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Thermography

What is Thermography?

Thermography is a noninvasive medical screening tool that uses the body's natural thermoregulation process to identify areas of underlying dysfunction. It gives us a better understanding of the focal points of inflammation in the body, allowing for more focused and efficient treatment of the underlying causes of pain and other unwanted symptoms.

How Does It Work?

The body - specifically the autonomic nervous system - is constantly adapting to its environment in order to maintain a stable internal body temperature. Following the system of dermatomes (areas of skin related to specific spinal nerves) as well as acupuncture meridians, thermography tests a variety of skin points along the head, neck and torso that correspond to specific organs and organ systems. Each point is measured before and after a brief period of exposure to room temperature air. Based on how temperature regulates on each point, we can make more informed decisions about further testing and/or treatment.

What Does It Show?

By observing variations in the body's regulation capacity, the test will reveal areas of optimal and suboptimal temperature regulation. An area that remains warm after exposure to cool air ("hot spot") may be an area of acute, active inflammation. An area with abnormally low temperature ("cool spot") may indicate decreased circulation due to chronic inflammation. If temperature is dysregulated throughout the body, this may indicate general toxicity and guide us toward the underlying cause of systemic inflammation, such as yeast overgrowth or chronic infection. By observing patterns of imbalance, we can make informed decisions about next steps in testing and treatment, and thereby more precisely restore the body's natural balanced state.

As a Screening Tool:

Thermography allows us to identify areas of inflammation within the body that may not otherwise be detectable without more invasive testing. We can then further investigate the health of the teeth, breast tissue, prostate and organs, and support inflamed organ systems in order to proactively advise on how to reduce the development of future disease.