

Be Well Health Clinic  
25283 Cabot Road, Suite 114  
Laguna Hills, California 92653  
949-206-9090  
Fax 949-206-9092

Welcome,

We are pleased to offer our patients this new technology called Medical Thermography. It is based on over 30 years of research and clinical trials. The technology that we use is FDA approved and produced by Alfa Thermo.

The primary goal of Regulation Thermography is to increase our understanding diagnostically, so that we as practitioners can create the most accurate and advanced treatment protocols for each individual patient.

Regulation Thermography: A Direct Method for the Assessment of Regulation in Functional Medicine

Regulation Thermography is not unlike the cardiologist's treadmill test. More information about health can be obtained from watching how the body behaves dynamically, than with static blood tests or X-Rays that often miss disorders in their developing stages. Still, imaging anatomy by way of mammography or MRI cannot be substituted by stress physiological methods such as thermography. Even static thermography does not image the internal anatomy that is so necessary for adequate tissue and organ diagnostics. Regulation Thermography represents a major step forward in the field of medical imaging. By assessing the functional capacity of the body's regulation system, it can provide physicians with increased diagnostic and pre-diagnostic capabilities. Regulation medicine is clearly the next step forward for medical diagnostics as we know it.

The test takes about 30 minutes to complete and consists of taking a set of temperature measurements twice, one set before a ten minute cooling period and one set after the cooling period. The temperature measurements are taken by gently touching the skin at precise areas, called points, on areas of the body, namely the head (mostly on the face), the front of the neck, the front of the torso, the back, the arms, and, for women, the breasts. There are 116 points in one set of measurements, which includes the breast points for women.

#### Procedure

The test involves taking two sets of temperature readings on over 100 points on your skin, which takes about 30 minutes.

When you arrive you will sit fully clothed for 10-15 minutes to relax and acclimate. The test is done standing. The process begins by taking temperature measurements by gently touching specific locations on your face and neck with a temperature sensor. You will then be asked to remove your clothing, except for your underpants, so that the remainder of the measurements can be taken on front and back of your torso.

After that you will remain standing unclothed in your underwear for 10 minutes. After

the 10 minutes and while you are still undressed, temperature readings will be taken at all of the same locations and conclude the test.

A report will be generated and reviewed by one of the doctors. The report will offer a thorough analysis and give guidance of supportive treatments or supplementation that may be necessary. Follow up Thermograms can be used to track progress and measure improvements. Annual screening is an option as well.

The procedure is safe, easy, and (best of all) non-toxic, painless, and informative.

The **AlfaSight 9000™** is a state-of-the-art health testing system that identifies physiological dysfunction very early in the disease process. Using a subtle thermal stress stimulus that initiates a regulation response, underlying disturbances and dysfunctional organ systems are revealed with a high degree of accuracy.

This Whole-Body Thermometry System employs the science of Regulation Thermography, and benefits from more than 30,000 patient tests performed with a previous iteration of this technology over the past 2 decades. Disease signatures have been derived from the data and correlated with nuclear-CT (SPECT) and MRI studies that were performed by Dr. David Hickey, Radiologist and Alfa Medical Board member, in his Dallas-based imaging center.

Information provided by the AlfaSight System allows physicians to make more accurate and real-time assessments of the root cause of a disease and accompanying factors. More focused laboratory or imaging tests can then be prescribed for a more efficient and cost-effective approach to diagnosis.

The system also recognizes trends in the body that can assist in the practice of preventive medicine.

**Specific areas of physiological dysfunction that can be identified include:**

- Abnormalities of the female breast
- Peripheral vascular disease
- Musculoskeletal disorders
- Extracranial cerebral and facial vascular disease
- Abnormalities of the thyroid gland
- Various neoplastic and inflammatory conditions

Parallel disease factors accompanying many conditions such as heart disease, diabetes, cognitive disorders and viral diseases are also identified. Early stage detection of these factors is critical for effective treatment and faster recoveries.

The **AlfaSight 9000™** is an adjunct diagnostic device and further clinical tests must be performed to determine diagnosis.

Measuring a Patient

Prerequisites

An accurate test depends on three criteria:

The room temperature must be 68°F - 72°F.

If the room temperature is too cold or too hot, the test will not be accurate.

All tests should be completed before 2:00 p.m.

The healthy patient is sympathetically dominant in the morning until mid-afternoon. This is the optimum time to capture responses of the autonomic nervous system through controlled, thermal regulation stimulation.

The patient should follow the specific procedures listed below, which start 48 hours before the appointment.

Ideally, you should come to the appointment as un-stimulated as possible, therefore no shower or workout beforehand. The patient should arrive 15 minutes early to relax before the appointment.

It is important for the patient to wear a long sleeve shirt and long pants, even if the weather is hot or humid.

You must avoid air travel for 48 hours preceding the test.

Men and Women should be fully prepared to stand in the temperature controlled room for 30 minutes with their skin exposed. During the first testing of points the patient will wear pants and shirt (Please wear sweats, yoga clothes or just loose clothes. The top must have a **FULL FRONT ZIPPER OR BUTTON-UP** shirt in order to test the points correctly and women must remove bras before coming to the clinic in order to perform accurate breast measurements). During the cooling 10 minutes and testing of the 2<sup>nd</sup> points the patient will remove **BOTH** shirt and pants in order for the body to cool down which is the stress we use with this test. Please wear underwear or a bathing suit bottom as you will be standing with just your bottoms on for the cooling period and the second part of the test. Every effort is taken to make you comfortable and relaxed during this time. We will measure 13 different points on each breast in all Women and also in Men when considered necessary.

•

#### Thermometry Test Preparations

- Stop taking all non-essential supplements and remedies 48 hours prior to the scan. Continue all prescription drugs.
- Refrain from 'regulative' practices within 48 hours prior to the scan, including acupuncture, bio-energetic treatments, therapeutic massage, homeopathy, chiropractic treatments, etc. Refrain from dentistry & cleanings up to 3 days prior.
- Do not shower or bathe the morning of the scan, though the night before is fine. Also, do not use body spray, lotions, or cosmetics.
- Do not work out, run, or do yoga the morning of the scan.
- On the day of the scan do not drink any coffee, black tea, or caffeinated beverages, and do not smoke. Breakfast is fine, but nothing piping hot. Do not drink alcohol for at least 24 hours prior.
- Women cannot be scanned during the first or second day of the menstrual period. The lower abdominal points warm up and create false readings.
- Come to the appointment wearing comfortable loose-fitting clothing that can be

removed easily. Wear a long sleeved button-up shirt and long pants, and avoid synthetic fibers and tight clothing. **Please do not wear a bra or remove it at least 20 minutes prior. A bra will change the temperature of the breast tissue and create inaccurate test results.**

- Remove your glasses when you get to the office, as there are sinus points on the nose that will be scanned.
- Try to arrive 15–20 minutes before your appointment so that your body has a chance to relax before you are scanned.
- Please turn off cell phones during the appointment.

It is essential that you follow ALL of these Prerequisites and Test Preparations completely. The test measures temperature on the body and all of these suggestions are essential for an accurate measurement and test results.

Please do not waste your time and money by coming for your appointment unprepared. We take your health seriously and we hope you will too.

Thank you,  
The Be Well Staff