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These breathwork practices do not under any circumstances, diagnose any illness or condition nor do they claim to replace the treatment of a Professional Medical or Mental Health Healthcare Professional. Should you suspect that you are suffering from an undiagnosed illness or condition, we strongly recommend you speak with your primary healthcare professional.

Not all breathwork is suitable for everyone. Like with any new physical program, you should consult your healthcare professional before starting breathwork if you have any of the following:

- Cardiovascular problems
- High or abnormal blood pressure
- History of aneurysms
- Epilepsy or history of seizures
- Anyone on heavy medication
- Severe psychiatric symptoms, particularly psychosis or paranoia
- Bipolar depression
- Osteoporosis
- Recent surgery
- Glaucoma
- Pregnancy
- An active addiction
- Any person with mental illness who isn't in treatment or lacks adequate support
- Anyone experiencing an emotional or spiritual crisis

Breathwork practice should not be the sole medical or psychological intervention for any disorder. Breathwork should not be used instead of appropriate medical, dental, or psychological treatment, and any individual with a medical or psychological problem must consult a qualified health care provider for diagnosis and professional advice.

We do not provide medical advice. The content is for entertainment purposes only. Consult with your qualified Healthcare Professional on all medical issues regarding your condition and its treatment. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services provided by medical professionals. Always, seek the advice of your medical professional before making any changes to your treatment. Any medical questions should be directed to your personal healthcare professional.

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