

JANUARY/FEBRUARY 2019 NEWSLETTER

Staff Spotlight

We are thrilled to announce that Lenna Shepard, CTT will be bringing a new service to CLC called Thermography. Some of you may have met her at our Patient Appreciation Day last September. **She will be available to perform scans at CLC on Mondays from 10:00am - 1:00pm beginning on February 4th.**

Meet Lenna



For over a decade, I have been in the pursuit of a holistic approach to health and wellness for myself and others. My accomplishments include 18 years as a Colon Hydrotherapist, Licensed Esthetician, and Certified Thermography Technician. Thermography training consists of a 12-hour course that includes the history of thermology, thermography physics, medical uses, anatomy, breast imaging, full body analyses, and patient protocols and positioning. Certification requires additional courses and exams.

Why Breast Thermography? I was introduced to this alternative option to detect breast cancer several years ago, due to breast cancer running in my family. I found that breast thermography is radiation-free, pain-free and a healthy option for someone wanting a non-invasive approach to detect cancer.

My mission as a Thermography Technician is to provide comfortable and safe services to women concerned about breast cancer. I will draw on my passion and previous experience and provide options for anyone seeking holistic health solutions.

Thermography is a state-of-the-art screening procedure that captures images of the breast to aid in early detection

of breast irregularities. It is based on the principle of temperature variation, the increased heat that is almost always generated when chemical and blood vessel activity occur in pre-cancerous tissue and the areas surrounding developing breast cancer. Images are captured with ultra-sensitive infrared cameras and analyzed with computers that seek to detect the increases in surface temperature and vascular changes that may be occurring within the breast. FDA Cleared in 1982.

You will receive your thermography results with a physician report within 10 days of the scan. Then we set up a convenient time, approximately 20 min., for you and I to go over your scan. In this appointment we will review each section giving you resources for future improvement in your scan. We will address breast health techniques, lymphatic drainage, dental health, just to name a few. I look forward to being a part of the CLC mission of healthy lifestyle choices for optimal health. I am available to answer your questions about thermography through email or phone and to set up an appointment for your scan.

Lenna Shepard CTT

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Reflections from Dr. Meg

Is it just me or did the past year sail by? Our family tradition is to ring in the New Year down in Yachats, OR at our beach house. We had a splendid time watching waves and splashes, hunting agates, hiking the trails of Cape Perpetua, boogie boarding in the surf, New Years' Eve beach fire and star gazing, and cooking meals together, watching Ace Ventura (again!), and playing relentless games of Yahtzee.

The waves have been like an unconditional best friend my entire life. Their massiveness and energy gives me goosebumps. I "use" the waves to assist me in managing life's challenges: visualizing the waves during labor contractions with my 2 sons; seeing the wave's break on the beach as a surge that can knock me down when I least expect it; the spindrift as a mane of beauty down my back.

One day I was mesmerized by a huge set that came in. The wave power and amplitude was thrilling to say the least. As the waves broke and formed gigantic splashes, they then rolled in to shore bringing new energy and things afloat. It felt like I was being handed a fresh perspective on my life. Then as the waves receded, I felt a washing away or perhaps letting go of things I no longer needed or wanted in my life.

Unfortunately, my trip ended with a knee injury that abruptly curbed my active lifestyle and I am working hard to heal and walk again. This time off my feet has given me opportunity to renew my life's clarity, purpose, energy, and courage to keep going after my dreams. I wish you all peace and joy in this new year and that all your dreams come true!



Community Events

January is a great time to do some internal body "housekeeping" after all the holiday eats and treats. We will show you how to safely and effectively detoxify your system in a 10 day or a more intensive 28 day approach.

The question is no longer, "are you toxic?" but rather "how toxic are you?"

You can find out your metabolic toxicity score by taking a survey in the office. Then attend our **FREE workshop on Tuesday, January 29 at 6:00pm** and learn what steps you can take right away to clean out what is harming you and to avoid adding toxins back into your body.

Sign up at the front desk to be added to our guest list. There will be raffle prizes for all who join us at the class!



Testimonial Corner

My husband has had such improvement since coming here and working with you (Morgan). He typically has a flare-up this time of year, but so far- no flare ups - Shelley

I am amazed at how great I feel thanks to Dr. Ryan. I feel like I did in my 20s. I had been told that my back was pre-surgery and I feel great now! -Ray

Post-it-Notes

- ***Message text reminders** – We will now be sending reminders 48 hrs. ahead of your appointment. As always, texts are a courtesy. The ultimate responsibility for your appointment is yours.
- ***New insurance in 2019?** Let your admin staff know ASAP about any upcoming insurance changes.
- ***Deductibles** for the new year need to be met before your insurance will begin paying for your visits. We need to see written verification that your deductible has been met.
- ***Massage gift certificates** make great Valentine's Day presents!
- ***Coobie bras** now for sale in our store! It's simply the most amazing bra you'll ever buy. Ultra comfortable, supportive, and inexpensive – it's the perfect combination. Fits almost every body. It's also a "healthy" bra, as it assists with lymphatic drainage and general breast health. Tell all your friends, "Coobies for your Boobies!"



***Pilates Barre Class** – drop ins welcome to this Saturday morning series Jan. 19, 26 and Feb.2 8:30-9:30am. Cost: \$15 per class.

***Karma Cards available!** Good for **one FREE yoga class** (new students only). Ask your instructor or front desk staff member for a card. New class schedule on our website. Welcome back, Aly!



Ponder this... Stay present with life's twists and turns, for you never know what's around the bend. –Dr. Simans