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As a health coach, I am not a medical professional and I do not provide healthcare, medical services or attempt to diagnose, treat, prevent, or cure any physical, mental, or emotional issue. I do not provide a medical second opinion or in any way attempt to alter the treatment plans or therapeutic goals/recommendations of your personal physician. I am not a counsellor or therapist and do not provide mental health treatment or therapy.

The information provided 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 providers before undertaking a new health regimen.

Do not disregard medical advice or delay seeking medical advice because of the information you read on this website. Do not start or stop any medications without speaking to your medical or mental health provider.

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