

# redefining health...

*An innovative method of health care so unique that it...*

- Produces lasting relaxation and perfect posture - effortlessly!
- Enables your body to correct itself and to release tension - spontaneously.
- Provides long-term stress relief, by giving your body proven lifetime strategies.
- Has been demonstrated by leading neuroscientists,\* to dramatically accelerate your physical, mental, and emotional health.

\* Irvine School of Medicine, University of California

*Available in Singapore only at **innate**, where we know that optimal health is much more than just the temporary removal of symptoms!*

Testimonial  
Chairman  
SilkRoute Holdings

T.K. Wong

*"innate has helped me regain a deep sense of calm and well-being. I'm an active competitive sportsman and innate has also helped me heal my lower back after too much repetitive sports action."*

before innate      with innate



innate

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you will be proud of.

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Camden Medical Centre,  
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you unlimited... [www.innate.com.sg](http://www.innate.com.sg)

David Blair

Testimonial  
Group Treasurer  
Nokia Corp.

*"Powerful changes after the first few sessions. I completed my first triathlon after two years of no racing due to prolapsed disks. My body has learned to heal itself autonomously."*