



It's a New Year!

With the new year, we may want to invite in something new. Is there something trying to awaken in us? Something needing more of our attention or care? As we set our intentions for 2019, please consider more ways to take good care of ourselves and each other.

We have a few big announcements to make! We are starting out 2019 with big plans!

We have a new office in Sherman Oaks...info below.

We have a new assistant! Please welcome, Lauren Swift to the team! She will be in the office 5 days a week from 9-1pm daily. Please call her to schedule a screening! Or, if you need an invoice or a copy of your report....she is here to serve your needs! We feel fortunate to have her and are very grateful she has joined The Thermography Center family. We think you will find her to be wonderful as well!

I also have a big personal announcement to make. Since taking over the business in 2011, I have encouraged all of you to prioritize self care and your health, Now, it is my turn to make some changes in my healthcare. Many of you know my son was involved in a terrible car accident almost 3 years ago. We spent the last few years in and out of hospitals helping him through many surgeries and fighting many infections in order to help him walk again. It has been, to say the least, a life changing experience...one which includes mostly gratitude and some loss. The happy ever after of our story is that even though he will struggle with walking and pain for the rest of his life, as I write this, we are in Tahoe snowboarding together again. With special braces and support, he was able to return to the passion which gives him hope in regard to navigating a new future. Pretty darn awesome, right? Of course I am incredibly proud and grateful for my son's recovery, and I have seen this kind of healing with a cancer or other health challenge time and time again. Thanks goodness for the work we do, and our belief in our bodies abilities to heal. Our bodies are truly miraculous!

My daughter, as numbers grew and life circumstance took other demands on my time, stepped in to help and began screening in 2017...almost 2 years ago. We together, have continued to nurture and grow Thermography Centers while providing exemplary support for proactive and preventative health care.

Now to get to the news. I'm taking a sabbatical for the next year in order to rest and heal. Thank goodness I'm not facing a life threatening diagnosis, but my immune system has become compromised which has opened the door to a few health issues I intend to heal this year. I will be in Costa Rica resting in the jungle, next to the great lake of Arenal. I will be back to screen for a week or two every few months just to make sure everything is running smoothly...and, to check on all of you! I will also be available by phone and email every Friday in case any of you need to reach me. I will stay in close contact with our assistant, Lauren and Amanda so you can always send messages through them as well.

Amanda will step in on a more full time bases this year to be the primary clinical thermographer for The Thermography Center. Many of you have met Amanda and already know you are in competent hands. but, for those of you who haven't, she is a kind, generous, intelligent young woman who will provide you with the superb care you have grown to expect from us.

My hope for all of you is to pause often, contemplate and ask yourselves, "How can I create more happiness, more ease, and ultimately more health and well being in my life?" There are times when we can only make small changes or barely a change at all, while other times, doors open and we must embrace the opportunity towards greater transformation and health. Please take whatever steps you can this year towards health, wellness and a more balanced life.

I want to thank you all for being my inspiration for the past 8 years. I hope we continue to remind each other how to come back to a place of better care of ourselves and each other. I plan to return next year revitalized and ready to take The Thermography Center to more locations in order to serve more women who want to choose a 100% safe, radiation and compression free screening tool!

For more information on Thermography Screenings or Scans, please visit our beautiful website to learn more at www.TheThermographyCenter.com

Low Cost Breast Screening Through The United Breast Cancer Foundation and The Thermography Center continues!

Many of you have benefited greatly from the scholarships offered through The United Breast Cancer Foundation. Those of you who don't need a scholarship to help pay for the cost of your breast screening or full body scan may still want to share this helpful grant with others who are in financial need. Although the scholarships have been sporadic in past years, we are happy to share an almost 18 month consecutive run of processing scholarships for hundreds of our clients.

This is VERY exciting news! Because it means that no one will be turned away due to financial need or hardship.

Funds awarded may also be used toward the Breast Screening portion of a Full Body Scan. If awarded a full scholarship, this means that we can provide a breast screening for as little as \$80.00 and a Full Body Scan for as little as \$300.00.

The way it works:

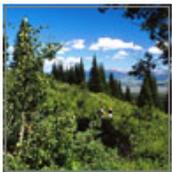
Individuals may apply by accessing the application directly through The United Breast Cancer Foundation's website or by visiting <http://www.thethermographycenter.com/thermography-FAQ-frequently-asked-questions.html>. Detailed instructions are on the website. There is a \$5.00 fee to access the application. Once you receive an email reply from UBCF you may then make an appointment with The Thermography Center by scheduling on our website or calling us: 805.560.7602 or 310.871.5647.
It is that simple!

In addition, don't forget about our cash discount! If you pay with cash instead of a check or credit card, we offer \$15 off the cost of our breast screening and \$25 off the cost of our full body scan and breast screening.

It has always been The Thermography Center's goal to provide affordable and safe screening for early indications of breast disease. This association, with the United Breast Cancer Foundation, provides a wider range of access to all women (and men) for preventative breast screenings. With each breast screening clients receive complimentary tips and further options for the natural prevention and reversal of disease.

**Please continue to share the good news
with all your friends and family!!!**

Special Offers!



