V A C P N R F
U E S X I T J I C A Y S L C T E U I Y S
J H E A S B G T L H I E O V L V K O Z D E
F C S H E G T N N V N S L N X D N A U K
I L I E C G I O J C H M R H O O P W S V U
V E N T H R H E U M O F T V Z P A E W P
N O U C E I S G P R O F W T M V H O V T K
M H P K A C L K S R E P P E P B T M U U
E P C U F C K G A H V M Z J Y K A Z V O
E L S N K K Q E Q S M S B G G D M K A P
E A P F A V F U N U M E J J O O O O N A
G W X P C R Q E J M Y V C Q U M T T L E J
P H F A K K J E H P I Q Z C Z H L A U V C
I H B E L F U B U L P R C B T S K A K F E
Y N Y N J K R M O M U A J Y H M J X D W Z
K Y K I I V D X G J A Y F S V H G V Z W
A H H V P W C S D M O D S I O E Y Z T X Q
F E B C O B I Y E T K V P Z C M E I R Y D
W J I I Y L X R V J

Anchovies

Bacon

Beef

Cheese

Chicken

Ham

Mushrooms

Olives

Onion

Pepperoni

Peppers

Pineapple

Sausage

Tomatoes

GAME SHOWS

U J E L Z W N L M A T C H G A M E A G G
K C S X G I H D E F L R H D B L X N O S A
R A E O J V L G E C I D O K B B K N P M
P R Y M T B U U N G K U U R F U Y G Q J V
H K D B V Y B H E O E B H H P N S I U C
P J A R R S R Y W H F L H F L O H A S G
H R P P O O D Y Z F Y E D P X I O F X K C
C D K L W Y G U B L D H A Y T W X Y S T
Z U L Z D S B F O I A P J C A P E O D A C
E S P T A S W C M R H R I R D X J Q C R R
N K V L T A X A E F S R T K R B K S U R
T B R N V I P F C L L V N M R G L J P Y O
L G A B D N L W H A Z E I X W P N K V R R
H A H D S G F C Q F C C P K W C V D M C G
W E S U V G J X S N Z P L M M K F W B A
O F S D X Y A N U O D G E M A G D E W Y L
W E N R O S M S C W D R T D V J A T U I
K G I V A N W E J R F G A D O S B B J I
P Z O X N C N S F S K V W T A V H P J E
O P A R D Y Q W X W Y

Card Sharks
Catch Phrase
Concentration
Dating Game
Double Dare
Family Feud
Gong Show
High Rollers

Jeopardy
Match Game
Newlywed Game
Password
Scrabble

NHL (WESTERN CONFERENCE)

REUQC ANGYRQ J N K L U O P E O
W I A D K U K N T F A Z J J W I G Z F C K
Z W K U B V Y G R H L C Z L V Y G U H S I
F B M L U B L U E S L E A X C U L I W K
J W B J D V S P P M R B V I Z J H E X S W
H L M I E G Q A S H N A K R P K F M H B
A I M T T W O O S K I L K R X S T B A V L
H O M H E V M B Y C A J W Y O L L R R G
Y K P H L R P E P C N Y B Z K X U K K O
Y W C D V B R K Z A C F J I R S E S C N
E Z L A Z V E P M N H S Q X O F J M W L
P I O T L R D W G U E G T F U C A P R B W
H R H G B A U F C F K N A M K C W J F H
I B M U U T Q T K B L N K R Q K B G S R S
Z M Z P O Y A S N I A N N S E R R P W F G
T Z K R S K C U D W M I G T K P T I J G N
A K S C C W H D Y I E M S X J E D W Q L I
G P K D C N Q X O G S C R E D W I N G S K
O B Q B T U G T H F I H T Y E Q B Z M D H
B N O I M P J J G

Avalanche	Kings
Blackhawks	Oilers
Blue Jackets	Predators
Blues	Red Wings
Canucks	Sharks
Coyotes	Stars
Ducks	Wild
Flames	

THE MALL

Y X B J N F C S A S C M A K Q O U J J C
Z Y F R I X F C Y V X R O X E I I C H T E
D R I D R D F I R I C P S R K V H B A X N
G N P D J S W M H D V S S S E U G L O L
P B R W E R E E X V O T R V U G C B A E A
R T S I F Y H Q Z G G R O D F E O M U D O
X O N E G A M I R E P R A H S T T G N O B
I T O L W K E A M Y A W I A S Z U P K Y
O F Q I D I N X L M W C V B U O P Y S M J
L R V T N B I M E S F I H F N W I T I E N
J W T A A T Y F K R M P A C X M O F G S
D A U U N C A G Z Q G A A T S Y N A G Z Y
L T W J I E J L N E P V E R T E M O L J H
A X J H M E M K Q Y P P R F P N O R D S T
R O M S U K B V R J K L Y X R R I K U E F
O X T C L N C U R P O T T E R Y B A R N
H C A O C L A S L I F K Q I I Z G A J B M
C Z Y Y A I Y U V O R L G V F T H Z Y Q
B O R D E R S T E W O Z Q I I L W Z S J A
V K L Q G Z A

