



# Health In Your Hands: Your Plan for Natural Scoliosis Prevention and Treatment

*Kevin Lau*

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# Health In Your Hands: Your Plan for Natural Scoliosis Prevention and Treatment

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**Health In Your Hands: Your Plan for Natural Scoliosis Prevention and Treatment** Kevin Lau  
**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 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 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 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 that rarely suffer from scoliosis, Dr. Lau prescribes an easy-to-follow, clinically proven program that harks back to what our bodies were originally designed for and need to survive on. This book will set you on the path to total recovery by simply following the three-step process.

"Modern medicine, alone, has failed to effectively manage the condition of Scoliosis," said Dr. Lau. "The treatment program I designed combines ancient wisdom with modern research and technology, culminating in the best overall results. Today, as a practicing chiropractor and nutritionist, I am more certain than ever that scoliosis, and other disorders, can be prevented and treated effectively."

## **WHO IS THE HEALTH IN YOUR HANDS PROGRAM FOR?**

The book is easy to read for anyone even without medical knowledge to understand but is in-depth enough and fully referenced for fitness & rehabilitation professionals. Medical professional that have purchased the book include Chiropractors, Personal Trainers, Yoga instructors, Osteopaths, Medical Doctors and Occupational Therapist.

## TESTIMONIALS

"I strongly recommend Dr. Lau's natural program as an effective and better alternative to conventional bracing and surgery. I am very impressed with the results! I think that every spinal specialist will find the information contained in this book useful." - Dr. Alan Kwan, D.O. Medical Director

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"The results were beyond my expectation with my scoliosis corrected. Even better, I avoided surgery! - Lucy Koh

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The companion Scoliosis Exercises for Prevention and Treatment DVD is used to guide patients in properly performing the exercises detailed in the book. With ScolioTrack, patients use their iPhones as a tool to measure the curves in their spines and monitor their own progress.

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**For more information visit: [www.hiyh.info](http://www.hiyh.info)**



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#### **Chad Jones:**

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#### **Gertrude Knudsen:**

This book untitled Health In Your Hands: Your Plan for Natural Scoliosis Prevention and Treatment to be one of several books this best seller in this year, honestly, that is because when you read this guide you can get a lot of benefit on it. You will easily to buy this specific book in the book shop or you can order it by means of online. The publisher of this book sells the e-book too. It makes you easier to read this book, since you can read this book in your Smartphone. So there is no reason for you to past this book from your list.

#### **Lisa Mercado:**

In this time globalization it is important to someone to obtain information. The information will make a professional understand the condition of the world. The condition of the world makes the information quicker to share. You can find a lot of recommendations to get information example: internet, newspaper, book, and soon. You will observe that now, a lot of publisher that will print many kinds of book. The book that recommended to your account is Health In Your Hands: Your Plan for Natural Scoliosis Prevention and Treatment this reserve consist a lot of the information of the condition of this world now. That book was represented how can the world has grown up. The terminology styles that writer value to explain it is easy to understand. Often the writer made some research when he makes this book. This is why this book appropriate all of you.

#### **Wilma Hogan:**

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