

To Your Health!

Ultrasound

Ultrasound is a procedure to get images of internal organs, fetuses and soft tissues such as muscles and tendons with high frequency sound waves that are beyond human hearing. "Ultra" is a Latin word for "beyond". A probe is passed over an area of the body and sends sound waves, the waves then bounce or "echo" back from the area and then transformed and displayed on a computer screen as an image. This procedure takes about 10-15 minutes long.

There is no radiation involved for an ultrasound but it does produce heat, pressure changes and mechanical disturbances in tissues in which it can be hazardous to sensitive organs and fetuses. Unfortunately, it is used on pregnant women on most visits to the Obstetricians. It is a useful tool but best to keep it at a minimal.

My Recommendations:

- Take 6 Catalyn for one week prior to having it done.
- If you are pregnant, tell your doctor to keep the length of the ultrasound as short as possible and try to keep the ultrasounds down to 2 total for the entire pregnancy.
- Do not allow the use of ultrasound be part of a form of therapy.

Yours for health naturally,

Dr B

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