

OTHER WELLNESS SERVICES

VINYASA YOGA

Vinyasa yoga covers a wide range of yoga styles that use synchronized movement with breath. It is also known as “flow yoga” because the poses and movements smoothly run together and resemble a dance. Some popular styles of Vinyasa include Ashtanga, Power Yoga, Jivamukti, and CorePower.

BENEFITS TO THE BODY AND MIND

- **STRENGTH:** uses your own body's resistance to build lean muscle and is a great way to strength train.
- **FLEXIBILITY:** flowing and smooth movements stretch your muscles which therefore gives you a better range of motion, mobility and strength.
- **REDUCE STRESS:** the continuous flow from pose to pose makes you focus on your breathing rather than on stressful thoughts. The inhaling and exhaling of your breath helps you feel calm and relaxed.
- **HEALTH AND WELLNESS:** can reduce your risk of health issues such as heart disease, high blood pressure, stroke and type 2 diabetes. It can also aid in detoxification, an increase in metabolism, weight loss and a better sleep.

CHIROPRACTIC CARE

Chiropractic care is a healthcare discipline that emphasizes the inherent recuperative power of the body to heal itself without the use of drugs or surgery. It focuses on the relationship between structure (primarily the spine) and function (as coordinated by the nervous system) and how that relationship affects the preservation and restoration of health. Your chiropractic doctor looks at your overall health focusing not only on your spine, but also on your lifestyle to determine the most effective care for you.



BENEFITS TO THE BODY

- RELIEF
- CORRECTION
- MAINTENANCE
- PREVENTION
- WELLNESS

MASSAGE THERAPY

Massage therapy is a comprehensive range of techniques used to manipulate the soft tissues and joints of the body with the purpose of gaining a therapeutic effect. Massage increases blood and lymph circulation, which helps to clear metabolic waste, and helps deliver oxygen and nutrients to muscles.

When muscles are over-worked or strained, they can hold the body's overuse by-products, such as lactic acid or metabolites, which are partly responsible for the soreness felt afterwards. Massage can help eliminate these metabolites and decrease muscular soreness. Therapeutic massage has many benefits and is often used as an integral part of health treatments.

ACUPUNCTURE

Acupuncture is a therapeutic method used to encourage natural healing and provide relief for the affected areas of the body. Acupuncture involves the insertion of extremely fine sterile needles through the skin and tissue at specific points along the more than 1,000 meridian points of the body.

Acupuncture is one of the most popular and natural healthcare options available. Modern research and ancient history give acupuncture an impressive record for safety and effectiveness.

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CRYOTHERAPY

Cryotherapy is a non-invasive, fast and effective cooling treatment that is suitable for anyone seeking muscle recovery, injury treatment, weight loss or skin rejuvenation. Cryotherapy has shown to decrease inflammation of the body's tissues, muscles and joints as well as reducing swelling caused by injuries.



BENEFITS OF CRYOTHERAPY

PAIN RELIEF/WELLNESS

- Reduce inflammation
- Improve circulation
- Boost metabolism
- Relieve chronic joint pain, rheumatoid diseases and fibromyalgia
- Improve post surgery recovery
- Elevate physical/mental well-being

FITNESS/SPORTS

- Improve recovery time
- Relieve pain in joint/muscles
- Increase stamina
- Enhance energy and endorphin release
- Train longer and harder

BEAUTY

- Increase collagen production for healthier skin
- Reduce wrinkles, acne, skin blemishes and skin aging
- Burn up to 800 calories per session
- Balance hormone and accelerate metabolism

INFRARED SAUNA

Infrared light is the invisible part of the sun's spectrum with the ability to penetrate human tissue, giving soothing natural warmth. Sunlighten solocarbon infrared technology is therapeutic as it is 95% efficient in heating the core body temperature than simply heating the air. It helps in detoxifying sweat at a cellular level where the majority of toxins reside.



INFRARED SAUNAS vs. TRADITIONAL SAUNAS

Traditional saunas heat the air at extremely high temperature which can make the experience unbearably hot and difficult to breathe. Infrared saunas heat the body directly instead of simply heating the air. In our infrared sauna, you will experience the deepest most detoxifying sweat of your life.

BENEFITS OF INFRARED

DETOXIFICATION

7x more detoxifying than a traditional sauna

RELAXATION

Providing the purest form of relaxation and stress reduction

WEIGHT LOSS

A 30-minute session can burn anywhere between 600 to 800 calories

PAIN RELIEF

Therapeutic benefits to back, neck and arthritis pain with continuous use of infrared

HEAT THERAPY

Anti-Aging - The skin's appearance improves as pores open from a deeper sweat

NEW MEDICINE FOUNDATION

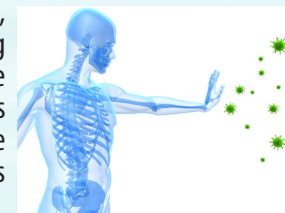
TODAY FEW PEOPLE ARE TRULY HEALTHY.

The #1 problem with everyday health and the largest known contributor to the epidemic of chronic illness is increasing toxicity which leads to hormonal imbalances, aging and inflammatory responses.

New Medicine Foundation (NMF) was created to provide natural and efficient health solutions backed by evidence-based scientific data. **NMF** strives to fill in the gaps by defining "What causes a chronic illness?"

While other organizations are providing new and natural information, no universal standards have been created to provide sufficient, real-world solutions. **NMF** strives to set a new standard in health care and become the face of new medicine.

New Medicine Foundation has developed protocols to aid physicians to treat the whole person and guide them to health. Using comprehensive, accurate and efficient testing along with other analysis, we are able to track a patient's biomarkers and prescribe precise solution to the individual's health challenges.



CONDITIONS THAT CAN BE TREATED AND/OR CONTROLLED WITH NMF

- | | |
|-----------------------------|----------------|
| • Anxiety | • Insomnia |
| • Arthritis | • Hypertension |
| • Depression | • Obesity |
| • Hormonal Imbalances | • Stress |
| • Growth Hormone Deficiency | • Weight Loss |

SERVICES OFFERED:

- | | |
|---------------------|--------------------|
| • Holistic Medicine | • Family Medicine |
| • Weight Management | • General Practice |



METHODS USED TO REGAIN HEALTH

1. DETOXIFICATION
2. PROPER HORMONE BALANCING
3. FUNCTIONAL NUTRITION