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Health in Your Hands: Your Plan for Natural Scoliosis Prevention and Treatment

By Kevin Lau

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 352 pages. Dimensions: 9.8in. x 6.8in. x 1.0in. A COMPLETELY NATURAL, SAFE, TRIED AND TESTED DIET AND EXERCISE PROGRAM TO TREAT AND PREVENT SCOLIOSIS! Collectors First Edition - For the latest Scoliosis research and method check out the latest edition! It provides the basis for Dr. Lau's program: Part 1 highlights current medical knowledge on Scoliosis, Part 2 outlines an in-depth nutritional program, and Part 3 teaches corrective exercises. In this book you will: Uncover the most recent research on the true causes of scoliosis; Discover how bracing and surgery treat merely the symptom not the root cause of scoliosis; Find out what latest treatment works, what doesn't and why; The most common symptoms scoliosis sufferers have; How a quick scoliosis assessment of a teenager can help with their quality of life in later years; Discover how lack of proper nutrition creates illness in our bodies and affects the normal growth of the spine; In-depth understanding of how muscles and ligaments work on the common types of scoliosis; Customize an exercise routine unique to your scoliosis to suit even the busiest schedule; What are the most effective exercises for scoliosis and what should be avoided at...



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