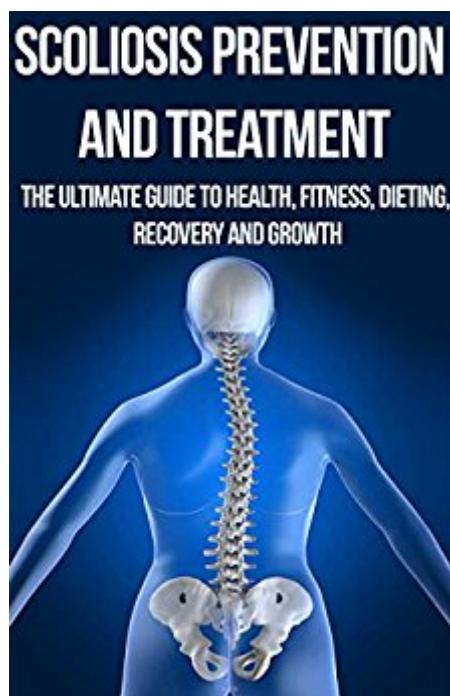


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# **Scoliosis Prevention And Treatment: The Ultimate Guide To Health, Fitness, Dieting, Recovery And Growth: Osteopathy, Alternative Medicine, Yoga, Contemporary ... Back Pain, Pain Relief, Pain Management,)**



## Synopsis

Scoliosis Prevention and Treatment: The Ultimate Guide to Health, Fitness, Dieting, Recovery and GrowthRead 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 scoliosisPhysiotherapy and exerciseChiropractic procedures and yogaSelf-CareRehabilitation and maintenanceMuch, 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

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

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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 I'm 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!!

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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)

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