

Contraindications For Breathwork/Cold Exposure



Safety and Contra-indications

When the WHM/Breathwork & Cold Exposure is practiced in the correct way, it can contribute to a healthy, strong and happy life.

As the breathing techniques and cold exposure can affect the physiology of the body, this can have a profound effect on people in poor health or with certain illnesses.

An indicator to check the condition of people and whether they can practice the method is to ask if they can do sports or exercise and if they can go to the sauna or into cold without encountering any problems.

We discourage people from performing the method in case of epilepsy, pregnancy, Raynaud's syndrome type II, or if they suffer any adverse effects of cold or heat,

For any serious health condition, the participant should first consult their doctor.

Furthermore, additional care should be taken for some participants. This is particularly the case for the following conditions:

- People who have heart problems and/or blood pressure that is (much) too high and use medications for this (Please consult your doctor first)
- Previous stroke or heart attack
- Kidney disease
- Angina pectoris
- Raynaud's syndrome type I & II (Type I must be careful and build up slowly in the cold, Type II must have Doctors permission).
- Migraines - people can experience sudden migraines when entering the ice bath. Therefore, it is advised to gradually build up cold exposure for people with a history of migraines
- Shortly after an operation
- Pregnancy- Those who have just given birth should wait at least 2 weeks before practicing cold exposure (increased risk of RCVS- temporary narrowing of the brain's blood vessels, leading to severe headaches and potential neurological symptoms).
- Those with metal implants have reported pain lasting weeks at the site due to cold exposure.
- Ocular conditions in which pressure may exacerbate the condition (glaucoma, proptosis, etc)
- Panic disorder - during the breathing exercises and/or the ice bath, a sudden panic attack can occur. It is important to pay attention to these symptoms. When the person is appropriately guided, the WHM can have many positive effects on the participant
- Cold urticaria - cold allergy
- Severe asthma - pay attention to the correct execution of the breathing techniques.

The breathwork should NEVER be practiced in water, while driving or in an unsafe area.

Unfortunately, under 18's cannot participate in the workshop.

Every person can respond differently to the breathing and cold.