
THERMOGRAPHY REPORT OF FINDINGS REVIEW AND PERSONALIZED RECOMMENDATIONS

We commend you for taking an active role in your health and thank you for choosing Thermography for Health NY as your partner in achieving optimal health!

We are providing these recommendations to support all levels of your being and your healing journey.

Use this space to take notes as your thermographer reviews your thermal imaging Report of Findings with you.

Over the next 3 months, what shift would you like to see in your health?

Your Personalized Recommendations

Week 1:

Week 6:

Week 2:

Week 7:

Week 3:

Week 8:

Week 4:

Week 5: *Schedule a 30-min call with your thermographer to reassess, recalibrate, and support your next steps for healing. \$100 for personalized guidance.* Date and Time of Call:



120 East 56th Street 12th Floor, New York, NY 10022

Phone: 212-838-8884

Email: Hello@ThermographyForHealthNY.com

Website: ThermographyForHealthNY.com

Place a checkmark next to each recommendation that your thermographer suggests for you:

SERVICES & SUPPORTIVE TREATMENT:	
Biomagnetic Therapy	PEMF Therapy
Body Talk	Periodontal Assessment
Body Work	Sound Therapy
Manual Lymphatic Drainage Massage	Thermography Follow Up:
Oral Parasite & Bacteria Saliva Test	3 mos 6 mos 12 mos

EXERCISES, INSTRUCTIONS & PRODUCT RECOMMENDATIONS	
Air Cleaner by Vallora	DoTerra Essential Oils & Products
Anti-Inflammatory Foods	Dry Brushing Video & Written Instructions
Arvigo Techniques of Maya Abdominal Therapy	EMF Protection (Rayonex)
Bath & Foot Soak Rituals	Essential Oils for Breast Health
Bile Flow	Essential Oils for Immune Support
BioAge Superfood	Flow Your River Gentle Tummy Massage
BioMat	Gallbladder Flush – Liver Cleanse
Block Therapy	Half Roll for Lower Back & Hips Video
Castor Oil Pack	Health Assessment
CBJS for Breast Health Video & Written	Hydrofloss
Collagen by Shore Magic	Hyperextension Exercises Video & Written
Daily Check-In for Optimal Health	Infrared Sauna by Therasage
Decongestion Nebulizer Protocol	Iodine Protocol
Dental Home Care Routine	Lymphatic Massage for Armpits
Dental Irrigation Instructions and Benefits	Magnet Therapy (Biomagnetism)
Diaphragmatic Breathing Video & Written	Mammography-Thermography-Ultrasound Comparison
DMSO Protocol with Iodine and MSM	Microbiome Restoration



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MSM Protocol	Pyloric Valve Release Video & Written
Nitric Oxide Protocol	Referral Partners of TFHNY
Oil Pulling with Essential Oils	Risewell Toothpaste and Rinse
Oral Health: Is Your Mouth Killing You	Sacred Space Clearing and Cleansing
Oral Parasite & Bacteria Test COUPON	Sleep & Breathing
Oral-Systemic Link	Sleep Disorder Assessment
Oral X-Ray Protection	Sleep Quality Checklist & Essent. Oils for Sleep
PEMF Brochure	Sun Care & Protection for Outdoors
pH: How to Test	Tension Tamers to Restore Your Flow VIDEO
Probiotic 'Shots' from Doctor's Biome	Thyroid Test Protocol
Probiotics (Oral) from ProBiora Health	Water is Alive
Psyllium & Colloidal Bentonite	Wedge & Intermittent Forced Correction
Pur2O Water Purification	Zypan Terrazyme DigestZen Supplements

RECOMMENDED MEDITATIONS, RITUALS, AND VISUALIZATIONS:

Angel Whispers Meditation	In the Moment Meditation
Be-U-ty Guided Meditation	Intention Arrows Visualization
Falling into Sleep Ritual Meditation	Summon the Lion Visualization
Hold Your Light Guided Meditation	Tree Ritual Meditation

We have created a special page with the patient resources listed above.
Access the videos and instruction sheets recommended by your thermographer right here:

<https://thermographyforhealthny.com/for-patients/patient-resources>

You can purchase some of our favorite trusted products through my Amazon store.
See everything that is available here:

<https://thermographyforhealthny.com/recommendations/amazon-products>



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