



HEALTH = FREEDOM

3 WAYS TO ACHIEVE FREEDOM

CHIROGENESIS
BE HONORED. BE HEARD. BE HEALED.

DR. BENJAMIN TAN, DC, PAK | WWW.CHIROGENESIS.ORG

GREETINGS!

I started CHIROGENESIS because I have always wanted to see two things happen:

1) On a micro level, to help everyone discover their true root cause(s) of their disease/illness.

2) A country's 'health-care' system fulfilling its intended mission, which is to "promote health". Promote freedom, because health = freedom for all its citizens, so that everyone who calls it home, gets to experience life and life abundantly.

Health = Freedom is a state in which one's body is able to function as it was created to. No sickness. No illness. No disease.

Everyone with any disease, big or small, can be healed. It's a bold statement, but it's true. **Since we were all designed to be healthy, there must be a pathway to freedom.**

I hope and pray that everyone who reads this short e-book receives the revelation that anyone can achieve health and be free from any illness or disease as long as the true root cause of your illness is targeted.

Beyond that revelation, **I urge every reader to take action.** Start a consultation going with our team. We will customise your healthcare plan for you.

To every reader, I honour you today for carrying your gifts whichever sector of society in any capacity you find yourself in.

I look forward to hearing you out and treating you to see you live healed, healthy and free.

In love & health,

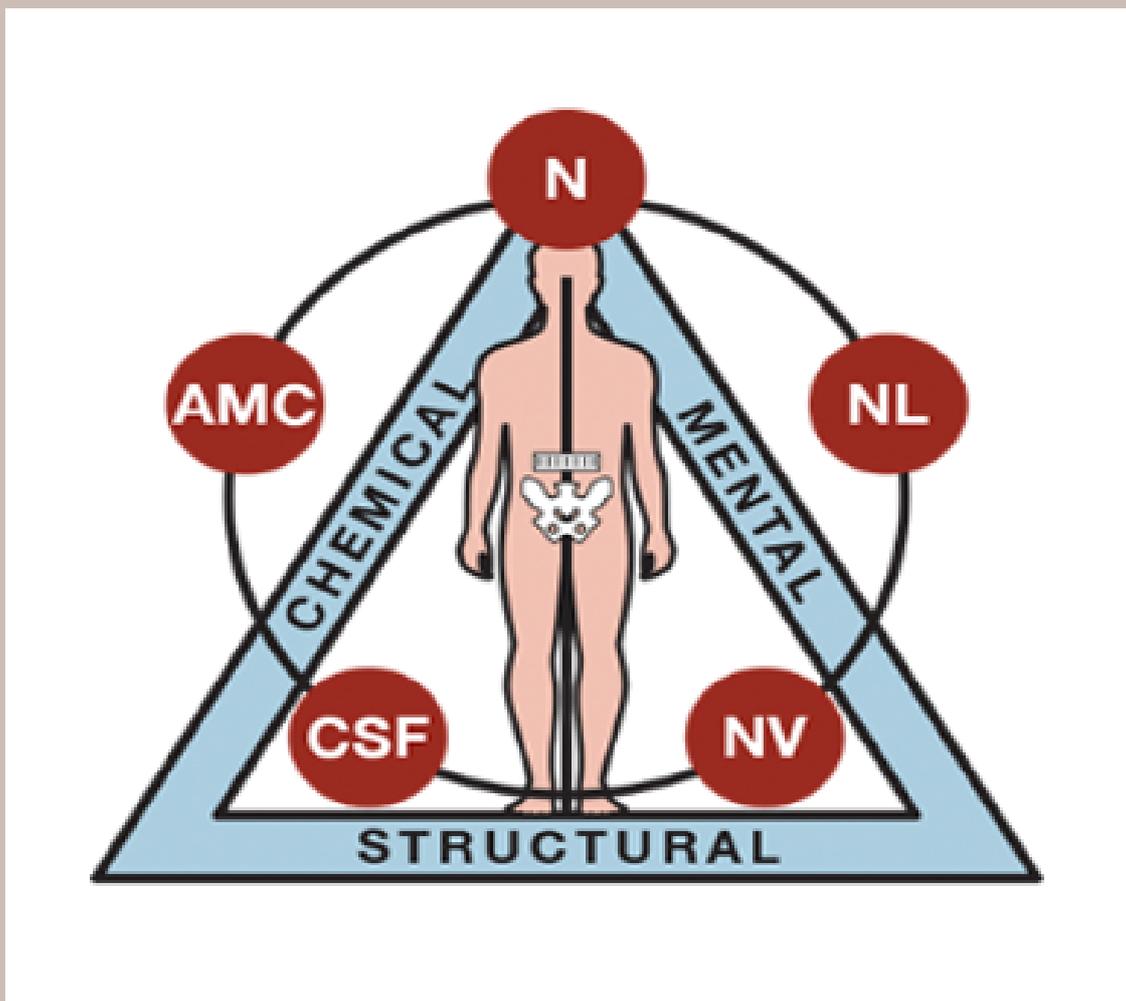
Dr. Benjamin Tan, DC, PAK
Founder & CEO
CHIROGENESIS Pte Ltd



The Triad of Health

The triad of health lists the three basic causes of health problems, namely **structural**, **chemical**, and **mental**, with structure as the base of the triad.

