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.
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.

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.
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.
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. Intrinsically, 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 vegetables. Yet I was not entirely happy with the progress (or lack thereof) that I was making. Things were not getting the momentum that I was hoping for.
After a meal, I still felt tired, mentally foggy and bloated. Digestive problems still plagued me to no ends to the point that food became my enemy. This was when I started a course in Masters in Holistic Nutrition and became inspired and hugely influenced by the work and writings of nutritional pioneers such as Dr. Weston Price, Dr. Joseph Mercola and Bill Wolcott. I admired other authors who were healed by nutritional therapies of incurable diseases where conventional drugs and surgery failed such as Gillian McKeith, TV presenter and author of “You Are What You Eat”; Mike Adams of NaturalNew.com and Jordan Rubin author of The Makers Diet.

Gradually, through their teachings, I learned to incorporate whole foods into my diet and started eating correctly for my Metabolic Type® and switched to consuming a lot of traditionally prepared probiotics like yogurt and kefir.

As I gained firmer knowledge of these fundamentals, I discovered that I was genetically “programmed” to be a protein type and that an over-emphasis on synthetic supplements was not helping. Indeed it was only making my health worse. By this time, I’d learned to read though the marketing hypes produced by food and supplement manufacturers and started to listen to my body.

I understood the importance of reducing grains and sugars from my diet and started to eat more protein and fat. Finally with all this and more, I understood the meaning of that well-known adage, “One person’s food can be another person’s poison.”

Slowly but surely, with each new change that I introduced in my diet pattern, my health began to totter back to normal and started improving with each meal. No longer did eating make me feel tired, sleepy or foggy in the head. Instead, I started feeling extremely charged up and bursting with energy, calmness and mental clarity.

Emboldened by this experience, I finally decided to devote my life’s work to exploring, gaining, and sharing more insights on nutrition, disease, health and healing with my patients, who trudged long distances to seek counsel with me.

In good health,

Dr. Kevin Lau D.C.
Acknowledgements

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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I would also like to thank the many dedicated scientists and clinicians whose own work inspired me, and contributed to my own.
Tips for Reading and Creating Your Own Scoliosis Correction Program

There is a lot of information packed into these pages! You’ll be excited to find many answers to your scoliosis — but you’ll probably be overwhelmed by all the things to know and do as you begin the program. Don’t worry, things will fall into place when you follow the self assessments and step by step guide at the end of the book which is broken up into beginners and advanced.

I suggest reading the book all the way through, highlighting and jotting the ideas and actions you consider important. The empty column found at the side of each page is for these personal notes. Then, once you have completed the book and started on the diet and exercise program, go back and highlight in a different color, because you’ll have a different point of view.
“A fool’s talk brings a rod to his back, but the lips of the wise protect them.”

—Proverbs 14:3
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Part 1

What We Currently Know about Scoliosis
All great things in life invariably have their roots in the annals of history. Our sages and ancient gurus have gifted us limitless reservoirs of knowledge and skill to help us manage our body and mind together. Ranging right from the mystical powers of herbs and plants, going up to the practical exercises and workouts, the science of human body management has always gained a lot from the study of ancient science and scriptures.

In fact, it is from such resources that some of the most valuable pieces of information have emerged. For instance, scoliosis itself has been depicted in the earlier historical cave paintings thousands of years back, resembling the typical hunchback look which forms the basis for the definition of scoliosis.

In the absence of the modern and advanced systems of medicine, ancient treatment systems for scoliosis and other deformities relied heavily on the authentic and time-tested traditional techniques such as yoga.

Before we list out the specific yoga workouts for scoliosis, let’s understand a bit more about the subject.
Yoga – The Art

One of the six systems of Indian philosophy, the term has its roots in the Sanskrit word ‘yuj’ which means ‘Union’ and originated in India more than 5000 years ago. Defined as the perfect union of the mind, body, emotions and intellect, yoga, as a subject was penned down by Sage Pantanjali in his treatise as *Yoga Sutras of Patanjali*.

As per the Iyenger School of Yoga, the discipline is defined as the joining or integrating of all aspects of the individual to achieve a balanced happier life, with *kaivalya* or ultimate freedom being the final objective.

The practice of Yoga uses two basic methods, as explained below.

**a) Asanas (Postures)**

Asanas or postures are meant to condition the human body. Depending on the function they perform these poses are categorized as kriyas (actions), mudras (seals) and bandhas (locks). While the kriya focuses on the effort required to move energy up and down the spine, the yoga mudra is basically a movement to hold energy while the bandha makes the individual hold muscular contractions to focus on and increase self-awareness.

**b) Pranayama (Breathing techniques)**

Pranayama or breathing techniques are done to integrate or unite the body with the mind and soul. While prana means energy of life force, yama implies social ethics. Yoga experts revel that the controlled breathing of pranayas will eventually control the flow of energy in the body.

