

DR. KEVIN LAU

Author of the bestselling book
'Your Plan for Natural Scoliosis Prevention and Treatment'

YOUR SCOLIOSIS TREATMENT COOKBOOK

EATING YOUR WAY TO
A HEALTHIER SPINE!

FIRST EDITION

 HEALTH IN
YOUR HANDS





TESTIMONIALS

My father has been battling with scoliosis for almost 25 years now. The pain got so excruciating, that he finally began to consider surgery as the last option. Knowing the amount of risks involved with all kinds of surgery, I started doing a lot of research on scoliosis. It was then that I stumbled upon this book by Dr. Kevin Lau. It has been six months since our whole family embarked on this diet. Today I am happy to report that daddy's spine is better. What's more, even all of us have shed a lot of weight and are at our healthiest best ever!

– Jenny

When I was five, my mom noticed that I was walking funny and took me to my paediatrician. After consulting with another doctor, he confirmed that I had scoliosis. I was put on braces and for a while my spine seemed to be straightening out. However, it would again curve back after some time. My mom and I tried everything, but of no avail. A friend told her about this amazing scoliosis program by Dr. Lau that corrects scoliosis and the next minute mom had bought it. I was a bit skeptical but then I thought, "What do I have to lose?"

Last month my doctor said that my spine was getting better and let's just say I now have abs and I am never going to turn back!

– Sam, a survivor

This book provides a lot of insight about the three different types of metabolisms and the foods that are tailored for each type. Did I mention that the recipes are to die for? Well, be prepared to go on the best culinary journey of your life!

– Sammy, a food lover

Ever bought a cookbook that has a shopping list and that tells you how to keep your spices and also the benefits of each? This is the holy grail of cook books!

– Zain, obsessed!

**YOUR
SCOLIOSIS
TREATMENT**
Cookbook

**EATING YOUR WAY
TO A HEALTHIER SPINE!**

By
DR. KEVIN LAU

First Edition
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www.ScolioTrack.com

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Acknowledgments

I am particularly grateful for the assistance given by my editor, cover designer and layout designer in coming up with this amazing scoliosis cookbook. By the virtue of being a practicing chiropractor I come across scores of patients making an earnest but a literally back-breaking effort to live a meaningful life with scoliosis. Well, nature has a novel way of offering remedial measures with the worst of ailments. Nutrition and diet have an imaginable power to cure the symptoms of scoliosis and provide relief.

I dedicate this Cookbook to all those wonderful human beings who exhibit amazing strength in dealing with scoliosis. I sincerely hope that the contents of this book would help in easing their pain and discomfort to the maximum extent.

Warm Regards,

A handwritten signature in black ink that reads "Dr. Kevin Lau". The signature is written in a cursive, flowing style with a large initial "D" and a long horizontal stroke at the end.



**INTERNATIONAL SOCIETY ON SCOLIOSIS ORTHOPAEDIC AND
REHABILITATION TREATMENT**

*In recognition of his contributions to the care and conservative treatment of
scoliosis*

Kevin LAU, DC
Singapore, Singapore

is hereby declared
Associate Member of SOSORT in 2012

Stefano Negrini, MD, Italy
President

Patrick Knott, PhD, PA-C
General Secretary



Dr Kevin Lau is a graduate in Doctor of Chiropractic from RMIT University in Melbourne Australia and Masters in Holistic Nutrition from Clayton College of Natural Health in USA. He is a member of International Society On Scoliosis Orthopaedic and Rehabilitation Treatment (SOSORT), the leading international society on conservative treatment of spinal deformities.

Introduction

As a chiropractor, nutritionist, author and app developer, I am always busy going about my life with full enthusiasm! How do I still feel so energetic...-point to ponder!

How can I keep my body and mind in top condition all the year round? It took a while for me to learn how to best take care of my body. As I shared with you in my earlier book, I used to work as a waiter at fast foods in my initial years. Surrounded by junk foods, I indulged in burgers, milkshakes and gallons and gallons of soda all the day long.

Though I maintained a slim frame but my body was in a mess. I had an acne breakout and I always felt exhausted, like I was running out of battery. I had zero energy to do anything.

However, I soon came to learn that all I felt was as a result of what I was feeding my body. It is then that I realized that I had to do a complete 360 turn on my diet.

Today, I am in the best shape of my life and as for energy; the energizer bunny is no match for me!

The Paleo diet is a modern nutritional plan that mimics the diet of our caveman ancestors who had the healthiest and absolutely disease free bodies. I adopted it to suit my unique metabolic type and continue



to rejoice in its glory. It is sheer pleasure to learn the secrets of our ancestors' cuisine, edified by their instinct to discover the foods. One just marvels at their innate intelligence to absorb nutrients and weave them in their diets.

The Paleo diet recipes touch your taste buds in all the right places.

