



## 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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