

AN ESSENTIAL
GUIDE FOR
SCOLIOSIS
AND A
HEALTHY
PREGNANCY

Month-by-month, everything
you need to know about
taking care of your spine
and baby.

DR. KEVIN LAU D.C.

Author of Your Plan for Natural Scoliosis Prevention and Treatment

Foreword by
Dr. Siddant Kappor M.D.

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By Dr. Kevin Lau D.C.
Foreword by Dr. Siddhant Kapoor M.D.

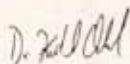


ACA American Chiropractic Association

THE AMERICAN CHIROPRACTIC ASSOCIATION IS PLEASED TO GRANT THIS CERTIFICATE OF MEMBERSHIP TO

Kevin Lau, D.C.

I HEREBY CERTIFY THAT THIS DOCTOR OF CHIROPRACTIC IS A MEMBER OF THE AMERICAN CHIROPRACTIC ASSOCIATION, WHICH SUPPORTS PATIENTS' RIGHTS AND PATIENT TREATMENT REIMBURSEMENT, AND HAS PLEDGED TO ABIDE BY THE ACA CODE OF ETHICS, WHICH IS BASED UPON THE FUNDAMENTAL PRINCIPLE THAT THE PARAMOUNT PURPOSE OF THE CHIROPRACTOR'S PROFESSIONAL SERVICES SHALL BE TO BENEFIT THE PATIENT.



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President

April 17, 2012

Date

ACA MISSION

To provide leadership in health care and a positive vision for the chiropractic profession and its natural approach to health and wellness

ACA PURPOSE

To prevent, protect, improve and promote the chiropractic profession and its services of Doctors of Chiropractic for the benefit of patients they serve

ACA VALUES

To transform health care from a disease-oriented to a life-oriented medicine



**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
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President



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General Secretary



An Essential Guide for Scoliosis and a Healthy Pregnancy

About Dr Kevin Lau

Dr Kevin Lau is the founder of Health In Your Hands, a series of tools for Scoliosis prevention and treatment. The set includes his book *Your Plan for Natural Scoliosis Prevention and Treatment* (available in English, Spanish, Chinese, Japanese, Korean, Italian, French and German), a companion *Scoliosis Exercises for Prevention and Correction DVD*, and the innovative new mobile application *ScolioTrack* for iPhone, iPad and Android devices.



Dr Kevin Lau is a graduate in Doctor of Chiropractic from RMIT University in Melbourne Australia and Masters in Holistic Nutrition. Dr Kevin Lau is a member of International Society On Scoliosis Orthopedic and Rehabilitation Treatment (SOSORT), the leading international society on conservative treatment of spinal deformities and the American Chiropractic Association (ACA) the largest professional association in the United States.

He was the first in Singapore to provide a non-surgical treatment for scoliosis in Singapore 2005 first by studying the Schroth Method of Exercises and then working in a clinic which implemented Clear Institute Methods. During this time he has been devoted to developing,

practicing, and teaching others about non-surgical solutions for scoliosis. He has completed 3 theses “The role of calcium and vitamin D in the prevention of low bone density and Adolescent Idiopathic Scoliosis (AIS) in prepubertal women.” With his research into spinal conditions he is the published author of Your Plan for Natural Scoliosis Prevention and Treatment which has been translated to Chinese, Japanese, Spanish, French and German. Dr. Lau combines a university education and a lifetime of practicing natural and preventive medicine to provide a unique approach to health care.

He made it his aim in life to explore & share the truths about nutrition, diseases and healing and educate patients from all walks of life around the world. He is a recipient of the Best Health-care Provider Award by the Straits Time, the leading newspaper publication in Singapore and featured on TV, PrimeTime Channel News Asia.

To find out more about who Dr Kevin Lau is, please visit his website, www.HIYH.info.

Chat with him on Facebook, Twitter, Google+ or blog. He would love to hear from you!

www.facebook.com/healthinyourhands
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www.drkevinlau.blogspot.com

Dr. Kevin Lau's Mission Statement

The true cure for scoliosis lies in the eradication of its root cause. I, hereby reinforce my commitment to the research to unravel the factors that cause scoliosis. The current research is limited to the analysis of bracing and surgical techniques which only treat the symptoms and impact of the disorder. The research to identify and treat the core cause of scoliosis still offers a vast scope.

