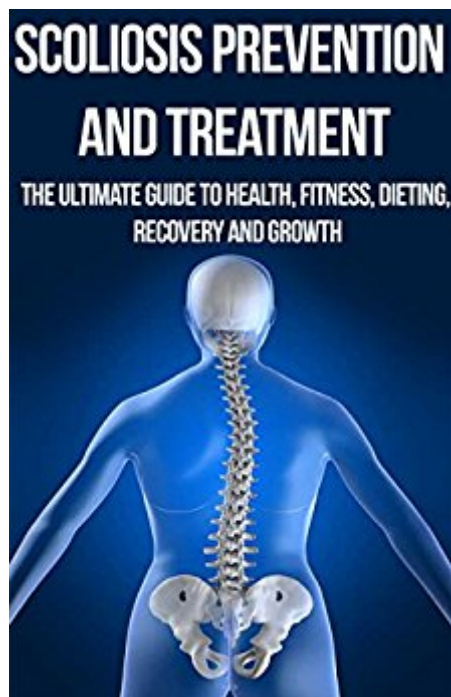


The book was found

# **Scoliosis Prevention And Treatment: The Ultimate Guide To Health, Fitness, Dieting, Recovery And Growth: Osteopathy, Alternative Medicine, Yoga, Contemporary ... Back Pain, Pain Relief, Pain Management,)**



## Synopsis

Scoliosis Prevention and Treatment: The Ultimate Guide to Health, Fitness, Dieting, Recovery and Growth Read on your PC, Mac, smart phone, tablet or Kindle device. You're about to discover how to... This book contains proven steps and strategies on how to treat and recover from a three-dimensional deviation of your spinal column called scoliosis. No matter what the cause of the problem might be, it is treatable and in some cases it is self-limiting even without any treatment. The first thing to understand is that the older beliefs that scoliosis may result to cardiopulmonary problems have been proven incorrect in 65% of the cases. Problems may occur if scoliosis is a secondary condition to another neuromuscular one. The next consideration is that in 80% of the cases, it is developed while the individual is in childhood or adolescence. The condition in adults is rare and is usually a result of either genetic predisposition or multiple other factors. Between 1% and 2% of children and adolescents are prone to develop the condition as a result of either a congenital anomaly or a number of external agents. As in most health problems what counts is the early detection and diagnosis. As long as the spinal column still retains the potential to grow, there is a number of options available to treatment and complete recovery. Unfortunately, if the condition is presented in adulthood, where growth is either reduced or terminated, treatment options are rather limited, but, nevertheless, do exist, and with a good chance of success. Here Is A Preview Of What You'll Learn... Overview of scoliosis Physiotherapy and exercise Chiropractic procedures and yoga Self-Care Rehabilitation and maintenance Much, much more! Download your copy today! Take action today and download this book!

## Book Information

File Size: 1145 KB

Print Length: 20 pages

Simultaneous Device Usage: Unlimited

Publication Date: December 4, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00QMMWGTS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #470,960 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #22

inÂ Kindle Store > Kindle eBooks > Medical eBooks > Alternative & Holistic > Osteopathy #113

inÂ Books > Medical Books > Medicine > Internal Medicine > Osteopathy #118 inÂ Kindle Store >

Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal

Diseases

## Customer Reviews

This book took me about 20 minutes to read. It wasn't expensive at all, but I was expecting more information. While the author does give a helpful listing of several techniques, approaches, and conditions, there is very little detail provided besides. Furthermore, there are no source citations, so you will have to do your own research if you want to know more. This is worth the buy if you don't want to spend the time finding, summarizing, and consolidating information that I'm betting is on the internet. If you have the time, it might all be online (something I don't know again, because nothing is cited). Finally the dieting section is about one sentence, so the title is exaggerating a bit.

This is a great book full of information. The author does a wonderful job explaining what scoliosis is and its symptoms and causes. The author discusses the various categories of scoliosis; congenital, idiopathic and secondary. There is great discussion about the various treatment options based on condition severity (mild 10-30 degrees, moderate 30-45 degrees, and severe over 45 degrees). The author talks a bit about the different types of braces and their use. There is also a great section about the exercise programs that are prescribed to relieve the condition and the paid associated with it (Schroth method, SEAS, etc.). There is also discussion about the chiropractic procedures that can relieve the condition (adjustments, vibration therapy, etc.).

Excellent book on how to maintain and rehabilitate from Scoliosis. Before I read this book, i thought after you were diagnosed with scoliosis, there was nothing you can do about it. After I finished reading, I realized there is now hope for people that are dealing with this condition. I will pass this book along to everyone I know that has scoliosis, because Im sure they will find very informative info on how to treat, rehab, and recover from this.!

Great book on scoliosis prevention and treatment! Highly recommended and I wish I had actually read this book sooner! I am a complete beginner and I couldn't have hoped for anyone to shed as

much light on this topic as this book has for me! I've been struggling with my scoliosis since I was a teenager and I am so happy to have found this! Highly recommended and I give this a 5 star review!

Very disappointed in this "book". Listing of treatments good but no detail.

It was a very good and informative read however it didn't go into as much detail as I had hoped.

Concise informative book about scoliosis. Gave me ideas to improve my scoliosis. Short read, can be used as a personal reference

Helpful information with scoliosis!!

[Download to continue reading...](#)

Scoliosis Prevention and Treatment: The Ultimate Guide to Health, Fitness, Dieting, Recovery and Growth: osteopathy, alternative medicine, yoga, contemporary ... Back Pain, Pain Relief, Pain Management,) Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) IIFYM: If it Fits Your Macros: The Ultimate Beginner's Guide (Flexible Dieting, Macro Based Dieting, For Weight Loss Book 1) Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Yoga and Scoliosis: A Journey to Health and Healing Kickboxing Fitness: A Guide For

Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals)  
(Ace's Group Fitness Specialty) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip  
Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) Ideal Protein Cookbook - The  
Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness  
Health and Wellness Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and  
Muscle Building - Lose Weight and Build Lean Muscle Fitness Nutrition: The Ultimate Fitness Guide:  
Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein,  
Muscle ... Workout Nutrition, Nutrition For Athletes) Back Care Basics: A Doctor's Gentle Yoga  
Program for Back and Neck Pain Relief Yoga: The Top 100 Best Yoga Poses: Relieve Stress,  
Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For  
Healing Stretching Strengthening and Stress Relief) Alternative Cancer Therapies (Cancer,Cancer  
Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer  
Prevention,Colon Cancer) (Alternative Medicine Book 1) Hip Flexor Pain: The Ultimate Guide to Fix  
Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip  
pain relief, hip joint pain, hips)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)