Great chefs always put a lot of feeling into their cooking. So, what will I share with you in this cookbook?

There are 115 enchanting recipes in this book. Each of the recipes comes with three formulas for three different kinds of individual metabolic type.

So, the recipes in this book are tailored to your metabolic type and ultimately also offer therapeutic nourishment based on your genes and your deformity.

I have many scoliosis patients, just like you and there's just one thing you always need to remember. Scoliosis is not a life sentence! If you follow this diet and also try to practice the holistic methods that I have shared in my other books such as the exercises and medical devices recommended, you will notice a massive improvement in your spine's alignment.

Embracing the Paleo diet means bidding farewell to all the 'bad foods' such as sugar, processed foods, grains. It also means welcoming the healthier food groups like fish, poultry, meats, fruits, nuts and veggies. It is alkaline-based foods which minimize calcium depletion, ensure good bone health and prevent loss of muscle mass. The recipes in this cookbook are loaded with alkaline-based foods. For instance, quite a few recipes use cultured vegetables and probiotics, which are great for boosting your immunity, increasing your energy and increasing the amount of good bacteria that replenish the micro flora in our intestinal tract.



I bet you are familiar with the saying 'No Pain No Gain'. Well, when you adopt these recipes, you will have to give up some of your so-called 'favorite foods'. However, I do guarantee that -you stand to gain something far greater i.e. a fit mind and body, all year round, just like I do.

Cooking wisdoms, as part of this cookbook, will help you prevent loss of vital nutrients while cooking. It will bring out the master chef in you and reflect your culinary skills to the best. After all, you never know, you may hand down the wisdom from generation to generation, just like your family heirloom and history...

The recipes in this cookbook help you plan more appetizing and nourishing dishes, fully complementing your body, spirit and lifestyle. What's more, they are quick, easy to prepare and suitable for the ever-busy you!

Am I invited for dinner?



Chapter 5

About the Recipes

Each of the 115 recipes is aimed at not only restoring your spine's health, but your general health and well being. I have arranged them according to salads, soups, meats, fowl, seafood and snacks. I hope you, your family and friends are going to enjoy the love that comes along with each special recipe.

Another thing you need to note is that the recipes have been made in a special way for each metabolic type. So it is important that you stick to your metabolic type for the best health and shape of your life. There are a few recipes that have information for one or two metabolic types. If your metabolic type's ingredients and information are missing, this implies that the recipe in question is not suited to your metabolic type. Hence, you are better of avoiding it. Instead, it is advisable that you substitute the same with some of the foods that you are allowed to eat.

These recipes are not rigid as brick and mortar. As you get comfortable with your cooking skills you can let your creative juices flow and come up with unique variations of these recipes.





Salads



Scallop Summer Salad

	Protein Type	Mixed Type	Carbohydrate Type
Ingredients	<ul style="list-style-type: none"> • 1 grapefruit juice • 1 organic orange juice • 1 lime juice • 1 pint cherry tomatoes, cut in half • Handful cilantro, chopped • Sea salt to taste 		
	<ul style="list-style-type: none"> • 1 lb scallops • ¼ red onion, finely diced • 2 avocados, diced 	<ul style="list-style-type: none"> • 1 lb scallops or tuna • ¼ red onion, finely diced • 2 avocados, diced 	<ul style="list-style-type: none"> • 1 lb tuna • ½ red onion, finely diced • 1 avocados, diced • 1 cup fresh steamed asparagus
Instruction	<ul style="list-style-type: none"> • Bring a medium pot full of water to a simmer. Add in a generous pinch of salt. • Take a look at the scallops. Sometimes they'll have little "beards" attached to them. You'll want to peel those off and discard them. Add the scallops to the simmering water and let them cook for about 5 minutes. • Meanwhile, in a large bowl, mix together the onion, citrus juices, avocado, tomatoes, cilantro and salt. • Add in the scallops. Mix to combine. Eat now or stick the bowl in the fridge until the scallops have had a chance to chill out. 		
Nutrition facts			
Calorie	256	247	234
Fat	10g	9.2g	8g
Carb	19g	18.4g	16g
Protein	24g	23.7g	22.4g
Preparation time: 15 minutes Servings: 4			



