

MEDICAL DISCLAIMER

I am not acting as a medical professional. As a health and wellness coach, I am not providing healthcare, medical, or nutritional therapy services or attempting to diagnose, treat, prevent, or cure any physical, mental, or emotional issues.

The information provided on *HolisticWellnessandCoaching.com* or are given during an initial consultation and or subsequent coaching sessions is for informational purposes only and is not intended to substitute professional medical advice, diagnoses, or treatment. Always seek advice from your physician or other qualified healthcare provider before undertaking a new health regimen.

Do not disregard medical advice or delay seeking one because of information you read on *HolisticWellnessandCoaching.com* or are given during an initial consultation and or subsequent coaching sessions. Do not start or stop any medications without speaking to your medical or mental health provider first.

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