



**3 PILLARS OF HEALTH
THAT YOU WERE
NEVER TOLD**

CHIROGENESIS
BE HONORED. BE HEARD. BE HEALED.

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Blessings!

I believe with all my heart that you have decided to open up this e-book because...

- You are tired of not being heard because you truly care about relationships and trust with your doctor.
- You have plenty of treatment options and doctors to choose from, but because you are root-cause focused, and you are always hungry for new insights and understanding.
- Your health is in the way of your being maximally effective at your work, but you have little to no time to see a doctor who is worth your time.

You have sought high and low for a doctor(s) to treat your disease, BUT regrettably, you still have these fears...

- Fear of uncertainty about your ultimate root causes of health issues.
- Fear of chronicity that stem from being told to “live” or simply “manage” the problem for longer than you should.
- Fear of stagnation from being dependent on temporary health strategies, thus hindering growth.

In this e-book, I will use our unique spirit-soul-body model of treatment to explain the 3 Pillars Of Health that you will never be told. Here are the 3 pillars of health:

1. Restore Relationships
2. Eliminate toxic-mindsets that drive disease in the first place
3. Treat the pain & disease

While mainstream healthcare only focuses on 3. Treat the pain & disease, the root causes that are founded on 1. & 2. are completely missing in the system.

By now, you know that Chirogenesis is not the mainstream healthcare you will find at your neighbourhood medical clinic, or even your natural holistic clinic, or maybe even at a specialist medical clinic.

In the bible, Jesus said, "Healthy people don't need a doctor, but sick people do."

My goal is that this e-book. fills you with hope and confidence that YOU WILL BE HEALED at your root cause(s) of pain and disease, so that you can maximally effective in the role in your sphere of influence to which you've been called.

Because every disease has a root cause(s), we firmly believe that **EVERY DISEASE IS CURABLE.**

In love & health,

Dr. Benjamin Tan, DC, PAK
Founder & CEO
Chirogenesis



Note: Regarding treatment of the body, Chirogenesis teaches and treats patients using advanced neuroscience and biomechanics evidence, principles and techniques.

Regarding treatment of the entire human being Chirogenesis also gleans and adapts its teachings and treatments from the powerful teaching resources from Eagles Wings Ministry by Dr. Michelle Strydom, and Voice Of The Light ministry, by Dr. Ana & Emerson Mendez Farrell.

Spirit-Soul-Body

Dear reader, this is **NOT** about religion. It is about restoration of relationships.

I mentioned earlier that the *1st pillar of health you are never told is relationship restoration*.

When we study the intention and purpose of our existence here on this planet Earth, we inevitably realise it is **ALL ABOUT HEALTHY RELATIONSHIPS**.

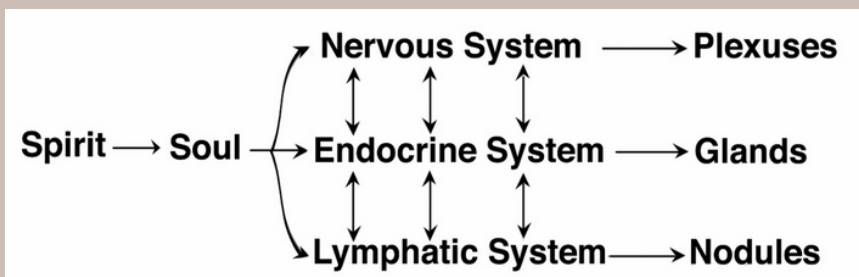
When we look at how our human body was designed, there is a fixed template known as the *spirit-soul-body*. In its untainted form, health & life in abundance is present. Everything in our human body was perfectly orchestrated to preserve health i.e. free of pain, sickness, and disease.

Unfortunately, today's healthcare system has treated the entire spirit-soul-body connection as separate entities. Hence, so many diseases today are deemed as incurable.

Because every disease has a root cause(s) there is to disease, we firmly believe that **EVERY DISEASE IS CURABLE**.

Right now, I'm going to show you how can you decode, demystify and deconstruct health & disease. It is going to be done in three distinct and interconnected stages.

Stage 1: Spirit
Stage 2: Soul
Stage 3: Body



Adapted from the book titled 'The Spirit of Man' authored by Dr. Ana Mendez Farrell

SPIRIT

Relationship Restoration

Remember that the 1st pillar of health you are never told is Relationship Restoration.

Unfortunately, pain and disease entered this world when sin first entered the world through Adam & Eve at the Garden of Eden.

God designed us for complete health through the spirit-soul-body connection. To achieve that, the human spirit must be aligned with the human soul, which consists of thoughts, emotions, and will. From that aligned spirit-soul connection, the human body will be completely healthy.

