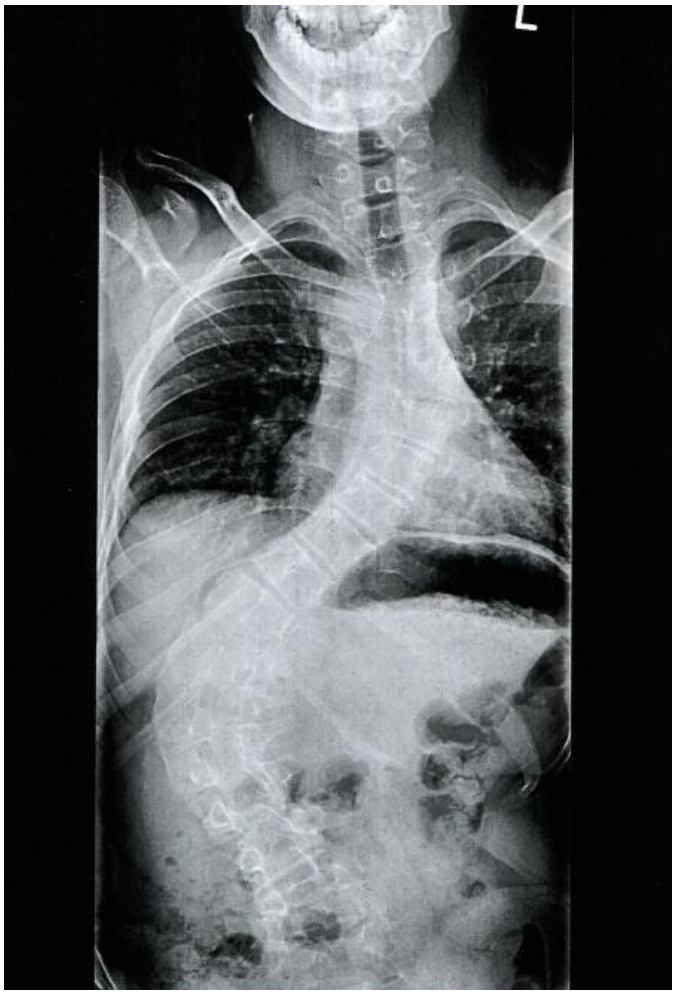
SCOLIOSIS

(Including kyphoscoliosis)



Scoliosis is the medical terminology used to describe a deformity of the spine. The main picture above shows my child's scoliosis in its very severe stage. This x-ray image has been taken when my son was standing. While sitting, the spine curves even more. This is the most common type of scoliosis, in which the lower (lumbar) spine becomes curved on one side. The lower spine bending on one side causes the upper (thoracic) spine to bend on the opposite side, deforming the entire spine into the shape of the letter "S," as pictured above.

According to modern medicine, in scoliosis the spine starts to bend for no apparent reason. Undoubtedly, there is a reason (a cause), the only problem is that modern medicine can't identify it. In a future book, I will discuss more about this cause for scoliosis. Meanwhile, for every pregnant woman, I have a very important message. Please make sure you are well hydrated every

single day of your pregnancy, to avoid an excessive accumulation of amniotic fluid. This way, you will avoid unnecessary pressure on your unborn baby's delicate body. (Also, read the title: "Our Urine Tells Us Everything.")

One of the biggest problems with this deformity is that it is irreversible when reaches severe stages. This means that the progression of the deformity can be stopped, but not entirely eliminated. As already mentioned, in the majority of cases, the spine bends from "side to side." If the spine also bends from "back to front," this deformity is known as kyphoscoliosis.

As I write this book, I am also writing another one on the sole topic of scoliosis. That separate book will be available at a later date. In the meantime, here I will provide the most important details about scoliosis, how to prevent it, as well as to stop it from worsening.

Currently, in highly developed countries, the occurrence of scoliosis among children in early adolescence is rising faster than ever. This is due to the sedentary lifestyle of modern teenagers, who often sit all day long in an improper body posture in front of a computer or playing video games.

In the early teenage years, a child's skeletal system, particularly the spine, naturally begins to grow very quickly, stretching out the muscles around the spine, thus making them weaker. The weak back muscles are then unable to support the spine. In addition to that, if the child has the wrong body posture most of the time while sitting at school and at home, the spine starts to bend.

