

DR. KEVIN LAU D.C.

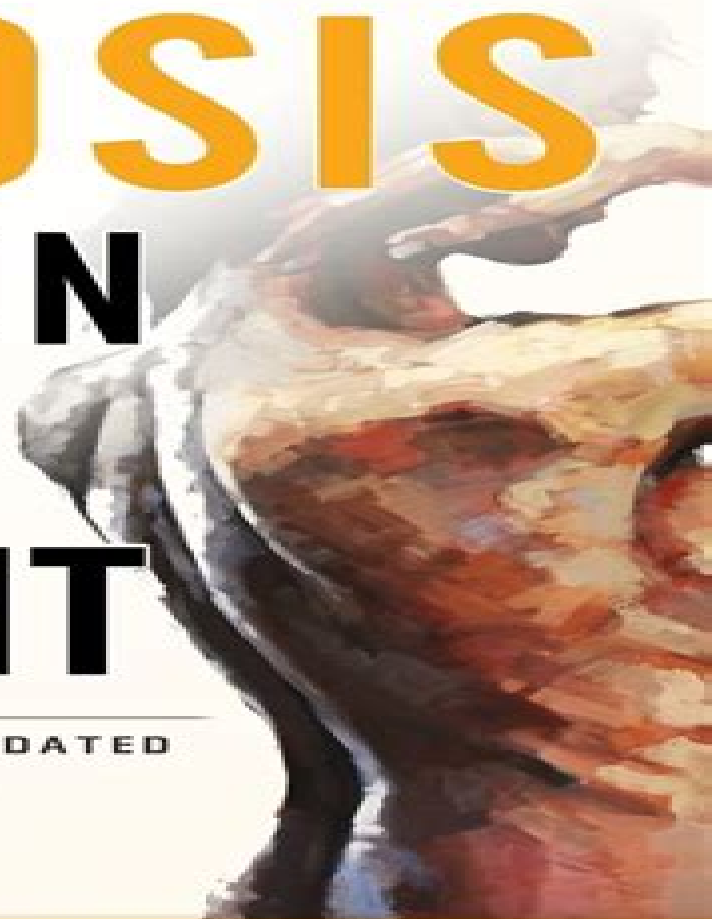
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YOUR PLAN FOR NATURAL SCOLIOSIS PREVENTION AND TREATMENT

THIRD EDITION - FULLY REVISED AND UPDATED



HEALTH IN
YOUR HANDS



Health In Your Hands Your Plan For Natural Scoliosis Prevention And Treatment

Dr Kevin Lau



Health In Your Hands Your Plan For Natural Scoliosis Prevention And Treatment:

Health in Your Hands Kevin Lau (Doctor of Chiropractic.), 2010 [Your Plan for Natural Scoliosis Prevention and Treatment \(4th Edition\)](#) Dr Kevin Lau, The Ultimate Program and Workbook to a Stronger and Straighter Spine 4th Edition Fully revised with 2 new chapters and treatment based on the latest research With all the chatter surrounding the sometimes debilitating condition known as scoliosis it can be easy to get lost in the thousands of suggested treatment options and plans People are in pain They re uncomfortable Relief can be fleeting and seemingly impossible Your Plan for Natural Scoliosis Prevention and Treatment is Dr Kevin Lau s undisputed truth about scoliosis He delivers facts and solutions with unquestionable accuracy all while completely demystifying preconceived notions that proper spinal alignment due to scoliosis is unattainable Dr Lau has done years of research and investigation into what some would consider to be one of the most difficult and mysterious ailments of the spine He treats the cause and condition while being careful not to neglect the symptoms His three step program succeeds where others have failed In attempting to uncover little known methods of treating scoliosis Dr Lau took a different route In his search to understand not only the whats of the condition but also the whys Dr Lau targeted two groups that mastered good health the Australian Aborigines and native African tribes He used their historical successes to aid in creating a clinically proven program based on deductions from what the human body not only needs to survive but how it was originally created to function So why is this book necessary Dr Lau s book deliberately departs from ineffective bracing and surgery which is commonly used Dr Lau combines ancient wisdom with modern research and technology resulting in a program that finally focuses on treating the causes of scoliosis Instead he combines ancient wisdom and modern research and technology with undeniably positive results Further as a practicing chiropractor and nutritionist Dr Lau uses his diverse knowledge of alternative treatments to formulate unique individualized plans for great spinal health Who benefits from the Health In Your Hands Program This book is easy to understand regardless of a reader s level of medical expertise It has been a go to resource for personal trainers chiropractors occupational therapists and medical doctors alike At the same time it has been beneficial for lay individuals who suffer the effects of scoliosis every day If you have any interest in scoliosis and conditions of the spine this book is for YOU In the latest 4th edition you will Uncover the most recent research regarding the true causes of scoliosis while identifying which of the latest treatments are most effective and ineffective The reader will discover several avenues for healing one of which will deal with how bracing and surgery merely treat the symptoms not the root cause of scoliosis Describes the most common symptoms of sufferers and explains in depth how the muscles and ligaments work in various types of scoliosis Understands how a quick assessment of the spine in teenage years can improve quality of life in later years by placing emphasis not only on the medical evaluation but also on how lack of proper nutrition directly correlates with illness in our bodies and the sometimes abnormal growth of the spine Presents the most effective exercises for scoliosis advises against what should be avoided at all costs and offers

