



“Freedom from a life of scoliosis pain.”

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For more information about the companion
Exercise DVD, Audiobook and ScolioTrack App for iPhone visit:

www.HIYH.info



“Freedom from a life of scoliosis pain.”

We are pleased to present the latest technology for the treatment of lower back pain caused by spinal diseases or injuries. The ScolioEase Traction Belt features a unique 'Air Pocket Expansion System' which greatly reduces the pressure on the vertebrae and is extremely effective in relieving pain and treatment. ScolioEase Traction Belt is an altogether a new design which is extremely beneficial in pre- and post-surgery cases and provides greater flexibility.



User Manual

What is in the Box?



ScolioEaseTraction Belt



User Manual



Inflation Pump

What is the ScolioEase Traction Belt?

As a patented device, the ScolioEase Traction Belt gently lifts the user's torso using vertical air columns. The ScolioEase Traction Belt is lightweight, thin and extremely easy to use. It stabilizes the back and improves mobility besides helping to alleviate pain and prevention of injuries. It can be easily worn under the users clothing and allows the user to carry out daily routines such as driving, walking, and standing for long periods of time. Mobility-related active lifestyles which include activities such as sports and leisure are made easy with the use of the ScolioEase Traction Belt.

The way the ScolioEase Traction Belt works is best evidenced by wearing it between the lower part of the rib cage and the top of the hip (iliac crest). A traction lift is produced by the belt that results in the reduction of pressure in the lumbar region. The vertically expandable air columns create a virtual "Body Jack" which provides spinal decompression. This results in the elimination of lower and radiating pain due to nerve compression.

ScolioEase Traction belt zeroes out the gravitational compression effects and assists in active rehabilitation. This leads to 'natural' pain reduction as the space between the vertebrae is increased which allows the intervertebral disc to return to its natural position.



Indications for ScolioEase Belt

The recommended users are all those people who suffer from acute or chronic pain in the lumbar vertebrae due to sprain. Similarly, it is extremely useful for those who have an intervertebral disc which is herniated. Scoliosis, Spinal Stenosis, and Spondylolysis are other forms of suffering which can be well treated by this device. For all those patients who are going to get operated due to a herniated disc or those who have had this operation already can make good use of this device as well. Women who have gone through pregnancy, childbirth and are suffering from back pain in the aftermath can benefit from the device and make life easier during the nursing period.

Similarly, students and office workers who must sit for long hours at their study or work desks in poor postures and those not using ergonomically designed chairs can make use of this device to relieve themselves of their back pain. Those who have weak core muscles which tend to lead to more back pain are ideally positioned to use this device as it would relieve pain and improve the core muscles.

Occupations that involve the use of the core such as those that require heavy lifting and manual labor. These people would find this device extremely helpful in getting rid of pain while protecting it from further injury while at work. The same is true for sportspersons as their backs often come under a lot of stress during their practice sessions or at sports events when they exert the maximum stress and load into the spine. In short, a lifestyle of anyone with or without scoliosis would benefit in a device like the ScolioEase Belt for treating lower back pain and nerve related issues.

Extremely Convenient to Use

Convenience is another advantage that patients have with the usage of the ScolioEase Belt. It can be worn for different durations and at different strengths based on the pressure you apply. This allows for ScolioBelt to be individually tailored for the needs of the person as well as for the situation or activities they will do.

It is portable and does not consume any resources like electricity and does not require the reliance of drugs etc. Unlike medication, it does not have an expiration date. It is a one-time investment and there are no recurring costs involved.

Once worn, it is convenient enough for the user to be going through their normal daily activities and can even conduct light exercises. It can easily be hidden under clothes without being obvious from the outside.

There are no side effects, after effects or any complications reported in terms of its effect on the spine. The ScolioEase Traction Belt is so easy to use that patients don't need to be taught how to administer self-treatments at home.

Treatments thus become more convenient and patients feel that they have more control over their lives. Clinical studies have proven that the ScolioEase Traction Belt can improve your range of motion, lessen your back pain, and prevent spinal degeneration. I have personally seen great results in my patients and often use the ScolioEase Traction Belt in conjunction with dietary changes and exercise.

How the ScolioEase Belt Work?



Place the non-inflated belt between the lower rib and hip bone. Make sure the belt is tight and fitted properly around the waist.