For mentally and physically abled children, the solution to this problem is relatively easy, particularly at the very beginning of scoliosis:

- At home, parents should teach their children not to spend unnecessary time sitting in front of a computer or the television. Instead, children should be motivated to do any kind of activity they like, and do it daily. The activity could be playing soccer, basketball, swimming, riding a bike, walking, jogging, rollerblading, or any preferred sport. The point is to avoid a sedentary life. Almost any kind of body movement will help strengthen the back muscles; therefore, these muscles will be able to hold the spine properly in place. Along with practicing any kind of sport, it is crucial to eliminate constipation (please read and start to apply the following recommendations for disabled children with scoliosis).

A very different and challenging situation is when a mentally or physically disabled child develops scoliosis. In the case of mentally disabled children with scoliosis, they may not know how to participate in sporting activities. Even just kicking a ball is often a problem for them because they do not understand why they should do that. In the case of physically disabled children with

scoliosis, they are obviously restricted in their mobility, often neither able to do very basic body movements nor strengthen back muscles.

The solution for children, teenagers and adults with a mental or physical disability with scoliosis and kyphoscoliosis would be:

- Motivate the child to squat several times each day. Squatting is very important for scoliosis prevention as well as for stopping further worsening of spinal bending. Regardless of the kind of scoliosis or where the major spinal curvature is located, ***every type of scoliosis first starts in the lower back***—the lower lumbar, sacrum, and coccygeal part of the spine, where the spine naturally and slightly bends toward the intestines. If that part of the spine is overbent toward the intestines, a further spinal deformity will be triggered if body posture is incorrect, and if the child is constantly constipated. That is why it is so important that a child squats as much as possible. A squatting body posture naturally pushes the lower spine to adopt its healthy position.

  Parents of a child with scoliosis who is able to understand and can physically achieve squatting unassisted, please keep reminding your child to do this several times per day. At least seven times of squatting per day would be preferred, for about three minutes of squatting each time. Parents and caregivers of a physically disabled child who is not able to squat on the floor, please help the child to assume a "squatting" position on a bed, with both you and the child lying on your sides (this technique is explained in detailed under the title: "Corrosion of the Springs," Chapter II). Please remember that every time while squatting, the child's head should be gently bent forward. In other words, the child should be looking at the floor, not the ceiling. It could even be dangerous if the child is straining their neck backwards while squatting.

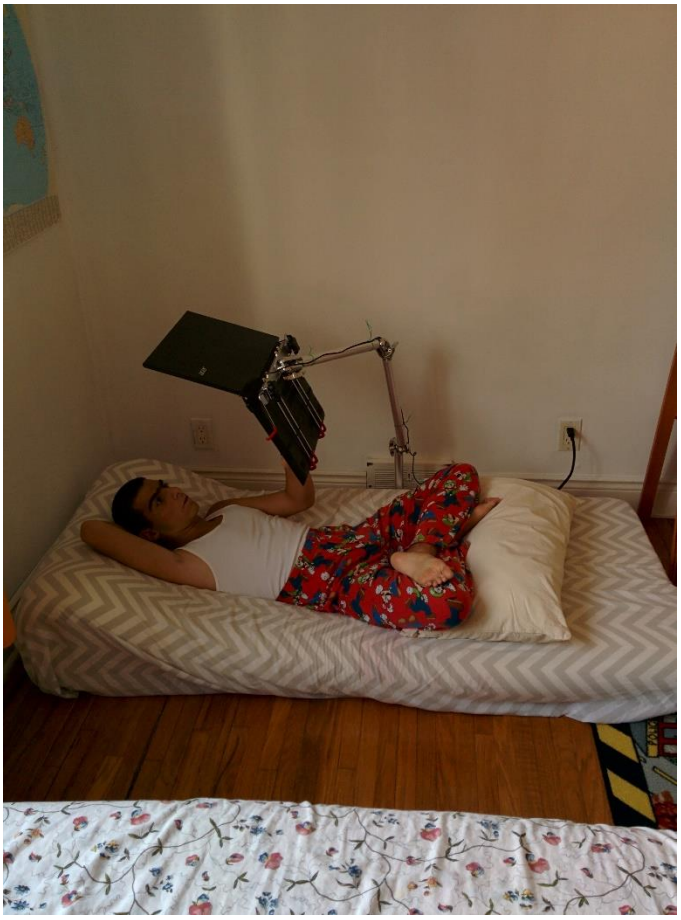
  For children like my son, born with muscle and tendon rigidity, and for whom squatting is painful, particularly in the lower spine, I recommend that at first, and with your help, the child practices squatting in warm water (such as in a bathtub or a small pool). For how to squat in water, please see the following picture and read the last part of the title: "Corrosion of the Springs." It might take several months of practice squatting in water before someone with severe scoliosis is able to do it on a floor inside a room.

