

Patient Information for Regulation Thermography

What is Regulation Thermography?

Regulation thermography is a method of whole body assessment that works as a diagnostic aid for physicians. In the procedure, temperature readings are taken at different points of the skin that correlate with specific organs and structures in the body, including:

- digestive organs
- endocrine glands (thyroid, adrenals, ovaries/testes, etc.)
- detoxification systems (liver, kidneys, bladder)
- sinuses
- teeth
- peripheral vascular system (i.e. general blood flow in the body)

The skin points relate to these underlying organs via a nerve pathway known as the *viscerocutaneous reflex*. *Viscero* means organ and *cutaneous* means skin, hence it is a nerve pathway that links organs to the skin patches that overlie them. It has been found that the health of an organ impacts the health of the skin overlying it, meaning that if we detect irregularities in the skin (in this case measured by temperature changes) it gives us insight into the pathology that may be affecting the underlying structure.

In summary, regulation thermography tells us about the health of the body by measuring temperature changes at specific points on the skin.

How is the test conducted?

The test has three components:

1. **Determining baseline temperature:** in this part, skin temperature is measured at 80 specific points involving the face, neck, chest, abdomen, lower back, and the elbow crease. Temperature readings are measured using a temperature probe, taking roughly 2 seconds at each point. The temperature readings are transmitted to a computer program which records them. This phase of testing takes approximately ten minutes.
2. **Temperature challenge:** after the baseline measurements are completed, the skin needs to be challenged with a colder temperature. This is achieved by exposing the tested skin areas to room temperature air for ten minutes (i.e. without clothing to keep the tested areas warm). During this time the skin should be able to compensate for the drop in temperature...unless there is an issue with underlying organ(s).
3. **Determining post-challenge temperature:** in this final phase, skin temperature is measured at the same 80 points that were initially measured. Again, the values are recorded by the computer and they are compiled to determine if the skin temperature compensated in a healthy way.

What do the results tell us?

For each point that is tested, one of five results can be found*:

- a. **Normal compensation** (skin temperature drops an expected amount due to the cold challenge – *this reflects healthy underlying organ/structure function*)
- b. **Hyporegulation** (skin temperature drops, but not as much as expected – this reflects a *lower than optimal underlying organ/structure function*)
- c. **Hyperregulation** (skin temperature drops much more than expected – *this reflects higher than optimal underlying organ/structure function*)
- d. **Paradoxical** (skin temperature increases rather than decreases - *this reflects inflammation in the underlying organ/structure*)
- e. **Blocked regulation** (skin temperature does not change at all – *this reflects a significant pathology in the underlying organ/structure, usually denoting it as an area that tops the priority list for treatment*)

**Please note that for points measured for the teeth, head, and thyroid gland all of these rules are reversed – this is because those points should see a temperature INCREASE when the body is cooled down, not a decrease as with the rest of the body*

What type of report is generated?

Full Report: this is a report that is generated by the company that created the thermography software used for the testing (Alfa Thermodiagnostics). They take the graphic results and transpose them onto a colour-coded body diagram for an easy visual depiction of what your test results look like. The company also gives a diagnostic report based on your readings as compared to the data they have compiled from other patients. The main advantage to this option is the body diagram, which does make the results easier to conceptualize.

Test Preparation

Before the test:

- Come to the appointment wearing comfortable, loose-fitting clothing. Wear a long-sleeved shirt and long pants, even if the weather is hot or humid. Avoid synthetic fibers and tight clothing. **Bring a pair of shorts to change into.**
 - o ***Female Patients:*** please wear/bring a tank top with thin shoulder straps to the appointment. This is necessary to access points near the collar bone and upper chest. During the test, the lower part of the tank top will need to be held up or tucked into the base of the bra to allow access to testing points on the abdomen and lower back.
- Do not shower or bathe the morning of the test. However, a quick shower using only tepid water is allowable, as is a shower or bath the night before.
- Do not use body sprays, skin creams or lotions, or cosmetics the morning of the test.
- Do not drink coffee, black tea, or caffeinated beverages, and do not smoke the morning of the test. A light breakfast is acceptable, but nothing piping hot.
- Come to appointment hydrated; drink 12-16 ounces of water ½ - 2 hours before the test.
- Do not exercise the morning of the test. This includes running, yoga, Pilates, etc.
- Refrain from ‘regulative’ and therapeutic practices within 36 hours prior to the test. This includes acupuncture, bio-energetic treatments, therapeutic massage, classical homeopathy, chiropractic or osteopathic treatments, etc.
- Refrain from dentistry and dental cleanings at least three days prior to the test.
- Women cannot be tested during the first or second day of the menstrual period. The lower abdominal points warm up and create false readings.
- Arrive 15-20 minutes before your appointment so that your body has a chance to relax before you are tested.
- Remove your glasses when you get to the office, as there are sinus points on the nose that will be tested.
- Turn off cell phones during the appointment, as electromagnetic radiation affects the nervous system.
- Do not drink alcohol for at least 24 hours prior to the test.

During the test:

- the test is conducted over a 45-minute visit
- the order of testing is as follows
 - face and neck points are tested first
 - points on the upper chest come second (at this point a male patient will be asked to remove his shirt and a female patient will be asked to wear her tank top as outlined above)
 - points on the abdomen are next (the lowest points are measured just above the pubic bone, at the upper margin of the pubic hair. The upper margin of the pants will need to be brought down to that line so as to provide access to those testing points)
 - the final points are on the lower back
- once all points have been measured, they must be in full contact with the air for the ten-minute cold air challenge. This means:
 - clothing must remain off of those skin areas
 - no sitting with the back against a chair
 - no excessive movement until after the second set of measurements is made
 - *Note: to enhance the overall cold air challenge to the body, the patient will be asked to change into shorts at this point*
- please note that during the ten-minute challenge phase the patient will be left alone in the testing room with light reading material if desired

After the test:

- patients are free to resume normal daily activities
- test results are usually available within 24 hours and will be discussed at the next appointment