

## Medical Disclaimer

All information contained within this program is for informational purposes only. It is not intended to diagnose, treat, or prescribe medical advice – nor is it intended to replace the advice of a qualified medical practitioner. No action should be taken solely on the contents of this program.

Always consult your physician or other qualified health professional on any matters regarding your health or on any opinions expressed in this program. The information provided within this program is believed to be accurate based on the best judgment of the author, but the reader is responsible for consulting with his or her own health professional on any matters raised within.

We do not assume liability for the information contained within this guide, be it direct, indirect, consequential, special, exemplary, or other.

It is advisable to consult with your physician before changing your diet or starting an exercise program of any kind.