Pablo (right) assuming a squatting position underwater, assisted by his mother. For all kinds of spinal deformity, squatting is a very beneficial body posture. Pablo had never been able to squat until he started to do it underwater.

- All chairs used by the child, particularly those at school, should have an armrest. This way, a child can at least maintain a proper upper body posture while sitting for long hours at school. Everything is easier at home because the child can change body posture while studying.

- Certainly, the best body posture to maintain for several hours is lying comfortably on the back. This is true for sleeping and working on a computer as well. The following picture shows my son relaxing enjoyably while playing on the computer, which is set above the level of his head. No matter the kind of scoliosis or the person's age, when lying on the back, we are letting the natural force of gravity to align and fix our spinal discs and vertebras.

Upon realizing how gravity works in relation to scoliosis, I took a thick memory foam mattress topper that was on my queen size bed, and bent it lengthwise to create an improvised bed that sits on the floor. Then, I bent it at one end to form a “pillow” for my child’s head. I also ordered a laptop holder with an extension arm online. Voilá! An extraordinary low-cost, do-it-yourself, cozy workspace for my child to enjoy while allowing nature’s gravity to fix his deformed spine, as you can see in the following picture. In the picture, you will notice a pillow placed under my child’s knees to create a hammock effect. This is an optional step, not a necessary one.



This body posture helps straighten the spine, and also eliminates back pain.

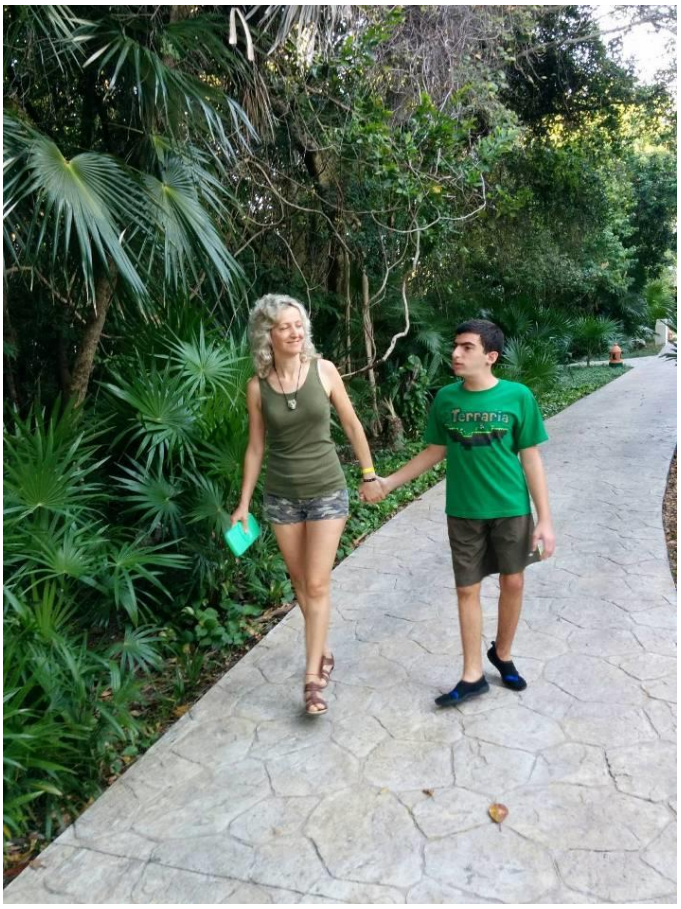
- A person with scoliosis, should not be constipated one single day! To be more precise, prolonged constipation triggers the spine to begin the bending. In cases where a child is born with mild scoliosis, if this child is never constipated, particularly during puberty, the scoliosis will not progress. Contrary to this, if the child born with mild scoliosis is mainly constipated, the spine will inevitably begin curving rapidly.

Considering this, one home-made enema in the morning and another one at night, before bed, is a must! See the title: "Life-Saving, Life-Prolonging, Torture-Ending, Plain Water Enema," that appears earlier in this book. The enema protocol should include a plain water enema for a bowel movement, as well as at least one spicy enema for retention for a number of minutes. Because scoliosis is ***always*** an excess of the *vata* element, the enema procedure should be the same as for cerebral palsy (see the title: "Cerebral Palsy," Chapter II).

