



Tara Health Centre

For Total Health A.B.N. 76 063 231 989

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Important notes for your Thermography examination

Patient Name: _____

Appointment Date: _____ Time: _____

The enclosed leaflet will inform you about this method. Thermography can only provide a reliable result if you follow the following instructions carefully:

1. When you come in for the exam, arrive calm and relaxed, not rushed, too hot or too cold.
2. You should arrive 30 minutes before the examination in order to adapt to the room temperature.
3. Stop taking medication 48 hours before the exam (no sleeping pills, no pain killers, sedatives or laxatives, not even homeopathic medication). Of course you should continue medication that has to be taken regularly (eg. medication for diabetes, asthma and heart conditions). In any case, phone us prior to this so that we can advise you.
4. On the day of the examination, do not drink any coffee, black tea or alcohol and do not smoke, because it would change your circulation such that the heat measurement would be useless. Do not shower or wash yourself in cold water. Do not use cosmetics or body spray that day.
5. On the day of the examination you should wear comfortable clothing which can be removed easily (no bra, no corset & a loose fitting belt). Your lower arms should be covered by sleeves. Do avoid synthetic fibres.

PLEASE NOTE: The Thermography examination involves the removal of your clothing (down to your underpants) to enable the practitioner to obtain many temperature readings from your jaw, thyroid, breasts and torso area.

6. If possible, bring all of the last years medical and dental records with you. If available, bring along the complete set of dental x-rays (OPG negatives).
7. Please take your measurements – We require the following information for your appointment:

Weight - _____ kg

Waist - _____ cm

Height - _____ cm

Hips - _____ cm

If you cannot keep your appointment, please let us know at least 2 days before so we can reserve the time for another client.

Yours in health and wellbeing

Paul Alexander
N.D., D.Hom., D.Ac.