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Votre Journal de Traitement Naturel de La Scoliose: Un Compagnon Quotidien Pour 12 Semaines Vers Une Colonne Vertébrale Plus Droite Et Plus Forte ! (Paperback)

By Kevin Lau

Health in Your Hands Pte Ltd, 2013. Paperback. Condition: New. Language: French,English . Brand New Book ***** Print on Demand *****.SURVEILLEZ VOS PROGRES VERS UNE PLEINE SANTE DE VOTRE COLONNE VERTEBRALE ! Dans ce manuel compagnon du best-seller Amazon Votre programme pour une prevention et un traitement naturel de la scoliose, le Docteur Lau vous offre les connaissances de bases qui vous seront necessaires pour reussir votre programme de sante en 12 semaines. Base sur des recherches completes et un developpement du Dr Kevin Lau, ce livre vous fournit un programme etabli de traitement contre la scoliose, qui est securise, non-invasif, et facile a suivre. Suivez simplement les etapes tandis que vous vous laissez guider vers une meilleure sante spinale. Etape Un: Identifiez l etat de votre scoliose personnelle. Etape Deux: Identifiez vos besoins nutritionnels unique et votre Metabolic Type Etape Trois: Conservez votre motivation avec le programme d exercices etabli du Dr. Lau, qui inclut des tableaux d exercices complets ainsi que des conseils de fitness. Etape Quatre: Soyez concentre et inspire en surveillant vos progres jour apres jour Etape Cinq: Attendez et observez tandis que votre scoliose s ameliore, que votre douleur decroit et que votre dos se...



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