

## Your Natural Scoliosis Treatment Journal (Chinese Edition, 2nd Edition): A Day-By-Day Companion for 12-Weeks to a Straighter and Stronger Spine! (Paperback)



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### Reviews

*This book is really gripping and intriguing. it was writtern very perfectly and beneficial. I am easily will get a enjoyment of looking at a created ebook.*  
(Jaeden Stiedemann Sr.)

## **YOUR NATURAL SCOLIOSIS TREATMENT JOURNAL (CHINESE EDITION, 2ND EDITION): A DAY-BY-DAY COMPANION FOR 12-WEEKS TO A STRAIGHTER AND STRONGER SPINE! (PAPERBACK)**



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Kevin Lau, 2017. Paperback. Condition: New. Language: Chinese . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Chinese Edition **TRACK YOUR PROGRESS TOWARDS OPTIMAL SPINAL HEALTH** In this companion resource to the 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 are 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...

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