Fully inflate the belt using the pump supplied. The belt will be extended vertically from 13cm to 21cm. This will produce a traction effect to the spinal area applied.

The decompression/traction effect of the ScolioEase Traction Belt increases the space between the inter-vertebrae as the air columns gently expand vertically.

Before Treatment:

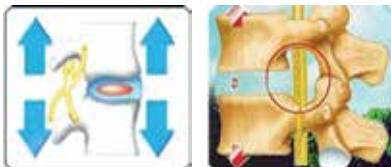
Herniated or bulging discs cause pain in the spine by applying pressure on the nerve roots.



Normal vs Herniated Disc

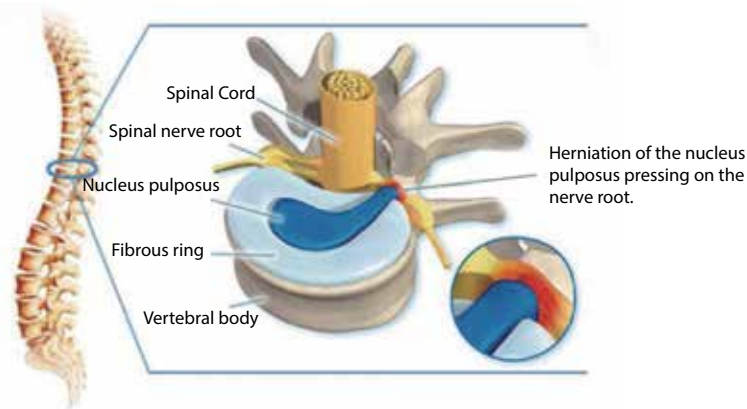
After Treatment:

Using the ScolioEase Traction Belt as a "Body Jack", the air column expansion leads to the increase in intervertebral space thereby causing a reduction in the gravity as well as pressure in the lumbar region.



Features of ScolioEase Traction Belt

- 1 Reduction of the effects of gravity and compressive loads for the relaxation of muscle spasms, cramps, strains and pain related to scoliosis.
- 2 Helps to relieve pain caused by scoliosis, degenerative disc/joint disease, sciatica, spondylosis and spinal stenosis.
- 3 The traction of the inter-vertebral disc leads to a reduction in pain in the back, hips, thighs, legs and feet mainly caused by scoliosis, bulging and herniated discs.
- 4 Aids people who are required to lift heavy weights and to those who have to drive or sit for long hours, as it reduced the compressive load on scoliosis.
- 5 Helps in the maintenance of proper posture which allows for even weight distribution throughout the lumbar scoliosis spine.
- 6 Can be worn by users under their clothing.
- 7 Comfortable to wear and lightweight allowing safe range in motion while worn.
- 8 Made of 100% soft, durable cotton material.





How to Wear

Important

Note: Do not wear ScolioEase Traction Belt while eating or for at least 1 hour after meals. Select an appropriate size which can be done by measuring around the abdomen/umbilical region for accurate determination of belt size.



- 1 Measure the abdominal circumference to determine size (See Chart on page 13).



- 2 Hold the ScolioEase Traction Belt behind the torso and wrap around the abdominal area. As the two ends near each other in the stomach region, cross the ends with the valve ends on top. Be sure that the Velcro is as tight as possible. See Picture 2. It is important that the belt is fitted tight, secure and comfortable.



- 3 Prior to inflating the belt, make sure that the valve is tightened clockwise. The pump provided has a clip that easily fits on the valve by squeezing the clamp (See Picture 4)



- 4 Use the pump supplied with the ScolioEase Traction Belt system and inflate slowly. The air columns would expand gradually and the user would begin to feel a "lifting action".
- 5 Remove the clamp that connects the air pump after the desired lift from the ScolioEase Traction Belt "Body Jack" has been reached.



- 6 Wear for 2-3 hours at a time 3x daily or as recommended by your doctor.

Warning

- 1 ScolioEase Traction Belt is not intended for use by patients with tumors, pregnant women or children under the age of 12.
- 2 Persons inflicted with severe injuries, damage to the spine, osteoporosis, have recently undergone spinal injury or who suffer from other acute or chronic diseases should NOT USE the ScolioEase Traction Belt without consulting their doctor first.



