Testimony in Support of H.B. No. 5448 March 15, 2012
n act requiring Health Insurance Coverage for Breast Thermograph,

I am Diane Kingsbury Pulito a Connecticut native who winters in ~~Florida and summers~~ here
am a Home Economist with interest in nutrition and health
read Tufts Nutrition newsletters since the 1970's, Fit for Life, Adkins Diet, and subsequent trends in the "SAD" American Diet world looking for the truth...

n 1999, after having mammograms for 8 years out of fear.... I discovered a lump myself and had it removed. After much research, I followed conventional medicines chemo, radiation, and tamoxifen protocol against my inner feelings. I later learned I was misguided and now follow Hippocrates who said: "The natural healing force within each one of us is the greatest force in getting well. Our food should be our medicine. Our medicine should be our food." Drugs are not the answer....

In 2008 I graduated from the Institute for Integrative Nutrition and qualify as a Health Coach. I believe in the Integrative approach to health i.e. prevention of illness... Awareness of inflammation and knowing that cancer cannot survive in an alkaline body are key to ones health. We must avoid chemicals, G.M.O's, preservatives, environmental toxins and eat good, clean, whole foods.

The best, non-invasive tool to monitor how healthy our bodies are today is thermography. Since 1970's, 850 studies prove that thermograms indicate if inflammation is present As many systems are related in the whole body, the pictures can indicate areas of concern or abnormalities with the heart, lymph system, thyroid as well as breasts. This simple, non-invasive screening can allay fears of illness, indicate presence of inflammation, many years before a problem advances. This will save money for

insurance companies in the long run through prevention of dis-ease or illness. Through good, clean, whole food, exercise, rest and sunshine we can thrive....

In my library one of my favorite reference books is Women's Bodies, Women's Wisdom by Christiane Northrup M.D. "he quotes many relevant studies regarding thermography. my favorite is in 1972 at the Albert Einstein Medical Center in Philadelphia Dr. Harold Isard concluded that prescreening asymptomatic women with thermography instead of mammography would have reduced the need for mammograms 77%. The data was gleaned from 10,000 women and he "also calculated that combining mammograms (when necessary) with thermography would have resulted in a cancer detection rate of 24.1 per 1000 instead of the expected 7 per 1000 using mammograms alone." He noted that some cancers regress on their own.

Now is the time for prevention of illness, for us to take charge, reverse cellular inflammation, and use the FDA approved thermogram as a guide. Thermography empowers us to correct an inflammation we may have given the current nutrition, rest, exercise, sunshine knowledge today I am here today and believe this to be the truth.