Shrimp and Avocado Salad

	Protein Type	Mixed Type	Carbohydrate Type
Ingredients	<ul style="list-style-type: none"> • 3 tbsp fresh lime juice; • ½ cup green onion, finely chopped; • ½ cup cilantro, finely chopped; • Sea salt and freshly ground black pepper to taste; 		
	<ul style="list-style-type: none"> • 1lb peeled cooked shrimp • 2 avocados, peeled, pitted and diced; • 2 med pears, peeled, pitted and diced; • 2 tbsp extra virgin olive oil 	<ul style="list-style-type: none"> • 1lb peeled cooked shrimp or tuna • 2 avocados, peeled, pitted and diced; • 1 med mango, peeled, pitted and diced; • 2 tbsp extra virgin olive oil 	<ul style="list-style-type: none"> • 1lb tuna • 2 avocados, peeled, pitted and diced; • 1 cup fresh steamed asparagus • 2 med mangos, peeled, pitted and diced; • 1 tbsp extra virgin olive oil
Instruction	<ul style="list-style-type: none"> • In a small bowl prepare the vinaigrette by combining the lime juice with olive oil. • Season to taste with salt and pepper and whisk together. Set aside. • In a large bowl, mix the mangoes with the avocado, green onion, cilantro and shrimp. Pour in the vinaigrette and give it a good toss. The salad is best served cold, so if you are not serving right away, allow it to chill until then. 		
Nutrition facts			
Calorie	259	239	231
Fat	12g	10.6g	9.4g
Carb	27g	25.3g	20g
Protein	15g	14.6g	14.2g
Preparation time: 15 minutes Servings: 4			



Fish Salad with Avocado and Bacon

	Protein Type	Mixed Type	Carbohydrate Type
Ingredients	<ul style="list-style-type: none"> • 2 tbsp finely chopped fresh dill • 2 tbsp lemon juice • Sea salt and pepper • Oil for searing 		
	<ul style="list-style-type: none"> • 1 lb salmon steak • 1 cup crumbled cooked bacon • ¼ cup finely chopped red onion • 1 med avocado, peeled, pitted and cut into small pieces 	<ul style="list-style-type: none"> • 1 lb yellow fin tuna steak • ½ cup crumbled cooked bacon • ¼ cup finely chopped red onion • 1 med avocado, peeled, pitted and cut into small pieces 	<ul style="list-style-type: none"> • 1 lb yellow fin tuna steak • ½ cup crumbled cooked bacon • ½ cup finely chopped red onion • ½ med avocado, peeled, pitted and cut into small pieces • 1 fresh steamed asparagus
Instruction	<ul style="list-style-type: none"> • Heat heavy skillet over high, heat for 2 minutes. • Brush tuna or salmon with oil and sprinkle lightly with salt and pepper. • Place in the hot skillet and sear until browned on the outside, about 3 minutes per side for medium-rare, less for rare. • Cool tuna or salmon; dice finely. • Mix with other ingredients. • Serve alone or over mixed greens. 		
Nutrition facts			
Calorie	187	171	165
Fat	13g	11g	9.6g
Carb	14g	11g	8g
Protein	16g	15.2g	14g
Preparation time: 10 minutes Servings: 4			



Cranberry Tuna Salad

	Protein Type	Mixed Type	Carbohydrate Type
Ingredients	<ul style="list-style-type: none"> • 12 oz of canned tuna • ¼ cup mayonnaise, or more to taste 		
	<ul style="list-style-type: none"> • 3 celery stalks, finely chopped • ¼ cup finely chopped red onion • ½ cup dried currants 	<ul style="list-style-type: none"> • 2 celery stalks, finely chopped • ¼ cup finely chopped red onion • ½ cup dried cranberries 	<ul style="list-style-type: none"> • 1 celery stalks, finely chopped • ½ cup finely diced cucumber • ½ cup finely chopped red onion • ½ cup dried cranberries
Instruction	<ul style="list-style-type: none"> • Simply mix ingredients together in a bowl. • Serve at room temperature or chilled. 		
Nutrition facts			
Calorie	353	337	324
Fat	20g	18.9g	17g
Carb	8g	6.9g	5.7g
Protein	33g	33g	32.4g
Preparation time: 10 minutes Servings: 2			





About the Author

In 2005, Dr. Lau was the first in Singapore to provide a non-surgical treatment for scoliosis. Since then he has educated patients from all over the world with his best-selling book "Natural Scoliosis Prevention and Treatment: Health In Your Hands".

Testimonials

"It has been six months since our whole family embarked on this diet. Today I am happy to report that daddy's spine is better. What's more, even all of us have shed a lot of weight and are at our healthiest best ever!"

— Jenny

"Last month my doctor said that my spine was getting better and let's just say I now have abs and I am never going to turn back!"

— Sam

Strengthen your spine, one meal at a time!

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.

'*Your Scoliosis Treatment Cookbook*' – a one of a kind, never-before guide to customizing your diet with over 100 delicious, spine building recipes to treat your scoliosis! 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 the foods appropriate for your metabolism and genes. Once 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.

So, just explore, cook and feast!

What to expect from eating the delicious recipes in this book:

- Reduce pain related to scoliosis
- Enhance spinal growth and development
- Strengthen your muscles
- Relax muscle tightness
- Rebalance your hormones
- Boost you energy levels
- Prevent spinal degeneration
- Help you achieve your ideal body size
- Strengthen your immune system
- Improved sleep