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# 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](mailto:Hello@ThermographyForHealthNY.com)

Website: [ThermographyForHealthNY.com](http://ThermographyForHealthNY.com)

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

<b>SERVICES &amp; SUPPORTIVE TREATMENT:</b>	
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

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



Microbiome Restoration	Pur2O Water Purification
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

**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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