



DR. KEVIN LAU

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

Your Natural **SCOLIOSIS** **TREATMENT** Journal

**A DAY-BY-DAY
COMPANION
FOR 12-WEEKS TO
A STRAIGHTER AND
STRONGER SPINE!**

 **HEALTH IN
YOUR HANDS**





TESTIMONIALS

“This book is a must-read for anyone who suffers from scoliosis. It gets to the heart of the connection between the mind and the body. It changed my life.”

— **Christopher K.**

“If you suffer from scoliosis or just want to get healthy, you should give it a try!”

— **Julia P**

“Highly recommend this book and the exercise DVD for all scoliosis sufferers!”

— **Lisa**

“This book covers everything from nutrition, to stretching, to exercises to prevent and treat scoliosis.”

— **C. Burton**

“Dr. Kevin Lau has done a fantastic job of explaining fact from fiction about scoliosis and its causes. As well as explaining modern treatment and its flaws...”

— **Mariey**

“The food ideas, stretches and core exercises are brilliant. I just started the stretches last night and couldn’t believe the effectiveness these stretches did for me...”

— **Chris**

“This book has made me understand scoliosis better... Nutrition as part of the remedy to scoliosis is eye opening, and has made me to evaluate my daily nutrition more carefully...”

— **Angela N.**

“This book is very insightful and offers great tips to abate some of the symptoms. It has only been a couple of weeks but we have already seen great progress!”

— **Alisha C.**

“I have had back pain for 3 years and have been to several specialists and even had a non-invasive procedure done but still had pain. I started doing the exercises a few weeks ago and I am doing much better....”

— **Norman**

**Your Natural
SCOLIOSIS
TREATMENT**
journal

**THE ESSENTIAL COMPANION FOR
YOUR 12 WEEKS TO A STRAIGHTER
AND STRONGER SPINE**

By

DR. KEVIN LAU

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Editor: Min Li

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For more information about the companion
Exercise DVD, Audiobook and ScolioTrack App for iPhone visit:

www.HIYH.info
www.ScolioTrack.com

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**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

Handwritten signature of Stefano Negrini in black ink.

Stefano Negrini, MD, Italy
President

Handwritten signature of Patrick Knott in black ink.

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.

Acknowledgments

This book is dedicated to my loving family, my true friends, and my patients, whose love, support, and inspiration have helped me form a better understanding of the best ways to care for the spine and for helping me to understand the breakthrough discoveries that are being made.

