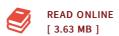




# Ji Zhu Ce WAN Zi Ran Zhi Liao Ri Ji (Paperback)

By Dr Kevin Lau

Health in Your Hands Pte Ltd, United States, 2013. Paperback. Condition: New. Language: Chinese . Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. 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 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...



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