

Physical Therapy Disclaimer

All the information on this website is published in good faith and for general information purpose only. This website does not offer medical advice and no claims of such are being made. Rather, this website and its owner strive to offer the latest in natural, holistic self-care advice for those seeking same.

While you have reviewed information on this Website, or have purchased services, products and program from Balanced Body and Mind, LLC, you are also personally responsible for your own results. Balanced Body and Mind, LLC, is not personally guaranteeing results. Balanced Body and Mind, LLC, does not act in the capacity of a physician, healthcare provider or therapist, and is not giving you medical advice. Balanced Body and Mind, LLC, give you tools, tips, and suggestions to educate you and support you in your journey. Balanced Body and Mind, LLC does not in any way replace the advice of your doctor or medical team, nor does it encourage you to stop seeing your medical doctor or medical team. Balanced Body and Mind, LLC is here to offer support and guide you but this is not medical advice.

Balanced Body and Mind, LLC is not acting in the capacity of a doctor, licensed dietician-nutritionist, psychologist or other licensed or registered professional. Any advice given by Balanced Body and Mind, LLC is not meant to take the place of advice by these professionals. If you are under the care of a health care professional or currently use prescription medications, you should discuss any dietary changes or use of dietary supplements with your doctor, and should not discontinue any prescription medications without first consulting your doctor.

By using this website, you hereby consent to the disclaimer and agree to all terms, policies, and conditions.

Disclaimer

The website is owned by Balanced Body and Mind, LLC. The term “you” refers to the user or viewer of our Website.

By viewing this website or anything made available on or through this website, including but not limited to programs, products, services, opt-in gifts, e-books, videos, webinars, blog posts, e-newsletters, consultations, e-mails, social media and/or other communication (collectively referred to as “Website”), you are agreeing to accept all parts of this Disclaimer. Thus, if you do not agree to the Disclaimer below, STOP now, and do not access or use this Website.

For Educational and Informational Purposes Only

The information provided in or through this Website is for educational and informational purposes only and solely as a self-help tool for your own use.

Not Medical, Mental Health, or Religious Advice

We are not holding ourselves out to be a doctor/physician, nurse, physician’s assistant, advance practice nurse, or any other medical professional (“Medical Provider”), psychiatrist, psychologist, therapist, counselor, or social worker (“Mental Health

Provider”), registered dietitian or licensed nutritionist, or member of the clergy. As a Holistic Health Coach, I am not providing health care, medical or nutritional therapy services, or attempting to diagnose, treat, prevent or cure any physical, mental or emotional issue, disease or condition. The information provided in or through my Website pertaining to your health or wellness, exercise, relationships, business/career choices, finances, or any other aspect of your life is not intended to be a substitute for the professional medical advice, diagnosis or treatment provided by your own Medical Provider or Mental Health Provider. You agree and acknowledge that I am not providing medical advice, mental health advice, or religious advice in any way. Always seek the advice of your own Medical Provider and/or Mental Health Provider regarding any questions or concerns you have about your specific health or any medications, herbs or supplements you are currently taking and before implementing any recommendations or suggestions from our Website. Do not disregard medical advice or delay seeking medical advice because of information you have read on this Website. Do not start or stop taking any medications without speaking to your own Medical Provider or Mental Health Provider. If you have or suspect that you have a medical or mental health problem, contact your own Medical Provider or Mental Health Provider promptly. The information contained on this Website has not been evaluated by the Food and Drug Administration.

No Guarantees

My role is to support and assist you in reaching your own goals, but your success depends primarily on your own effort, motivation, commitment and follow-through. I cannot predict and I do not guarantee that you will attain a particular result, and you accept and understand that results differ for each individual. Each individual’s results depend on his or her unique background, dedication, desire, motivation, actions, and numerous other factors. You fully agree that there are no guarantees as to the specific outcome or results you can expect from using the information you receive on or through this Website.

Assumption of Risk

As with all situations, there are sometimes unknown individual risks and circumstances that can arise during use of my Website that cannot be foreseen that can influence or reduce results. You understand that any mention of any suggestion or recommendation on or through my Website is to be taken at your own risk, with no liability on my part, recognizing that there is a rare chance that illness, injury or even death could result, and you agree to assume all risks.