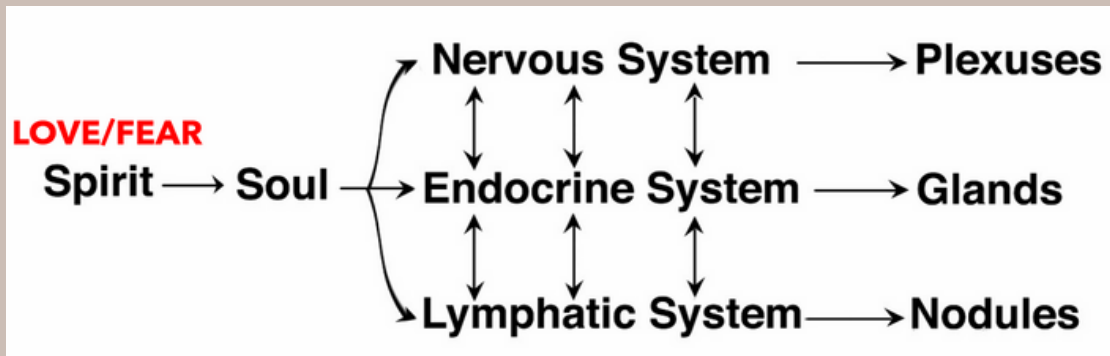
You probably have heard of the first human beings called Adam & Eve being mentioned somewhere. A more abstract truth that you probably have never heard of is this: Adam and Eve when living in the Garden of Eden, never heard of pain or disease.

Until, one fine day, when Adam & Eve disobeyed God, there was a breakdown in relationship between humans and God. That breakdown opened up humanity to this thing called the **spirit of fear**.

RELATIONSHIP BREAKDOWN CREATED FEAR
FEAR CREATED DISEASE

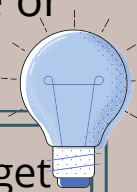
God designed our human bodies with one powerful ingredient: **spirit of Love**. The bible says, "God is love".

Sadly but true, that **love today has been replaced, diluted, and destroyed by various types of fears, creating all pain & disease.**



Adapted from the book titled 'The Spirit of Man' authored by Dr. Ana Mendez Farrell

As shown in the diagram above, **love or fear dictates the condition of our soul**. Is your soul subject to the spirit of love or the spirit of fear? Let us find out together below.



WHAT FEARS DO I HAVE? (the list is not exhaustive, it's meant to get you thinking deeper)

1) Fears from everyday stressors of life:

- finances
- future
- career
- family etc.

2(a) Fears from relationship breakdowns:

- rejection
- abandonment
- failure
- inability to be vulnerable or trust
- inability to love because of previous hurt
- broken heart
- disappointment
- perfectionism (no allowance for weakness/mistakes) etc.

2(b) What specific relationship(s) broke down and needs repair?:

- Relationship with God
- Relationship with others
- Relationship with self

SOUL

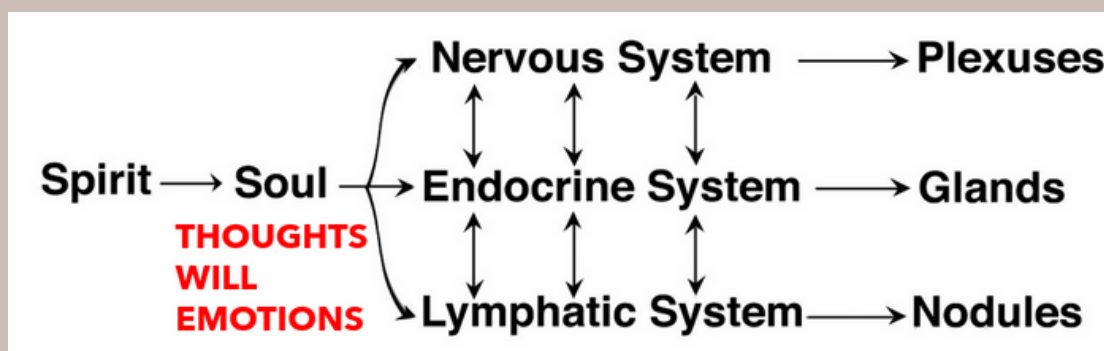
Toxic Mindsets Drive Pain & Disease

Now that you have identified the **specific fear(s)** you currently have, it is time to see how that affects your soul.

What is the soul? Let me give you a clear example. Follow along.

I am going to compare our *spirit* with a movie recorded on a DVD. If I do not have a DVD player, I will never be able to watch that movie. The DVD player has a decoder that translates what was recorded onto the surface of the DVD disc so the images can be seen on my television set, allowing me to watch the movie. The *soul is the DVD player*, which is dictated either by the spirit of love or fear (identified in stage 1).

The distorted and dysfunctional soul expresses the spirit of fear through your thoughts, will & emotions.



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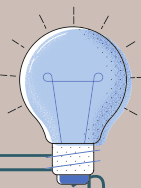
For simplicity's sake, to use the words "thoughts, will & emotions", I will use the one-word "thoughts".

