



In-LightN Advanced Thermography Series

Case Study #2 : Weight Loss

Real People. Real Insights. Real Health Transformation.

In-LightN: See Your Path to Wellness.

At Insight Holistic Imaging, it is believed that real wellness starts with understanding—not just masking symptoms but really listening to what your body is trying to tell you. With the In-LightN Advanced Thermography Program, the program goal is to give you the tools and insights you need to uncover the root causes and take confident, personalized steps toward feeling your best.

In this case study series, you'll meet real people who turned uncertainty into empowerment. Their stories serve to highlight the power of comprehensive screening, education, and the right support at the right time — showing just how transformative knowledge can be.

Meet Daniella Peters

Age: 49

Danielle's milestone birthday is approaching—but instead of feeling confident and energized, she feels stuck in a body she barely recognizes. Between a demanding job, two busy teens, and aging parents, her own health keeps slipping to the bottom of the list, especially in the area of any meaningful exercise. The scale is creeping up, her blood pressure is already a concern, and every quick fix she has tried—from restrictive eating (salads at lunch and little to eat for dinner) to a weight loss injection that she quit after only a few days because it made her very sick —has left her feeling discouraged and frustrated.

With her big birthday looming and her health heading in the wrong direction, Danielle knew something had to change—fast.

With no time to lose and only six months to go until her "BIG DAY", Danielle enrolled in the In-LightN Thermography Program. She realized that in order to be motivated and make the right decisions about getting her health back on track she needed a visual understanding of her current state of health and the imbalance that she knew existed.

Julia's InLightN Thermography Results and Analysis Feedback

Danielle's thermography results clearly showed creeping measurable inflammation throughout the trunk of her body. Drilling down specifically on the abdominal area, imbalance was seen in her overall gut function which was directly contributing to her increased weight gain and thwarting her effort to get back to a sensible weight. Her survey information revealed the symptoms she was having from sleep issues to stress over her lifestyle—a connection she did not make to her increased weight gain.

A visual picture of all of these imbalances was enough for Danielle to realize that she had not even touched on her true reason for her lack of success in being able to correct her own health problems. This was true insight and information that gave her the motivation she needed to make changes.

Education given to Julia with InLightN results

Danielle was given road maps to a better overall lifetime diet specific to her and gut rebalancing. Because she had been unsuccessful in make major changes in her diet that resulted in feelings of starvation, she was given “permission” to take smaller steps that would lead to more excitement in her planned journey and increase her energy level and consistency to be successful in the long run. She badly needed to set boundaries for herself for work and down time in order to pay more attention to her needs and goals. She revealed that she had some difficulty and stress in dealing with her 16 year old daughter for some time.

She was encouraged to research GLP-1 use which she had hastily rushed into with the prior injection therapy in order to understand that her unique needs required more concentrated decision making and goal setting where support in weight loss was concerned. Her survey results showed that she was only getting about 5 hours of sleep each night. Not at all enough to replenish the energy she needed to get through each day. She was encouraged to look into and speak knowledgeably with her nurse practitioner about natural hormone support that may prove beneficial in remedying this imbalance in her lifestyle.

Case Study Conclusion

Thanks to the insights and education she gained through the In-LightN program, Danielle was able to speak directly and knowledgeably with her NP about the possibility of either microdosing a GLP-1 antagonist (since the last dose made her sick) or finding support naturally for her own GLP-1 activation (something she never realized was possible). With the help of her NP, she found that a natural progesterone compound was truly the missing link in her sleep loss and she incidentally discovered that she was in full swing perimenopause. So many of her symptoms were resolvable and blessedly, temporary. These changes began to help in short order, which sparked her enthusiasm for resetting her metabolism with her diet and making much-needed time for movement in her day.

Case Study Conclusion Continued

To combine her efforts, she took up running with her 16-year-old daughter and formed a bond she felt was missing with her for the last couple of years.

Danielle now took the time to plan healthier, nutrient-dense meals for herself and her family. Eating the right foods for her ended up being the key to weight loss, and not starvation, leading her to successfully drop 30 pounds by her 50th birthday – now that's a worthy milestone!

How Can the Advanced Thermography In-LightN Program Help You?

By combining advanced thermography with in-depth assessments of your physiological and life-style patterns, the **In-LightN Program** offers more than just a snapshot of your health — it provides a roadmap. This comprehensive approach gives you the knowledge and education needed to understand what's really going on in your body and how to support it effectively.

Because when you're informed, you're empowered. With the right tools and insights, you can take meaningful, personalized action toward your health and life goals.

Insight Holistic Imaging's In-LightN Advanced Thermography Program is designed to do exactly that.

Explore the full details of this incredibly valuable screening program on our website. And if you have questions or just want to find out whether it's the right fit for where you are in life, we're here to help. Reach out — your next step toward better health starts with a conversation.

*Disclaimer : This is a fictitious case study showing how the In-LightN program can work for a participant. Results will vary based on presentation. The information provided here is for educational purposes only. The information is not meant to be used to self-diagnose, treat or suggest any specific direction on health care in any way. Please discuss any concerns or medical treatment decisions with your health care provider.