

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



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Reviews


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(Letha Okuneva)

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Createspace, United States, 2011. Paperback. Book Condition: New. 256 x 178 mm. Language: Chinese . Brand New Book ***** Print on Demand *****.Chinese Edition! For the English, Spanish or Japanese Editions please visit Dr Kevin Lau s author page on . A Completely Natural, Safe, Tried and Tested Diet and Exercise Program to Treat and Prevent Scoliosis! Second Edition is Fully Revised and Updated The new book, revamped with the latest research and exercises demonstrated by by professional trainers, 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. This book contains: 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 clients 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 all cost Tips and tricks to modify your posture and body mechanics to decrease scoliosis back pain The best sitting, standing and sleeping postures for scoliosis Learn from others with scoliosis in inspirational stories and case studies With 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...

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