routines that are not only unique but fit within busy schedules Provides tips and tricks to modify posture and body mechanics to decrease back pain as well as giving the most ergonomic sitting standing and sleeping postures for scoliosis Helps readers learn and draw inspiration from others stories and relevant case studies [Your Plan for Natural Scoliosis Prevention and Treatment](#) Dr. Kevin Lau,2011 Lau provides a completely natural safe tried and tested diet and exercise program to treat and prevent scoliosis He busts popular myths 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 [Your Plan for Natural Scoliosis Prevention & Treatment \(5th Edition\)](#) Dr. Kevin Lau,2021-01-22 5th Edition Fully Revised with New Chapters and Exercises to Mark 10th Year Anniversary Since The 1st Release With all the misinformation myths and misconceptions from experts and countless books and guides available online about scoliosis it can be easy to get lost and confused in the thousands of suggested treatments options and plans Want to avoid scoliosis surgery Want to feel empowered about your health Want to access well researched information to make an informed decision In this 5th edition not only will you discover the unvarnished truth about scoliosis but you will also digest verified facts with unquestionable accuracy which will help you to completely demystify the preconceived notions that proper spinal alignment is inaccessible without surgery Treat Scoliosis Naturally Without Bracing or Surgery Having studied various non surgical scoliosis methods and treatments from various parts of the world and having determined which techniques were effective and which were not Dr Lau has designed a three step program that will empower readers to correct their scoliosis with proper knowledge and firm determination without any surgery Experientially Dr Lau has since treated thousands of patients using his clinically proven program derived from his years of research 1 Scoliosis Book International Best Seller in 9 Languages In this book you will learn the secrets to optimal spinal health with this easy to read reference It is not only a tool for those with no prior medical knowledge it also a great resource for other health professionals looking to successfully treat scoliosis It promises to deliver the keys to understanding and treating scoliosis once and for all ABOUT THE AUTHOR Dr Kevin Lau is a pioneer in the field of non surgical scoliosis correction he has treated thousands of scoliosis patients who visit him from around the world He combines university education in Doctor of Chiropractic and Masters in Holistic Nutrition with a commitment to practicing natural and preventive medicine Dr Lau aims to empower scoliosis patients with the knowledge and tools to prevent and correct scoliosis through all stages of life **Health in Your Hands** Kevin Lau (Doctor of Chiropractic.),2010 [Health in Your Hands](#) Dr Kevin Lau D. C.,Kevin Lau,2010-05 A Completely Natural Safe Tried and Tested Diet and Exercise Program to Treat and Prevent Scoliosis This is the First 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 The results were beyond my expectation with my scoliosis corrected Even better I avoided surgery Lucy Koh 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 For more information visit www.highinfo.com **Your Natural Scoliosis Treatment Journal** Dr. Kevin Lau, 2014-11-01 TRACK YOUR PROGRESS TOWARDS OPTIMAL SPINAL HEALTH In this companion resource to the Amazon com bestseller Your Plan for Natural Scoliosis Prevention and Treatment Dr Kevin Lau offers you the nuts and bolts knowledge you need to succeed on your 12 week health experience Based on comprehensive research and development by Dr Kevin Lau this book provides you with a proven scoliosis treatment plan that is safe non invasive and easy to follow Simply follow step by step as you re guided towards improved spinal health Step One Identify your personal scoliosis condition Step Two Identify your unique dietary needs and metabolic type Step Three Stay motivated with Dr Lau s proven exercise program

