

Ep 31: Benefits of Thermal Imaging (using heat) over traditional imaging for early detection of cancer.

MERYL: Hey everyone. Welcome back to the Rebel Nutritionist podcast.

I am excited to have Ashley Ageloff here today, who is a thermographer? Yes. You heard me right. Thermographer. And we are talking all things thermography and she is going to answer a whole bunch of questions. Namely, if you guys all want to know what on earth is it thermographer and what is thermography?

We are talking about that today and it is really a subject that is near and dear to my heart, I have been doing thermographies for, oh my gosh, probably 20 years now. And I have found them to just be an invaluable tool for myself, for my own personal. Information really and prevention. Right.

And why they're important for prevention and, what are we preventing with those? So without further ado, Ashley, thank you for being here.

ASHLEY: Thank you for having me.

MERYL: Ashley and I have known each other, I think like seven years now. Right. And traveled in similar circles, but I'm going to actually let you chat.

What is thermography?

Because I mean, tell us a little bit about what is thermography, how is it different from things like mammography and ultrasounds and you know, we'll take it from there. So I'm giving you the floor.

ASHLEY: So thermography is a **risk assessment test**, and it's actually **looking at the physiology of your body and the abnormal key patterns** and a mammogram is looking at the anatomy of your body. So **by the time you see something on a mammogram, it can almost be too late because it's already turned into a lump or bump**. So with that thermography, you can actually see the abnormal heat patterns. And, **when there's heat there, that can indicate something's going on inflammation or tumor**.

So you actually can **see things 10 years before a mammogram, and then you can actually prevent breast cancer from ever even happening**. Yeah, the goal, right. We don't want to early detection is great, but it's not the key. I always say prevention is the key.

MERYL: Yes. And you speak my language on that because everything that I do is all about prevention.

I always say it's so much, easier to prevent an issue from happening than it is to be reactive once it happens. And, I've had a couple of incidences on my own where I've had thermographies done and it has detected some abnormal, just patterns. And I was able to correct them and prevent anything further from happening.

So I think that's important to understand that **we are not diagnosing anybody here**. Right. And we are not predicting anything, but like you said, these thermographies pick up heat patterns. And when we look at heat it's inflammatory, right. **Heat is inflammation**. And so we used to be limited to the inflammation of just looking at the breast and now we can do the full body.

So I'm excited to do my full body because I do, I do want to see that, right, because we have a mutual client friend who has had this done and picked up certain things in the breasts, but then also throughout the rest of the body. That there were significant amounts of inflammation and that we're able to **treat that inflammation through diet and lifestyle** and, some of the emotional piece of that.

Lifestyle factors that can cause these heat issues

So talk a little bit about that I know you said you talk to people about what happens when you detect some heat. Talk about some of the lifestyle factors that you talked to them about as well.

ASHLEY: So stress is a huge one. **Stress affects everything**. It affects your gut health that affects your metabolism, really everything.

So the more that we can get clear because some people think, oh, well, I eat healthy and I exercise every day, but well, what's going on with your stress. What's going on with your emotional life, with your relationships are you depressed? And a lot of times that's why the genetic testing that you do is so important because people can see like, oh, well maybe it's my methylation that's causing me to be depressed. And now we can fix that and get on a better path. And then with the thermography, it's literally just getting your picture taken. That's also, I

forgot to share that before. **There's no radiation.** It's non-invasive so people come in and get their picture taken, get this full report, and then you can have added value.

I see what's going on in your body, make those lifestyle changes from there.

MERYL: So for someone sitting there going, wow, I just, I'm going to get my picture taken and you're going to be able to tell me so much information. What do you say to that? I mean, and again, I think that goes back to the heat piece, but speak to that a second.

ASHLEY Yeah, sure. So it's actually just an **infrared camera. Detecting the abnormal heat patterns in the body.** So with the infrared camera, you can see that normal heat patterns or the inflammation that's going on. And then I don't read the report. I'm just the technician. So then the doctor reads the report and gets it back, and then you can see the pictures and **we also see the estrogen level on the breast.**

The risks of inflammatory breast cancer

So the doctor's comparing your breast to somebody who's lactating or pregnant to see what's your estrogen level, because there is something called estrogen dominant breast cancer. And there is something called **inflammatory breast cancer, which can't be picked up on a mammogram because that's showing inflammation.**

It's not going to show her a lump or a bump and that's actually one of the deadliest kinds of breast cancer. So it's really important, even if you do get your mammogram, which it's still an adjunct screening to get that every year. Get that, but also get the thermography. And I think a lot of people think like, well, I've gone, went for my mammogram.

There's no point, but there still is a point. You know what I mean? Because you can see so much more added value, see things before, so your risk and also be able to pick up things that might not be picked up. Yeah.

MERYL: And so I know you're not allowed to say this, but I certainly can in terms of, so **I opt to do a thermography as opposed to a mammography**, because again, it. If you are in the early stages of any kind of inflammation or potential tumor growth tumors will always throw off or grow capillaries or cells, right? They'll start to grow tentacles as we call it, which throw off heat because they need a blood supply. So before it even becomes a formed tumor, you're going to see that heat.