Various types of yoga are practiced as per the level of expertise and skill of the individual. Each of the below listed types has different types of techniques and suit practitioners with different abilities. The most prominent forms of yoga include:
• Hatha yoga
• Iyengar yoga
• Kundalini yoga
• Bikram yoga
• Asthanga yoga

Yoga and Scoliosis – The 5 Key Aspects

As a discipline, yoga is known to improve muscle flexibility, concentration and overall strengthening of the mind and body. The art holds special significance in the management and treatment of scoliosis, the deformity of the spine. Interestingly, much more than the deformity, there are further far-reaching effects of scoliosis on your body including:

• Headaches
• Backache
• Chronic fatigue
• Shortness of breath
• Knee and leg pain
• Hip pain

Yoga has been used as an alternative treatment for scoliosis since a long time by the likes of Elise Miller, the Palo Alto-based yoga master and a leading expert for yoga especially for the treatment of scoliosis. As research for more effective treatment of scoliosis continues, scientists have often wondered, that apart from the basic relaxation and strengthening effect is there any other major correlation between regular practice of yoga and scoliosis management?
Let’s look at a few critical aspects.

1) To Restore Balance

We know how scoliosis is all about a misaligned spine, defining an overall imbalance in the skeletal structure. The asanas and pranayama (breathing) in yoga exercises create a sense of self-consciousness and awareness. This can further lead to the development of structural alignment, finally creating a more symmetrical alignment.

Moreover, in scoliosis, the body loses its centre of gravity and also suffers a loss in height. The inverted yoga positions can realign this force of gravity and in the process, also release the tension in muscles and strengthen them, apart from elongating the spine and slowing down the progression of the curve.

Patients of scoliosis who've regularly practiced yoga often report that they can see various signs of balance being restored. A few examples are - one of the hips looking no longer than the other or one of the legs not feeling heavier than the other and so on.

2) The Right Alternative Treatment

Yoga is essentially a slow and steady process of treatment. It affects your body in a gentle way without causing excessive strain or any side effects. Most importantly, yoga gives you a sense of empowerment by making you independent for the treatment. Yoga also gives you a tool to treat your curve on your own, without having to depend on anyone else.

3) For Postural Realignment

When an individual has scoliosis, it means that a point has developed that allows the scoliosis curve to co-exist with gravity. Through yoga, this balance point is identified and the natural balance is restored, resulting in lesser pain and a better posture.
Eventually, one learns to develop an effortless, natural posture that supports the bone structure and helps in coping with the scoliotic curve.

4) For relief from pain and discomfort

As we already know, scoliosis can cause major discomfort and pain in the muscles, due to the body’s asymmetrical way of holding itself and the resulting muscular strain. Yoga helps in easing the stress on the over-stretched muscles. With regular practice of yoga, you can actually train the body’s muscular system to support the spine in a stronger manner.

In addition, yoga can also prevent other related conditions such as disc herniation, sciatica or any other such diseases that might cause pain.

5) For self-healing and spiritual awareness

Scoliosis has the potential of changing the entire way you look. Along with physical appearance, scoliosis can also negatively affect your sense of self-worth and self-esteem. Regular practice of yoga helps you to regain your self-confidence and morale. Yoga actually teaches you to work with your body, with its imperfections and misalignment rather than working against it or pushing it beyond its limits.

As you set out to adopt yoga as one of the ways to cure scoliosis, there are certain important points you must remember. Here we’ve listed some of the most crucial guidelines you can use:

1. Practice only under the guidance of an able practitioner, qualified in yoga for scoliosis.
The Objective

This pose helps in making the back stronger and improves overall balance and coordination in the body.

Steps

- Stand straight with your legs at a width of around 3 feet.
- Slowly, bend your right leg at the knee and slide it outwards for 3-4 inches.
- Stretch the other leg and both the arms outwards.
- Straighten your right leg, with your hips in a square position and facing frontwards.
- Moving from the waist, twist to the right side, moving your left hand towards the outer part of your right foot.
- Firmly extend your right arm upwards and fix your gaze the tips of your fingers. Make sure your hips are parallel and leveled towards the floor.
- Hold the posture for a few seconds and relax.
- Repeat with the left side.
The Objective

This pose helps patients of scoliosis by releasing tension from the spine and also elongating it. It also stretches the calves, hamstrings and hands, thereby reinforcing normal alignment of the spine and body, apart from strengthening your back, arms and shoulders.

Steps

- On a yoga mat, drop down to your knees and hands.
- Stretch up to a point where your palms are placed in front of the shoulders (on the floor).
- Spread your fingers wide. The index finger should be forward, toes should be neatly tucked and your knees should be under your hips.
- Inhale deeply and lift your knees away from the floor.
- Exhale and extend or elongate up to your tailbone as your abdomen moves towards the heels.
- Lower your heels and lengthen the legs to your best ability. Do not strain the hamstrings.
- Slowly, roll your upper thighs inwards and roll the heels outwards.
- Try to widen your shoulder blades.
- With your head placed comfortably between your arms, keep a long neck.
- Hold for 15 breaths and relax.

Figure 65: Downward Facing Dog Pose