



# Introduction to Regulation Thermography

Regulation Thermography is quite simply the measurement of heat. By measuring the skin temperature at 90 different points on the head and torso, this testing acts as a non-invasive diagnostic tool and reveals patterns of healthy or unhealthy conditions in specific areas. Visually displayed in the form of a graph, your thermogram is specific to your body and shows where any lack of reaction or dysregulation originates.

Two sets of measurements are taken, five to ten minutes apart. This cooling down period is the stressor, and the differences in temperature between the two measurements provide indications as to the functional status of the organs. The condition of the organs determines whether the small blood vessels between the organs and the skin will either contract (cooling the skin) or expand (heating it). Basically, the test allows your organs the ability to communicate any dysfunction under stressful conditions.

A preparation sheet with specific instructions will be given in order to provide the most objective and informative assessment.

A few noteworthy points about Regulation Thermography:

- It is not designed to diagnose disease -- it is a body scan that analytically assesses organs and systems functional health;
- Thermal (skin temperature) changes precede disease states, making thermography a true tool for preventive health care;
- It is objective, non-invasive, reproducible and reveals patterns consistent with documented healthy or unhealthy patterns;
- It provides a profile of your most stressed organs and patterns of dysfunctional relationships between your organs; and
- It Identifies hidden locations of infected or toxic tissues