Ann Taylor

Borders

Brookstone

Coach

Godiva

Guess

Illuminations

Koch Eye

Nordstroms

Papyrus

Pottery Barn

Sharper Image

Swarovski

Talbots

Yankee Candle

DOGS

O Z T O F L H D N U O H Y E R G I T Z J P
E L W Y L B H H I D H V R B D O T F Q E Z
Z G D O K Y P X V H D O L X V A X C M Z
B Y H H D B P P P J O D B M C R S H F R E
T R I E V E R N L B A R W X X J T O O X E
Z M E N A D T A E R G Z O K S B X P F L I
G O Y D M Y P R B P Z D Q H I Y K S U H L
G A N J A K M A H K M R E Z Y S G O C M
L B I N A J A L J C G S P J U F M L W K E
O Z T R R N G P N L O H Y T D W I S A U N
C E S W H P W V W Y E Z R N J H G N B X B
J R E E N N A L H R G M A N L W D D M H V
R T E R R I E R D N Z S E R N X W S F Y
F E W L A E K O M K T B G J D A J Z P M S
K X T D Q R T X K Z L U V T J L K P B M
E A O Y O N B O C J W S K C X A L B U J C
U U B A O Q E R B B X P M E D N T U U V
V W G M S P J Y I H P P D A A L I L K H T
Z O D T W W L F B Q I C S T P Y B B B B J
C T N K K U

Beagle

Boxer

Collie

Doberman

Great Dane

Greyhound

Husky

Labrador

Poodle

Retriever

Shepherd

Terrier

CRUISE DESTINATIONS

E P O R U E D F B V F S G F U Y I B I F
L G S N G H B E R M U D A X W H M P C L
A K I A U I L V G A Q L H X B C I E B Z
K G P O K C I Y I U B N N W O D C S J T
F O P A T I I P F Q D G V F A W H J X L
L N Y D J I Q H U W O S X S E F W Z Q Z
L B N A U O E A R N C G E C O Q X E E L
S G C N J U Q T F Q I Z V V S I E J G O
I I O A A H L U Z U X F D H A J D D G D C
W D C C A R I B B E A N I M T N K O Q U J
N A Z U X Q G U M U L A A L Q H T K O D
A Z X J N H Z X A A L P H E X Q C N X F L
H D P B O E F R A N S A Z X N P F V E G
Z T U Z R X T S K K I B J K U X H X D N G
M O W E S K O I I R T H T G M G D V E H
F C Z U A J E A I Y W Q Y F X S L B W F Q
M A L O U W C J S G N L H H H Q J E Q I G
L G G A H Q Z M J U F Z R Y M U N U V Y X
Q H L S H P T L S K O E K P B F F V B O
W T L W I V O Q D C O I U

Alaska

Mexico

Australia

New England

Bahamas

Bermuda

Canada

Caribbean

Europe

Hawaii



crystalens®

see young ... be young

SPIDERMAN

A X J Q A C Y L O F O F N C M Y W F C F
B H T R G F B B V I D O P G Y X H G S U Z
K A Z E N Q L D W S J R K S F Q J S S H
H N E V A R K A E L E T S T A S M T L U
U W D B Q S J M C E Q A A E A C Y Z S A
V C I U C M A Q N K N V R R T R K D E C S
K B N F J O G P D C I S I T T D T Z H X
L S N H O O T M E L A V O Q A F N E W S
C B A H B L A P N H M T M P X A E K M W
T N U L L N Q J A N P A F V M G T I U A O
N I L R B B J J D V P S R Q U J E L J B N
J Z A R P R Y H R V E G T T J L J J G V I
A M B N N R O U D H P F E O V O W E R Y F
S R A D A H I O R T C E L E M C R G N E
J B L T M P L F U E D P G L A O S V S B
T J U P S A G Y H V I L A Z P P R S U P O
T C O R O T C O D X F S Z G B V L M W R
L D D O R R Z E J B J Q P F R N O U N B P
W M P D F J J H D A V W U S O G C N D F
W L R G K S N F P R R C