Precautions

- 1 Avoid contact or scratching with sharp objects.
- 2 Use ScolioEase Traction Belt only on the lumbar area.
- 3 Avoid exposure to direct heat or sunlight.
- 4 Do NOT wear the belt while eating or for one hour following a meal.
- 5 It is important to include exercises for the back in your active rehabilitation program to prevent disuse atrophy and to promote the strengthening of the spine.
- 6 In case you experience any pain, the usage of the belt must be ceased immediately and a doctor should be consulted.
- 7 Read the manual thoroughly before using the ScolioEase Traction Belt.
- 8 Use a slightly damp cloth to clean the belt. Dry with a towel. Do not expose to direct sunlight to dry.

Recommendations for Lower Back Pain

- 1 Best results are obtained while in a standing position
- 2 Wear continuously for 2-3 hours, then remove for at least 2 hours and repeat the same several times each day.
- 3 ScolioEase Belt can be worn to prevent back pain while performing normal tasks that put stress on the lower back.
- 4 Heat may promote muscle relaxation prior to the use of ScolioEase Traction Belt. However ice is useful when there is acute inflammation. Consult your physician if ice or heat is indicated prior to its use.
- 5 Positioning the ScolioEase Traction Belt between the two anchor points (the rib cage and pelvic crest) is important to achieve the greatest amount of traction. The belt can, however, be adjusted higher or lower depending on your body type.
- 6 A thin cotton T-shirt may be conveniently worn under the ScolioEase Traction Belt for comfort in case direct contact of the belt with the skin is not desired. In case, any signs of allergy persist, consult your physician.

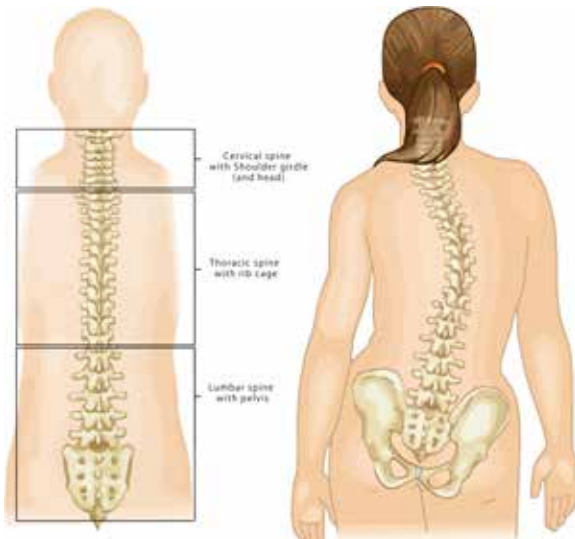
Recommended Uses for Scoliosis

For patients with a curve of under 20 degrees who have pain or other complaints and have a tendency for progression such as adolescents, it is recommended that you treat your scoliosis with the ScolioEase Traction Belt for 1/2 hours, 1 or 2 times daily until the pain subsides.

In patients with a curve greater than 20 degrees, when the scoliosis is progressive, it's recommended that you perform daily treatments of 1 hours, 1 or 2 times daily until the pain subsides. This, of course, can vary according to the age and the constitution of each patient.

In patients with curvatures greater than 40 degrees or suffer from pain, the ScolioEase treatment is started immediately for up to 2 hours, 2 or 3 times daily.

Remember, however, that while the ScolioEase Traction Belt has been proven to be beneficial, it is best to start slow, as with any other exercise while gradually building your momentum for more vigorous exercises later. Plunging headlong into any high-impact exercise will make your body feel more sore than relaxed. So please resist the temptation to go full throttle into an exercise routine that you eventually choose for yourself.

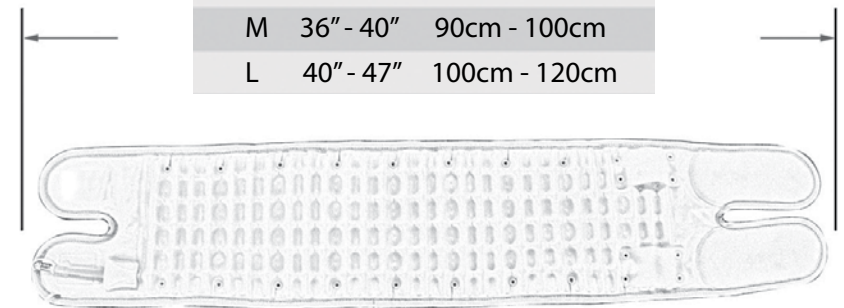


Unique Aspects of ScolioEase Traction Belt

- 1 Individuals now have the ease and convenience of safe, easy to wear and use, and highly effective traction at home, work or at play.
- 2 Improved posture and support is provided while standing. ScolioEase Traction Belt reduces the pressure and the pain.
- 3 Lightweight, and convenient pain relief during work, travel or exercise.
- 4 Prevention, maintenance and wellness anytime, anywhere.