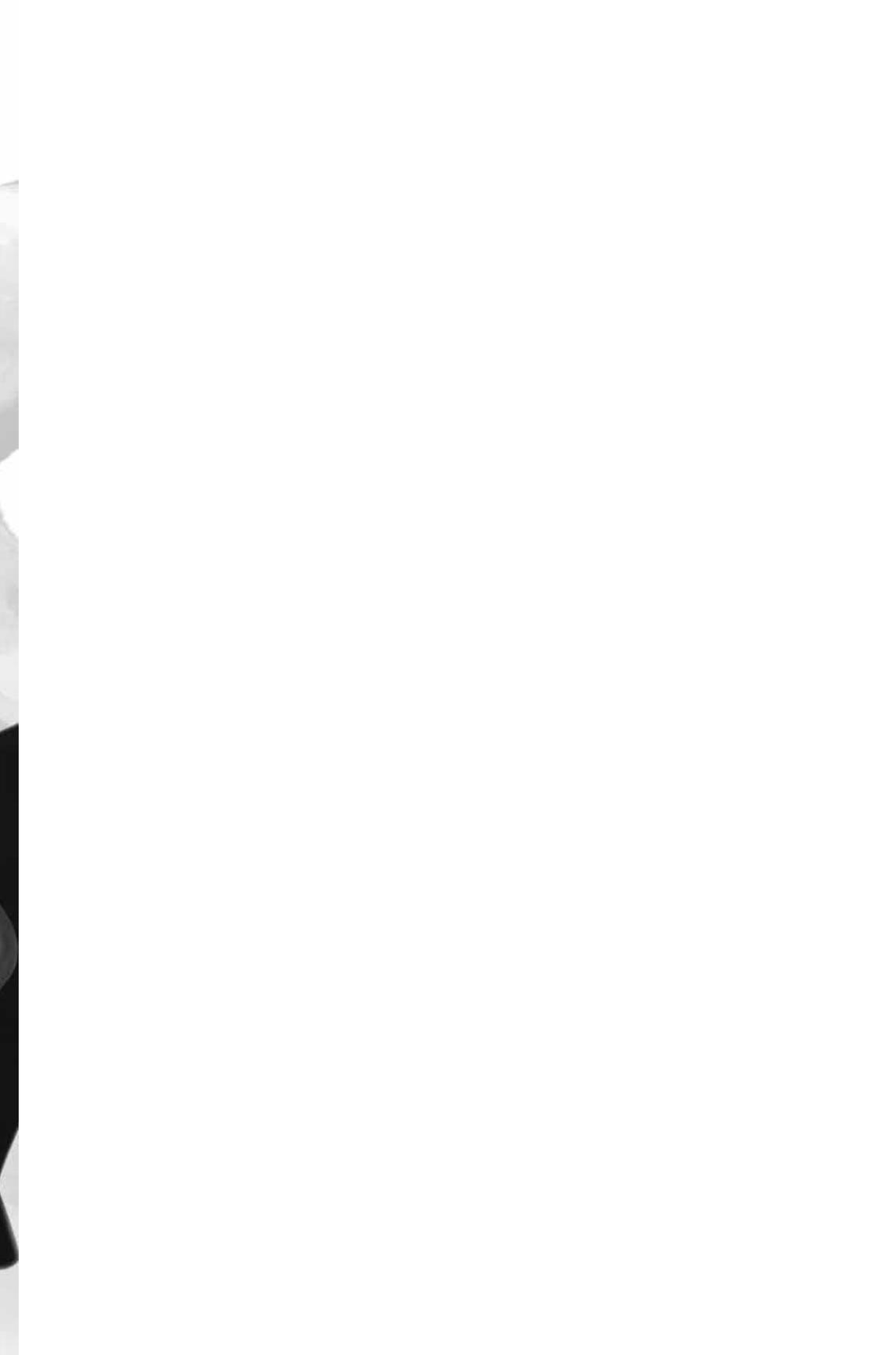
Additional Thanks and Credits

I would also like to thank the doctors, scientist, clinical technicians, patients, and individuals who have had a part in this book, either through information passed on to me or through their inspiring stories of bravery and success. Thank you.

PART 1

*Building Your
Scoliosis Program*





Chapter 1

Introduction

Sarah was an active young girl who turned 13 in 2007. Her growth and development has always been great and at the age of 13, she has managed to grow a little taller than her mother who was 5'3.

Sarah was active in sports and had a fairly dynamic routine when she gradually developed mild backache. Attributing it to her sports related activities, neither Sarah nor her parents paid any special attention. Apart from occasional feeling of fatigue, Sarah didn't really develop any distinguishable symptoms or signs,

This would have continued even further until one day Sarah's mother noticed something while changing her clothes. She noticed a pretty distinguishable asymmetry in her back-region. Having seen Sarah's grandmother going through the similar symptoms, Sarah's mother had to no difficulty in analyzing the situation that her little daughter has developed Scoliosis.

Unfortunately, scoliosis is slow to develop and by the time most people realize, disease is already in advanced stages.

Luckily, the mother of Sarah was concerned who got her help just in the right time. I still remember when Sarah's mother contacted me at my clinic, she was visibly upset.

I suggested Sarah to perform some exercises and in case, her symptoms did not reverse, she may have to undergo surgery.

Sarah's parents were really concerned thinking about the future outcome and her overall health. They shared all their queries and questions with me and those are the same questions that many of you have, while going through scoliosis management.

- Would she ever be able to feel fine again?
- Would she be able to get rid of these embarrassing and discomforting braces?
- Would she ever be able to live a normal life again?
- Is there a solution outside of surgery?

If all these questions have been troubling you; here is a sign of relief. The answer to all the above questions is a YES, with a BIG IF!!!

But before determining the ifs of scoliosis management; here is a checklist to see where you stand right now?

Scoliosis may be asymptomatic (i.e. only sub-clinical) but it can also present with:

- Moderate to severe backache that may be disabling and affect the quality of life
- Classic and noticeable physical disfigurement that puts your confidence, self-courage and presentation at stake.
- Psychological and emotional disorders that follow the scoliosis and may range from mood disorders to severe depression.
- Impairment of nerve dysfunction as a result of moderate to severe

nerve damage as a result of degeneration of intervertebral discs.

