

# MAKE THE REST OF YOUR LIFE, THE BEST OF YOUR LIFE!



Our environment is designed to be therapeutic and supportive by providing complementary and integrative healing arts such as **Reiki**, **hypnotherapy**, and **meditation**. InsideOut offers a unique perspective and inclusive mind-body service. You will always be heard at InsideOut and your plan of care will reflect your best health and healing interests.

Among our services, InsideOut offers **thermography**, a safe and painless adjunctive diagnostic procedure that uses an infrared camera to detect site of physiologic dysfunction, e.g. abnormal tissue growth in the breast and throughout the body.

Located in Byfield, Massachusetts, as well as several mobile clinics in MA, ME, and NH, InsideOut was founded by holistic health and wellness expert Janice Anderson- the only certified clinical thermographer in the country who is also a nationally board-certified holistic RN. Janice focuses on mind-body modalities in her private practice, as well as full body and region of interest (e.g. *breast*) thermography.

Sessions are by appointment only, in person or via telephone.

**To schedule an appointment or for more information, please call 978.270.2005.**



Janice Anderson



## DIGITAL INFRARED THERMOGRAPHIC IMAGING (DITI)

Thermography - also known as DITI - is a noninvasive, painless, and safe adjunctive diagnostic procedure in which a Meditherm infrared camera is used to record thermal patterns and temperature variations on the surface of the body, producing real-time digital images (thermograms) that reveal sites of physiologic dysfunction and /or abnormal tissue growth, as well as nerve and vascular changes that are invisible to x-ray and MRI.

A thermogram can be taken of the whole body or a region of interest, such as the breast, abdomen, or carotids. The digital images are compiled and sent electronically to a certified thermologist/MD for interpretation and reporting. Within a few days, the color images and report are sent to you as well as your referring practitioner, if desired.

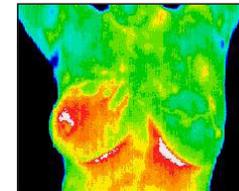
Thermography is the only method presently available for visualizing pain and is unique in its capability to show physiologic changes and metabolic processes. Your initial screening will establish a baseline thermal image that will be archived and remain available for future comparison. Experts recommend that you be rescreened annually to monitor for any evolving areas. If abnormalities or concerns are evident, InsideOut can provide you with consultation and advocacy, as needed.

## THERMOGRAPHY PROVIDES INFORMATION ABOUT:

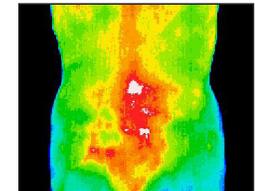
- Acute, as well as chronic conditions
- Normal and abnormal functioning of sensory and sympathetic nervous systems
- Vascular dysfunction
- Myofascial trauma and local inflammatory processes
- Breast health/physiology



Early stage bilateral carpal tunnel syndrome



Inflammatory breast cancer



Spinal inflammation and vertebral fractures

## THERMOGRAPHY IS USED:

- To help make informed decisions regarding the need for further treatment
- To visualize the physiological component of pain injury or illness/disease
- To provide early warning of potential health issues
- To identify the originating source of neuropathic dysfunction
- To support the existence of a suspected condition
- To aid in accurate diagnosis and treatment
- Thermography is cost-effective, risk-free, and FDA-approved. No referral is required.

## YOUR THERMAL FINGERPRINT IS UNIQUE TO YOU!



# InsideOut

RECOGNIZES  
THAT ALL CHANGE  
OCCURS FROM THE  
INSIDE OUT.

*InsideOut provides a  
sanctuary where you  
will experience  
evidence-based practices  
to enhance your health  
and assist with the  
effects of traditional  
treatment modalities.*

*At InsideOut,  
we will help you identify  
holistic healing  
options while empowering  
you to take control of  
your own health and wellness.*



INSIDEOUT OFFERS  
THERMOGRAPHY, HOLISTIC HEALTH,  
AND WELLNESS SERVICES

- Thermography
- Reiki Clinic & Classes
- Pre/Post Surgical & Treatment Sessions
- Meditation
- Stress Reduction
- Relaxation
- Corporate Wellness
- Weight Management
- Smoking Cessation
- Guided Imagery / Visualization

## DIRECTIONS

Interstate Route 95, Exit #55

### InsideOut

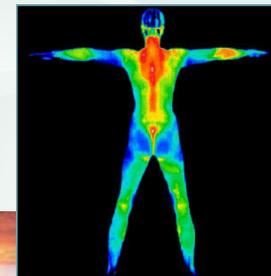
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# INSIDEOUT

*Wholistic Wellness & Thermography*



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