



1200 - 116th AVE NE, Suite C
Bellevue, WA 98004
425-451-0404

REGULATION THERMOMETRY

Patient Preparations

- ❖ No prolonged sun or heat/ cold exposure to the body area being tested **3 days** prior to the exam. This applies to tanning booth as well. In event of sunburn please reschedule your appointment for later date.
- ❖ Come to your appointment wearing comfortable, loose-fitting clothing that can easily be removed. Wear a long-sleeved (preferably button-up) shirt and long pants, even if the weather is hot or humid. Avoid synthetic fibers and tight clothing. Do not wear a bra, or remove it at least 15 minutes prior to the test.
- ❖ Do not shower or bathe the morning of the test. However, a quick shower using only tepid water is permissible, as is a shower or bath the night before.
- ❖ No injections, IV therapies, blood draw on the same day prior to the test.
- ❖ Do not use body sprays, skin creams, lotions, makeup or other cosmetics the morning of the test on your skin; that includes head, abdomen, back, arms and breast.
- ❖ 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 or cold.
- ❖ Do not drink alcohol for at least 24 hours prior to the test.
- ❖ Come to the appointment well hydrated. Drink 12-16oz of water; 30 minutes – 2 hours before the test, but not water that is either very hot or very cold.
- ❖ 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, chiropractic treatments, heat/cold pack, etc.
- ❖ Women cannot be tested during the first or second day of the menstrual cycle. The lower abdominal points would be too warm – creating a false result.
- ❖ Arrive 15 minutes before your appointment, so that your body has time to relax and acclimate before you are tested.



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What is REGULATION THERMOMETRY?

Regulation thermometry is infrared regulation thermometry, which is a tool used to get a functional picture of all the organ systems in the body. Testing is performed by measuring many different points on the skin with an advanced infrared sensor. These points correspond to specific internal organs and tissues through viscerocutaneous reflexes. Thermometry, has been used in Europe for more than 20 years, and has recently been computerized to make interpretation easier and more accurate.

How does it work?

The autonomic nervous system, which controls automatic body functions, determines circulation to internal organs as well as the skin. It does this by altering the amount of dilation and constriction in blood vessels. Environmental temperature impacts the autonomic nervous system and, therefore, affects blood flow. By analyzing the skins thermal responses to stress (temperature change), we gain insight into the functioning health of various systems of the body, in health and disease.

What to expect during your test?

The test consists of THREE parts:

- 1) **A baseline reading of 10-15 minutes (in the standing position)**
- 2) **A 10 minutes cool-down period (in the standing position)**
- 3) **A POST cool-down reading of 10-15 minutes (in the standing position)**

- ✓ The temperature measurements are taken by gently touching the tip of the infrared sensor to the skin at specific points. This is a light, painless, and quick touch.
- ✓ The technician will work around your clothes for the first reading in an attempt to keep your body temperature stable. The last part, for females, is a breast reading, which will require the shirt to be off as there are 13 points to measure on each breast.
- ✓ After the baseline reading you will disrobe, leaving only your underwear on. You will stand for 10 minutes allowing your body to cool down.
- ✓ The technician will then repeat the readings with your clothing off. This takes another 5-10 minutes. The test is then finished.
- ✓ Results will go to the doctor, who will review them with you at a follow up appointment.