Towards this end, I promise to dedicate a portion of proceeds of my books to the research focused on understanding the root cause of scoliosis, which will help us protect our future generations from this widespread spinal deformity.

Foreword

In today's Information Age, the internet can be a confusing and unreliable resource for those seeking answers to their unique medical conditions. It can be challenging to sift through this information and determine what is reliable or medically authoritative. Reading this book will provide the much-awaited answers to queries regarding two of the most important aspects of pregnancy in scoliosis – Nutrition & Exercise.

I feel humbled to have been offered the opportunity to prepare the foreword for such an important book. Dr. Kevin Lau's endeavour to author a book on pregnancy and scoliosis is a commendable undertaking, as the topic is one that perplexes many people indeed. Who could be better able to share his expert knowledge and ability to understand the complexities of getting pregnant with scoliosis than an experienced chiropractor? Dr. Kevin Lau is a graduate in Doctor of Chiropractic from RMIT University, Melbourne (Australia) and holds a Masters in Holistic Nutrition. He is also a member of the International Society on Scoliosis Orthopaedic and Rehabilitation Treatment (SOSORT).

This is a wonderful source of information for scoliotic patients who wish to enjoy the process of their pregnancy while taking care of their baby in the healthiest possible manner. I recommend this book for anybody who wants to understand how scoliosis may affect their pregnancy and what steps can be taken in order to safeguard their health.

Dr. Siddhant Kapoor, M.B.B.S, D.N.B.
Orthopaedic Surgeon

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Audiobook and ScolioTrack App for iPhone, Android or iPad visit:

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This book is dedicated to my family and patients, whose love, support, and inspiration helped me to piece together a better understanding of the workings of the spine and optimal health.

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PREGNANCY AND SCOLIOSIS

An Introduction

If you are intrigued enough to read this book, I may assume that you are already aware of what scoliosis is and are getting worried about its effect on your pregnancy. While you may have gathered some information about scoliosis, the subject is still under a lot of research and consideration among medical professionals.

This is mainly due to the fact that researchers are still not successful in unraveling the reasons and factors that cause scoliosis. Most conventional physicians also claim that there is no cure for scoliosis and that it can only be managed with bracing and surgery.

On the other hand, you may also come across physicians who are of the opinion that the surgical correction of scoliosis is merely a symptomatic treatment to correct the curve. There have been cases mentioned in the literature where the symptoms and deformity due to scoliosis has returned back to its original curve in less than five years after the surgery.

There are various theories, still under discussion, regarding factors that cause scoliosis. While there is still no unanimity about the specific cause and treatment, there is an empirical data that shows that a good holistic diet specifically-targeted exercises and healthy living can help scoliosis patients lead an extremely happy and comfortable life.

Pregnancy is a tough time for all women, regardless of whether you have scoliosis or not. While there are a large number of symptoms, starting from the first trimester to the time of delivery, there is no way to know the specific symptoms that will manifest themselves in your pregnancy. While some suffer with a sensation of nausea during the first few months of pregnancy, others feel no discomfort at all. There are still others who may experience acid reflux throughout the nine months of pregnancy.

While there are no set patterns when it comes to the kind of pregnancy that you will experience, there are some guidelines that may be helpful in making it a wonderful experience. Given that you carry an extra load inside you at least during the last trimester, the amount of weight and pressure that it puts on your spine is immense. Even expecting mothers without scoliosis curves are advised against lifting heavy weights or doing exercises that can damage the spine for a lifetime.

Expecting mothers with scoliosis need to be aware of some specific aspects. This is because while they need to be careful about all the regular aspects of pregnancy, they need to do so with an extra care due to their scoliosis. When expecting mothers with scoliosis are aware of the complications that their condition may cause, they can prepare themselves to prevent the situation from getting worse.

It will be a great relief for you to know that suffering from scoliosis during pregnancy neither rules out a normal delivery nor does it mean that you cannot have a healthy baby. It does not always lead to complications during pregnancy either. Have heart and read on to know what you need to do in order to ensure that your curved back does not alter your pregnancy.

