



Our Alternative Solutions to Health

“Our Mission is to help as many people as possible through natural means, without drugs or surgery, so they may obtain a happy healthy body.”

Founder – Dr. David M. Yawrenko, D.C.*, D. Ac.

At New Life Clinic we offer many alternative approaches to one's own health needs through the services we provide. An initial consultation with Dr. Yawrenko is required before any treatments or testing are done. The only exception to this policy is for people requesting therapeutic reflexology or therapeutic massage.

Acupuncture Care

What is Acupuncture?

Acupuncture is a word derived from Latin roots: “Acus”, meaning needle and “puncture”, meaning to pierce with a sharp object. Basically, acupuncture is the general term used, and there are about thirty different methods such as: fingertip pressure, electronic stimulation, short needle penetration, metallic ion balls taped to acu-points, magnetic field, vega select and audio colour.



How does acupuncture work?

The theory and practice of acupuncture is rooted in ancient Chinese concepts of life (chi). Chi is an energy force that runs throughout the body. Chi runs on and through pathways in the body called meridians, on which the acupuncture points are located. Stimulating these acupuncture points by various methods, (named above) creates a balancing effect upon the body, to promote healing and well being.

What kind of ailments and conditions do acupuncture and its associated therapies aid?

Headaches, migraine headaches, rheumatoid and hypertrophic arthritis, asthma, spinal problems, bronchitis, cramps, colitis, constipation, coughs, whiplash, ankle strains and/or sprains, fatigue, edema and peptic ulcers, to name a few.

** All needles are pre-sterilized and discarded after each use into sterile containers.*

Live Blood Cell Analysis

An exciting new blood scan, which right before your eyes reveals many aspects of your health. It takes the guesswork out of your nutritional supplementation.

Live blood analysis gives you an instant, clear, graphic picture of your current health status, and indicates the need for specific nutrients to support, strengthen, and rebuild weakened organs and systems. All live blood analysis tests are one half-hour in length.



Color Therapy

Audio colour is a therapy that balances and harmonizes the body, through sounds that are targeted to stimulate different areas of the brain. Each sound relays a message to the left and right hemispheres of the brain, which stimulates blood flow, to promote a balance in the activity levels of the brain. This process of different sounds helps with depression, irregular sleep patterns, stress, fatigue, colitis and many other ailments.



Select Therapy

Vega Select Therapy is used to help repair any damage the bacteria, viruses, or parasite has done to the body. An initial scan is done with two small probes on the sides of the neck to receive information from the thyroid in order to create a setting specific to the body's needs. Two larger probes are then placed on two acupuncture points on the chest which sends a frequency to target and strengthen the immune system. Treatments are anywhere from 10 to 15 minutes in length.



Magnetic Field Therapy

The principle behind magnetic field therapy is the fact that red blood cells have iron, so they respond to the magnetic field by spinning and, as blood flows through blood vessels in the area of the magnetic field, it becomes more active and uses more oxygen. When you increase oxygenation, you get faster healing!

- Improvements in circulation
- Reduction of swelling and inflammation
- Improved oxygenation in the tissues
- Improved sleep patterns
- Increased enzyme action
- Reduction of pain
- Muscle relaxation

**Not recommended if you have a pacemaker or are pregnant.*



Therapeutic Reflexology

Therapeutic Reflexology is a specific healing technique that stimulates reflex points located on the feet. These reflex points correspond to different organs in the body and when stimulated allows the body to release toxins by breaking up energy and mineral blockages that build up in the feet. This practice helps the body to function better by increasing circulation, eliminating waste and producing lasting relaxation by stimulating the 7200 nerve endings located in the feet. When you come in for a session be prepared to relax, feel great and know you are taking steps towards optimum health.



Vega Testing

Vega Testing can test for any of the following:

- Heavy Metals and Chemical levels
- Allergies: Food & Environmental
- Bacteria, Viruses & Parasites
- Vitamin & Mineral Levels
- Hormone levels
- Organ Stress



Readings are taken from an acupuncture point on the hand, of very low electrical frequencies from within the body. Vega testing combines traditional acupuncture theory and classical homeopathic theory. An experienced vega practitioner can quickly gain information, about many of the stress factors that come from the environment, which can be responsible for many conditions of chronic illness or unexplainable conditions. Conventional testing may not detect anything abnormal, thus no treatment is given; or the symptoms may be too vague to give a reliable treatment.

**Vega tests are one hour for adults and half-hour for children (14 years and under). Tests cannot be performed on pregnant women, patients with epilepsy, or patients with a pacemaker to recognize what the hidden toxins are*

Therapeutic Massage Therapy

Massage therapy is one of the oldest known modalities of holistic care. It is a form of positive touch that is directed towards the manipulation of soft tissue and joints in the body (including muscles, connective tissue, tendons, ligaments, lymphatic vessels & internal viscera) for therapeutic purposes.

The effectiveness of specific techniques, which may include effleurage, pressure points, trigger point therapy, stretching, deep tissue massage, passive/active release myofascial release and Craniosacral therapy. Massage can be applied to a single part of the body or to the whole body using deep or light pressure in order to promote healing, manage pain, decrease blood pressure, relieve stress, improve circulation, increase range of motion and flexibility to improve the overall function of the body's connective tissues/muscles and to help achieve an overall feeling of well being.



***PLEASE NOTE:** Alberta Health Care does not cover the cost of these therapies. Acupuncture, massage, and reflexology are gaining in popularity, many health plans now include these alternative treatments. Please check with your employer for requirements and benefit details. If you do not have benefits, then you may check with your accountant and claim treatments as a medical expense on your income tax. Exception to this policy is for people requesting reflexology or massage.