



Your Plan for Natural Scoliosis Prevention and Treatment: Health in Your Hands (Second Edition) (Paperback)

By Dr Kevin Lau D C

Createspace, United States, 2011. Paperback. Book Condition: New. 252 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.A Completely Natural, Safe, Tried and Tested Diet and Exercise Program to Treat and Prevent Scoliosis! Third Edition is Fully Revised and Updated The second edition is revamped with the latest research and containing over 90 images of exercises demonstrated by professional trainers. 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 work, 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...

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