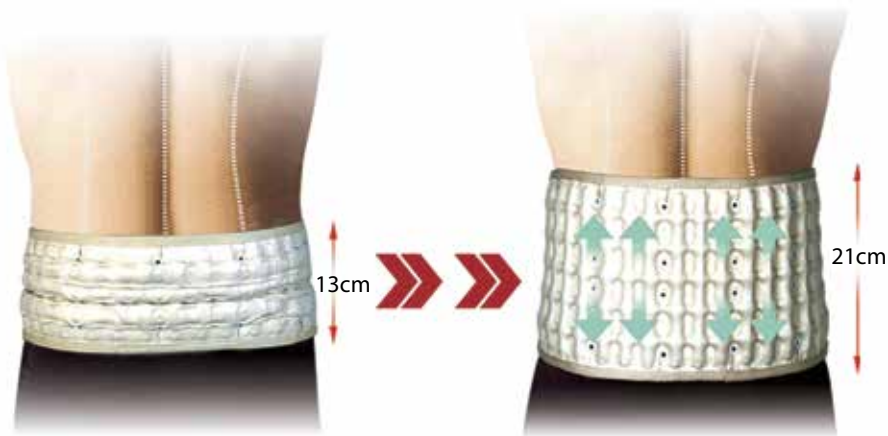
Choose the right belt size to fit your waist measurement:

SIZE	WAIST MEASUREMENT	
S	28" - 36"	70cm - 90cm
M	36" - 40"	90cm - 100cm
L	40" - 47"	100cm - 120cm



Scientific Design

- 1 The average length of the lumbar region is 10 cm. This is the equivalent of the distance from your thumb to the index finger when fully extended. The powerful "Body Jack" inflatable air columns traction vertically compensating for the negative impact of GRAVITY. The ScolioEase Traction Belt is based on the phenomenon of mechanical decompression (the lift is 21 cm when inflated).
- 2 The patented manufacturing process and the proprietary design lifts the shape and contour of the human body.
- 3 The fully expanded ScolioEase Traction Belt air columns produce a strong lifting traction effect on the lumbar vertebrae.
- 4 Each belt is quality tested to ensure air retention and durability.
- 5 The pump automatically stops pressurizing when the air pressure inside the belt reaches 0.15 MPA.



Material

Outer: PU

Inner material: Cotton Fabric

Air Bladder: TPU

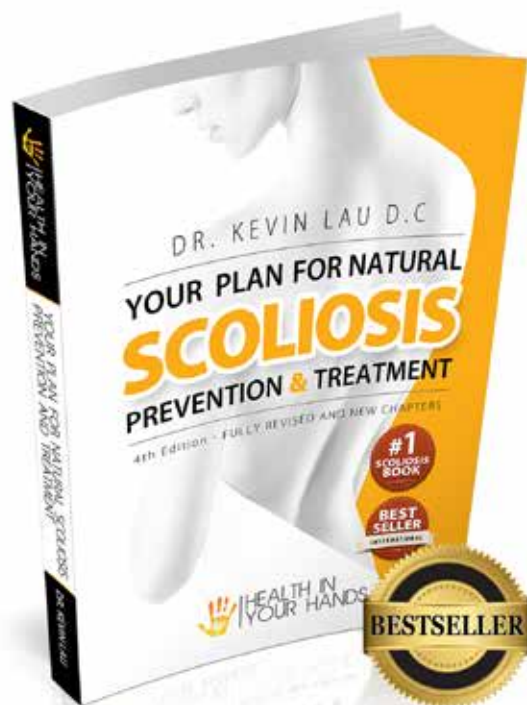
Material used for extender: Velcro

Material for pump: PA6





HEALTH IN YOUR HANDS



A completely natural,
safe, tried and tested
diet and exercise
program to treat
and prevent scoliosis!