which includes comprehensive exercise charts and fitness resources Step Four Feel focused and inspired as you track your progress each day Step Five Watch and wait as your scoliosis improves your pain decreases and your back becomes stronger Dr Lau s program is universally designed to benefit all scoliosis sufferers Young or old no matter how mild or severe your scoliosis may be everyone can benefit from this program Everything you need to know is contained in one comprehensive and thorough manual including Questionnaires to determine your individual therapy level and help you get the most benefit from your exercise program Daily forms to help you track your diet exercise and progress Sample nutrition plans and recipes that will help keep your spine healthy Get started today and take the first step towards a straighter spine a healthier lifestyle and a happier you *Latest Material and Technological Developments for Activewear* Joanne Yip,2020-05-05 Latest Material and Technological Developments for Activewear provides comprehensive coverage of academic research and industrial advances in this fast moving field As society becomes more health conscious athleisure and sportswear have arrived as key fashion items in the global apparel market In this book designers and material scientists will find information on fibers and textiles new processes emerging technologies and new applications that have helped to deliver this new wave of products In addition to these technical details the book covers consumer behavior along with product design and manufacturing An Essential Guide for Scoliosis and a Healthy Pregnancy Dr. Kevin Lau,2014-11-01 Complete easy to follow guide for managing your scoliosis during pregnancy An Essential Guide for Scoliosis and a Healthy Pregnancy is a month by month guide on covering everything you need to know about taking care of your spine and your baby The book supports your feelings and empathizes with you throughout your amazing journey towards delivering a healthy baby By reading you gain In depth and up to date information on scoliosis and how it can affect your pregnancy Week by week information on what to expect during your pregnancy Information that is suitable for all types of post operative scoliosis cases and those that to date have not yet been operated on Clear compassionate and comprehensive answers to the common questions about scoliosis and pregnancy Crucial decision making tools decisions for important issues including epidurals birthing procedures changes to the spine due to hormones and more to protect your baby Tips to help you minimize unnecessary weight gain and keep your nutrient intake high The latest nutritional research that debunks pregnancy food myths and uncovers a number of surprising superfood choices Expert advice on staying fit and eating right during each trimester of pregnancy Self care tips for side effects including nausea and back pain Fun fast and safe scoliosis exercises during the month of pregnancy and postpartum Tips for strengthening your pelvic floor easing back pain and losing belly fat postpartum Relaxation tips to reduce pain and increase your comfort This book provides answers and expert advice for pregnant women suffering from scoliosis Full of information to cope with the physical and emotional upheavals of pregnancy during scoliosis From conception to birth and beyond this guide will hold your hand until you become a happy and proud mother of a healthy newborn baby Nutraceuticals and Bone Health Deepak Sharma, Madan Mohan Gupta, Anil K. Sharma, Raj K. Keservani, Rajesh K. Kesharwani, 2024-04-23 Here is

an informative volume on the importance of nutraceuticals and herbal remedies for bone health It explains the probable mechanisms of nutraceuticals for the prevention treatment and management of bone related diseases as well as their curable effects on bone injuries The volume covers the progression and development of bones which is a multifaceted process that requires an endless and ample supply of nutrients such as calcium phosphorus potassium protein vitamin D magnesium and fluoride The book delves into the beneficial effects of nutraceuticals on overall bone health and for the treatment of bone disorders such as osteoporosis bone fractures scoliosis and related complications rheumatoid arthritis Paget s disease bursitis gout and carpal tunnel syndrome It also addresses the use of nutraceuticals for inflammatory deformities and rickets

