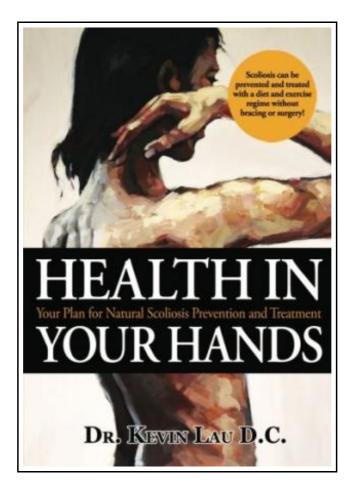
Health in Your Hands: Your Plan for Natural Scoliosis Prevention and Treatment



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Reviews

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HEALTH IN YOUR HANDS: YOUR PLAN FOR NATURAL SCOLIOSIS PREVENTION AND TREATMENT



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. Laus 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 scoliosisDiscover how bracing and surgery treat merely the symptom not the root cause of scoliosisFind out what latest treatment work, what doesnt and whyThe most common symptoms scoliosis sufferers haveHow a quick scoliosis assessment of a teenager can help with their quality of life in later yearsDiscover how lack of proper nutrition creates illness in our bodies and affects the normal growth of the spineln-depth understanding of how muscles and ligaments work on the common types of scoliosisCustomize an exercise routine unique to your scoliosis to suit even the busiest scheduleWhat are the most effective exercises for scoliosis and what should be avoided at all costTips and tricks to modify your posture and body mechanics to decrease scolisosis back painThe best sitting, standing and sleeping postures for scoliosisLearn from others with scoliosis in inspirational stories and case studiesWith painstaking research and years of practice, Dr. Lau separates fact from fiction. In this book, he busts popular myths, one by one, and explores what approach works, what alternatives a scoliosis patient has and how it is possible to create a comprehensive plan to achieve peak physical and spinal health. . Inspired by the extraordinary resilience of the Aboriginal groups of Australia and native African tribes...

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