- All food consumed should be the food recipes found in the section entitled: "Medicinal Food Recipes," giving the priority to the *kapha* food, such as white sticky rice, mung bean soup, and shiitake mushrooms. Also, the medicinal waters naturally abundant in *kapha* and *pitta* elements, should be consumed daily. Those waters are the white sticky rice milk, almond milk, ginger water (or cayenne pepper water instead), and green hot chili (jalapeño) pepper water. For their preparation, see the section: "Medicinal Waters," appearing earlier in this book. They can be consumed orally or administered as an enema. If I had to choose only one of the medicinal waters mentioned above, then I would say that homemade almond milk is the most important liquid to consume regularly in case of scoliosis. Always remember that this milk has to be freshly prepared at home. All commercially sold almond milk will aggravate scoliosis because those liquids have an excess of the *vata* element, and thus, they cause constipation.

- When walking outdoors, children or adults with any kind of spinal problem should wear very soft and flexible sport shoes—ones whose soles can easily be bent using the hands (see the following picture). Also, the shoes' soles should not be thin. Instead, the soles should be cushioned, with an approximate thickness of 2.5 centimetres (one inch) as pictured below. In the second picture below, of my son walking with me, you will notice that he is wearing water shoes. Although they have the desirable flexibility, these shoes are ***not*** appropriate for walking because their soles are too thin. However, because we were going to be swimming in a river with very sharp rocks that day, I wanted him to wear these shoes, rather than swim barefoot. The only way I was able to convince my son to wear such inappropriate shoes for walking was to promise him, as we were setting out, that we were going to find the river.

People with any kind of spinal problem should wear very soft and flexible sport shoes with soles that are easily bent using the hands



Pablo (right) on his first long walk with mom, approximately two years after the removal of all back braces and daily exercising with his mother to repair the damage to his back muscles, caused by bracing. The spinal deformity seen in the X-ray image under the main title, remains the same. However, by regaining muscular strength, he is now able to keep his body as straight as possible.

By applying all these recommendations to the daily life of a person with scoliosis, you can stop even a severe spinal curvature. I personally halted the progression of my son's spinal curvature when it was nearly 90 degrees of Cobb angle. With the recommendations in this book, all pain, tension, and discomfort associated with scoliosis will be also permanently eliminated.

Currently, modern medicine worldwide is not treating the scoliosis problem properly. Instead, medical doctors are often making it worse as was the case with my child, by prescribing the use of obsolete braces, which damaged my child's spine even more (for more, see the subtitle: "My Rosacea," under the title: "Let's Cure the 'Incurable' Rosacea").

Before opening my Soul's eyes fully, I went all over the world to consult with the best orthopedic surgeons that the world has. The only treatment they have is either bracing or surgery. My son never underwent surgery. He used a back brace for a period of eight months until the day I threw it into the garbage and achieved the stabilization of his spine without braces.

Both treatments, surgery and bracing, are invasive and harmful. From the deepest of my Soul, I implore all my readers, especially parents and caregivers of disabled children who are not able to talk or describe their pain, please reject those invasive treatments.

With back braces, the back muscles will inevitably be squeezed and mashed. Wearing back braces twenty-four hours per day, as doctors prescribed for my child, will soon disable the back muscles, the muscles that hold the entire spine. Back braces press and crush the muscles to the point that they become soft and non-functional. That is why, after eight months of wearing them, with completely damaged back muscles and a spinal curvature that was worse than ever before, my son began to lose the ability to walk. How can we possibly expect a person to be able to walk with mashed and impaired muscles? I beg each one of you to learn from my naivety to avoid inflicting such miserable and painful torture, prescribed by medical doctors—torture that will disable even more our already disabled children.

The following pictures are my son's "torture devices"—back braces and foot/leg braces. Please avoid them completely. Using foot/leg braces, my child's feet were bleeding after only fifteen minutes of wearing them. As a result, the medical professional in charge of fitting the braces inserted a cushiony, sponge-like material inside them. It did not help at all; my son's feet were bleeding the same as before. These foot-leg braces he used for one week. Looking back today, I am thankful he could not wear them. If he could, they would have disabled his leg muscles the same way the back braces damaged his back muscles. You might be thinking that braces as obsolete as these are probably made in an underdeveloped country. Instead, the country where these braces are made, and are still widely prescribed to the children and adults with scoliosis, is a highly developed country in North America.