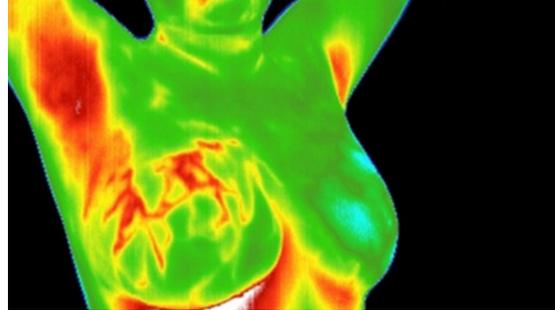
All clients will receive a \$20.00 discount off the cost of either their Breast Screening or Full Body Scan. Use the money saved to treat yourself to a day in the forest, by the sea or a babbling brook to restore and re-balance your health. Let us know when you schedule by using the code: TimeforMyself

Tell your friends and family!!!

What is Breast Thermography?

Breast Thermography can screen for early indications of disease in the breast. You can then halt & reverse symptoms holistically before they become life threatening.

[Link to Additional Resources](#)



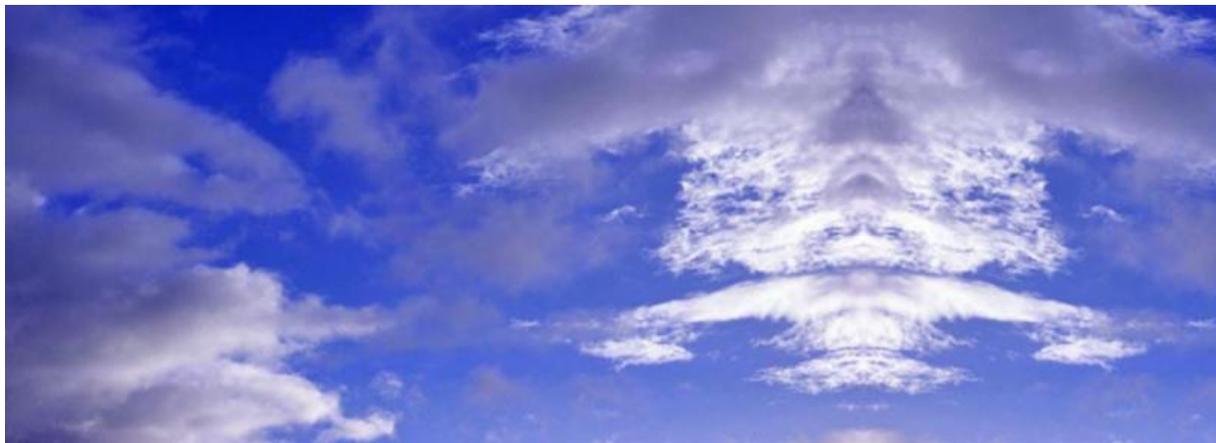
Breaking News

We have a new office! Please tell your friends and family we will now be offering monthly Breast Screenings and Full Body Scans at Vitality Integrative Medicine in Sherman Oaks. Our office address is:
4849 Van Nuys Blvd, Suite B 104
Sherman Oaks, CA 91403

Please schedule online or call us and we can help you get scheduled at 805-560-7602 or 310-871-5647



Great News and Resources in the World of Health!



Decreasing Cancer-Related Symptoms with Self-Hypnosis

<https://www.fredhutch.org/en/treatment/survivorship/survival-strategies/self-hypnosis.html>

5 Ways Service Dogs Help People with Cancer

<https://www.rover.com/blog/cancer-service-dogs/>

Acupuncture Treatment for Anxiety and Depression

<https://www.alignedmodernhealth.com/acupuncture-treatment-for-anxiety-and-depression/>

Self-Care Checklist for Mental and Physical Health

<http://www.rehabvillage.org/self-care-checklist-for-mental-and-physical-health/>

The 5 Best Supplements for Autoimmune Disease

<https://www.amymyersmd.com/2018/02/5-best-supplements-autoimmune-disease/>

Healthy Aging in Place: 3 Ideas for Seniors Who Want to Eat Nutritiously at Home

<https://thefoodoasis.com/healthy-aging-in-place-3-ideas-for-seniors-who-want-to-eat-nutritiously-at-home/>

14 Amazing Herbs that Lower Blood Sugar

<https://www.sepalika.com/type-2-diabetes/14-amazing-herbs-that-lower-blood-sugar/>

At Home Vegan & Vegetarian Resources

<https://www.improvenet.com/a/at-home-vegan-vegetarian-resources>

Suggestions above generously offered from Jennifer Scott, Spiritfinder.org, who feels passionate about supporting, helping and educating others.



Don't Forget!

Schedule a moment, a day or special time for your self care! Or, for a loved one! It is the time of year for giving remember! If you are fortunate enough to make big changes, don't wait, do it now! Find a new job, move to a less expensive area, surround yourself with a community which supports you and your well-being! Can't do the big changes just yet? How about booking a retreat in the woods or taking a stayvacation. If still too much for you, remember to take a warm bath with roses and bubbles, take a walk in nature or just sit and rest. Read the Self Care Checklist listed above! Remember, all the small changes we make each day, each year.... as we can.... do add up to big changes down the road!



To your abundant happiness and health, and take extra good care of yourselves and your loved ones...its darn challenging during these times of fires, mudslides, environmental changes and political instability.

Dawn Belden-Hope & Amanda Scharnberg

The Thermography Centers

805-560-7602

310-871-5647

Thermography is not considered a replacement for other medical imaging which your doctor may advise you to have.



STAY CONNECTED

