

A photograph of a dirt path winding through a forest of thin trees. The path is covered in dry leaves and leads into the distance. The trees are mostly bare, with some green foliage visible in the background. A black rectangular box with a white border is superimposed over the top part of the image, containing the title and author's name.

The Scoliosis Cure

Dr. Lawrence DelRe

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The Scoliosis Cure: The Scoliosis Exercise



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The Scoliosis Remedy is about an exercise that could improve, and also cure scoliosis in a kid under the age of eleven years. This is a booklet, and very short. It can benefit adults with pain. All negative evaluations have been by those who have not used the exercise. Not more than that is needed to be able to preserve this exercise for the general public. The booklet teaches how to analyze the body in order to customize the exercise. A lot more than 50% of the content is a blank journal for monitoring progress.



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Drastic improvement in my own pain! I don't know what the previous poster was expecting out of this book. Maybe the description is actually a little clearer, but the book is set up similar to a work book. Puzzling I don't doubt the author's sincerity and we don't question the worthiness of books due to the fact they're short (and this one is VERY, VERY short) but the one exercise the book describes - yes, just one single exercise - will likely be difficult for anyone who's not already in super, near-gymnast condition. Although this publication is designed to correct Scoliosis in children. Thank you Dr. I am ecstatic to say that I've been doing the workout for a bit more than a month and have noticed drastic improvement in my pain and also the standard of my rest. Go figure. The exercise is easy to do and I plan to continue carrying it out to find if it gets me to a point where I'm pain free. I know as an adult that this won't treat my scoliosis, but it's already improved it so much in such a small amount of time that I acquired to post a review. I have scoliosis and have struggled with discomfort dating back to I can remember. This is really not really a book, similar to a pamphlet of 6 pages which include ONE exercise for scoliosis relief.. Although this publication is made to correct Scoliosis in children and adolescents I have already been practicing the exercise for a week now and may tell a difference. Personally I think like I've tried everything. DelRe! As a grown-up scolios person I understand it won't ever. So for \$5 we seem to be getting the most results! Don't be deterred from attempting this just because there has not really been a million testimonials or "research" or you think you are too far gone. As a grown-up with scoliosis I know it won't ever disappear but it can be worked with which exercise seems to be helping. Be cautious to consider what damage unless you support your scoliosis. You'll learn which is your weaker aspect. We had taken a break from everything (this is not needed in the reserve, we just achieved it), took a before picture just like the book suggests, started gradual and worked up to 40 reps at 30 days.. After that it's 18 web pages with lines in it where you can monitor your practice of the workout. There's anecdotal reference to one child being healed, and another child's scoliosis getting improved by the workout, but you can find no medical references given, no research cited, and minimal discussion of adapting the exercise to various types of scoliosis. He says it will not straighten a grown-up spine, therefore I really do not see how he can call this a cure. The author includes a link to a YouTube video, nonetheless it demonstrates a massage technique, instead of demonstrating the scoliosis workout presented in this book. I think a more accurate title, as opposed to the Scoliosis Cure, will be a Scoliosis Exercise. A YouTube video would really be all the author had a need to produce to get his point across. Four Stars Seems like a simple idea. Five Stars Good information to greatly help with scoliosis! Haven't used it long more than enough to know how well it works! It tells a tale of how the author uses the workout to help children with severe scoliosis, after that describes the exercise with pictures, then provides space that you can track your own improvement. Also, the author's assumption that the psoas and the psoas alone is the sole issue in scoliosis can be a big leap. One Star not really much useful information in it. One Star Can't believe what I just bought. Rip off! Sugary is the worst option. Seriously this person is highly recommended a joker but at least worth a go. Great way to determine the weaker side Should you have scoliosis, try this test and exercise recommendations by the writer. Sugary is the worst option. It Works! This is a work of service to humanity. We were almost in tears after all we've been through. Scoliosis cure? I've a 16y kid with significant scoliosis (we have been talking surgical level right here), and if you do too, I really do not have to tell you the gut wrenching stress you are under watching your child deteriorate. No opinion on effectiveness of this exercise;! As well simplistic. Took our 30 day picture, and he was markedly better! 3 braces and several exercise applications prescribed by professionals.! The author didn't want this understanding lost. Shoulders even more level and

a bit taller.. Personally i think like I haven't slept this well in years! God bless you Dr DelRe! I hope this snowballs and assists so many more. We plan to raise the reps gradually, like the boy in the reserve posted he did 100 a day time.. It can't hurt. Horrible product This is a bit of junk. I am ashamed that Amazon offers this. Thank God for that! We've spent at least \$10000 out of pocket trying to greatly help our son. the purchase price is just a little high for what you get.



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