



Dr. Carol Phillips, DC
Founder, Dynamic Body Balancing



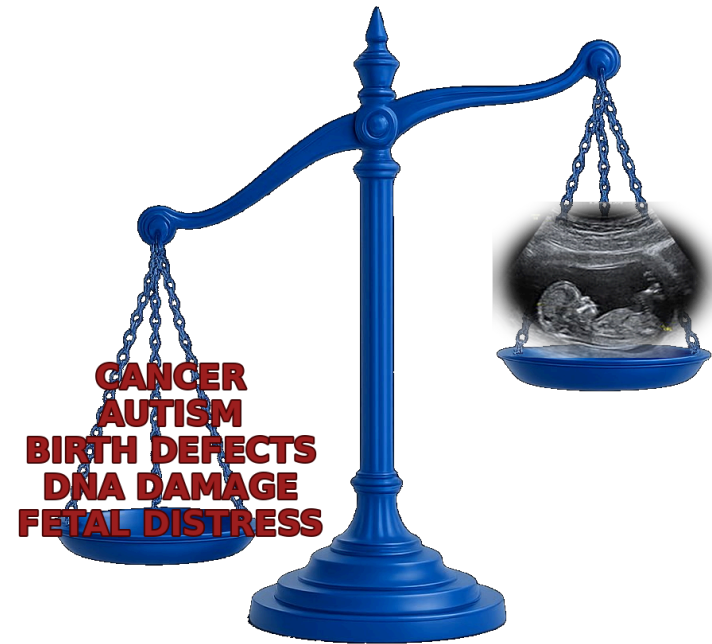
Dynamic Body Balancing is a hands-on educational program in craniosacral therapy, myofascial release, and movement integration — taught in intimate settings to chiropractors, bodyworkers, birth professionals, occupational and physical therapists, and parents.



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Share this brochure with anyone expecting a baby. Practitioners and parents may email Dr. Phillips for a copy of the resource citations. Practitioners may request a digital copy of the brochure to reproduce.

Prenatal Ultrasound Exposure Is It Worth the Risk?



“What are you going to do with the information you gather from this exam?”

A Warning Ignored

In 1988, Dr. Larry Webster, founder of ICPA, acquired a CNN video report of research that warned of possible **genetic damage, cancer, premature births, and subtle birth defects** from the use of obstetric ultrasound technology. The warnings were ignored.

Dr. Webster shared this video with Dr. Carol Phillips in the early 1990s and can be viewed on her YouTube channel: [drcarolphillips — ultrasound research](#).

Where we are today

- **1 in 10** U.S. babies is born preterm (*March of Dimes 2025 — D+ for fourth straight year*)
- **1 in 36** children identified with autism spectrum disorder by age 8 (*CDC ADDM Network, 2020 surveillance*)
- **1 in 33** babies born with a structural birth defect (*CDC, ongoing surveillance*)
- **Millions** of school-age children identified with specific learning disability or ADHD (*U.S. Dept. of Education / CDC*)
- **St. Jude** estimates ~400,000 children worldwide are diagnosed with cancer each year. Only 5–10% are tied to inherited genetic defects.

“These prevalence figures are real. They do not, by themselves, establish a cause. Many factors influence early childhood outcomes.”

The question we raise here is whether routine, non-indicated ultrasound exposure could be one of them

Inside the Transducer

Inside the ultrasound transducer, electrical signals are converted into mechanical sound waves. Those waves deposit real energy: enough to **warm tissues** (such as the developing brain, as bone holds the heat) and, under some conditions, produce **cavitation** — microscopic gas pockets that grow and collapse. In sheep studies, ultrasound-induced cavitation has caused tissue damage in fetal organs including the heart. *Research confirms that sufficient training to ensure that the operator knows how to keep the input “As Low As Reasonably Achievable” (“ALARA”) is sorely lacking.*



The Question That Protects Your Baby

Before any routine ultrasound exam, ask the person recommending it:

“What are you going to do with the information you gather from this exam?”

You might accept the risk if the use will change your care:

- The standard 18–22-week anatomy survey if abortions are allowed in your state and you would choose to have one
- Bleeding, growth, position, or placenta concerns
- Guiding amniocentesis or other procedures
- Monitoring known maternal or fetal conditions

It may not be worth the risk — consider if it would alter your care:

- Repeated routine scans without specific indication
- Doppler for audible heartbeat reassurance
- Commercial keepsake / 3D-4D / gender-reveal imaging
- Over-the-counter home Doppler monitors