



AN ALTERNATIVE WAY TO HEALTH

Tammy Kohlschmidt is the founder of **Thermography for Health New York**, where she practices as a Certified Clinical Thermographer. Thermography is used as an assessment tool for women looking for additional information about their breast health. Unlike mammograms, Thermography is pain free, radiation free and has no body contact. Tammy explains, “The test helps you see what you may not feel and empowers yourself to take charge of your own health.”

Men and women also seek out other benefits of Thermography. Thermography can tell you if your digestion is stagnant, she adds, “as the gut affects the health of your entire body.” According to Kohlschmidt, “the body is made of flow systems. If there is a blockage, disease will develop. Flow systems include Nervous, Lymphatic, Digestive and Hormonal Balance. The test can potentially see how these flow systems are functioning.”

The Thermography test for breast health is simple and involves sitting in a temperature-controlled room to let your body acclimate. You’re positioned in front of a Thermal Imaging Camera, and the technician takes digital pictures (5-15 minutes). There is a preparation to follow before the test for accuracy. While approved by the FDA for this use, Thermography should be an adjunctive tool, best used in combination with other screening tools, according to a recent scholarly review.

Kohlschmidt, who is also a Licensed Dental Hygienist, believes the mouth and body share an ecosystem that is best treated as a whole to obtain sustainable health. Kohlschmidt co-hosts a local cable show on Sustainable Dentistry and teaches and lectures on Thermography.

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