In "Your Plan for Natural Scoliosis Prevention and Correction" you will:

- Uncover the most recent research on the true causes of scoliosis.
- Discover how bracing and surgery treat merely the symptom not the root cause of scoliosis.
- Find out what latest treatment work, what doesn't and why.
- The most common symptoms scoliosis sufferers have.
- How a quick scoliosis assessment of a teenager can help with their quality of life in later years.
- The only book in the world that treats scoliosis by controlling how scoliosis genes are expressed.
- In-depth understanding of how muscles and ligaments work on the common types of scoliosis.
- Customize an exercise routine unique to your scoliosis to suit even the busiest schedule.
- What are the most effective exercises for scoliosis and what should be avoided at all cost.
- Tips and tricks to modify your posture and body mechanics to decrease scoliosis back pain.
- The best sitting, standing and sleeping postures for scoliosis.
- Learn from others with scoliosis in inspirational stories and case studies.

Cookbook



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Strengthen your spine, one meal at a time!

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.

'Your Scoliosis Treatment Cookbook' – a one of its kind, never-before guide to customizing your diet and a vast collection of delicious, healthy recipes to suit your palette and treat scoliosis, all at the same time! The book brings to you the amazing and time-tested secrets of the optimal nutrition for spinal health in the form of an easy-to-follow guide. Just follow our step-by-step instructions on how to find out your own Paleo Type. Once you are done, all you need to do is to pick up the recipe to suit your taste buds and choose the ingredients according to the results of your Paleo Type.



What to expect:

- Reduce pain related to scoliosis
- Enhance spinal growth and development
- Strengthen your muscles
- Relax muscle tightness
- Improved sleep
- Rebalance your hormones
- Boost you energy levels
- Prevent spinal degeneration
- Help you achieve your ideal body size
- Strengthen your immune system



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Journal

A day-by-day companion for 12-weeks to a straighter and stronger spine!

In this companion resource to the Amazon.com bestseller 'Your Plan for Natural Scoliosis Prevention and Treatment', Dr. Kevin Lau offers you the nuts-and-bolts knowledge you need to succeed on your 12-week health experience. Simply follow step-by-step as you're guided towards improved spinal health.

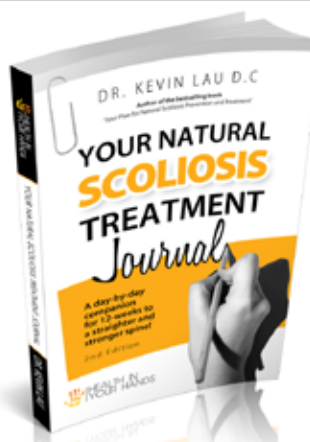
Step One: Identify your personal scoliosis condition

Step Two: Identify your unique dietary needs and metabolic type

Step Three: Stay motivated with Dr. Lau's proven exercise program, which includes comprehensive exercise charts and fitness resources

Step Four: Feel focused and inspired as you track your progress each day

Step Five: Watch and wait as your scoliosis improves, your pain decreases and your back becomes stronger



Scoliosis Exercises for Prevention and Correction DVD

is a careful selection of exercises that you can do to reverse scoliosis in the comfort of your own home.



Broken down into three easy-to-digest sections, the DVD will take you through the various steps in order to start rebuilding and rebalancing your spine. The comprehensive sections cover everything from Body Balancing Stretches to Building Your Core and a number of different Body Alignment Exercises that have all been carefully designed and selected by Dr Kevin Lau.

For anyone who suffers scoliosis, the main advantages of the DVD are:

- A 60-minute concise expansion of the scoliosis exercises from Your Plan for Natural Scoliosis Prevention and Treatment.
- Body Balancing Exercises in the DVD explains in detail the correct stretching techniques for scoliosis sufferers to relieve stiffness.
- The Building Your Core section focuses on strengthening the muscles that give stability to your spine.
- Body Alignment Exercises will improve the overall alignment of your spine.
- All the exercises that feature in the DVD are suitable for pre and post-operative rehabilitation for scoliosis conditions.
- Safe even for those in pain or post-scoliosis surgery.
- All exercises covered in the Health In Your Hands DVD can be practiced at home, and with no special equipment required.

