



## **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.**

*By Kevin Lau*

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

*Expert advice to survive pregnancy while suffering from scoliosis.*

"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.
- More than 100 high-quality illustrations, including numerous full-color clinical photographs, detailed line drawings, and complementary high-resolution radiographs

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.

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## **Editorial Review**

### **Review**

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, Orthopaedic Surgeon

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.

Dr. Alan Kwan, Osteopathic Physician

### **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 books "Your Plan for Natural Scoliosis Prevention and Treatment" (available in English, Spanish, Chinese, Japanese, Italian, Korean, Indonesia, French and German) and "An Essential Guide for Scoliosis and a Healthy Pregnancy", a companion Scoliosis Exercises for Prevention and Correction DVD, and the innovative new iPhone application ScolioTrack. Dr Kevin Lau is a graduate in Doctor of Chiropractic from RMIT University in Melbourne Australia and Masters in Holistic Nutrition. He is a member of International Society On Scoliosis Orthopaedic 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 thesis "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. Dr. Lau combines a university education and a lifetime of practicing natural and preventive medicine to provide a unique approach to health care. Educating 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.

## **Users Review**

### **From reader reviews:**

#### **Cary Burgess:**

Why don't make it to become your habit? Right now, try to ready your time to do the important behave, like looking for your favorite publication and reading a reserve. Beside you can solve your trouble; you can add your knowledge by the book entitled 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.. Try to make the book 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. as your good friend. It means that it can to become your friend

when you feel alone and beside regarding course make you smarter than before. Yeah, it is very fortunate to suit your needs. The book makes you considerably more confidence because you can know almost everything by the book. So , let us make new experience and knowledge with this book.

**Tommy Cowen:**

A lot of people always spent their particular free time to vacation or maybe go to the outside with them loved ones or their friend. Do you know? Many a lot of people spent many people free time just watching TV, or perhaps playing video games all day long. If you wish to try to find a new activity honestly, that is look different you can read a new book. It is really fun to suit your needs. If you enjoy the book that you simply read you can spent all day every day to reading a reserve. The book *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.* it is extremely good to read. There are a lot of those who recommended this book. We were holding enjoying reading this book. If you did not have enough space to develop this book you can buy often the e-book. You can m0ore effortlessly to read this book from the smart phone. The price is not to fund but this book provides high quality.

**Margaret Garcia:**

*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.* can be one of your beginner books that are good idea. Most of us recommend that straight away because this guide has good vocabulary that may increase your knowledge in words, easy to understand, bit entertaining but still delivering the information. The article author giving his/her effort to get every word into delight arrangement in writing *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.* yet doesn't forget the main stage, giving the reader the hottest along with based confirm resource info that maybe you can be certainly one of it. This great information can drawn you into fresh stage of crucial imagining.

**Orville Hightower:**

This *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.* is great guide for you because the content that is certainly full of information for you who all always deal with world and have to make decision every minute. This specific book reveal it facts accurately using great organize word or we can claim no rambling sentences included. So if you are read that hurriedly you can have whole info in it. Doesn't mean it only gives you straight forward sentences but tricky core information with wonderful delivering sentences. Having *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.* in your hand like getting the world in your arm, data in it is not ridiculous 1. We can say that no reserve that offer you world throughout ten or fifteen tiny right but this publication already do that. So , this is certainly good reading book. Hello Mr. and Mrs. active do you still doubt that will?

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