Instead of damaging the musculoskeletal system with these braces, please help the person with scoliosis to do any kind of body movement. My most recommended is rollerblading, which at the beginning, or all the time, can be done with the help of a walker. In the following picture, my child slowly starts rollerblading and regaining strength in his damaged back muscles. Thanks to the regular practice of rollerblading, my son Pablo is now able to walk about 200 metres all by himself, without the help of any orthopedic device as you can see in the previous picture. Rollerblading not only helped him to halt the progression of his scoliosis, but also greatly improved his sense of balance, which was especially poor as he was born with a deformity in the part of brain that controls body balance.

A hard plastic back brace that extends from the armpits all the way down below the hips. Please do not make anyone wear such braces. They damage all the muscles they cover, causing the spine to curve even more.

Hard plastic leg and foot braces. Like back braces, these are "torture devices" prescribed by modern medical doctors, and will only aggravate scoliosis.

Pablo began to rollerblade using a walker as support.

Regarding spinal surgery, I do not recommend this either. Scoliosis surgery is a complex 7-to-10-hour surgical procedure, where almost every vertebra is perforated with screws that stay in the spine for the rest of the person's life. Although it results in the legs being even again, and the body straightened, the surgery also makes the entire spine much more rigid. With spinal rigidity, physical pain will inevitably appear in a person's life. When it happens, there is no way back. You can't tell the doctor to fix the screws or remove them from your spine. The pain caused by so many screws in the person's spine is often much stronger than the back pain experienced before surgery. It is relatively easy to eliminate the back pain when there has been no surgery, because in this case, only the muscles and their nerves are painful. Often, it is enough to just change body posture, lie down, squat, or relax in a warm bathtub, to eliminate all pain instantly. In contrast, when the spine hurts because it holds numerous screws, we can't completely eliminate the pain because the main cause of that pain—metallic (titanium) screws—is still there.

Not only are a person's health and wellbeing negatively affected by scoliosis surgery, but the Soul is as well. You might wonder why it is harmful for a person's Soul. As stated at the beginning of this book, the fungus Candida albicans—microscopic death—naturally lives inside our intestines. Candida, as the cause of any ailment, is the darkest of all shades that exist on the Earth; it is death itself. ***Precisely because the intestines are the main residence of death itself, the lower spine is one of the main "residences" of God, when it refers to the human body. God—the infinite Life and Light, has naturally positioned Itself right there, just a few millimetres away from and in parallel with death.***

While it might look that there are now three of us: The human being, God, and death, there is, in fact, only ***One***—God. Everything else is a reflection of the ***One.*** From God's point of view, death does not even exist. Rather, ***death is seen as the absence of light.*** That is why God's presence is stronger around those places where, what we call death, is located; so that God can enter into that absence of light (darkness) and turn it into eternal Light and Life. But that happens only when the human being (one ray of Light) wishes so.

With scoliosis surgery, screws are placed into each vertebra and left there for the rest of the person's life. God is not bothered by the screws at all. They are just another shade that the divine Light will pass through. Scoliosis spinal surgery makes the entire spine more rigid. Sooner or later, any rigidity brings tension and pain into that area and into the whole body. If a person continuously feels numbness and rigidity of the spine because of screw implants, the absence of light in the intestines will take advantage of this immediately, by expanding its darkness toward and inside the lower spine.

Why does God allow the absence of light to arrive and reduce Light itself in ***Its*** own residence? Because the person, a ray of Light, is tensing the lower back area every time he or she feels pain

in that area. Where ***tension*** is present, God politely gives that space to the absence of light. Because the person is precisely doing that; inviting darkness into the area of pain.

Tension is an automatic reaction to pain, until the moment you realize the truth just explained above, and you begin inviting God to the exact location of the pain. You will find more about this topic under the title: “Corrosion of the Springs,” Chapter II, and the title: “Stopping the Progression of Any Kind of Ailment Right Now,” Chapter I. It is extremely difficult for a child, particularly a child who is mentally challenged, to realize that instead of tensing the body when in pain, they should relax it. ***That is why I beg all parents and caregivers, please do not give permission for such an invasive spinal surgery that will bring long-term pain.*** A very different situation is with other types of implants, such as a hip implant or a stent placed in the heart. A hip implant provides flexibility to the part of the body where it is placed, and a stent allows the free flow of blood. Therefore, there is no pain involved wherever flexibility or an easy flow are present. A flexible, pain-free, thus joyful body, can effortlessly expand the divine Light (flexibility obviously expands the body's and Soul's joy at the same time).