

## **DISCLAIMER**

Drawing on my background, training, skills, and life experiences, I support my clients—spiritually, mentally, emotionally, and physically. I am not a medical doctor, dietitian, or nutritionist. I do not hold a degree in medicine, dietetics, or nutrition. I make no claims to any specialized medical training nor do I dispense medical advice or prescriptions.

This content is not intended to diagnose or treat any diseases. It is intended to be provided for informational, educational and self-empowerment purposes ONLY.

Please consult your doctor if you have any questions regarding a low carb/keto dietary lifestyle program and then make your own well-informed decisions based on what is best for your unique genetics, culture, conditions, and stage of life.

As with most digital and print offerings from audio and eBook retailers, there are no refunds on programs or products that can be downloaded, viewed, copied, or stored in an electronic format. This is an industry standard. Therefore, any program is non-refundable, so please read the full program details and FAQs before purchasing any program or product.

If you are an Institute for Integrative Nutrition (IIN) former/current/alumni student or other wellness professional that has purchased any program from NoFOMO Foods, for your own personal use, and you decide not to use it, you agree that you cannot sell to, share or exchange any of this copyrighted material with any other IIN former/current/alumni student nor any other health and wellness professional, customer or client. This material is strictly for your personal use and benefit; therefore, no part of it can be used in any other business manner including but not limited to reselling of information within your practice.

All materials are copyrighted and remain the property of their respective owners (NoFOMO Foods Ltd). Materials might be made available to the private group forums by email or any other means may not be distributed in any fashion, print or electronic, without expressed written permission from NoFOMO Foods & Wellbeing Programs such as Prolongevity Wellness. Thank you for your understanding.

**PLEASE NOTE: ALL CONTENT WITHIN THIS WEBSITE IS BASED ON MY PERSONAL KNOWLEDGE, OPINIONS AND EXPERIENCE AS A HEALTH & WELLBEING COACH. PLEASE CONSULT YOUR DOCTOR REGARDING MEDICATIONS OR MEDICAL ADVICE.**