



DAVID TAN CHEE KIONG:
SECURITY & HEALTHCARE

I dream, therefore I am...Alas, do we know how?

David spent the first half of his life dreaming and creating the current reality of his life. He had a successful career as an officer in the Singapore Armed Forces, retiring with the rank of Lieutenant Colonel at the age of 40. He went on to study for 3.5 years and graduated as a Doctor of Chiropractic. He is now having the best times dreaming and creating the reality for the next half of his life.

First Half

He went against the odds of growing up from the age of 9 with a single mum and with an abusive father from 13. His formative years without material comforts and familial love sharpened his desire to break out of the otherwise usual unfortunate series of events in a troubled youth's life such as low self-esteem, longing for love and acceptance from less than ideal company, poor academic results, anti-establishment behaviour, indulgence in vices, dim prospects in life, etc. Those would likely culminate in the eventuality of an unfulfilling, unimpressive and problematic adulthood that would be passed on to his own offspring.

Without any tuition or mentors, sheer luck and determination would see him doing relatively well in his studies to eventually graduate from the **National University of Singapore, with an Arts and Social Science degree**, sponsored by the Singapore Armed Forces. He had known from an early stage that an Army career was what he wanted and hence focussed his teenage energies into acquiring and demonstrating leadership traits. He excelled in leadership roles personally around his peers in **Anglican High School** where he instilled a sense of pride and belonging to the school and his class. More recognisably, he was a popular student councillor and student department captain in **Temasek Junior College**. Leadership qualities together with his prowess as a sprinter in track and field, made him a natural candidate for selection into Officer Cadet School and his eventual ticket into an university education, making him the first in his family lineage of farmers and craftsmen to ever reach that level.

Almost like clockwork, he started realising his dreams that he had set out to achieve in his life. He got married, got his promotions in rank, bought his desired properties, toured many parts of the world and to crown them all, his only daughter came into his life. His army life took him on a roller coaster ride with dramatic cycles of rises and falls but he took it all in mostly good strides. The vital take away from his first job ever was People Management. Treat people with respect, sincerity and genuine care; and you could make the most mediocre person shine brightly for organisational excellence.

Conversely, the most brilliant minds would dwindle and wither; and both the organisation and they themselves lose. Overall, the SAF gave him the head start he needed in his life and provided him with the means to cater for all his loved ones. However, it came with a validity period as officers are required to retire at 50 years old, regardless of rank. What next after 50? How to remain meaningfully employed with the means to maintain or enhance the quality of life?

His first job in the SAF was where success depended on the threat to be able to kill and destroy lives as a Soldier. He stumbled upon, transcended and went on into his second job where success is premised on the promise to heal and restore lives, as a Chiropractor.

It took a giant leap of faith for him to resign from the SAF, along with his supportive wife leaving her rising career in the semi-conductor industry, plunged into the relative unknown as a postgrad chiropractic student in **Sherman College of Chiropractic** in the United States. With all their savings together with the profit the sale of their condominium, the Tans embarked on an epic 3.5-year journey in the US. Having to restart school at the age of 40 years old when most of his classmates were in their mid-20s, just fresh from their first degree, made the word 'challenging', diminutive. Nevertheless, more years in life had toughened him and gave him a perspective that the younger ones did not enjoy. That is, learn for the real life and not for the grades. So, he embellished in learning the practical knowledge and skills, did decently well for his grades, attended many out of class seminars and lectures; and learned from the best in the industry. His growing belief in the philosophy, science and art of chiropractic were matched by the honing of his skills and confidence as an intern in the school's clinic. He graduated in March of 2015 and returned to Singapore where he cofounded *VidaJoie Chiropractic Centre* together with his wife and business partner Josephine Kwang. The company's name derived from Vida (life in Spanish) and Joie (joy in French) represented the couple's desire to bring about a Life of Joy for their clients and patients.

