

# Method Seven Supplies Performance Eyewear

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Santa Cruz, CA based Method Seven wishes to draw their community's attention to their line of high-quality performance eyewear. Method Seven is a collaborative group of scientists, engineers and problem solvers who have made it their goal to unlock the potential of human vision through mastery of the spectrum of visible light. Their high-end eyewear is designed for comfort, clarity and safety and they have a very large collection of glasses to choose from for all styles and applications.

"We got our start creating eyewear solutions for people in some of the world's most extreme visual situations, such as growers with prolonged exposure to high-wattage lights and pilots traveling at mach speeds," says Method Seven. "We soon realized that the eyewear we were creating for these extraordinary circumstances could help everyday folks see better as well. The result is the best of German, Italian and Japanese engineering, strung together with good old American ingenuity. Our eyewear helps you see better, but it also makes you look better. That's because great design is innately beautiful. Function is fashion."

Their goal is to continue to push boundaries, question existing trends in eyewear and explore better and new options. Through better frames and lenses, they hope to give their customers much better vision. They put vision above everything else, and in order to ensure that their products meet the needs of their customers, they are open to questions about their work.

One of Method Seven's most popular products is their grow room glasses. "Grow rooms have lots of light, but it's not broad spectrum," says James Cox, founder of the company. "Though this might be great for plants, it's not so great for your eyes. Human eyes contain rods and cones, which need broad spectrum light in order to focus, recognize shapes, register movement and see color. In a grow room environment, sunglasses make things worse by darkening all the light, so you squint less, but you still can't see color, and it's even more difficult to focus. Other grow light glasses attempt to color balance the extreme light spectrum but use cheap plastic lenses with very poor clarity that distort light and are hazy or blurry."

Cheap grow room glasses, while affordable, are not as effective as high-end glasses designed by experts with years of experience using the best materials on the market. Cheap glasses force the eyes and brain to

work overtime to compensate for their inferior quality, which leads to headaches, fatigue, seeing spots and even damaging UV radiation. The eyes are an essential organ, and protecting them in situations where they might need protection should be the highest priority which is why Method Seven advises people not to use sunglasses or cheap grow room glasses. Method Seven eyewear delivers unmatched safety under HID lights which allow the wearer to see foliage accurately, spot pests and deficiencies early and efficiently as well as avoid headaches, strain and long-term damage.

Method Seven's quest to produce innovative eyewear is not limited to grow room glasses. They have also extended their revolutionary work toward trail glasses, designing high-end eyewear for trail runners. The eyewear manufacturer says, "Trail runners are hindered by lenses that inhibit sight and provide inadequate UV protection. Our eyes deserve the highest-quality optics so that we can see every obstacle along the way. Our mission is to protect your eyes and enhance your experience. To succeed we need you - the trail runners, the adventurers, the people who breathe life into this sport - to be on our team. Join the Innovation Project where we use cutting-edge data science to optimize peak running performance in real-time by tracking individual metrics across the duration of a run including latitude, longitude, elevation, time, mileage, UV exposure, weather and more. We leverage this critical data to assess the atmospheric experience of runners and better understand the range of risks and effects of UV light."

For more information on Method Seven and the best grow room glasses, interested parties may visit the company's website. The company can be found on various social media platforms as well.

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## **Method Seven**

*Method Seven designs and manufactures stylish eyewear for protection and color balance in extreme lighting conditions like grow rooms and airplanes.*

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