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"Service" and "Services" = (but are not limited to), informational/promotional newsletters, digital products, physical products, coaching services, group programs, membership programs, blogs, etc

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Nothing on our website is intended to be a substitute for professional advice of a physician, naturopathic physician, nurse practitioner, physician's assistant, psychologist, psychiatrist, therapist, counselor, mental health practitioner, licensed dietitian, other licensed or registered healthcare professional, accountant, lawyer, financial advisor, or any other expert.

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Our website is for educational and informational purposes only. Nothing on our website is intended to be a substitute for consultation, diagnosis, treatment or other professional medical advice from a healthcare professional, nor is it designed to provide you with a medical diagnosis, treatment or other medical services.

YOU ACKNOWLEDGE AND AGREE THAT WE DO NOT DIAGNOSE, TREAT, HEAL, CURE OR PREVENT ANY ILLNESS, MEDICAL CONDITION OR MENTAL OR EMOTIONAL CONDITION AND NOTHING ON OUR WEBSITE IS INTENDED TO DIAGNOSE, TREAT, HEAL, CURE OR PREVENT ANY ILLNESS, MEDICAL CONDITION OR MENTAL CONDITION.

You are encouraged to consult with a healthcare professional regarding your specific situation before using any information on our website or in our Services including, e.g. taking any herbal, nutritional or homeopathic supplement or medication, following any dietary suggestions, engaging in an elimination diet, detox or cleanse, performing physical exercises, mental exercises, deep breathing exercises, participating in any other aspect of a food, diet or lifestyle program, etc.

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