You may be experiencing most of these symptoms and all those who are not experiencing any of the symptoms; here is a bad news!

You are at the verge of developing these symptoms at any point of your life!

Isn't it distressing? At this point you have any of the three routes!

- Don't do anything and always live in the fear of developing these symptoms of living with these symptoms
- Adopt medical or interventive therapy like braces and wait until the braces play its role
- Go for surgical therapy and fight with all complications pertinent to surgery...

Oh but wait a minute, instead of waiting for medical or surgical procedure to take its course; isn't it a better idea to play your own role and work for your own body.

Being a nutritionist, chiropractor and strong believer of holistic methods of treatment; I strongly recommend giving your body a chance and little support to fight scoliosis.

I know most people are afraid to take the chance and practice alternative treatment for a condition as scary as SCOLIOSIS; but I assure you, your body has immense potential and if you get a chance to study my books on scoliosis; you will realize that the development of scoliosis is a failure of your immune system because of the undue stress and strain that your body have to go through because of your slackness and unnatural living methods.

In this workbook, I will start from the beginning and no matter where you stand in terms of your nutritional status and physical stability; IF

What to Expect in this Book:

This workbook contains all the questionnaires, tables, diagrams and worksheets that you need to complete your scoliosis program.

1. METABOLIC TYPING CHALLENGE

This simple interview styled questionnaire is to be completed at the beginning of your program to determine your metabolic type.

How to use:

Identify your metabolic type by your honest responses to every given question in “Metabolic Typing Challenge” on page 74.

It is the first step to find out tailor-made foods for your unique body based on paleo stance. The requirements and demands of every individual are different and knowing your metabolic type can ease the process of delivering the nutrients that your body demands.

Metabolic Typing Challenge		
ANSWER #1	DIET QUERY	ANSWER #2
Don't eat meat, fish, or chicken	APPELITE (appetite)	Headaches, constipation, nervous system
Fast, never after work, anything more than what is had needed	ENERGY	Headaches due to nerve damage, fast and dry mouth, loss of skin, thin, brittle, hair or nails, thin, brittle, or painful for a week after meals
Usually increase sleep capacity if sleep hard	EATING BEFORE BED	Headly, depression, dry
"E is to die" is pronounced with food and eating	EATING FLURRY	"E is to die" is pronounced in a way that is designed to induce
Don't eat fish	EATING WITHOUT EATING	Headly, constipation, nervous system, Irradiation of Appetite
Exaggerate emotions	EMOTIONAL FEELING	Can make you light-headed, forgetful, jittery, shaky, or nervous
Can sleep with an electric fan	SLEEPING SOUNDS	Headly, or regularly DRIZZLES, start to feel it (tip a word)
Hardly to have more than half of apple, something more than 1/2	SWACING	When you eat, you're not really eating, you're just eating
DIET SECTION TOTALS		
ANSWER #1	PHYSICAL QUERY	ANSWER #2
Little bones	WEIGHT	Slender, delicate
Just being, feeling, you feel nothing otherwise, few symptoms, could be on	DIAGNOSIS	Early signs, some back, rapid diagnosis, no real diagnosis, confusion
Not, light	BACKPAIN	Headly, joint pain
Larger than an average lighted man	DEEP - PUMP KEE	Headly, thin, or an average lighted man
Not, cold	WARM - TEMPERATURE	None
Performance, most emphasis	LIGHT - STRONG, BRUISE	Headly, neck, back
Head, several full, months	HEAVY - BACK COMPLETION	Head, several full, months
Head, several, 10-15 weeks	HEAVY - BACK REPAIRING	Headly, several, 10-15 weeks
PHYSICAL SECTION TOTALS		