CHAPTER 3

Scoliosis and Pregnancy the Connection

First things first, scoliosis is not a condition that should prevent you from enjoying the joys of motherhood. If you have scoliosis, there is no need to worry about anything or deprive yourself from getting pregnant. All that you have to understand is that scoliosis is linked to genes and therefore there is a relatively higher chance of your child getting the condition than someone else whose parents do not have scoliosis.

Another aspect that you need to keep in mind is that if you have a curved spine, there is an extra care that you may need to take during pregnancy and post-delivery period to ensure that you do not harm yourself in the process. This is necessary because the baby does put some pressure on the spine and you will have to be extra cautious to ensure that you and your baby both remain safe during the course of the pregnancy.

Most researchers believe that scoliosis has a significant connection with genes. This is mainly the case because a large number of idiopathic and congenital cases are seen every year. Just as your genes are responsible for the way you look, the way you behave, specific things that you feel, they also define the specific diseases to which we are predisposed. These genes elevate the risk for specific kinds of diseases.

Yes, there is a genetic link for scoliosis. However, this does not mean that every child born to a mother who has scoliosis will have the same condition. It is heartening to know that while our children have the genes that we pass on to them it does not mean that we have no control over them whatsoever. While you cannot change your genes, you can manage the way in which these genes express themselves. Genes can be literally turned off or on by various environmental factors, nutrition, foods and lifestyle too. In this way, we can reduce the negative effects that some genes have on our body and mind. Genetic testing became available to the public in 2009. There is however a lot of research that still needs to be done in this area.

At the same time much has already been achieved too. Concerning scoliosis, we understand the manner in which specific genes affect curve progression. This is a great discovery for us to be able to assess whether surgery is required or not. It also helps us understand the level to which we can manage the condition with diet, proper nutrition and exercise.

A genome wide study was conducted in this area and it was found that there are nucleotide polymorphism markers that are present in the DNA. These have been associated with adolescent idiopathic

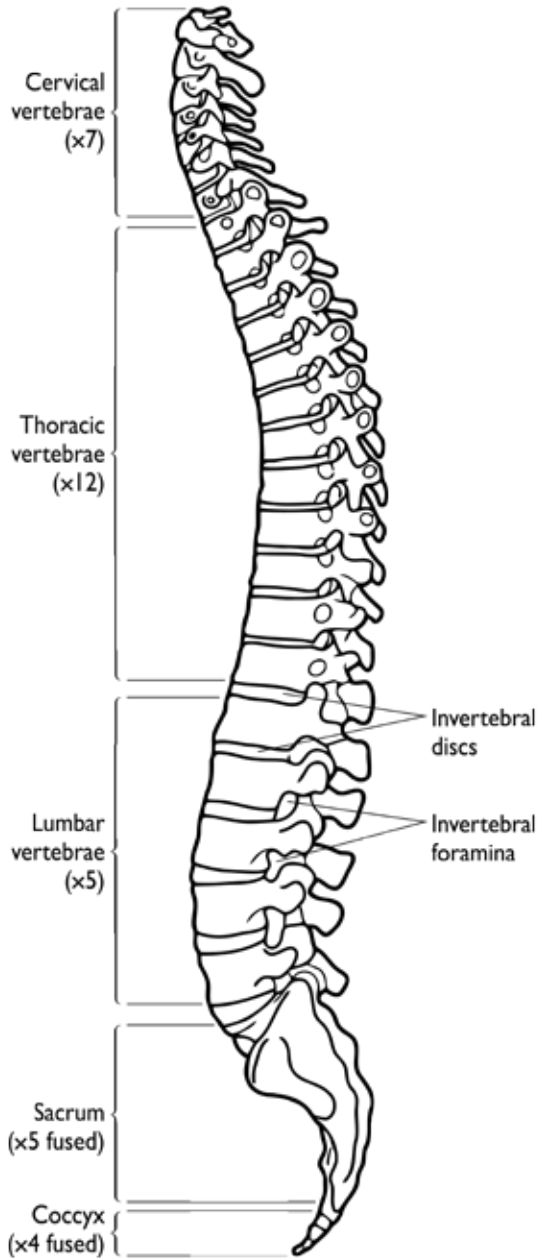
Does genetics offer help?

Interestingly, genetics premises new hope for patients of scoliosis, though the research for expectant mothers with scoliosis is still underway.

