

Breast & Full Body Thermography



At Midwest Thermography, we strive to offer services with integrity, quality and excellent customer service in a safe, comfortable environment.

- No Doctor's Referral Needed
- Infrared Imaging Technology that is Non-invasive and Free of Ionizing Radiation
- FDA Approved as an Adjunct Imaging Study to Other Diagnostic Testing and Exams
- Certified Female Thermographic Technicians
- Breast Thermogram Reports Include a Hormonal Grade for Estrogen Activity

Thermography is a non-invasive, infrared imaging technology free of ionizing radiation that visualizes and documents temperature variations. This allows for visualization of physiological changes in the body, such as a hormone imbalance and health risks associated with one's lifestyle. Imaging such as x-rays, mammography, ultrasound, and MRI's are utilized to detect abnormal structures within the body. Both are completely different pieces of information that are complementary in the detection process.

- Initial Breast Scan \$185 (With Head & Neck \$260)
- Return Breast Scan \$165 (With Head & Neck \$240)
- Upper Body Scan \$285 (With Breast Scan \$325)
- Lower Body Scan \$285 (With Head & Neck \$360)
- Full Body Scan \$375 (With Breast Scan \$400)
- Head & Neck Scan \$125

Breast thermography is a valuable addition to breast health screening because of its ability to monitor physiological changes in the breast tissue, such as lifestyle effects on breast health. Thermography helps to detect risk factors early to allow time to make a change before a diagnosis may occur.



Lifestyle Medicine



Naturopathic Family Care



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Member of the American Association of
Naturopathic Physicians



Member of the American College of
Lifestyle Medicine



Member of the Physician's Committee for
Responsible Medicine

Naturopathic Family Care

The Healing Power of Nature- Restore and support the body's own healing abilities by using methods, medicines and techniques that are in harmony with natural processes.

Identify and Treat the Cause- Identify and remove the underlying causes of an illness, rather than to merely eliminate or suppress symptoms.

First Do No Harm- Utilization of non-invasive testing, treatments, and therapies to minimize the risks of harmful side-effects.

Doctor as Teacher- Provide education for patient on preventative medicine, healthy lifestyle, and encourage them to take responsibility for their health.

Treat the Whole Person- Customized health care for each patient by taking into consideration physical, emotional, dietary, genetic, environmental, lifestyle, and other factors.

Preventative Medicine- Comprehensive assessment, health risk analysis, and diagnostic testing to provide earlier interventions and prevention of illness.

Naturopathic Doctors are specialists in natural medicine and licensed primary care providers trained in the following Medical Sciences:

Anatomy	Pediatrics	Laboratory Diagnosis
Physiology	Dermatology	Clinical Assessment
Pathology	Cardiology	Gastroenterology
Biochemistry	Pulmonology	Neurology
Radiology	Oncology	Gynecology
Pharmacology	Psychology	Physical Exam
Microbiology	Obstetrics	Minor Surgery
Immunology	Venipuncture	Rheumatology



Natural Hormone Balancing



Hormone imbalance is often the cause of many unwanted symptoms and health risks. Our doctors provide comprehensive testing that includes Hormones, Neurotransmitters and Adrenals, to detect the underlying cause and assist the body to naturally balance the hormones. Our testing includes estrogen and progesterone quotients to earlier detect risks for hormone related cancers. These quotients help monitor the risks for cancer in the breast and reproductive organs. Our doctors use these detection methods in combination with custom treatment plans for prevention and earlier detection of new and reoccurring hormone related cancers.

Breast thermograms are also utilized to monitor estrogen activity in the breast tissue and its effects on breast health risks. Thermography assists doctors in formulating more effective treatment and prevention plans, as well as monitoring the effectiveness of treatments and lifestyle changes.

Breast thermograms and hormone testing are recommended annually for women, especially if any of the following risk factors apply:

- Obesity & Belly Fat
- Use of ANY Hormone Replacement Therapy
- Hormone Imbalance
- History of Birth Control Use
- Fibrocystic or Dense Breast Tissue
- Gynecomastia in Men
- Family History of Hormone Related Cancers
- Personal History of Hormone Related Cancer(s)
- Red Dots on the Tongue
- Red Spots (Cherry Angiomas) on the Abdomen
- Eating Commercially or Conventionally Grown Foods
- Exposure To Xenoestrogens in Environmental Chemicals/Products

Lifestyle Medicine

Our comprehensive lifestyle screening gives doctors early indications of health risks, as well as a way to monitor effectiveness of preventative health plans. Many conditions go unnoticed until painful symptoms arise which indicates disease is well on its way. By detecting these health risks, doctors can work to formulate more customized plans to accelerate the healing process and prevent and reverse diseases.

Our state of the art cardiovascular screening process provides doctors with unique information and correlates with the medical standard Framingham Score. The Framingham Score estimates the 10 year cardiovascular risk of the patient and their chance of developing cardiovascular disease.

Nutritional screening provides personalized diet recommendations with recommended foods to accelerate the healing process and help prevent future illness. All customized dietary plans also include a list of foods to avoid that can promote inflammation and increase health risks. Vitamin and mineral deficiency analysis assists in formulation of nutrition and supplement plans. Proper diet and nutrient balance is an essential part of the healing process and disease prevention.

Proper weight management is also an important part of maintaining optimal health. Body composition, metabolic rate analysis, and lifestyle assessment is included in all nutrient and lifestyle screens. This addition provides patients with an easy to follow, healthy, custom weight management plan.

