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**Not Medical, Mental Health, or Religious Advice.** The information provided in or through my Website, Programs, Products and Services is not intended to be a substitute for professional medical advice, diagnosis or treatment that can be provided by your own Medical Provider (including doctor/physician, nurse, physician’s assistant, or any other health professional), Mental Health Provider (including psychiatrist, psychologist, therapist, counselor, or social worker), registered dietitian or licensed nutritionist, or member of the clergy. I am not providing health care, medical or nutritional therapy services or attempting to diagnose, treat, prevent, or cure in any manner whatsoever any physical ailment, or any mental or emotional issue, disease, or condition. You agree and acknowledge that I am not providing medical advice, mental health advice, or religious advice in any way.

**Not Holding Self Out.** In this capacity as a Holistic Nutrition Coach, I am not holding myself out to be a Medical Provider (including doctor/physician, nurse, physician’s assistant or any other health professional), Mental Health Provider (including psychiatrist, psychologist, therapist, counselor, or social worker), registered dietitian or licensed nutritionist, or member of the clergy. Rather, I serve as a trainer, educator, certified coach, ally, mentor, motivator and guide who helps you reach your own wellness goals by giving you tools to implement incremental, positive, sustainable changes so you can live a healthier lifestyle with greater vitality.

**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. Always seek the advice of your doctor/physician, nurse practitioner, physician's assistant, Mental Health Provider, or another health care professional regarding any questions or concerns you have about your specific health situation, including but not limited to, physical or mental health issues such as possible or actual pregnancy, inflammatory joint conditions, prior or existing injury, chronic pain, diabetes, high blood pressure, heart or lung condition, or any medications you are currently taking. I advise you to speak with your own Medical Provider or Mental Health Provider before implementing any suggestions obtained through my 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. Do not disregard professional medical advice or delay seeking professional advice because of information you have read on this Website or received from me. Do 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, contact your own Medical Provider or Mental Health Provider promptly.

**Your Full Disclosure to Me.** You agree to fully disclose to me in writing any specific health situation and physical or mental health issues, including but not limited to, possible or actual pregnancy, inflammatory joint conditions, prior or existing injury, chronic pain, diabetes, high blood pressure, heart or lung condition, or any medications, herbs or supplements you are currently taking prior to the start of using any aspect of my Website, Programs, Products or Services, whether provided by me or affiliated with me.

**Personal Responsibility.** I aim to accurately represent the information provided by or through my Website, Programs, Products and Services. You acknowledge that you are participating voluntarily in using my Website, Programs, Products and Services, and you alone are solely and personally responsible for your choices, actions, and results. You acknowledge that you take full responsibility for your health, life, and well-being, as well as the health, lives and well-being of your family and children (where applicable), for all decisions now and in the future.

**No Guarantees.** My role is to support and assist you in reaching your own wellness and lifestyle 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 for each individual. Each individual's health and

wellness success depends on his or her unique background, dedication, desire, motivation, and actions. As with any healthy lifestyle or fitness-related program, product or service, your results may vary, and will be based on many variables, including but not limited to, your physical body, body chemistry, daily demands, energy expenditure, stage of life, individual capacity, life experience, unique health and genetic profile, starting point, range of motion, expertise, and level of commitment.

**Testimonials.** I present real world experiences, testimonials, and insights about other people's experiences for purposes of illustration only. The testimonials, examples, and photos used are of actual clients and results they personally achieved. Each client has approved these testimonials, examples, and photos for use in materials to speak to my Program, Product and/or Services, but they are not intended to represent or guarantee that current or future clients will achieve the same or comparable results. Rather, these client stories represent what is possible with my Programs, Products and/or Services. Each of these unique stories, and any and all results reported in these stories by my clients, are the culmination of numerous variables, some of which I cannot control.

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**Questions.** If you have any questions about this Disclaimer, please contact me at [hello@tania-inara.com](mailto:hello@tania-inara.com).