You become your meditated thoughts...

The fears you have identified in stage 1 give you thoughts in the first person, such as, *“I am so worried that I am not going to have enough money to pay the bills, I am so stressed that I'm not gonna get through all this work in time, I am so anxious about this and that etc”*.

Because that thought came in the first person, you don't recognize that that thought was not originally yours, and so you follow that way of thinking as if it were you and begin to get fearful, anxious, worried, and stressed.

As you meditate on those thoughts you build a poisonous long-term memory of fear in your brain. So that fear which was initially spiritual, has now become a part of your soul through thinking.



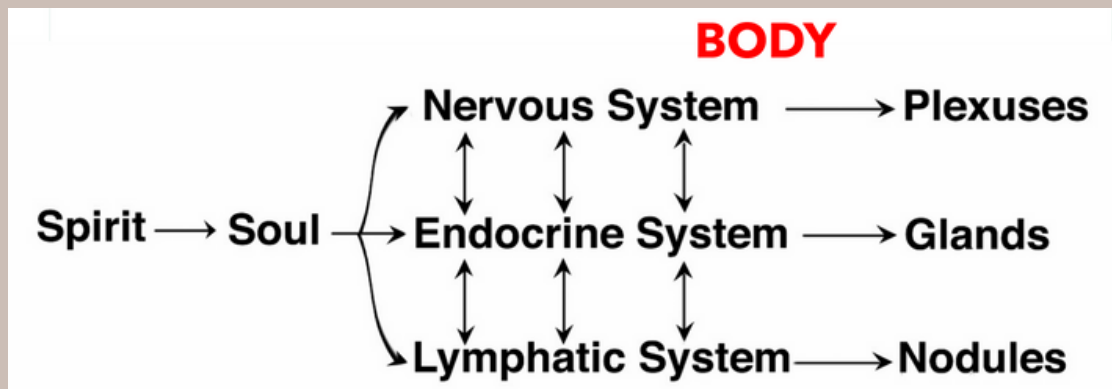
WHAT TOXIC MINDSETS TOWARDS SELF/OTHERS/GOD DO I HAVE? (the list is not exhaustive, it's meant to get you thinking deeper)

- bitterness
- unforgiveness
- hatred
- retaliation
- unhealthy expectations
- poor self-image
- low self-esteem
- lack of finances
- lack of a secure future etc.

BODY

Treating The Pain and Disease

Fears as identified in stage 1, need the mediated thoughts in stage 2, to cause disease in the body that is stage 3, mediated by the nervous, endocrine and immune systems.



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Now that we have identified your spiritual root causes (fear-based), and the consequential toxic mindsets, it is still pertinent that we treat the body at this level. **Most patients' bodies would have suffered chronic changes that require healthcare professionals to treat the body.** Of course, if the focus on stage 3 overtakes the preceding spirit-soul causes, you cannot expect permanent healing in the body.

How can Dr Ben help you heal within your body?

- 1) **Applied Kinesiology (AK)** - addresses structural and chemical (nutritional) root causes. *Find out more [here](#).*
- 2) **Gonstead Chiropractic** - addresses structural (only joint-related). *Find out more [here](#).*

At this stage, after stages 1 & 2 root cause(s) have been identified, the body will be in the BEST state for “body-work” to be delivered on.

“What comes first, next and last?” - every doctor who cares about the truth

For someone to be stuck in chronic pain & disease, there is an established **hierarchy** by which our human body functions.

In order of priority,

- 1) Chronic and hidden injuries and pain sources - *joints & muscles*
- 2) Nutritional imbalances - poor inflammation (primary cause)
- 3) Immune system
- 4) Energy production
- 5) Hormone health
- 6) Gut health
- 7) **Joint misalignments or subluxations**

For example, if you come in with gut health issues, you may have problems in the preceding steps i.e. production of energy and hormone imbalances.

We are obsessed with fixing YOUR ROOT CAUSE(S)!

CONGRATULATIONS! You've just caught a glimpse of the 3 pillars of health that you were never told by any health professional.

You definitely didn't download this pdf and read this far in the book to just turn a blind eye and ignore what've you learned, did you?

Here's how you can start to heal from chronic pain/disease more & more each month:

1) FREE Self-Assessment Tool

CLICK HERE to fill out a *simple diagnostic tool* based on the '3 Pillars of Health' you just read about. I'll then contact you about how I CAN HELP YOU!

2) FREE Monthly Brunch, every 2nd Tuesday of every month, 11am

Whatsapp me HERE to join in the next brunch





FIND US

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HOURS OF OPERATION

Monday: 10am - 5pm

Tuesday: 1pm - 5pm

Wednesday: 2-5pm

Thursday: CLOSED

Friday: 10am - 5pm

Saturday: 10am - 5pm

Sunday: CLOSED

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