



Catholic Professionals of Illinois

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“Cultivating Spiritual & Physical Fitness” with Dr. Ken Torrens

**Saturday, January 12th
7:00 PM**

**St. Isaac Jogues
Catholic Church
306 W. 4th Street, Hinsdale, IL**



Catholic Professionals of Illinois is a group of men and women who pro-actively seek to influence the culture through their various and respective professions, while working in the world, witnessing the authentic spirit and love of Christ, and serving as mentors to the next generation of leaders.

Legendary Life, LTD is the fulfillment of the passion, principles and purpose of Dr. Ken Torrens. A practicing chiropractor since graduating from the National College of Chiropractic in 1991, he has a diverse background of study and clinical skills to assist others in their journey toward full wellness.

As an undergraduate student he majored in both psychology and philosophy, graduating from Hofstra University in 1985 with a Bachelor of Arts degree. While obtaining his pre-med studies in 1986-87, he also attended the prestigious Swedish Institute of Massage. As a master therapist, he developed protocols and taught soft tissue therapy in an extra-curricular format for three years to chiropractic students at National. He also completed the elective degree in acupuncture and received a special internship in orthopedics focusing on shoulder conditions, prior to graduating from National.

Dr. Torrens was a competing wrestler from age 9 to 21, winning individual and team championships, and has been practicing hatha yoga since the age of 10. This background became the foundation for developing various forms of movement therapy to help balance and re-educate the neuromuscular systems. This very unique work not only speeds healing of typical structural problems, but also strongly enhances the performance of both casual and professional athletes.

Dr. Torrens routinely completes more than 50 hours of continuing study each year in the field of nutritional medicine with particular focus on inflammation, digestion, toxicity, weight management, foundational nutrients, and sports and healthy aging protocols. He speaks on a variety of topics with a motivational style and energy which appeals to civic groups and businesses.

In 2015, he published his book, “In His Time We Walk, Not Our Own.”

“Let Christians follow the example of Christ who worked as a craftsman; let them be proud of the opportunity to carry out their earthly activity in such a way as to integrate human, domestic, professional, scientific and technical enterprises with religious values, under whose supreme direction all things are ordered to the glory of God.” - Second Vatican Council