

# Disclaimer — MindfullyEat.com

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The information provided on MindfullyEat.com (“we,” “our,” or “us”) is for educational and informational purposes only and is not intended as medical, nutritional, psychological, or professional advice.

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## Not Medical or Health Advice

The content on this website, including blog posts, resources, courses, journals, and emails, is based on personal experience, research, and general wellness principles.

It is not a substitute for professional advice from a qualified healthcare provider.

Always consult your physician or other qualified professional regarding any medical condition, dietary change, pregnancy-related concern, or health question.

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## Personal Responsibility

By using this website, you acknowledge that:

- You are responsible for your own health decisions
  - You will use your own judgment before applying any information
  - Results may vary for each individual
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## No Guarantees

We do not guarantee any specific outcomes related to weight loss, health changes, emotional well-being, or lifestyle transformation.

Your success depends on many factors beyond our control.

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## **Mental and Emotional Well-Being**

Mindful eating can involve emotional and behavioral changes. If you are experiencing disordered eating, severe anxiety, depression, or other mental health concerns, please seek professional support.

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## **External Links**

This website may contain links to third-party websites. We are not responsible for the content, policies, or practices of those sites.

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## **Testimonials and Experiences**

Any testimonials or personal stories shared reflect individual experiences and do not guarantee similar results for others.

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## **Affiliate and Product Disclosure (Optional — keep if needed)**

We may recommend products or services that we personally use or believe may be helpful. We may receive compensation at no additional cost to you.

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## **Contact**

If you have questions about this disclaimer, you may contact:

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