And that's where the beauty of using this is. I had a mammography once in my life before for a medical procedure that I had to have done. And so I had the mammography and then of course I had to go for a sonogram or ultrasound because my breast tissue was too dense. And I'm like, so why am I doing all of this?

I'm just going to stick with my thermography and, and do that as my screening tool. And I really do feel comfortable with that at this point, because Yeah, the proof is in the pudding for me. I've done them different times. I had an issue a couple of times I treated it. There was one time where they had, I think we were talking earlier.

There was some congestion in the breast tissue.

Up to my antioxidants. I changed around how I was detoxifying. I was able to look at that, and then I went back in four or five months later and everything was clear. **So the beauty of this is knowing then what to do afterward**

ASHLEY: a hundred percent.

MERYL: Right. So, so is it safe,

ASHLEY: a hundred percent safe. I've done kids. I mean, not, you don't really need to do kids, but I have done kids like a parent was worried about one of her children's moles on her head. So it's like, okay, let's just check. Make sure nothing's hot there. But I would recommend getting it starting in your twenties because the thing is, is more and more women, young women are getting breast cancer.

And one, there's no screening for women under the age of 40 and now there are some people are even saying, don't get a mammogram until 50. It's like, well, by then God forbid you'd have stage four breast cancer, right? So **the earlier you can get it, the more you can prevent breast cancer from occurring**

MERYL: and that's again, and that's a huge thing.

Who should get thermographies?

So really, I know you mentioned, **we want to start screening women younger and younger, but talk about really who should get thermographies?**

Yeah, **women starting at the age of, I would say 25** all the way at my, my oldest client I had the other day was nine. Yeah, 91, like they're still coming so I thought that was really cool, you know?

So yeah, so really all ages even men can get it done especially the full body, but one in a thousand men develop breast cancer. Yeah. It's not as much, obviously now it's like one in seven women actually getting worse, but and it used to be one in eight women, right? Yeah. So it's it's pretty sad, but yeah, even men get it, and also just the full body can really show where the inflammation is and then they can work with you to help with their lifestyle changes.

Right? Absolutely. So I was going to ask you when we talk about one of the things that I thought was fascinating, that you had mentioned was that you do **the oral cavity**, right. You can see in your mouth, some of the inflammation and the connection between the mouth and the thyroid or the thyroid in the gut.

So talk a little bit about. Where that correlation is that the heat like what you talked to me. So if you can speak to that, cause I thought that was fascinating and I didn't know that.

How thermography can pick up gut and thyroid issues

Oh, okay. Yeah. So with the full body, you can do everything on the surface area of your body. It'll pick up at anything on the surface area.

So from head to toe. So for example, like a lot of times, especially now, I don't know what's going on with this epidemic of thyroid stuff going on and auto-immune issues, but I've been seeing so many. Issues come up. And a lot of the times **when I see thyroid, I also see gut because it's all related**. And a lot of people don't realize that our microbiome has so many cells, you know?

So that affects your thyroid. Like **if you have leaky gut, it's going to affect your thyroid**. So you can really see that on the scan. And then obviously work to see what's going on further and make changes, right? It's not saying, oh, you have thyroid disease. **It's just saying there is some thyroid inflammation. Then you have to go for blood work and all that.**

MERYL: Well, and I talk about that all the time, right? That **the gut microbiome really is the gateway to everything in the body**. Listen, our bodies are all connected, right? It's, it's not like our thyroid is separate from our gut, which is separate from our brain. It's all one system.

So it makes sense. But we don't in, let's call it Western medicine, treat the body like that. We treat it as separate entities rather than one. So it's fascinating because it just lends more credibility to the fact that when we talk about that, right, that there is a gut issue and then the thyroid connection and a lot of it has to do with the gluten and the auto-immunity and, and all of that, that we can then see that translated into actual physiology, which for me is, is the beauty of the work that we're doing because we're not just spewing stuff just to say you know, there's real validity to it.

How thermography can help determine other health problems

And talk about the mouth too. You had said something about that.

ASHLEY: Yeah. So all of our teeth lie on acupressure. Which um your acupuncturist would definitely let you know more about that, but it can actually, if you have something going on for CT, for example, somebody gets a root canal that can actually leak like the metal or any of the things that they're using to work on your mouth can actually leak into your lymphatic system and cause like breast cancer or other kinds of issues.

And a lot of people don't realize that like, oh, I'm just going for a root canal. You're not just going for a root canal so it's really important to see what's going on there. There are things you could do. Like I was telling you about the **oil pulling** every day just to get some of that bacteria out and **tongue scraping** different oils you can put in your mouth.

There's just so many things. And I think people don't take time, at least from when I talked to them. Oh, yeah. Don't even floss really. You know, like they just don't think how important that is, right?

MERYL: Yes. I again, the mouth is, is a tremendous gateway, right? Like the gut, the mouth is obviously the first point of entry.

And so if and **oral health we know is directly linked to even cardiovascular health**. So we can see that. I mean, you can't pick up the thermography stuff with that, or the thermography can't pick up heart stuff can it?

