

Safety Information

For the vast majority of people the Buteyko Method is completely safe to use. This has been established over many years of teaching the method in Russia, as well as from the results of clinical trials conducted in other countries.

However, there are some medical conditions where practising the Buteyko exercises could be harmful. Therefore, if you suffer from any of the following conditions we recommend that you do not practise **any** of the exercises.

Contra-indications

**Do not attempt the Buteyko exercises
if you have any of the following conditions:**

- Kidney failure (especially if on dialysis)
- Current organ transplant – e.g. kidney, lung, liver etc.
- Previous brain haemorrhage or brain tumour
- Known arterial aneurysm (a swollen blood vessel, often in the abdomen or head)
- Recent heart attack or stroke (3 months)
- Any current cancer treatment (including chemotherapy and radiotherapy)
- Active duodenal or stomach ulcer
- Uncontrolled high blood pressure
- Cardiac pacemaker device
- Sickle cell anaemia
- Schizophrenia
- Severe emphysema with heart failure
- Pregnancy

As well as the contra-indications listed, there are also some conditions where Buteyko can be used, but only with caution. In all these cases we recommend that you avoid strong techniques giving rise to significant air hunger, such as long breath holds or the advanced nose clearing exercises.

In conditions marked with an asterisk* the problem is that practising the Buteyko exercises may reduce the need for medication. This means that your current doses of medication may need to be adjusted. Therefore close medical supervision and extra testing is recommended.

CAUTIONS

- Anticoagulation medicines (e.g. warfarin - used to prevent blood clots)*
- Diabetes (especially if on insulin)*
- Medication for high blood pressure*
- Medication for an underactive thyroid gland*
- Angina or previous heart attack
- Epilepsy
- Chronic Fatigue Syndrome or ME
- Rheumatoid arthritis
- Heart rhythm problems (palpitations) leading to blackouts etc.
- Schizophrenia in the past
- Kidney disease
- Past history of Cancer

If you have any doubts as to your suitability to follow the Buteyko programme we suggest you consult either your doctor or a Buteyko practitioner for their advice.