

CONTRAINDICATIONS FOR SOUND HEALING: GUIDELINES

CAUTIONS AND WARNINGS

Do not use sound healing instruments directly on the body during pregnancy, especially during the first 12 weeks, and especially not on the stomach or back of a pregnant woman.

Do not use sound healing if you suffer from epilepsy unless you have consulted your doctor to ensure you receive the right anti-epileptic medication and are in no danger of seizure from sound vibrations.

Keep a minimum distance of 20 cm (8 inches) between a sound healing instrument and any implanted heart pacemaker, stent or shunt.

CONTRAINDICATIONS

Do not use sound healing instruments

- on any deep vein thrombosis in the leg or known thrombi.
- on open wounds.
- on acute inflammations and tumours.
- directly on or above a pacemaker or defibrillator. Keep a distance of at least 20 cm from

where it is implanted.

- directly on or anywhere in the immediate area of a metallic implant.
- post surgery before the sutures have been removed and the scar is not fully healed and

closed.

- around the neck in the case of carotid atherosclerosis.

The following people should consult their doctor before the first use of sound healing:

- People with carotid stenosis (prior to application in the area of the carotid artery/larynx) • People with cardiac pacemakers, artificial heart valves, or cardiac arrhythmias
- People with a stent
- People with a shunt

- People with a deep brain stimulation device (DBS) • People with epilepsy
- Pregnant women

The sound healing instruments must not be used on the the body directly on:

- implants (or near implants until they have completely healed) • screws
- artificial joints
- inflamed joints and veins

- the skin, in the case of inflammatory skin disorders • weeping eczema
- diseased veins
- the stomach or back of a pregnant woman

Treatment should not commence until three days after injury at the earliest for:

- Whiplash