



Scoliosis can be prevented and treated with a diet and exercise regime without bracing or surgery!

HEALTH IN Your Plan for Natural Scoliosis Prevention and Treatment YOUR HANDS

DR. KEVIN LAU D.C.



About the Author

Empowered by his own self healing, Dr. Kevin Lau combines university education in Doctor of Chiropractic and Masters in Holistic Nutrition with a commitment to practicing natural and preventive medicine. A pioneer in the field of non-surgical scoliosis correction he has treated thousands of patients diagnosed with scoliosis. Dr. Lau has finally discovered groundbreaking research that establishes beyond doubt, a real solution for scoliosis.

A Word from Dr. Kevin Lau:

"If you begin to resolve personal biochemical and structural imbalances through the program that I have outlined in this book, you will develop the unique ability to restore balance in your body and spine."

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

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A Completely Natural, Safe, Tried and Tested Diet and Exercise Program to Treat and Prevent Scoliosis!

What's more, it's completely tailored to your spine and metabolic needs

- 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
- Discover how lack of proper nutrition creates illness in our bodies and affects the normal growth of the spine
- Customize an exercise routine unique to your scoliosis to suit even the busiest schedule
- 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.

Learn This 3 Step Formula to Straighten Your Scoliosis

Step 1: Identify the Cause

The first thing you need to do is identify the biochemical and structural imbalances that have created your scoliosis. You can easily do this with the help of a series of "self assessments" outlined in this book.

Step 2: Treat the Symptoms of Scoliosis

While a majority of patients do not manifest any symptoms of pain early on, these gradually become evident as the disease advances, or as you age. You can't correct the problem if your pain is so severe that you can't move a muscle. This book will reveal various strategies with the help of which you can reduce and manage your pain so that you remain focused on correcting the underlying dysfunction(s) that are the main cause of your scoliosis.

Step 3: Treat the Cause and Condition

Next, you will learn how to treat the cause of your scoliosis by correcting your body chemistry and structural imbalances while following a nutritional and an exercise plan that is tailored to your particular condition.

Praise from Health Professional

“I highly recommend Dr. Lau’s natural scoliosis program as a safer and more effective alternative to the conventional bracing and surgery that is commonly recommended. I am very impressed with the results I have seen! I think that every spinal specialist needs this information.”

— *Dr. Alan Kwan, D.O. Medical Director*

“As an Orthopaedic Surgeon, I usually recommend surgical treatments for scoliosis as the last recourse. Most scoliosis sufferers do not meet the parameters of a surgical candidate and should seek more conservative measures. Dr. Lau’s program is a safe and painless alternative for scoliosis patients and has merit. I would recommend trying Dr. Lau’s non-surgical scoliosis correction program.”

— *Dr. Gul Keng, M.D. Orthopaedic Surgeon*

Testimonials From Patients

“Dr. Kevin Lau presents the facts in a logical and rational sequence. I appreciated that his tips were easy to follow and relatively fuss-free. It did not require me to spend extra time, efforts and budget to re-invent my diet, but I just need to be more mindful in my proportions and nutrients intake. He is right to say that dieting did not have to burn a hole in my pocket. Hence, thank you, Dr. Lau, for giving readers like me such valuable and sensible health insights.”

— *Wendy Y.*

“Initially I was really dubious about Dr. Lau’s scoliosis program, fearful of the fat in the diet. But I gave it a go. After about four weeks on the new diet, I started to really feel the benefits. My energy levels went up, the pain in my back disappeared, I now sleep all night without waking up, I no longer have cravings for chocolate or cheesecake, I feel great and I have lost 3kgs without even trying to lose it.”

— *Isla W.*

“Backache had plagued me for more than 20 years. I thought it was due to bad posture or work-related. Acupuncture and massage only gave me temporary relief. I began my treatment with Dr. Kevin Lau 6 months after I had an X-ray taken. The results were beyond my expectation, 8 degrees in the thorax and 12 degrees in the lumbar and taller by 1cm.”

— *Lucy K.*

“Dr. Lau is a kind-hearted man who understands the problems and pains suffered by his patients. He put his heart and soul in treating his patients. He shows concern and monitors the progress of his patients constantly. After Dr. Lau’s program, I realized that my back problem and my health have improved. My overall conditions have improved. At long last, I have found someone who can help me in alleviating my back problem.”

— *Christie C.*

“To me, the whole experience of the treatments meant much more than the 15 degrees of correction in my spine. I felt that in many ways I was blessed, and I learnt to have faith that there is a solution somewhere for any problem. Taking that on a very general estimate the scoliosis in an adult worsen by one degree per year, the corrections have perhaps saved me fifteen years... even if it is less, I am sincerely thankful for it.”

— *Cher C.*

“Finally! I was independently healthy and pain free, the knowledge he offered me allowed me to sustain the health and wellbeing that I never thought I could have.”

— *Alisa L.*

“Even more impressive is that Dr. Lau ordered my post therapy X-rays and it showed that I had reversed the degeneration in my spinal disc. I am so impressed with Dr. Lau’s program. I admit to being skeptical at first, but the results I achieved have made me a believer! Thank you, Dr. Lau!”

