



In-LightN Advanced Thermography Series

Case Study #1 : THYROID IMBALANCE

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 Julia Connor

Age: 44

Julia Connor was the definition of “doing it all.” A devoted wife, hands-on mom, caring daughter, and full-time professional, she juggled life with energy and humor. Her dynamic personality lit up every room, and she was the go-to person for just about everyone in her circle. But beneath her upbeat exterior, Julia was running on empty. Constant fatigue crept in, and despite her best efforts to stay on top of everything, she couldn't shake the feeling that something just wasn't right.

With a family history of thyroid issues — her mother was diagnosed with hypothyroidism in her 30s — Julia brought up her concerns to her doctor. Basic testing, however, only looked at her TSH levels and came back “normal.” The recommendation? “You're just getting older — try to slow down.”

For Julia, slowing down wasn't an option. She was the engine behind a busy household and an active life — and that vague answer didn't sit well with her. As time went on, she began to experience more concerning symptoms: persistent joint pain and ongoing digestive struggles, including frequent constipation. She brushed them off at first, blaming her packed schedule and lack of time for self-care. Still, something told her it was time to dig deeper.

Wanting real answers — not just reassurances — Julia enrolled in the **In-LightN Program**. She was ready to uncover what was truly going on inside her body and take charge of her health for the long run.

Julia's InLightN Thermography Results and Analysis Feedback

Julia's Thermography results clearly showed that there was a suspected imbalance in her thyroid and highly recommended a complete thyroid blood test. Additional feedback from her initial Nutri-Q survey showed that her symptoms of joint pain and constipation played heavily into a low functioning thyroid along with several other symptoms she was unaware could have contributed to that imbalance as well. Review of her individual health history and the analysis results provided helpful support and education that would allow Julia to work on her thyroid function as well as other areas of her health to bring her back to a more optimal level of health as she aged – free of joint pain and many of her other symptoms and concerns.

Education given to Julia with InLightN results

Julia may or may not have been suffering all of the symptoms that correlate with the low thyroid finding, like fatigue, weight gain, cold intolerance, constipation, dry skin, puffy face, hoarseness, thinning hair or hair loss, depression or mood changes, memory problems or brain fog, muscle weakness or cramps, joint pain or stiffness, or heavier/irregular menstrual periods, but, her specific individual symptoms and concerns were pointing in that direction and her thermography report stated that she should have a complete thyroid blood test done to check her thyroid balance.

Here is where the In-LightN education kicked in for her....

The In-LightN program provided Julia with detailed information on how to request a complete thyroid blood panel from her doctor. Additionally, it gave her the education on each aspect of that testing to be able to understand those results herself. She was also educated on what her optimal thyroid levels should be and what to do if they proved to be out of balance.

Understanding that the goal of resolving a low functioning thyroid was to boost her T3 level, Julia was given the means in which to make those changes herself. She had detailed road maps and information on supporting her liver function and gut support. She even learned how to handle high stress in order to control her cortisol levels throughout the day by making small lifestyle changes that brought balance back to her health.

Case Study Conclusion

Thanks to the insights and education she gained through the **In-LightN Program**, Julia finally had the clarity she'd been seeking for years. She walked into her doctor's office confidently and informed, requesting the specific thyroid testing she now knew was necessary — and just as she suspected, she was officially diagnosed with hypothyroidism. But this time, there was no shock. No overwhelm. Julia had answers, and more importantly, she had a plan.

Empowered by her lab results and the personalized guidance from the program, she had already started making changes — fine-tuning her diet, prioritizing sleep, and carving out time for the kind of movement and mindfulness that made her feel good. Her 3-month thermography follow-up showed significant improvements, and a reanalysis of her Nutri-Q symptom survey revealed a notable drop in symptom burdens.

Case Study Conclusion Continued

The bonus? Julia experienced some happy “side effects”: weight loss, a surge in energy, and less day-to-day fatigue. But perhaps most powerful of all, she reported a renewed perspective. For the first time in a long time, she felt in control of her health — and was choosing to make time for things that brought her joy, like crafting with friends and nature walks.

Julia may still be the queen of a busy household, but now she rules her days with balance and intention. With a refreshed body and mindset, she’s proof that true wellness starts with knowledge — The In-LightN program allowed her to know what the status of her health was and even more importantly, how to resolve it on her own.

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

By combining advanced thermography with in-depth assessments of your physiological and lifestyle 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 about low thyroid function only. The information provided here is for educational purposes only. The information is not meant to be used to self-diagnose or treat your thyroid function in any way. Please discuss any concerns or medical treatment decisions with your health care provider.