The Complete Scoliosis Surgery Handbook for Patients Dr. Kevin Lau, An In Depth and Unbiased Look Into What to Expect Before and During Scoliosis Surgery Scoliosis surgery doesn t have to be a daunting problematic and anxiety ridden experience In fact with the proper information advice and knowledge you can have the ability to make confident and informed decisions about the best and most suitable treatment options Dr Kevin Lau s latest book will help you to discover current and crucial information that will guide you in making informed decisions about your future spinal health You will Learn more about the details of scoliosis surgery Including understanding components of the surgery itself such as why the rods put inside in your body during surgery fusion are meant to remain there Uncover the sobering facts For instance you will learn that after surgery there is a chance you may not return to full normalcy in appearance or in activity level Discover the factors that determine your long term prognosis including detailed case studies Learn how to properly evaluate the risks associated with the many types of scoliosis surgery Get great tips on how to afford your surgery and how to choose the best time place and surgeon for your needs Discover Over 100 illustrations to help make it as easy to read and understand Dr Kevin Lau has made it his life s work to explore investigate and share the truths about nutrition diseases and healing In The Complete Scoliosis Surgery Handbook for Patients Dr Lau explores the ins and outs of the scoliosis including the condition itself surgery and when a patient would benefit most from surgery Dr Lau reveals poignant and life changing wisdom that no scoliosis sufferer should go without Treat this book as your best friend and your guide on the journey to effective spinal health This book is a compilation of the wisdom of many spinal professionals including surgery physicians orthopedic doctors physiotherapists and chiropractors and includes valuable insights from real life sufferers Carefully examining each treatment avenue a patient may consider it allows individuals to feel confident and informed throughout the decision making process While Dr Lau believes in and teaches non surgical practices he acknowledges the many benefits of scoliosis surgery and strives to keep his readers and patients educated about every viable avenue for effective scoliosis treatment What You Will Discover Affording Your Surgery Learn about the different costs associated with scoliosis surgery and find out what factors determine the final price such as age health and the severity of your curve 7 Questions To Ask Yourself The truth is that while surgery is suitable to some patients it isn t necessarily right for all Consider these seven simple questions to help you

determine if surgery is your best option Factors That Contribute to the Progression of Scoliosis Did you know that heredity injury or genetic markers aren't the only things that can spur your condition on Simple factors like vitamin deficiencies elevated enzyme levels and hormone levels can all contribute to a worsening of your scoliosis Find out what you can do to minimize the risk of these factors and learn how your imbalances may be affecting your condition Possible Complications Surgery is a big decision and does not come without the risk of complications Sometimes the complications are minor like longer recovery times but sometimes they can be life threatening or debilitating Find out what factors lead to complications how to minimize possible problems and how professionals go about testing you for these complications during surgery Returning to a Normal Life Likely the biggest question on a patient's mind is When will I return to normal Learn from real case studies the successes and hardships surgery patients encounter on the road to a normal healthy life Making an informed decision is the best way to ensure any success and mental preparation is at least as important as the surgery itself Knowing what to expect and how to mitigate the loss of money time and effort will help you build a stable emotional foundation minimizing fear anxiety and surprises along the way We all feel better knowing what to expect and this book will help you feel prepared knowledgeable and in control

Una guía esencial para la escoliosis y un embarazo saludable Dr. Kevin Lau, 2014-11-01 Una guía completa fácil de seguir para el control de su escoliosis durante el embarazo Una Guía Esencial para la Escoliosis y un Embarazo Saludable es una guía mes a mes que cubre todo lo que necesita saber sobre el cuidado de su espina dorsal y su bebé El libro apoya sus sentimientos y le acompaña a través del maravilloso viaje de dar a luz un bebé saludable Leyéndolo usted gana Información actualizada y a fondo sobre la escoliosis y cómo puede afectar su embarazo Información semana a semana sobre qué esperar durante su embarazo Información adecuada para todos los tipos de casos de escoliosis postquirúrgica y aquellas que hasta la fecha no han sido operadas todavía Respuestas claras compasivas y amplias a las preguntas comunes sobre la escoliosis y el embarazo Herramientas que permiten una toma de decisiones crucial para aspectos importantes que incluyen anestesia epidural procedimientos de parto cambios en la espina dorsal debido a las hormonas y mucho más para proteger a su bebé Consejos para ayudarlo a minimizar el sobrepeso innecesario y mantener un consumo alto de nutrientes Consejos expertos sobre permanecer saludable y alimentarse de forma correcta durante cada trimestre del embarazo Consejos de autocuidado para los efectos secundarios como la náusea y el dolor de espalda Ejercicios divertidos rápidos y seguros para la escoliosis durante los meses de embarazo y postparto Consejos para el fortalecimiento del piso pélvico minimizar el dolor de espalda y perder grasa abdominal postparto Este libro proporciona respuestas y consejo experto para mujeres embarazadas que padecen de escoliosis Est lleno de información que le permite sobrellevar el estrés emocional y físico del embarazo durante la escoliosis Desde el momento de la concepción hasta el nacimiento y más allá este guía le acompañará hasta que se convierta en una madre feliz y orgullosa de un bebé saludable