Afterthoughts about 1st Half

The fact that David achieved just about all that he dreamed off, made him crudely asked why in the world did he not dare to dream higher and grander? His dreams were limited in scope and represented the boundaries he fenced himself up with. He joined the army, knowing he would reach the rank of Lieutenant Colonel but not General because it usually required the prestigious SAF scholarships like its name sake or the Merit Scholarship for one to be groomed to that rank under the meritocracy system of Singapore. Hence, he only reached his self-determined rank at the age of 37. He had thought that owning a big HDB flat and eventually a \$700kish (projected price when he was 21) would be hell of a great achievement for him already. And indeed, he bought a 2422sft penthouse unit for \$725k in 2006. The boundary of the dream limited the achievement in reality. With this awareness, David embarked onto the arduous job of dreaming for the next half of his life, where dreams simply do not have any limitations or restrictions. And it is a life that is based on his newfound passion in:

What True Health is and How to go about achieving it

The irony of the word Healthcare is that it is usually not about health itself. Think about Accident and Fire insurances. You get paid when there is an accident or a fire. But for all the health insurances out there, you are paid only if the health part fails. Therefore, we see all the emphasis on healthcare geared towards remedying the effects from the loss or lack of health in the first place. Preventative

Healthcare would be the followed-up misnomer. Now think Disease/Sick care and the array of drugs, surgeries and the rest of the modern-day pharma driven medical arsenal, would then make sense.

It wasn't too long ago (dark ages specifically) that any attempts at purging the body of any diseases (curing) were sacrilegious and seen as a direct challenge to God; His creation and His will. Early medical practitioners were burnt on stakes as witches. God's creation known as humans actually came with the innate powers of self-healing. Unfortunately, poor nutrition and even poorer standards of hygiene prevented the divine given or nature derived ability to function properly.

Fast forward to the present day. We see the complete denial of this ability and all forms of healing has to be medically or pharmaceutically induced or else be considered quackery or miraculous. Moreover, the cures are mainly targeted at symptoms suppression, without ever removing the cause of the disease or illness. And symptoms are considered as the associated problems instead of being interpreted as the correct bodily reactions as part of the actual healing process. Pain, fever, diarrhoea and higher blood pressure are actively suppressed despite their specific functions to; restrict movement to prevent further injury, kill off biological hazards, purge the body of toxins and to ensure proper circulation of blood to vital organs, respectively. Healthcare or disease care often is degraded to such suppression of the natural healing process.

As such, David passionately believes that true health is about allowing the body to do what it is supposed to do, optimally. Great healthy lifestyle habits like natural and limited processed food diet, appropriate exercises, mental wellbeing and sufficient sleep will all enhance good health. The ability of the body to adapt itself well to its environment in order to survive and thrive is dependent on a properly functioning nervous system, without interferences from spinal misalignment. This is fundamental to great health and cannot be emphasised more.

2nd Half Dreaming

The next half of David's life is dedicated to educating and empowering all humans with the knowledge that we are self-healing beings capable of constantly adapting well to our surroundings. Chiropractic care is simple, logical and brings humans back into harmony into the very nature of our creation by facilitating nerve flow in the body. Wellbeing is about a swifter recovery from illnesses by having better coordination within the body. Healthcare is about doing things that makes the body stronger for it to do more in disease prevention by having a highly functioning immune system. There should be a paradigm shift lifespan to healthspan as dying later does not imply meaningful living while continuing good health will most likely imply longer living, in both physical and mental aspects.

To achieve this grand dream, David works tirelessly to introduce chiropractic and the meaning of true health to his patients and for them to spread the truth. He actively plants the thought of becoming a chiropractor to all his contacts so that in time to come, his world changing army would be formed.

Beyond assembling professional and competent chiropractors to serve the modernised world, he also wants to standardise a treatment protocol which he can teach to traditional healers of less accessible locations. This will allow them to proactively create a healthier community without the need for their forlorn dependence on medical supplies.

David has had a great ride in his first half. That gave him the awareness, confidence and resolution to march triumphantly into the glorious other half of his purposeful life.