Surgery

An In-Depth and Unbiased Look Into What to Expect Before and During Scoliosis Surgery

Scoliosis surgery doesn't have to be a daunting, problematic and anxiety-ridden experience. In fact, with the proper information, advice and knowledge you can have the ability to make confident and informed decisions about the best and most suitable treatment options.

Dr. Kevin Lau's latest book will help you to discover current and crucial information that will guide you in making informed decisions about your future spinal health.

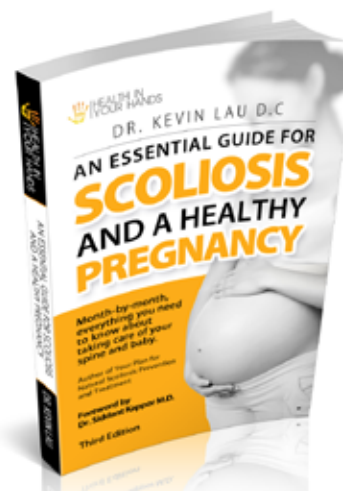
You will:

- **Learn more about the details of scoliosis surgery** – Including understanding components of the surgery itself such as why the rods put inside in your body during surgery (fusion) are meant to remain there.
- **Uncover the sobering facts** – For instance, you will learn that after surgery, there is a chance you may not return to full normalcy, in appearance or in activity level.
- **Discover** the factors that determine your long-term prognosis, including detailed case studies.
- **Learn** how to properly evaluate the risks associated with the many types of scoliosis surgery.
- **Get great tips** on how to afford your surgery and how to choose the best time, place and surgeon for your needs.
- **Discover** over 100 illustrations to help make it as easy to read and understand.



Pregnancy

Complete, easy-to-follow guide for managing your scoliosis during pregnancy!



"An Essential Guide for Scoliosis and a Healthy Pregnancy" is a month-by-month guide on covering everything you need to know about taking care of your spine and your baby. The book supports your feelings and empathizes with you throughout your amazing journey towards delivering a healthy baby.

This book provides answers and expert advice for pregnant women suffering from scoliosis. Full of information to cope with the physical and emotional upheavals of pregnancy during scoliosis. From conception to birth and beyond, this guide will hold your hand until you become a happy and proud mother of a healthy newborn baby.

Scoliotrack



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Scoliotrack is a safe and innovative way to track one's scoliosis condition. The device allows the user to track the progress of the abnormal spinal curves that occur in scoliosis. With the touch of an iPhone or Android phone the user is easily able to track their month to month progression. This easy-to-use program is suitable for scoliosis sufferers of all ages. Its high degree of accuracy makes this application suitable for professional such as Medical Doctors, Chiropractors or Physiotherapist and simple enough for personal use at home.



Features of the App:

- Tracks and saves a person's Angle of Trunk Rotation (ATR), a key measurement in screening for and planning treatment of scoliosis.
- Tracks a person's height and weight, ideal for growing teenagers with scoliosis or adults who are health conscious.
- Scoliosis data is graphed making it easy to read month to month changes to a person's scoliosis.
- Camera function takes a photo of the person's back to notice any changes to the back visually such as rib humps, hip protrusion, body alignment or spinal deviation and compare it easily with previous photo records.



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Scoliometer

A Convenient Scoliosis Screening Tool: Scoliometer App



The Scoliometer App is a useful and highly innovative tool for medical professionals, doctors and those who want to take scoliosis checkups at home. We can provide an always available, highly accurate replacement for a much more affordable price. Doctors have used scoliometers as an effective tool in screening scoliosis for many years, and now with you can also have one conveniently on your phone.

Easy to use, clean and fast with accurate measurements for scoliosis.



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Stay connected with the latest health tips, news and updates from Dr. Lau with the following social media sites. Join the Health In Your Hands page on Facebook to have the opportunity to ask Dr Kevin Lau questions about the book, general questions about their scoliosis, iPhone App called ScolioTrack or the exercise DVD:

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Instagram

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LinkedIn

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twitter

www.twitter.com/DrKevinLau

Blogger

www.DrKevinLau.blogspot.com

Learn the latest scoliosis treatment with bestselling author Dr. Kevin Lau. Get long lasting relief from the pioneer of non-surgical treatment for scoliosis!

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