Literally, all health problems, whether functional or pathological, are involved with one part or all parts of the triad. This is not new to chiropractic as its founder, D.D. Palmer, states in his text, *The Science, Art, and Philosophy of Chiropractic*, "**The determining causes of disease are trauma, thoughts and toxins.**"



Information taken from <https://www.icakusa.com/what-is-ak>

#1. STRUCTURAL

The Base of the Health Triad

Why is your “structure” so important? Your structural frame ultimately determines function. In fact, show me your structure, and I’ll show you your function, or lack thereof.

Think about this: your entire musculoskeletal structure is made up of various joints. There are spinal joints, elbow joints, knee joints and even rib joints and many more. What joints need in order to be stable is this: muscle balance and optimal joint alignment.

Important questions to ask yourself:

- Were you delivered from your mother’s womb via forceps/vacuum or possibly forcefully been “pulled out” by the OBGYN’s hands?
- Did you have a concussion from a sport accident or perhaps a whiplash injury from a motor vehicle injury?
- Did you or do you currently suffer from a Traumatic brain injury (concussion), Whiplash, Autism, Parkinson’s, Multiple Sclerosis, Alzheimer’s, Dementia, Epilepsy and Cerebral palsy (not an exhaustive list).

If the answer to any of the above is ‘yes’ and you suffer from mental health issues there could very well be a structural misalignment in your upper cervical spine.

Dr. Ben's Pro Tip:

Mid-line structures (i.e. your entire spine from skull to coccyx, more commonly known as tailbone) is the most important structure.

Chiropractors specialise in making sure your spine is healthy. Many other issues outside of the mid-line (e.g. knees, elbows, shoulders, ankles etc.) improve or resolve once your spine is healthier.



#2. MENTAL

Your Thoughts are Powerful

How is your mental health? Did you know you are not just simply your thoughts? You are more accurately your meditated thoughts. What are you meditating on?

Dr. Ben's Pro Tip:

The 3 WHO's

WHO do you think you are?

You are not what you do. You are not your achievements or failures. You deserve to be valued simply because you are you. You bring a unique gift to society that no one else can bring. Don't try to be someone else.

WHO do you believe about your current health condition?

Does your current care provider honor you? Does he/she spend time to hear you? Is he/she really after your freedom i.e. being 100% healed?

If you do not know if you need help and support with your mental health, take this DASS-21 Questionnaire [here](#) by [Sofia Wellness Clinic](#).

WHO do you associate yourself with?

You were created to do life with people. Get with people who can affirm who you really are.

#3. CHEMICAL

What You Eat Really Matters

You are what you eat. I can't say enough about this.

Here's what you need to understand. **Everything that was created on this earth in its original form is sufficient for us as humans to thrive and prosper in health.** When it is tweaked, distorted, diluted, polluted, tarnished by the greed of mankind for profiteering purposes, your body gets undesirably destroyed bit by bit.

Healthy inflammation is the first step of health. So often talked about by health experts around the world is the Omega-3 to Omega-6 ratio. With a desirable ratio (i.e. approximately 1:4), most disease processes known to mankind today will not manifest in symptoms or signs.

Start cutting down on your Omega-6's today. Increase your Omega-3's intake.

Dr. Ben's Pro Tip:

a) Get your OMEGA-3 AND OMEGA-6 FATTY ACIDS BLOOD TEST (actual lab test) done professionally if you haven't had one done recently.

b) The QA Protocol* that Dr Ben specialises in looks at inflammation as the first step in assessing any patient's physiology.

*For more information on the QA Protocol, [click here](#).



LOCATIONS & HOURS OF OPERATION

CHIROGENESIS Pte Ltd

@ Anson Road

79 Anson Road

#21-01

Singapore 079906

Monday: 2pm-8pm

Tuesday: 10am-6pm

Wednesday: 9am-6pm

CHIROGENESIS Pte Ltd

@ i12 Katong

112 East Coast Road

#03-01/02/03/04/28

Singapore 428802

Friday:

8am-1pm (Home Visit Hours)

3pm-8pm (Regular Office Hours)

Saturday: 8am-2pm

CONTACT

Telephone: +65 8129 4204

Email: enquiry@chirogenesis.org

SOCIALS

[Facebook](#)

[Instagram](#)

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