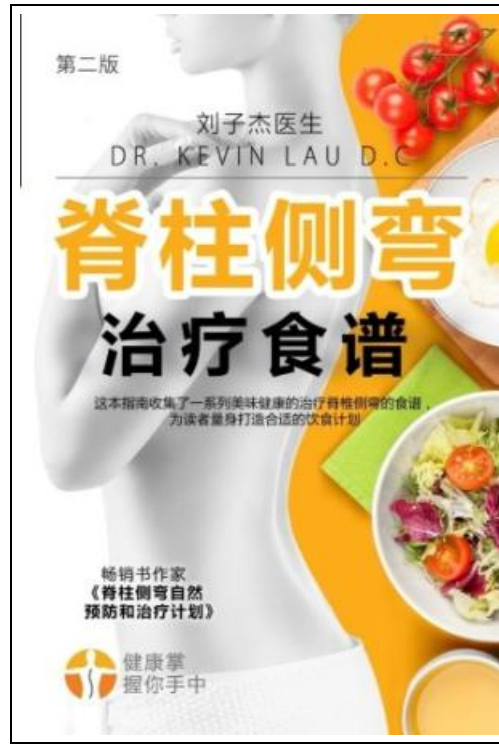


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Kevin Lau, 2017. Paperback. Condition: New. Language: Chinese . Brand New Book ***** Print on Demand *****.Chinese Edition So, you think you ve tried all options in your crusade against scoliosis? By now, you might have gone through the entire arsenal of bracing, exercise and even surgery. Unfortunately, your curve might still come back to haunt and cause more discomfort than before! Before you think, scoliosis correction is all about restoring your spine s curve; it s time to review the deformity again! Treating scoliosis requires a comprehensive approach, one which will restore your body s natural alignment, along with preventing the inevitable spinal degeneration that comes with age. Nature intended all mechanisms of the human body to function in unison and perfect harmony with each other. With even one of them not working in tandem, abnormalities and deformities are bound to occur. Food we eat! A wise man once said, We are what we eat! True to the core, it is! Our gut and digestive system form the base for a healthy body and mind. On the contrary, when our food intake comprises of food products that might not be right for our body, the results can be absolutely disastrous! Not only this, even if those food products are otherwise appropriate, they might not just suit your body. That is where individual body typing comes in! Known as metabolic typing in the specialists jargon, it helps you to categorize your own, individual body type into three different categories and plan your food intake accordingly. Through the metabolic typing, you will know all about. Foods and ingredients that are best suite your own genes Food items that otherwise might be healthy, but are not right for you Specific food groups that might enhance or deplete your energy levels Foods that...

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