



## Summertime, and the Livin is (maybe not always) Easy, but Good Enough

Hoping our newsletter finds all of you relishing in the lazy day, warm moments of summer. Stay-cation on vacation, beach or park days, moments of quiet and stillness in nature, or times of getting together and adventuring with family and friends...our hope is that you are finding time to enjoy the summer months. May some of your time be spent on cultivating tranquility, gratitude and ease.

As many of you know, I started the new year off with some big new plans of living part-time in Costa Rica and taking a much needed mini-health sabbatical. My livin has certainly taken a much needed turn towards, "living easy"! I am so very pleased to report that it has been an incredible experience so far! Living part-time in another country has provided me with the opportunity to understand another culture, a lifestyle at a slower pace, and a new language. It has also provided me with a much needed rest in the jungle. I am especially grateful to my daughter who stepped in on a more full time basis to run the business for the past 7 months! Hats off to Amanda! She has done an outstanding job, and numbers are stable and growing. We may even plan to bring in another thermographer in the new year if numbers continue to grow! Furthermore, I want to extend a deep bow of gratitude to my husband, Barclay for his unwavering support and love. We are unquestionably living the paradise life, and feel grateful everyday for our precious time and experience together exploring this new land.

I also want to thank all of you again for being my inspiration for the past almost 9 years....starting our 9th year in Sept! I hope we continue to remind each other how to come back to a place of better care of ourselves and each other. I am already feeling revitalized and ready to serve more women (and men) who choose a 100% safe, radiation and compression free screening tool in order to monitor their breast and body health!

For more information on Thermography Screenings or Scans, please visit our beautiful website to learn more at [www.TheThermographyCenter.com](http://www.TheThermographyCenter.com)

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### Special Offers!

Mark Your Calendars! Discounted Screenings dates for the next 3 months: August, September and October!  
Since the United Breast Cancer has been low on funds and therefore unable to offer scholarships recently, we thought it was our turn again to give back!



For the month of August, we are offering a special discounted day in our Ventura office on Thursday, Aug 15th for Full Body Scans. The discounted price for this one day only sale is \$375 (\$75 savings). Mark your calendars!

In September, we will offer a discount day in our Santa Barbara office on Tuesday, Sept 3rd. The discounted price is only \$190 (\$40 savings) for this one day sale! Mark Your Calendars and tell your friends and family!

Finally for October, we will offer as always, are biggest giveback of the year! All our offices will receive discounted breast screenings, \$200 (\$30 savings) and Full Body Scans with a Breast Screening, \$400 (\$50 savings)

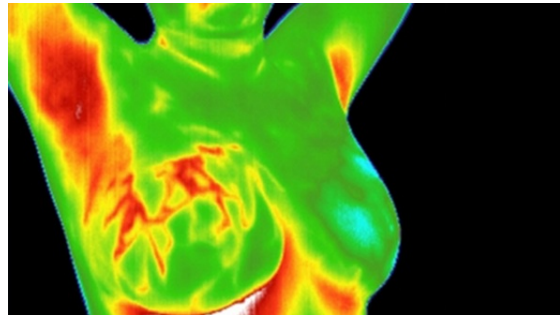
Don't forget to tell your friends and family!!!

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## 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

Sign up for Our New Blog! If you are interested in receiving more health tips and suggestions, please sign up for our new blog! Our first blog was on how to improve your liver health.

<https://thethermographycenter.wordpress.com/>

This months blog provides a little more information on Hashimotos and thyroid health.



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# Great News and Resources in the World of Health!



\* I found the current research on Exosome Therapy to be very exciting and hopeful especially for our clients suffering with immune deficiency issues and pain. Unfortunately, the treatment is expensive, but it may be worth it. For more information, go to: <https://www.drgonzalezmd.com/exosomes/>

\* There are a lot of excellent holistic cancer therapies available. Please check out a few from, <https://hope4cancer.com/our-therapies/>. It is always important to find just the right combination of therapies and protocols for each particular cancer. Be sure to discuss the options with your doctor.

\*Ashwagandha and Matcha Green Tea are high on our list if you choose not to have chemotherapy. Of course, dietary changes, additional supplements and detox protocols need to be strongly considered as well!

\*Need extra support healing? Naturopathic Oncology may be a good start in order to find out more information and a practitioner in your area. <https://oncanp.org/world-map/us/>

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## Don't Forget!

Self Care, self care, self care...I can't say it enough during these challenging times! We can't wave our wands and change everything that is stressful, however we can ask ourselves on a regular basis, what can I change to create more ease, more happiness, and more health in my life.

So, go ahead, create a little quiet time, and ask what your body and life what it needs most in order to achieve a higher level of health and happiness. Sometimes we can't make any external changes, however maybe a shift towards gratitude could help?

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To your abundant happiness and health,

**Dawn Belden-Hope & Amanda Scharnberg**  
**The Thermography Centers**

<https://www.schedulicity.com/scheduling/TCRIGG>

[www.TheThermographyCenter.com](http://www.TheThermographyCenter.com)

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

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STAY CONNECTED