Your Natural Scoliosis Treatment Journal Kevin Lau, 2013-07-01 TRACK YOUR PROGRESS TOWARDS OPTIMAL SPINAL HEALTH In this companion

resource to the Amazon com bestseller Your Plan for Natural Scoliosis Prevention and Treatment Dr Kevin Lau offers you the nuts and bolts knowledge you need to succeed on your 12 week health experience Based on comprehensive research and development by Dr Kevin Lau this book provides you with a proven scoliosis treatment plan that is safe non evasive and easy to follow Simply follow step by step as you re guided towards improved spinal health Step One Identify your personal scoliosis condition Step Two Identify your unique dietary needs and metabolic type Step Three Stay motivated with Dr Lau s proven exercise program which includes comprehensive exercise charts and fitness resources Step Four Feel focused and inspired as you track your progress each day Step Five Watch and wait as your scoliosis improves your pain decreases and your back becomes stronger Dr Lau s program is universally designed to benefit all scoliosis sufferers Young or old no matter how mild or severe your scoliosis may be everyone can benefit from this program Everything you need to know is contained in one comprehensive and thorough manual including Questionnaires to determine your individual therapy level and help you get the most benefit from your exercise program Daily forms to help you track your diet exercise and progress Sample nutrition plans and recipes that will help keep your spine healthy Get started today and take the first step towards a straighter spine a healthier lifestyle and a happier you Testimonials My life has been forever changed by Dr Lau and this simple easy to follow program The manual describes every process step by step and is simple and easy to stick with I am forever in debt to you Dr Lau Marrisa I was diagnosed with scoliosis ten years ago All these years I have sat and watch my condition worsen believing that it was my fate and something I just had to accept Then I found Dr Lau s scoliosis treatment plan Within a few months I was seeing more progress than I had in the last ten years It is absolutely amazing Richard

Guide essentiel sur la scoliose et une grossesse sans complications Dr. Kevin Lau, 2014-11-01 Guide complet et facile suivre pour contr ler votre scoliose pendant une grossesse Guide essentiel sur la scoliose et une grossesse sans complications est un guide qui aborde mois par mois tout ce que vous devez savoir pour prendre soin de votre colonne vert brale et de votre b b Le livre vous soutient et vous accompagne tout au long de ce voyage merveilleux vers la naissance d un b b en bonne sant Des informations pr cises et r centes sur la scoliose et la fa on dont elle influe sur votre grossesse Des informations semaine apr s semaine qui abordent ce qui est susceptible de se produire tout au long de la grossesse Des informations qui conviennent tous les types de scoliose postop ratoires ainsi qu aux patients qui n ont pas encore subi d op ration Des r ponses claires sensibles et compl tes aux questions habituelles li es la scoliose et la grossesse Des outils d cisifs cruciaux pour vous aider faire votre choix concernant la p ridurale les m thodes d accouchement les incidences sur la colonne dues aux hormones ainsi que d autres informations pour prot ger votre b b Des conseils pour vous aider limiter la prise de poids et maintenir une consommation id ale de nutriments essentiels Les derni res recherches en nutrition qui r futent les mythes li s la naissance et la nourriture et qui r v lent un certain nombre de super aliments surprenants Des avis experts sur la fa on de rester en forme et de bien manger tout au long des trois trimestres de la grossesse Des conseils de soins

personnels contre les effets secondaires comme la nausée et les maux de dos Des exercices amusants rapides et simples à réaliser pendant les mois de la grossesse et les mois qui suivent la naissance Des conseils pour renforcer votre plancher pelvien soulager les maux de dos et perdre l'excès de poids du ventre après la naissance du bébé Des conseils de relaxation pour réduire la douleur et améliorer votre confort Ce livre offre des réponses et des conseils professionnels pour les femmes enceintes qui souffrent de scoliose Vous y trouverez de nombreuses informations pour faire face aux bouleversements physiques et émotionnels vécus au cours d'une grossesse si vous êtes atteinte de scoliose De la conception à l'accouchement et après la naissance ce guide vous accompagnera pour devenir l'heureuse et fière maman d'un bébé en pleine santé