Limitation of Liability

By using this Website, you agree to absolve me of any liability or loss that you or any other person may incur from use of the information, products or materials that you request or receive through or on my Website. You agree that I will not be liable to you, or to any other individual, company or entity, for any type of damages, including direct, indirect, special, incidental, equitable or consequential loss or damages, for use of or reliance on my Website. You agree that I do not assume liability for accidents, delays, injuries, harm, loss, damage, death, lost profits, personal or business interruptions,

misapplication of information, physical or mental disease or condition or issue, or any other type of loss or damage due to any act or default by me or anyone acting as our agent, consultant, affiliate, joint venture partner, employee, shareholder, director, staff, team member, or anyone otherwise affiliated with my business or me, who is engaged in delivering content on or through this Website.

Indemnification and Release of Claims

You hereby fully and completely hold harmless, indemnify and release me and any of my agents, consultants, affiliates, joint venture partners, employees, shareholders, directors, staff, team members, or anyone otherwise affiliated with my business or me from any and all causes of action, allegations, suits, claims, damages, or demands whatsoever, in law or equity, that may arise in the past, present or future that is in any way related to my Website.

No Warranties

I MAKE NO WARRANTIES RELATED TO THE PERFORMANCE OR OPERATION OF MY WEBSITE. I MAKE NO REPRESENTATIONS OR WARRANTIES OF ANY KIND, EXPRESS OR IMPLIED, AS TO THE INFORMATION, CONTENT, MATERIALS, PROGRAMS, PRODUCTS OR SERVICES INCLUDED ON OR THROUGH THE WEBSITE. TO THE FULL EXTENT PERMISSIBLE BY APPLICABLE LAW, I DISCLAIM ALL WARRANTIES, EXPRESS OR IMPLIED, INCLUDING IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE.

Errors and Omissions

Although every effort is made to ensure the accuracy of information shared on or through this Website, the information may inadvertently contain inaccuracies or typographical errors. You agree that I am not responsible for the views, opinions, or accuracy of facts referenced on or through my Website, or of those of any other individual or company affiliated with my business or me in any way. Because scientific, technology and business practices are constantly evolving, you agree that I am not responsible for the accuracy of my Website, or for any errors or omissions that may occur.

No Endorsement

References or links in my Website to the information, opinions, advice, programs, products or services of any other individual, business or entity does not constitute my formal endorsement. I am merely sharing information for your own self-help only. I am not responsible for the website content, blogs, e-mails, videos, social media, programs, products and/or services of any other person, business or entity that may be linked or referenced in my Website. Conversely, should my Website link appear in any other individual's, business's or entity's website, program, product or services, it does not constitute my formal endorsement of them, their business or their website either.

Terms of Use

These terms and conditions govern your use of this website; by using this website, you accept these terms and conditions in full and without reservation. If you disagree with

these terms and conditions or any part of these terms and conditions, you must not use this website. You must be at least 18 [eighteen] years of age to use this website. By using this website and by agreeing to these terms and conditions, you warrant and represent that you are at least 18 years of age.

From our website, you can visit other websites by following hyperlinks to such external sites. While we strive to provide only quality links to useful and ethical websites, we have no control over the content and nature of these sites. These links to other websites do not imply a recommendation for all the content found on these sites. Site owners and content may change without notice and may occur before we have the opportunity to remove a link which may have gone “bad”.

This website is provided “as is” without any representations or warranties, express or implied. We accept no responsibility for any information posted to this website by visitors and/or third parties in the Comments section of our Blog Post Page. This website and its owner make no representations or warranties in relation to this website or the information and materials provided on this website, which are provided for information purposes only.

By using this website, you hereby consent to the disclaimer and agree to all terms, policies, and conditions.

Affiliate Notice

This website may, from time to time, endorse various products and/or services that we believe will benefit you in your quest for improving your life and health. It may be true that this website and its owner will receive compensation for these endorsements should you choose to purchase said products or services. In fact, in such cases, you should assume that we are an affiliate and will be compensated. Please note that I am highly selective and I only promote the partners whose programs, products and/or services I respect. At the same time, you agree that any such promotion or marketing does not serve as any form of endorsement whatsoever. You are still required to use your own judgment to determine that any such program, product or service is appropriate for you. You are assuming all risks, and you agree that I am not liable in any way for any program, product or service that I may promote, market, share or sell on or through my Website.

By using this website, you hereby consent to the disclaimer and agree to all terms, policies, and conditions.

By using this website, you hereby consent to the disclaimer and agree to all terms, policies, and conditions.