

Advancing Your Health and Wellbeing

Innate utilises an extraordinary and powerful system of health care. Dr Lynelle Kerr, Doctor of Chiropractic and Director of innate describes this new approach as a way of advancing the body's overall health to a more optimal level. Completely different from traditional chiropractic care, innate focuses not just on relief from pain or symptoms. Rather it gives your body new strategies to function better. Very light touches to the spine triggers the brain to learn to release areas of deep tension from the nervous system, spine and body. The result is not only dramatic improvement in posture but profound relaxation and a renewed sense of well being physically, mentally, emotionally, socially and even spiritually.



Robert Kleman, a patient at innate describes his experience.

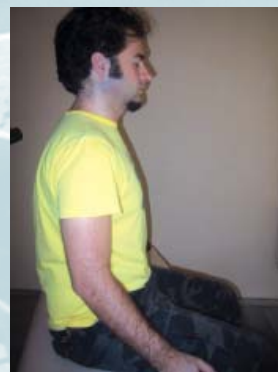
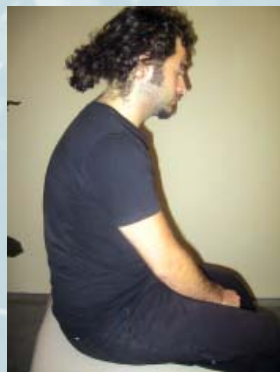
"I was introduced to the wonderful world of innate by a colleague a few months ago. He had been in Care at innate to help with chronic back problems, he had for a number of months and we had chatted about his treatment regularly. I was intrigued by what he had to say about it. So much so I decided to try it out for myself. At first I thought I'd just go along and see what it was like. After the first session I was totally hooked.

I've just completed my first level of Care. And I'm literally walking taller. In just 3 short months, my treatment has straightened my posture out to where I'm constantly being asked by people if I have actually grown. Obviously I haven't, but years of bad posture have taken some height off me. I am now pleased to, without any effort, stand and sit straighter. Surprisingly I learnt that improved posture is just one of the many benefits of innate. What else follows is a dramatic release of stress and true relaxation. After a session, I often feel like I have just had eight hours of the most rejuvenating sleep or a deep

tissue massage for three hours. My body is totally relaxed, my mind is clear and my mood is completely uplifted. I look forward to my next session and attend religiously.

innate is unlike any other treatment or care I have had in the past. Its use of light touch is unique and the effects are positively elevating. After years of chiropractics and osteopathy I have never really achieved the same results as

what I have experienced in my short time with innate so far. I went for improved posture and have come out with much more. During my treatment at innate, I have found that the results I am getting, such as reduced muscle tension and stress relief are lasting and far more beneficial. All I can say to anyone that is thinking of having care at innate care, is your body will thank you and your mind will love you for it."



innate is located at 3 Boon Tat Street, #01-01 and at Camden Medical Centre, 1 Orchard Boulevard, Suite #03-03. For more information, call 6423 9788 (Boon Tat Street) or 6835 9538 (Camden Medical Centre) or visit their website at www.innate.com.sg