— *Andre Z.*

HEALTH IN YOUR HANDS

Your Plan for Natural Scoliosis
Prevention and Treatment

DR. KEVIN LAU D.C.

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About the author

A graduate of RMIT University in Melbourne, Australia and Clayton College in Alabama, America, Dr. Kevin Lau D.C., combines university education with a lifetime of practicing natural and preventive medicine. His approach encompasses holistic treatment of body, mind and spirit.

After counseling hundreds of patients diagnosed with scoliosis and a host of other diseases, Dr. Lau discovered ground-breaking research that established, beyond a doubt, the clear merits of non-surgical treatment of scoliosis.

A firm believer in the ideology that health and sickness are within our control, Dr. Lau's main grounding has come from his own life experiences. His patients hail from all walks of life and have ranged in age from young children to ninety-year-olds. Dr. Lau was honored with the "Best Healthcare Provider Award" from the major newspaper publication in Singapore, Straits Time Newspaper.

Over the course of his career and based on his experiences, Dr. Lau has gained special expertise in treating patients with scoliosis, diabetes, depression, osteoarthritis, high blood pressure/hypertension, heart conditions, chronic neck and low back pain, and chronic tiredness, as well as several other "modern diseases".

Dr. Lau knows that the best medicine in the world comes straight from nature and it cannot be produced and mass marketed from a lab.

My Story

Growing up I lived a happy and healthy life, oblivious to the challenges that my health would later pose. When I turned 14, I started working in a fast food outlet where all that I subsisted on was burgers and chips on a regular basis. I drank gallons of sodas and milkshakes as if these were water, but no matter what I ate, I never put on an ounce of extra weight. I started noticing bad acne appearing on my face which made me painfully self-conscious, so I started trying every face wash product available, including scores of lotions and creams.

Later, when I moved interstate to study chiropractic, my health really began to deteriorate, going from bad to worse. At the age of 21, I became chronically ill and clinically depressed!

Away from my mother's cooking, I consumed instant ready-made meals and ate out of cans anything that could fill my stomach under a tight budget. I still remember going to the supermarket for the first time, ignoring the fruits and vegetables section and moving straight to the instant noodle, sugar-filled cereals and breakfast bars. As a consequence, gradually my skin began to worsen, but at the time I failed to connect the food and health together. Eventually my acne got so bad that I went to a medical doctor who immediately prescribed antibiotics.

The antibiotics did help initially, but I had to keep taking them, otherwise my skin would break out again. A few years of persistent dependence on antibiotics left me permanently scarred and riddled with digestive problems. I constantly felt haggard and tired, with the need to sleep all day. Intrinsicly, I knew something was wrong with my system. My concentration and memory suffered; I went from a perfect "A" student to getting B's and, eventually, C's. Looking back on that period with the benefit of hindsight, I now understand that the majority of my problems were created by my naivety and a lack of understanding about the basic principles of nutrition. The antibiotics were merely treating the symptoms of acne and failed to treat the cause of which was due to poor diet.

Then something dramatic happened. One day, I "woke up," and gained true clarity. It marked a turning point in my life when I decided to go completely off all prescription medicine and started reading ferociously about natural health.

I read a lot of literature at this point and began to realize that practically everything that I had been doing up until then was leading up to one possible outcome - a slow poisoning of my normal, metabolic functioning. I had in effect turned into my own worst enemy. A

thoughtless consumption of vast quantities of bad fats, sugar, pharmaceutical concoctions and the rigors of my study life, had begun to take their toll on my mind and body and were slowly leading me on a path of disease and depression.

You might call it a moment of reckoning. I was at a major crossroad of my life when I had just finished my studies and embarked upon my ultimate vocation: learning how to rebuild my body and regain my health bit by bit with consistent efforts and deliberation. I remember telling myself, how could I be practicing as a health professional if I wasn't a picture of good health?

From that point on I became a living example for my patients. Those that I attracted in droves were scoliosis patients because of modern medicines failure in effectively managing the condition. The results with these patients were at times so startling that I became convinced of my own methodology. Almost instinctively I knew I was on to something big; something that held the promise of health and hope to thousands of scoliosis patients around the world.

Today, as a practicing chiropractor and nutritionist, I am more certain than ever that scoliosis can be completely cured and treated. It may at one time have been one of the hardest and the most mysterious of all diseases, but today, with the application of the nutritional principles that I've incorporated, it can be completely arrested and the progress of the condition reversed. I've understood completely from my study of nutritional science that food alone has the miraculous healing properties to cure not only scoliosis, but a multitude of other diseases as well.

Over time, I've read practically every written word on traditional and alternative modes of healing. Some of this literature was inspiring and thoughtful; some contradicting and confusing. Nonetheless, since I was committed to total reformation, I began to make small but significant changes in my dietary and lifestyle patterns.

As my own patient, I started eating borderline vegetarian food and consuming 10 to 20 synthetic supplements a day, whilst drastically cutting out my sugar, processed foods and fat intake. I tried a host of things during this phase with mixed results, things as eccentric as spiritual healing to colonic therapy. I stuck to this routine for a few years in search of health truths.

