

**Buteyko of Hunterdon**  
**(A service of the Massage Therapy Group of Whitehouse Station)**  
**Medical Disclaimer**

The tests that comprise the Buteyko assessment and the exercises that may be recommended on the basis of that assessment are considered to be gentle and safe. However Buteyko of Hunterdon, The Massage Therapy Group of Whitehouse station, and their principals, employees, agents and consultants specifically disclaim any responsibility or liability for any accident or medical event that might occur during or as a consequence of this assessment or the client's knowing and willing participation in any recommended exercise regimen.

Clients are reminded that Buteyko of Hunterdon staff are not medical providers or physicians and are not licensed to practice medicine. Participation in the Buteyko of Hunterdon training and exercise regime is never intended to be a substitute for seeking proper medical advice and Buteyko of Hunterdon will never suggest or recommend that clients discontinue medical treatment, prescription medications or forgo seeking proper medical evaluation and/or supervision.

Each person is different, and the way you react to a particular service may be significantly different from the way other people react to such service. You should consult with your healthcare professional before starting any diet, exercise or supplementation program, before taking or changing any medication, or if you have or suspect you might have a health problem. You should never use the information on this site for diagnosis or treatment of any health problem or for prescription of any medication or other treatment.

Buteyko of Hunterdon clients are specifically instructed to continue to use their bronchodilator medication on an "as needed" basis and to have same on-hand during any and all Buteyko of Hunterdon assessments and exercises. All clients should continue to take any prescribed medication as prescribed, and only reduce it under medical supervision through consultation with the physician who prescribed it. These instructions are in accord with current medical advice.

Furthermore, even for our clients who appear to be cured of all symptoms of asthma or other overbreathing-related condition during and following use of the Buteyko Method, we still recommend keeping medication and/or inhalers on hand at all times in the case of an unanticipated exposure to an irritant, allergen or stress-induced breathing crisis.

I hereby certify that I am 18 years or older (and if appropriate the parent or legal guardian of \_\_\_\_\_) and I accept the terms of the above Medical Disclaimer:

Signature: _____	Witnessed By: _____
Name: (Please print) _____	Name: _____
Date: _____ Email _____	Date: _____