A Father’s Legacy, An Incredible Technology

Healthy Body Thermography uses cutting-edge technology for early detection of disease.

By Liz Hunter | Photography by Alison Dunlap

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very child wants to carry on their parents’ legacy. Sisters, Dale Thomas and Leslie Bowden, are doing just that with their business, Healthy Body Thermography.

“Our father excelled in science, was a lab technician, and became a pharmaceutical salesman,” says Thomas. “After retiring, he was an advocate of holistic medicine. About 10 years ago, he started sending us girls information about thermography. He was very excited about it.”

Also learned that for women of any age, thermograms could potentially detect breast tumor formation two to five years before a mammogram could. “We realized that the advance notice made it preventive,” says Bowden. “By looking at those places of excessive heat, you and your doctor can see that you may be at a higher risk for disease. Then you can explore what may be driving that higher risk. It could be environmental, nutritional, hormonal or related to lifestyle. Your next scan shows how your body responded to changes you made; progression or regression.”

Seeing the chance to continue such a family business honoring the wishes of their father, who passed three years ago, the sisters completed training with the American College of Clinical Thermology to become certified clinical thermographers. Bowden is a 15-year South Jersey resident and owner of a Somerdale business, and Thomas, a former New York City teacher and educational consultant. They now have clinics in Berlin and Medford, as well as the New England area.

“We don’t tell our clients not to get mammograms,” says Thomas. “We leave that decision up to them. We offer early detection; painless, no radiation, so a woman can gain additional information to monitor her breast health in conjunction with mammography or not. Mammograms and thermograms are two different tests—mammograms detect a mass and thermograms detect inflammation before a mass is formed.”

Sharon Castelli is a client of Healthy Body Thermography. “I was hesitant of getting a mammogram partly because of the compression and the radiation, I just didn’t want to do it,” Castelli says. After seeing Dale’s business card in her chiropractor’s office, she decided to give the treatment a try.

“I felt very comfortable and at ease. Both Dale and Leslie are lovely, nice people,” she says. “I like that the thermogram is safe. It just makes good sense as a method of early detection.” Castelli reports her breast scan came back clear and she’s due for a follow-up soon.

Because this technology is just taking hold in the South Jersey medical community, Bowden says some people don’t know what to expect when getting a scan. “It takes less than 20 minutes. No physical contact, no liquids to take beforehand, no compression,” she says. “Our camera is state-of-the-art, continually upgraded and internationally recognized as a pioneering industry innovation. It’s specifically designed for the human body. Other cameras can’t live up to its reputation. Specially trained medical doctors, board-certified thermologists also interpret the thermograms and quickly deliver results.”

Dr. Robert Abbatiello has been an acupuncturist for 31 years and a naturopathic doctor for 9. He became aware of Healthy Body Thermography about a year ago and decided it would be beneficial to offer patients a radiation-free test.

“I had a patient who was having some pain issues and after looking at the thermogram I could see a hot spot in the area,” Dr. Abbatiello says. “The hot spot showed a very specific area and I used a needle on that area. It was very effective, alleviating the pain for my patient.”

He recommends that other medical professionals look into this technology. “It’s a useful, non-invasive, non-harmful test to validate, verify or screen out problem areas in a patient. It’s a good way to test if there are any issues and decide if more in-depth testing is needed,” he says.

“We’re always looking for new practitioners who want to offer this service,” says Thomas. “There are no out-of-pocket costs and they gain new patients from the clients we bring.”

“Because it’s quick and painless, we often get hugs afterward. Clients feel relieved and empowered that they’ve taken a proactive step in their own health care.”

“Somewhere out there,” Bowden says, “We know Dad is smiling.”

Healthy Body Thermography has locations in Berlin and Medford. For more information about Healthy Body Thermography, call (888) 617-7262, ext. 2, or visit HealthyBodyThermography.com.

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