Surprisingly for a major part of the day, although I still felt washed out, depressed and drained, I continued putting all my effort into my health, doing all the things that conventional knowledge said was bad, such as reducing fat, eating less meat and more

You could use it in two ways. You can either do it separately or, as I do, stand on the vibrator and let it work for you, while you busy yourself with other weight-bearing exercises — such as lunges, leg lifts, and pushups. These exercises will gently pull on the tendons that connect your muscles to your bones, while stimulating your osteoblasts, which are your “bone builders.”

There is research that suggests that when you exercise on a vibrating surface, it helps increase muscle strength 20-30 percent more than conventional strength training. I’ve received a lot of positive feedback from my patients who use this machine in my practice, and I use it in conjunction with the Dynamic Brace System to correct curvatures greater than 20 degrees.

Dynamic Brace System

The Dynamic Brace System known as D.B.S., is a dynamic portable traction like corset that fits around your back. It works by applying three-dimensional traction and allows for vertical and horizontal traction as well as symmetrical and asymmetrical traction. It was developed to aid the sufferers of herniated discs and low back and sciatic pain, however, because of the three-dimensional traction, this means that it can correct a swayed back or a flat back in addition to scoliosis.

I highly recommend this device to patients who suffer from progressive scoliosis such as an adolescent who haven’t reached skeletal maturity or anyone with a curvature that is more than 20 degrees. The great news is the D.B.S. is effective on correcting scoliosis as well as preventing further curvature of the spine because it has a horizontal pressure force which can be moved and adjust the horizontal pressure pad according to the patient’s condition.

The D.B.S. is so easy to use that patients requiring long-term care may easily be taught by a trained health care practitioner how to administer self-treatments at home. Treatments thus become more convenient and patients feel that they have more control over their lives. Be sure to get an X-ray before you begin using the D.B.S. and 6 months after to record any changes that have occurred in your spine.



Figure 61: Vertebtrac with Dynamic Brace System

Clinical studies have proven that the D.B.S. can improve your range of motion, lessen your back pain, and correct the curvature of the spine. I have personally seen great results in my patients and often use the D.B.S. in conjunction with diet changes and exercise.

Recommend Usage:

In patients with a curve greater than 20 degrees, when the scoliosis is progressive, it's recommended that you perform daily treatments of 30 minutes with D.B.S. until maturity of the spine is reached. The traction power applied should be between 10-

20kg. on each side. This, of course, can vary according to the age and the constitution of each patient.

For patients who have no pain or other complaints but have a tendency for progression such as adolescents, it's recommended that you treat your scoliosis with the D.B.S. for 30 minutes, 1 or 2 times daily until skeletal maturity is reached and the person's curvature remains stable for 2 - 3 years.

In patients with curvatures greater than 30 degrees or suffer from pain, the D.B.S. treatment is started immediately for 30 minutes, 3 times per day. Once skeletal maturity is reached, 1 or 2 30-minute treatments should be continued daily for a period of six months. X-rays should be taken every 6 months with a healthcare professional to document the changes in the curve. If you discover a scoliosis progression greater than 5 degrees then this requires a resumption of 30-minute treatments, 3 times a daily until progression is halted and the scoliosis is stable, which is confirmed with a spinal X-ray.

Testimonial: D.B.S. for Scoliosis Correction

“I have been using the Dynamic Bracing System for one year with alarming results. Cases ranging from 44-degree scoliosis to the most severe disc ruptures all resulting in dramatic symptomatic and physiological changes. How did I do it? I combined the Vertetrac with specific isolated exercises, specific stretching, massage, trigger point ultrasound, and forced manipulation. When they are all combined in one visit, then the results are shocking, usually within six months or less. If you are interested in treating the most severe cases with phenomenal results, then do your research and purchase a Vertetrac brace today.”

— *Dr Louis Salvagio, DC, CCRD, PT*
Associate Professor, University of St. Augustine

Remember, however, that while the Dynamic Brace System has been proven to be beneficial, it is best to start slow, as with any other exercise explained in this book, while gradually building your momentum for more vigorous exercises later. Plunging headlong into any high-impact exercise will make your body feel more sore than relaxed. So please resist the temptation to go full throttle into any exercise routine that you eventually choose for yourself.

Remember to be patient and consistent. Exert caution; don't expect overnight changes and your body will begin to respond in time.

However, for that to happen, you must first learn to take responsibility for your health. Don't leave everything to your health professional. Seek professional help by all means, but more than the professionals, you need to understand the demands of your body and how it works. Only then will you be able to help your scoliosis.

Believe me, our bodies are incredible machines. If you maintain and oil them properly, they will last longer, function more efficiently and won't suffer from the wear and tear of aging.

**Tips on how
to incorporate
exercise into your
lifestyle**

It's indeed very simple. To begin with, choose an exercise plan that:

- 1. You enjoy**
- 2. Is fun to do**
- 3. Is affordable**
- 4. Suits your particular lifestyle**

For instance, if time is a constraint, choose something like a half-hour of brisk walking every day, cycling from home, or