Dr. Kevin Lau, 2014-11-01 Guida essenziale per affrontare una gravidanza sana con la scoliosi Dott. Kevin Lau, UNA GUIDA COMPLETA E FACILE DA SEGUIRE PER PRENDERSI CURA DELLA PROPRIA SCOLIOSI IN GRAVIDANZA I consigli di uno specialista per superare la gravidanza anche se soffri di scoliosi Guida essenziale per affrontare una gravidanza sana con la scoliosi una guida che ti accompagna di mese in mese spiegandoti tutto ciò che hai bisogno di sapere per aver cura della tua colonna vertebrale e di quella del tuo bambino Il libro ti supporta e ti aiuta lungo tutto il viaggio che ti condurrà a mettere al mondo un figlio in salute Leggendolo acquisirai informazioni accurate e aggiornate sulla scoliosi e su come essa si riflette sulla tua gravidanza Informazioni su cosa aspettarti durante la gravidanza settimana per settimana Informazioni compatibili sia per pazienti già sottoposti a operazione chirurgica sia per chi a oggi non si è ancora operato Risposte chiare e dettagliate riguardo frequenti interrogativi sulla scoliosi e la gravidanza Strumenti essenziali che ti permettono di decidere riguardo temi importanti inclusa l'epidurale le tecniche di parto le alterazioni della colonna vertebrale dovute agli ormoni e molto altro ancora per proteggere il tuo bambino Suggerimenti per aiutarti a minimizzare inutili aumenti di peso e mantenere un alto livello di assunzione di elementi nutritivi L'ultimissima ricerca nutrizionale che sfata il mito dell'alimentazione in gravidanza e rivela una sorprendente selezione di super cibo Consigli professionali su come rimanere in forma e nutrirsi durante ogni trimestre della gravidanza Consigli per gestire gli effetti collaterali inclusi nausea e mal di schiena Esercizi per la scoliosi sicuri veloci e divertenti da svolgere durante la gravidanza e dopo il parto Consigli per rinforzare il pavimento pelvico alleviare il dolore alla schiena e per smaltire il grasso accumulato nella zona addominale dopo il parto Consigli su come rilassarti per ridurre il dolore e aumentare il tuo benessere Questo libro fornisce risposte e consigli professionali alle donne in gravidanza che soffrono di scoliosi ed è ricco di informazioni per far fronte agli sconvolgimenti fisici ed emotivi di chi si trova in questa condizione Dal concepimento alla nascita e oltre questa guida ti accompagnerà per mano fino a quando diventerai una madre felice e orgogliosa del proprio figlio in salute

Skoliose und eine gesunde Schwangerschaft Dr. Kevin Lau, 2014-11-01 Kompletter und leicht zu befolgen der Skoliose Ratgeber während Ihrer Schwangerschaft Skoliose und eine gesunde Schwangerschaft Ihr Ratgeber für jeden Monat ist ein Ratgeber der Ihnen Monat für Monat hilft Ihre Wirbelsäule und Ihr Baby zu schützen Das Buch unterstützt Ihre Gefühle und begleitet Sie auf Ihrer

wunderbaren Reise zu einem gesunden Baby Sie bekommen beim Lesen ausführliche und neueste Informationen über den Einfluss der Skoliose auf Ihre Schwangerschaft Informationen was Sie Woche für Woche in Ihrer Schwangerschaft erwartet direkt anwendbare Informationen für alle Formen der nicht operierten und operierten Skoliose klare einfache und umfassende Antworten auf die häufigsten Fragen rund um die Skoliose während der Schwangerschaft Entscheidungshilfen bei schwierigen Themen wie PDA Geburtsverfahren Veränderungen der Wirbelsäule durch Hormone und mehr um Ihr Baby zu schützen Tipps um unnötige Gewichtszunahme zu vermeiden und Ihre Nährstoffaufnahme optimal zu steuern neueste Ernährungswissenschaftliche Forschungsergebnisse die Schluss mit den Mythen in der Schwangerschaft Ernährung machen und eine Auswahl von speziellen Nahrungsergänzungen präsentieren Expertentipps für Ihre Fitness und die richtige Ernährung in jedem Schwangerschaftsdrittel Tipps zur Selbsthilfe bei Nebenwirkungen wie Übelkeit und Rückenschmerzen Schnelle und sichere Lösungen mit Spa Skoliose Lösungen während der Schwangerschaftsmonate und nach der Geburt Tipps für die Stärkung des Beckenbodens für die Linderung von Rückenschmerzen und den Abbau von Bauchfett nach der Geburt Entspannungstipps zur Schmerzlinderung und zur Steigerung des Wohlbefindens Dieses Buch gibt Antworten und bietet Expertentipps für schwangere Frauen mit Skoliose Sie erhalten ausführliche Informationen wie Sie trotz Ihrer Skoliose die körperlichen und seelischen Veränderungen in der Schwangerschaft bewältigen Von der Empfängnis bis zur Geburt und darüber hinaus wird dieser Leitfaden Sie an der Hand nehmen so dass Sie eine glückliche und stolze Mutter Ihres gesunden Babys werden

