



Longevity Health Center
1745 Woodstock Rd.
Roswell, GA 30075
770-642-4646

Thermometry (AlfaSight 9000) **PREPARATION INSTRUCTIONS**

24 hours prior to testing:

- Do not have any energetic therapies, such as acupuncture.
- Do not drink alcohol

On the morning of your exam:

- Do not have any caffeine; coffee, tea, soda, chocolate.
- Do not take a hot or cold shower. *You may wash your face.*
- Do not use lotion or make-up on your face or body.
- Do not exercise the morning of the test.
- Do not smoke.
- Eat a light, room temperature breakfast.
- Wear loose-fit clothing. *A long sleeve button/zip up shirt works best.*

WOMEN DO NOT WEAR A BRA OF ANY KIND.

- You may apply deodorant & brush your teeth.

If you are running a fever, please call to reschedule your AlfaSight

WOMEN: If it the first day of menstruation, please call to reschedule your test.

A professional technician will perform the AlfaSight. You will be asked to sit in a cool room, about 68 degrees. The first measurements of the head, neck, chest and lower abdomen will be taken. This is performed by a gentle touch of the probe to the skin. You will then be asked to remove your clothes, except for your underwear, thereby subjecting your body to the controlled "stress" of the cooler air. You will stand exposed to the air for ten minutes. After this time the measurements are repeated, and the test is concluded.

If you have further questions, please contact us at: 770-642-4646

What is the AlfaSight 9000?

The AlfaSight measures how the body responds to stress and compares these measurements to a vast historical library of thermal characteristics and markers which are used to identify patterns of disease processes, even at an early stage. The AlfaSight Thermographic System is a US FDA and CE approved medical device, and is the only commercialized contact thermography device in the world. It is supported by studies and citations in numerous medical journals and is used by over 1,500 healthcare providers throughout the world

How does AlfaSight work?

- Registers skin surface temperature from 119 different points on the body.
- Displays an image of 25 organs, tissues or systems and their function.
- Gives a functional perspective based on physiology and cold stress response.
- Gains a direct index of metabolic activity in various parts of the body.
- Shows inflammation, degeneration and overactive organs and tissues.

What is Regulation Thermometry?

Regulation Thermography is a method of quantifying the thermal response of internal organs to cooling stimuli. When there are disease processes in a human body, the body's organs respond differently to stress. A physiological response called the visceral cutaneous reflex allows us to measure these differences in the skin, using a very accurate thermal sensor.

Why test Skin Temperature?

How well the body maintains an optimum skin temperature is determined by the integrity or health of the organ or tissue directly under the point being measured. Blood vessels in a healthy body will constrict when exposed to cold temperatures. This reaction diverts blood away from the skin and organs causing a cooling effect. When the organ underlying the point being tested is not functioning properly, your skin temperature will show the type of dysfunction by the difference in the first and second AlfaSight temperature readings.

Who Should be Tested?

Anyone over 18 years of age should be tested annually. There is an ever-increasing incidence of asthma, ADD, dermatitis, cancer, chronic fatigue and fibromyalgia. We all know that prevention is best, but how do you prevent what you don't know is about to happen? Prevention of serious illness is made more realistic via periodic testing and subsequent treatment. The AlfaSight offers reproducible and scientifically valid information that can be crucial to the development and tracking of a successful treatment strategy.

What to expect in a AlfaSight exam.

A professional technician will perform the AlfaSight. You will be asked to sit in a cool room, about 68 degrees. The first measurements of the head, neck, chest and lower abdomen will be taken. This is performed by a gentle touch of the probe to the skin. You will then be asked to remove your clothes, except for your underwear, thereby subjecting your body to the controlled "stress" of the cooling temperature. You will sit exposed to the air for ten minutes. After this time the measurements are repeated and the test is concluded. The results are immediately available and will be reviewed by your practitioner.