

Disclaimer

For Educational and Informational Purposes Only

The information contained in this website, blog, guest blogs, e-mails, videos, programs, services and/or products is for educational and informational purposes only, and is made available to you as self-help tools for your own use. You acknowledge that I am supporting you in my role exclusively as a Holistic Health Coach only. I provide information and services concerning, but not limited to, the maximizing of human health and optimizing wellness. I help support you so that you are empowered to take action to improve your health. I share general health and wellness and natural medicine concepts, documents, consulting, and other related information that is aimed to help you empower yourself to take your health into your own hands and into your own responsibility.

Consult Your Physician or Health Care Provider

MY intent is NOT to replace any relationship that exists, or should exist, between you and your Medical Provider or Mental Health Provider. You should always seek the advice of your own doctor/physician, nurse practitioner, physician's assistant, Mental Health Provider, or another health care professional regarding any questions or concerns about your specific health situation. I advise you to speak with your own Medical Provider or Mental Health Provider before implementing any suggestions obtained through this Website, Programs, Products and Services including but not limited to exercise, lifestyle, weight loss, food, vitamins or supplements; engaging in an elimination diet, detox or cleanse; meditation or deep breathing exercises; or participating in any other aspect of a weight loss, healthy eating, exercise and/or lifestyle program. You and shall not disregard professional medical advice or delay seeking professional advice because of information you have read on this website or received from me. You should not stop taking any medications without speaking to your Medical Provider and/or Mental Health Provider. If you have or suspect that you have a medical problem, you are advised to contact your own Medical Provider or Mental Health Provider promptly.

No Guarantees

My role is to support and assist you in reaching your goals, but your success depends primarily on your own effort, motivation, commitment and follow-through. I cannot and

do not guarantee that you will attain a particular result, and you accept and understand that results differ by each individual. Each individual's health and wellness success depends on his or her background, dedication, desire, and motivation. As with any health-related program or service, your results may vary, and will be based on many variables, including but not limited to, your body chemistry, daily demands, energy expenditure, stage of life, individual capacity, life experience, unique health and genetic profile, starting point, expertise, and level of commitment.