Dr. Kevin Lau, 2014-11-01 **Your Scoliosis Treatment Cookbook** Dr. Kevin Lau, Eating your way to a healthier spine So you think you've tried all options in your crusade against scoliosis By now you might have gone through the entire arsenal of bracing exercise and even surgery Unfortunately your curve might still come back to haunt and cause more discomfort than ever before Before you think scoliosis correction is all about restoring your spine's curve it's time to review the deformity again Treating scoliosis requires a comprehensive approach one which will restore your body's natural alignment along with preventing the inevitable spinal degeneration that comes with age Nature intended all mechanisms of the human body to function in unison and perfect harmony with each other With even one of them not working in tandem abnormalities and deformities are bound to occur Food we eat A wise man once said We are what we eat True to the core it is Our gut and digestive system form the base for a healthy body and mind On the contrary when our food intake comprises of food products that might not be right for our body the results can be absolutely disastrous Not only this even if those food products are otherwise appropriate they might not just suit your body That is where individual body typing comes in Known as metabolic typing in the specialists jargon it helps you to categorize your own individual body type into three different categories and plan your food intake accordingly Through the metabolic typing you will know all about Foods and ingredients that are best suited to your own genes Food items that otherwise might be healthy but are not right for you Specific food groups that might enhance or deplete your energy levels Foods that might facilitate your specific health goals

such as weight loss or gain and muscle toning With such immense benefits of body typing in view here comes Your Scoliosis Cookbook a one of its kind never before guide to customizing your diet and a vast collection of delicious healthy recipes to suit your palette and treat scoliosis all at the same time The book brings to you the amazing and time tested secrets of the optimal nutrition for spinal health in the form of an easy to follow guide Just follow our step by step instructions on how to find out your own body type Once you are done all you need to do is to pick up the recipe to suit your taste buds and choose the ingredients according to the results of your Metabolic Type Whether you are the carbohydrate protein or the mixed types there is something in there especially for you So just explore cook and feast 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 Just so that you know the great results you are in for here s what this book will help you in Reduce pain and inflammation related to scoliosis Enhance spinal growth and development Strengthen your muscles Normalise muscle tightness s Rebalance your hormones Boost you energy levels Prevent spinal degeneration Help you achieve your ideal body size Reduces your allergic reactions Give you a higher immunity Improved sleep 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

Panduan Esensial untuk Skoliosis dan Kesehatan Kehamilan Dr. Kevin Lau, 2014-11-01 Panduan lengkap dan mudah diikuti untuk menangani skoliosis selama kehamilan Anda Panduan Esensial untuk Skoliosis dan Kesehatan Kehamilan merupakan panduan bulan demi bulan yang mencakup segala yang perlu diketahui tentang perawatan tulang belakang dan bayi Anda Buku ini mendukung dan memperkuat perasaan Anda di sepanjang perjalanan mempersiapkan Anda menuju kelahiran bayi sehat Anda Dengan membaca Anda akan memperoleh Informasi mendalam dan terkini tentang skoliosis dan bagaimana pengaruhnya terhadap kehamilan Anda Informasi minggu demi minggu tentang apa yang diharapkan selama kehamilan Anda Informasi yang cocok untuk segala macam kasus skoliosis pascaoperasi dan kasus yang hingga kini belum dioperasi Jawaban penuh prihatin dan lengkap atas pertanyaan pertanyaan umum tentang skoliosis dan kehamilan Sarana pengambilan

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