However, in a few types, such as the congenital forms of scoliosis, prenatal genetic testing can point out towards conditions such as neurofibromatosis, muscular dystrophy and some types of myopathy. In addition, the routine ultrasound scans done at various stages of pregnancy can also check for any abnormalities in the pattern of the spinal growth of the fetus.

Nevertheless, experts point out that since multiple occurrences in a single family are not very common, the likelihood that a mother with scoliosis will pass it on is quite less likely.

Structure of spine



The pressure that pregnancy puts on the spine is too large. This is why special care needs to be taken in order to protect the spine from harm in any way. The spine is made up of 33 bones; 24 of which are separate, 5 of which fuse to form the sacrum and the remaining 4 merge to make the coccyx. The small sections of the spine are separated by intervertebral discs that are made of fibrocartilage. This cartilage provides a cushion to the movements of the spine that are so regular and excessive in nature. They also provide the cushion and shock absorption capabilities that are required to protect the spinal cord from any kind of shock.

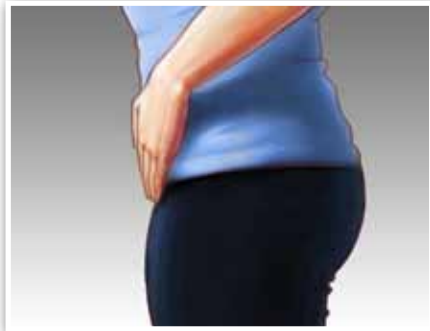
Postural Changes During Pregnancy

The forward pull of the abdomen may displace the pelvis forward. To compensate for the forward shift and maintain balance, the upper body sways backwards, creating a high lumbar lordosis.

Alternately, the loss of tone in the rectus abdominis reduces the ability to maintain correct pelvic alignment and result in an anterior tilt.



Correct posture



Neutral Pelvis



Anterior Pelvic Tilt

Iso-Pelvic Tilt

1. Lie down flat on the back with arms folded on the chest.
2. Place a pillow under your knees and cross your legs.
3. Lift your waist area and hold it for a few seconds before bringing it down.



Stretch Hip

1. Sit on the exercise mat and bring the underside of the feet together.
2. Place both your hands below the knees and bring the knees closer together.
3. Hold the position for a few seconds and then return to the original position.



COMPLETE, EASY-TO-FOLLOW GUIDE FOR MANAGING YOUR SCOLIOSIS DURING PREGNANCY!

"An Essential Guide for Scoliosis and a Healthy Pregnancy" is a month-by-month guide on covering everything you need to know about taking care of your spine and your baby. The book supports your feelings and empathizes with you throughout your amazing journey towards delivering a healthy baby. By reading, you gain:

- In-depth and up-to-date information on scoliosis and how it can affect your pregnancy.
- Week-by-week information on what to expect during your pregnancy.
- Information that is suitable for all types of post-operative scoliosis cases and those that, to date, have not yet been operated on.
- Clear, compassionate and comprehensive answers to the common questions about scoliosis and pregnancy.
- Crucial decision making tools decisions for important issues including epidurals, birthing procedures, changes to the spine due to hormones, and more to protect your baby.
- Tips to help you minimize unnecessary weight gain and keep your nutrient intake high.
- The latest nutritional research that debunks pregnancy food myths and uncovers a number of surprising superfood choices.
- Expert advice on staying fit and eating right during each trimester of pregnancy.
- Self-care tips for side effects including nausea and back pain.
- Fun, fast, and safe scoliosis exercises during the month of pregnancy and postpartum.
- Tips for strengthening your pelvic floor, easing back pain, and losing belly fat postpartum.
- Relaxation tips to reduce pain and increase your comfort.

This book provides answers and expert advice for pregnant women suffering from scoliosis. Full of information to cope with the physical and emotional upheavals of pregnancy during scoliosis. From conception to birth and beyond, this guide will hold your hand until you become a happy and proud mother of a healthy newborn baby.



About the Author

Dr. Kevin Lau is the founder of Health In Your Hands, a series of tools for Scoliosis prevention and treatment. The set includes his book *Your Plan for Natural Scoliosis Prevention and Treatment*, the *Exercises for Prevention and Correction* DVD, and the innovative new iPhone application, *ScolioTrack*.