Black Cat

Doctor Octopus

Electro

Ezekiel

Green Goblin

J Jonah Jameson

Kraven

Mary Jane

Morlun

Mysterio

Sandman

Spiderman

FOODS

G V X N U A D C K O F E I P P F Z N B H
B C O Q Z U Q M A C J D E J I W D O O R
O R R U L B A Z J D M N E A L M E P U P
J K W T D P L Y Q D H M B W Z I L L N S
L K B B U G F L U F B H D A C R S R P Z
Q W M D O U G H B O Y W I R E E F B I M
U O Y A Y L J O A X W E T R J I E S R K
A L G B F Y J W J T C J V W I T R Z T U H
T I X U V U K L E C H K I E E Z V S Y O B
O S C E I A J W N L A N H K P A A A G D
W T R B P Z I Y A Z I T N L A J Z Q S L T
Y M E H K V M A B O S F F E O Z W E P V
B W P N L D K A R E I K F E I I N I K P B
W J S I N C B Q F K I A Z F P O F D W V
X R J R E N L U F W A L U F W A F V X N
B Z Q E E W X Q S T S C D W F O U W N X N
A F V F N R T G N A L M U Z F T M O S D F
A F Y T Q Y R M G Q Z A F V S V D X O H
W P B N S U F X Q J L L L T R I X C Q U
W T B U G P H Z M E O J X C

Awful Awful

Clamcake

Coffee Cabinet

Dels

Doughboy

Haven Brothers

Pizza Strip

Quahog

Stuffies

Weiners

ICE CREAM FLAVORS

J B C Q M W Z X K L G U T Q J Y F G A Z
A E U B L Y Z P B D R M O G R U J V T P
O D B G I S H Y I I J F I R Q C N C U E
O O X W R R Z G Q H A I E B P Q C W N A
A X R F X G R B U E C B I T G S S X L N I
H U X P N L O H O P E S D R C H V A U C
M C V E M Q T C S D A T A Q G S Q W T O
O S O I B T S A K T E I A R N P P E B R L
F E M G M R H W Y N I D L D E Q L U Y G T
F R V K Y X Y B R T K D O D C P T G H C
W E C W P R O U W O V O H C H A T W S L
J A E O A W V I G C A F O H O M E W R Y L
V G K C G Y A L J C D L C C H R U I B T T
D H R U A L L I N A V A O D C M H F T T I
S T R A W B E R R Y E L K R G M Z L P X E
X J R G O O S X N P A G L E D W F M W V T
K A M F F N R Z F T U S Q U F Z B X D R
L G V U E O V W T E L J G U B Z Y O I H C
A T S I P D K Q J A Q N I P T R J H H J D
I F D F F K K A H J

Black Raspberry
Chocolate
Chocolate Chip
Coffee
Cookie Dough
Maple Walnut
Mocha
Peach

Peanut Butter
Pistachio
Rainbow Chip
Rocky Road
Strawberry
Vanilla

RACING

A F U E L G G Y X K K N W U M O C T G W
W H R J S W I W Z A Y D A K U E K T E Q
D S P B A L A N C E M D E E I J U B X X
B F B A C K M A R K E R R S N T Q P S R
Y C L R Y L Y S S N N Y O Z D I S L G E
K S J N F T U Z X Z L M P Z F C G Z G N
Q A N W P W V J C Y H J U G X N P N Y A
T N P V K T F E U H E P S Z Q R V V E L
J Z H S X O B A D D G B H H J M C Q U Y
H F M A P P I T R V C A M S H A F T L R
O M L F M O L E N N U T D N I W E L S O
U E W T E P I W N A T B K A E C A C P T
P P Y G G S X L O E S G V V N W J H E C
I Z E A L I T T E V U W L E E P F A E I
M N V R X X Y T B R X A L R U C R S D V
X W O D E N Y Q C O R U I C A P E S W N
A Q C W A P N E U T B F X T B E Q I A U
F K K C M E Y J U R P J I I V M N S Y F
W W L J V B U E U Z Y M Y N S U U D G L
M L G B A Q N T X A F G H J R Q R I V D

Aero Push

Back Marker

Balance

Camshaft

Chassis

Drag

Engine

Firewall

Fuel

Neutral

Speedway

Spoiler

Turbulence

Victory Lane

Wind Tunnel

WENDY'S

DTWFHGF HFLDNFKD ICVMM
SALADREZROUDTOZDZHKD
RQUTUMFBEGFEJSPKJFSC
QLVPLKQCNWLYXKEALVRM
OMZJFPCECWYHVZRLDVKS
OQOWVJKEHLZQEMEOKVNP
ZFS EPOKUFCHPRKGTACDJ
SEVQFOHPRYIOLFRAOCIE
GZLJTXSUIQWNMFUTGHBP
OQZXPTIHERQXGHBOGIXK
WQBEEVOCSQDTFZEPULTW
QAJGYKNTROOBFOSMGIKW
IEGRATYEMJAPNEEJYQNP
RUIJBNSKETIRPSEOHUFM
NCCDASEOMJLKULHEYANH
FZSUKDENRFWB JQCLLKJI
HRSNNITFAFTXVNRDBKYF
QFEWYPMSGDNJIDJSIOED
CDXPDJESI ANNOYAMIFZL
PCISSALCNOCABGIBPULW

Big Bacon Classic

Chili

French Fries

Frosty

Jr Cheeseburger

Ketchup

Mayonnaise

Nuggets

Pickles

Potato

Salad

Sprite


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see young ... be young

#9



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see young ... be young