



## **CONTACT REGULATION THERMOGRAPHY (CRT)**

### **What is Contact Regulation Thermography?**

Contact Regulation Thermography (CRT) is a highly accurate, FDA-approved means of gathering information about your body's state of health and balance. It has been researched for decades in both Europe and the United States. CRT testing involves the use of a temperature probe attached to a computer. This probe measures subtle changes in body temperature that result from your body's exposure to a small change in ambient room temperature. CRT is not intended to serve as a sole diagnostic screening procedure.

### **Why is this important?**

A healthy body is one that can rapidly and appropriately adapt to changes in its environment. This is known as "regulation." Our bodies regulate surface and core temperatures by adapting in predictable ways to changes in ambient conditions. Since skin temperature is easy to measure, it can be effectively used to assess our capacity for regulation. CRT identifies regulation imbalances in specific systems in your body by measuring changes in skin temperature at points on the head, torso, back and abdomen that are connected through the autonomic nervous system to a corresponding gland or organ. CRT is a very sensitive, noninvasive tool that can provide an overall health evaluation.

### **Why this method?**

Most medical tests give a static snapshot of your body. Although useful, these tests are incomplete in describing your body's active, dynamically functioning systems. Disease can begin when dynamic regulation is disrupted. Through CRT, regulatory dysfunction can be evaluated and monitored. If signs of dysregulation are present, CRT can help guide the best way to support a return to health.

### **How is the CRT done?**

CRT scans are performed in the morning. It is important to be as relaxed as possible. Your CRT technician will ask you to sit in the exam room for several minutes so that you can acclimate to the temperature of the room. Next, your CRT technician will take a series of skin temperature readings by gently touching your skin with the temperature measurement probe. Measurements will be taken on your head, neck, abdomen, back and breasts.

After the first reading, you will be left alone in the room for ten minutes to allow your body, unclothed except for underwear, to cool down slightly. It is important during this time that your body has air exposure on all the measured points. Finally, your technician will take a second set of measurements at the same points. The entire CRT visit should take about one hour.

CRT results will be reviewed by your practitioner in a 30-minute follow-up visit. When possible, it is best to schedule this follow-up visit for another day so your practitioner has time to interpret the results.

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## CRT PREPARATION INFO

### In preparation for the CRT:

- Stop all non-essential medications, herbs, homeopathic remedies and supplements 24 hours prior to the CRT.
- Avoid chiropractic, deep massage, and lymphatic drainage treatment 2 days prior to the CRT.
- Avoid sexual activity 24 hours prior to the test.
- Please schedule a CRT at least 2 weeks after having any dental work.
- Avoid alcohol the day before the test.
- If you are menstruating, have an infection, fever, or the flu, please reschedule your test for another day.
- A moustache or beard may obstruct contact on certain measurement points. Please shave facial hair the night before the test.
- If you have traveled across time zones, please allow 1 day of adjustment for each hour of time difference. For instance, if you traveled across 2 time zones to perform a CRT, please allow at least 2 days from your arrival so that your body may acclimate.

**Important Reminder:** On the morning of the scan, try to avoid any activity that will alter your body temperature or raise your blood pressure. These factors may affect the accuracy of the test. Try to stay relaxed and move slowly. The calmer your mind and body, the more reliable the scan. If you bring a cell phone or laptop to your appointment, please turn it off.

### The day of the test:

- Do not shower or shave.
- Do not wash, use lotion, or put cosmetics on your face or body. You may brush your teeth and use deodorant.
- Please wear a long-sleeved, open-fronted shirt, as well as loose-fitting socks and pants/skirt. Tight, restrictive clothing may affect the accuracy of the test. Remove a bra 30 minutes prior to the test.
- Do not drink very hot or cold beverages. Avoid caffeinated products such as coffee, tea, cola, and chocolate. Herbal teas are okay if cooled to room temperature.
- Eat a light, low-fat breakfast.
- Do not smoke or use any products that contain nicotine.
- Avoid exercise or any tasks that are physically demanding.
- When possible, remove your eyeglasses upon arriving at the clinic.
- Arrive at the clinic 15 minutes prior to your testing time to acclimate to the clinic temperature.

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