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The advice, and interactions presented on this website and in our products and services are solely for informational and educational purposes, in the area of improving health, wellness, and lifestyle.

The information supplied is meant to serve as tools for self-help for personal use at your own discretion in conjunction with medical professionals, therapists, or other licensed professionals.

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Our role is to support and assist you in feeling better, improving your fitness level, eating healthy and reaching your goals, but your success depends on your own effort, motivation, commitment, and follow-through.

You alone are solely and personally responsible for your results, and your background, dedication, desire, motivation, individual capacity, life experience, unique health and genetic profile, starting point, and expertise will impact your results.

Application of the principles outlined here may vary from person to person and you accept the risk that your results may be different. We cannot and do not guarantee that you will attain a particular result.

Do not disregard professional advice or delay seeking professional advice because of information you have read on our website or received from us.

### **FROM MARIE EGYED:**

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Do not self-diagnose. Do not stop taking any medications without speaking to your physician or health care professional. If you have or suspect that you have a medical problem, contact your health care provider promptly.