



Remembering to take time to take good care of you, your family and friends!

December and January have been rough months for many of us in the fire and mudslide areas. Furthermore, the past year seems to have been exceptionally difficult for many of my clients. I myself continue to have personal challenges which require extra self compassion, support and love. We are in this together, and during challenging times, we certainly all need to do what we can to help each other to stay healthy and balanced.

Our hearts go out to those who lost their homes and loved ones. We also realize the financial hardship these disasters have caused many of you. As our way of responding and giving back to our local communities, we will be offering 3 discount screening days coming up in April at our Ojai, Ventura and Santa Barbara office locations.

Please see dates and more info below...

Detoxing and Cleansing the Body are Essential during times of overwhelming stress and hardship

Thermography may be a good way to see where inflammation has built up in the body, and specifically where our bodies need extra support.

As we begin to find our inner bearings and balance, please consider a simple a supportive detox. I highly recommend:

SP Cleanse from Results RNA
ACS Cellular Silver
ACZ Nano Cellular Zeolite.

These gentle detoxing and supportive supplements strengthen the body and help to eliminate the toxins and chemicals which may build up.

You may order by calling Beth or Nicole at Permen Naturopathic, 805-650-0996

In addition, if you are looking for an excellent practitioner, a good detox, a more specific cleansing protocol, contact Larry at Permen Naturopathic in Ventura. He has already supported many patients who have been affected by the recent fires and mudslides and is happy to help!

<http://www.healventura.com>

General Protocols for cleansing are as follows:

Drink LOTS of Water

Wildfire smoke inhalation causes microscopic particles to get trapped in your lungs. They can get into your bloodstream then travel throughout your body and contaminate other organs. Water helps flush these



particles from your system. Try to drink at least 8 glasses of water daily. Please be sure to drink clean, purified water out of glass containers.

Drink Hot Liquids

When there is a decrease in air quality, it can cause the cilium to stop moving. Cilia are a short eyelash-like filament that covers the tissue of cells. When operating correctly, they beat in unison, creating a current that can move particles throughout the body. Hot liquids can encourage the cilium to start moving again. This can promote the movement (and removal) of mucous and saliva, which often contains high levels of contaminants.



Use a Saline Nasal Spray

It's easy for smoke exposure to cause irritated sinuses, irritation to the eyes, and shortness of breath. A saline nasal spray can help you moisten and soothe the inside of your nose. This can promote the expulsion of foreign matter and provide immediate relief.

Rinse Sinus with a Neti Pot

Think of a neti pot as a nasal spray on steroids. In short - a neti pot allows you to perform a thorough, natural nasal rinse. It helps you remove foreign substances. When you're exposed to smoke, pollutants can easily get trapped in your nasal passage. If allowed to remain, they can easily travel to the lungs and cause additional issues.



Generally, a rinsing with a neti pot can reduce congestion and improve symptoms such as coughing, sneezing, and dry nasal passages.



Breathe Steam with Thyme

Breathing a steam, rich with thyme, can help expel foreign substances, clear passageways, and reduce the irritation level of your sinuses. The simplest way to create thyme-filled steam is to add 1 - 2 TBS of thyme to a large bowl. Pour in boiling water. Lower your head so it's inches from the hot water. Cover head and bowl with a large towel, trapping steam under the towel. Breathe deeply for 1 - 2 minutes. Repeat as needed.

Receive a Vitamin Rich IV Drip or Load up on Extra Vitamins

An IV gives your body a huge boost of the key vitamins and minerals it needs to function at its peak. Depending on your doctor, they can help you a specific cocktail to meet your individual needs. Talk to your holistic healthcare practitioner or call us for a referral and find out more about how an IV drip can help you recover from smoke inhalation. You may wish to discuss increasing your Vitamin C and Glutathione levels.



Vitamins are essential when our bodies are depleted. That being said, many of the vitamins being consumed are made up of synthetics or rocks. They may not be helping at all, and could possibly be doing more harm than good. Be sure to carefully check the quality of the vitamins you are taking very carefully.

[For more info](#)



Load Your Diet with Ginger

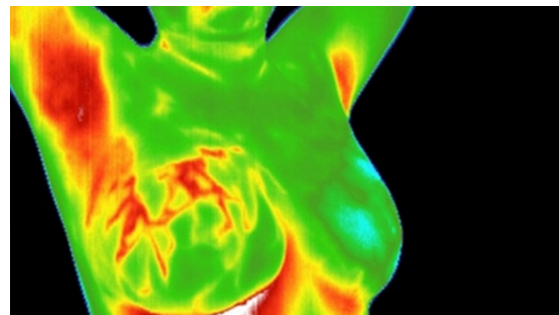
Ginger is another fabulous, natural detoxifier. Not only does it contain chemical compounds that help the lungs function, ginger improves blood circulation.

We strongly encourage all our clients to reach out to their holistic healthcare practitioners for extra support. Stress and environmental contaminants can be very taxing on the body. Over time, sustained inflammation can create disease.

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](#)



Discount Screening Days! Mark Your Calendars! Share with your friends and family!

Breast screenings will be discounted from \$230 to \$195 and full body scans will be discounted from \$450 to \$395.00 on these days only:

Ventura Office: Thursday, April 5th
Santa Barbara Office: Tuesday, April 3rd
Ojai Office: Monday, April 9th

Book on our website, through our Schedulicity link or call us and schedule early!
805-560-7602
310-871-5647
Or, to schedule by email, contact Diana@thethermographycenter.com

Please also note, The United Breast Cancer Foundation is currently granting scholarships for breast screening for up to \$150. Please log onto their website, www.ubcf.com or call us for more info. The scholarship awarded can be used towards the cost of your breast screening or full body scan.

There is more exciting news to come! Next month we will be launching our new upgraded website!

We are getting very excited about how gorgeous and informative it will be! And, we will let you know our launch date as soon as we know!



Until then, be well, be happy, and take extra good care of yourselves and your loved ones!

Dawn Belden-Hope & Amanda Scharnberg

The Thermography Centers
805-560-7602
301-871-5647

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



STAY CONNECTED