ASHLEY: Nothing with the heart or the brain it's too deep inside the body. Okay.

MERYL: So more of the superficial, but even still, we know that if there's some inflammation in the mouth, that it can perhaps be connected to the heart and something, like you said, right.

With the breast tissue. So doing that full-body scan is so important because we can assess all of those areas. And then you mentioned something also that I thought was fascinating, was looking at the **skin**.

Yes.

ASHLEY: Well, first off **the skin is the largest organ on the body**. So everyone should take care of their skin and use natural products FYI, but really skin cancers it's like, yeah, of course you see something about the dermatologist, but we actually picked up once melanoma in some of these back, you can't say it's melanoma, but it was big and white, which white indicates it's very, very hot.

So we said, okay, That looks really interesting and not good. So let's have you go to the dermatologist and it ended up being skin cancer and thank God they're able to get it removed and be okay. But it's like, you just, you just don't know. You don't know what's going to come up. Because again, you can be really healthy and you can still have stuff going on.

You just don't know.

MERYL: So, I mean, and that's so fascinating to me that you can look at the skin. So let's back up a second because you and I do speak the same language in terms of detoxification, where you said the products that you use on your skin. Right. So, and I know you've done some health coaching in your time, too.

Being careful with what products we use

And, and you know, you've got a really well-rounded background, but. From your perspective. Let's talk about the skin a little bit from even the work that you do, you know that the inflammation and why is the skin, why is it so important to use natural products on the skin? And when I say natural, not the ones that are just labeled oh natural.

Can you speak to that? Like **what are we specifically trying to avoid using and skincare products** and how does that impact. What is going on. I don't know if you can pick that up on thermography. Like, does it somehow correlate?

ASHLEY: Well, **you can see the estrogen level in the breast**, which a lot of times, if your estrogen level is high, it could be the skin products you're using or even the laundry detergent, like people don't think about that.

The laundry detergent you're using the spray that you spray, like your cleaning chemicals and all of that. It's all toxins, right? The air I mean, I just got an air purifier cause it's like, you don't know what's going on when you're in your house and office all day, like all that stuff you're breathing in.

So all of these things can contribute to that, plastic bottles.

MERYL: Exactly. To clarify what we mean by why those chemicals and why those personal care products, whether its lotions and makeup and laundry detergent. Cleaning products, why they become an issue is because **they're made with chemicals that actually caused the body to produce these fake estrogens.**

They're called Xeno estrogens. And these Xeno estrogens are much, much, much more toxic and potent than our regular estrogen that our own body makes. And the reason this becomes an issue is because if you have too much estrogen running around your system, it can cause this heat or this tumor formation.

Correct?

ASHLEY: Correct. And **it can even cause breast cancer, estrogen dominant breast cancer** is really important. To be on top of it.

MERYL: Yes. Yes. And that's why we talk about that here all the time, and **we have a list it's called the healthy home checklist,**

ASHLEY and there's a **think dirty app.**

And you use that.

MERYL: Yeah. I, I, yes,

ASHLEY: I go to the store. Exactly. Everyone should get that. Cause you could literally put in the shampoo and it could say the number like zero, two. You know, whatever 10 you put in tide, it's like an eight, you know what I mean? Or you put in, for example, like I use like native shampoo, it's a zero, like no chemicals.

So it's like, you just want to put it in and then get those products. And a lot of them you can even get at target go anywhere crazy..

MERYL: Yeah. So, so say that app again.

Think dirty.

Okay. Think dirty guys. Go get that app. I've heard of it. I don't have it on my phone, but I probably should get it and tell my kids and everybody else.

So we need to do that for sure.

Ashley came in today to our office to do an in-service and **we've all now booked our subsequent full body thermography**. So we're excited to do that next month. And we will probably be offering those here monthly. So if anybody is interested, give us a call and or hit us up, on any of our social links or email us.

And you can certainly find out more about the work that Ashley is doing. And the prevention that we talk about here so often that it's so, so important to be proactive and baby steps, right? It's not that we have to make these really drastic changes all at once. I think that's the beauty, of prevention is that it gives us the ability to pace ourselves.

ASHLEY: Yeah, you have to. I mean, I've seen so many people fail when they try to do everything at once. It's just not sustainable.

MERYL: Right. You have to set a plan that's realistic and sustainable for yourself and something that you are going to follow as a lifestyle, as a behavior, as a, as a change that you can commit to

ASHLEY: working with the health coach, it's really important.

MERYL: Exactly. Exactly. Any last thoughts for us that you want to address that we didn't really cover.

ASHLEY: I think we covered a lot. I think we really did. So, I mean, if anybody has, any other questions, they can reach out to you to get my information. Great.

MERYL: So we are going to look forward to having you here once a month now, and be able, to serve our clientele and the people that we, that we hold so near and dear to our hearts, and we want to keep healthy.

So Yeah, make sure you guys all get on our list to get that full-body screening where it's nothing else, a breast screening.

So we can, we can keep everyone healthy and safe. This is your Rebel Nutritionist signing off again. Ashley. Thank you so much, everyone make it a great day until next time, stay healthy and well.