ANSWER #1	PSYCH QUERY	ANSWER #2
Overly honest, open & honest	ADVERTISING	Confidence, open & honest
Not open, but if had to show down, not honest, depression	ACTIVITY LEVEL	Headly, very, quiet, to the point, attention, but a very, thin, nervous
Headly to anger, constant nervous	ANGER	Headly to anger, thin, nervous, constant
Headly to feel, only to see	ADJUSTING TO THE WORLD (around, without, show, do)	Headly to feel, only to see
Headly to feel, only to see, or to see, or to see, or to see	CLIMATE PREFERENCE	Headly to feel, only to see, or to see, or to see, or to see
Headly to feel, only to see	TEMPERATURE	Headly to feel, only to see
Headly to feel, only to see	EMERGENCY	Headly to feel, only to see
Headly to feel, only to see	EMERGENCY CO-OPERATION	Headly to feel, only to see
Headly to feel, only to see	EMERGENCY	Headly to feel, only to see
Headly to feel, only to see	ORGANIZATION	Headly to feel, only to see
Headly to feel, only to see	STRESS TOLERANCE	Headly to feel, only to see
Headly to feel, only to see	PERSONAL STANDARDS	Headly to feel, only to see
Headly to feel, only to see	PERSONALITY	Headly to feel, only to see
Headly to feel, only to see	PRODUCTIVITY	Headly to feel, only to see
Headly to feel, only to see	SOCIAL BEHAVIOR	Headly to feel, only to see
Headly to feel, only to see	SOCIALITY	Headly to feel, only to see
Headly to feel, only to see	DISPERASITY	Headly to feel, only to see
Headly to feel, only to see	TECHNOLOGY	Headly to feel, only to see
Headly to feel, only to see	THOUGHT PROCESSES	Headly to feel, only to see
Headly to feel, only to see	WORK	Headly to feel, only to see
Psych Section Totals		
Physical Section Totals		
Diet Section Totals		
GRAND TOTALS		

2. SCOLIOSIS WEEKLY SUMMARY

This table is to give you an overview of your program so that you can assess your progress and productive. Effects of dietary and exercise changes can be take months to show so this table will help monitor your progress and keep you motivated.

Reshape your spine weekly log

Metabolic type: C M F
 Number of Curves: S-Shape C-Shape
 Cobb angle: _____ (if applicable)

BMI at starting point: Underweight Normal Overweight

Start date: _____

Weekly monitoring (at 11 weeks)	Starting point	week 1	week 2	week 3	week 4	week 5	week 6	week 7	week 8	week 9	week 10	week 11	week 12	12 week progress
Height (cm or in)														
Weight (kg or lb)														
BMI														
Angle of Trunk Rotation (ATR) using InclinTrac		NR		NR		NR		NR		NR		NR		
Did you lose weight if you wanted?	<input type="checkbox"/> yes <input type="checkbox"/> no	NR	NR	NR	NR	NR	NR	NR	NR	NR	NR	NR	NR	NR
Have you stopped (or your symptoms of) aches?	<input type="checkbox"/> yes <input type="checkbox"/> no	NR	NR	NR	<input type="checkbox"/> yes <input type="checkbox"/> no	NR	NR	NR	<input type="checkbox"/> yes <input type="checkbox"/> no	NR	NR	NR	<input type="checkbox"/> yes <input type="checkbox"/> no	
Have you started (or your trigger points)?	<input type="checkbox"/> yes <input type="checkbox"/> no	NR	NR	NR	<input type="checkbox"/> yes <input type="checkbox"/> no	NR	NR	NR	<input type="checkbox"/> yes <input type="checkbox"/> no	NR	NR	NR	<input type="checkbox"/> yes <input type="checkbox"/> no	

3. FOOD AND EXERCISE DIARY

To get the most out of your program I expect you to fill this table on daily basis. You will have record the foods you ate and how they made you feel as well as the types of exercises you did. This will help you determine if something is working for you and trouble shoot problems as they arise. This is why the food and exercise diary are such a vital part of this program.

Date: _____
 Did you feel better today? _____

Food	% Macronutrient	Did it Feed You Well
Breakfast		
Carbohydrate		
Protein		
Fat		
Fiber		
Lunch		
Carbohydrate		
Protein		
Fat		
Fiber		
Dinner		
Carbohydrate		
Protein		
Fat		
Fiber		
Snack		

Exercise	Duration, Repetitions, and Additional Notes
Body-Balancing Exercises	
Core Stability Exercises	
Body-Engaged Exercises	

Chapter 3

Concise Scoliosis Nutrition and Exercise Program

The Top 15 Food Rules for Optimal Spine Health

In “Your Plan for Natural Scoliosis Prevention and Treatment” book I go into detail the important nutritional concepts necessary for health spinal development. Contained here is a concise guide of everything you wanted to know about protein, carbs, calories, probiotics, vitamin D, cooking oils, foods that burn fat, foods that make you fat, foods that can kill you slowly, and much more.

