



The Scoliosis Self Help Resource Book (Paperback)

By Dr Veronica Esagui

Papyrus Press, United States, 2011. Paperback. Book Condition: New. 2nd. 278 x 212 mm. Language: English . Brand New Book ***** Print on Demand *****. The Scoliosis Self-Help Resource Book includes over 100 pictures with step-by-step easy to follow instructions with The Esagui Scoliosis Protocol (TESP). The book is reader friendly encouraging the person with scoliosis to express their feelings and learn to be more proactive with their treatment. In addition to TESP protocol, Dr. Esagui provides examples of how a healthy lifestyle, diet, and ergonomics can assist with scoliosis treatment. By reading this book, a person with scoliosis will discover that there are other choices besides drugs or surgery.

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Reviews

It is great and fantastic. Better then never, though i am quite late in start reading this one. Your life period will likely be transform once you comprehensive reading this book.

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