Before we start listing the important foods for scoliosis, let’s establish the theory behind the nutritional recommendation.

Diet Record Sheet			<input type="checkbox"/> Breakfast	<input type="checkbox"/> Lunch	<input type="checkbox"/> Dinner
Reactions after a meal	Good	Bad			
<p>APPETITE FULLNESS / SATISFACTION SWEET CRAVINGS</p>	<p>Following the meal . . .</p> <ul style="list-style-type: none"> <input type="checkbox"/> Feel full, satisfied <input type="checkbox"/> Do NOT have sweet cravings <input type="checkbox"/> Do NOT desire more food <input type="checkbox"/> Do NOT get hungry soon after <input type="checkbox"/> Do NOT need to snack before next meal 	<p>Following the meal . . .</p> <ul style="list-style-type: none"> <input type="checkbox"/> Feel physically full, but still hungry <input type="checkbox"/> Don't feel satisfied; feel like something was missing from meal <input type="checkbox"/> Have desire for sweets <input type="checkbox"/> Feel hungry again soon after meal <input type="checkbox"/> Need to snack between meals 			
<p>ENERGY LEVELS</p>	<p>Normal energy response to meal:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Energy is restored after eating <input type="checkbox"/> Have good, lasting, "normal" sense of energy and well-being 	<p>Poor energy response to meal:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Too much or too little energy <input type="checkbox"/> Become hyper, jittery, shaky, nervous, or speedy <input type="checkbox"/> Feel hyper, but exhausted "underneath" <input type="checkbox"/> Energy drop, fatigue, exhaustion, sleepiness, drowsiness, lethargy, or listlessness 			
<p>MENTAL EMOTIONAL WELL-BEING</p>	<p>Normal qualities:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Improved well-being <input type="checkbox"/> Sense of feeling refueled and restored <input type="checkbox"/> Upliftment in emotions <input type="checkbox"/> Improved clarity and acuity of mind <input type="checkbox"/> Normalization of thought processes 	<p>Abnormal qualities:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Mentally slow, sluggish, spacey <input type="checkbox"/> Inability to think quickly or clearly <input type="checkbox"/> Hyper, overly rapid thoughts <input type="checkbox"/> Inability to focus/hold attention <input type="checkbox"/> Hypo traits: Apathy, depression, sadness <input type="checkbox"/> Hyper traits: Anxious, obsessive, fearful, angry, short tempered, or irritable, etc. 			

DIET AND EXERCISE JOURNAL

WEEK 2 / DAY 13

Date : _____

Diet and Exercise Goals : _____

Meal	List of Food You Ate	Additional Notes
Breakfast		
Lunch		
Dinner		
Snack		

	Exercises	Duration, Repetitions and Additional Notes
Body Balancing Stretches		
Core Stability Exercises		
Body Alignment Exercises		

Knowing yourself is the beginning of all wisdom. - Aristotle



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

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 in debt to you, Dr. Lau!"

— Marris

"I was diagnosed with scoliosis ten years ago. All these years I have sat and watch my condition worsen, believing that it was my fate and something I just had to accept. Then I found Dr. Lau's scoliosis treatment plan. Within a few months I was seeing more progress than I had in the last ten years! It is absolutely amazing!"

— Richard

In this companion resource to the Amazon bestseller 'Your Plan for Natural Scoliosis Prevention and Treatment', Dr. Kevin Lau offers you a concise guide to help you succeed on your 12-week scoliosis program.

Based on comprehensive research and development by Dr. Kevin Lau, this book provides you with a proven scoliosis treatment plan that is safe, non-invasive, and easy to follow. Use the step-by-step instructions as you're guided towards improved spinal health.

Step One: Identify your personal scoliosis condition

Step Two: Identify your unique dietary needs

Step Three: Design your own scoliosis 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.

Get started today and take the first step towards a straighter spine, a healthier lifestyle, and a happier you!

TRACK YOUR PROGRESS TOWARDS OPTIMAL SPINAL HEALTH