

# **DISCLAIMER**

## **V1: THE SERIOUS VERSION**

This website/blog/email series is an educational and informational resource for individuals. It is not a substitute for working with a medical consultant or other professional. I cannot guarantee the outcome of following the recommendations provided and any statements made regarding the potential outcome are expressions of opinion only. I make no guarantees about the information and recommendations provided herein. By continuing to use/ read/participate in this website/blog/email series you acknowledge that I cannot guarantee any particular results, as such outcomes are based on subjective factors that are not within my control. Therefore, following any information or recommendations provided on this website/blog/email series are at your own risk. If you need medical advice, you should hire a medical consultant or other professional.

## **V2: THE CHEEKY VERSION**

Dude, health is risky. And while I love using my experiences, and the experiences of countless other mentors I know including Dr. Wilson and Dr. Freiling, have worked with and helped, health is still risky. So my advice doesn't come with any guarantees. You get that, right? Cool. Oh, and if you need professional help, consider hiring a medical consultant. Preferably one with a suit and briefcase.

# **ADVICE: HEALTH, FITNESS AND ANYTHING ELSE YOU'RE GIVING YOUR OPINION ABOUT**

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## **V2: THE CHEEKY VERSION**

Thanks for visiting! My blog is a resource guide for educational and informational purposes. (And sometimes venting about inappropriate topics such as bikini diet plans and/or individuals who wear Vibram Five Fingers to dinner parties. You know--the usual.) To write my articles, I use my experiences, the experiences of others and various other resources including but not limited to the wild wild web, strength training courses, nutritional courses, the Encyclopedia Britannica (what? you didn't

buy the extended library collection of 1989?) and/or The Bible. (Kidding. But maybe not.) That said, my advice doesn't come with any guarantees. By visiting this site, you're essentially signing a contract that says that you understand that I make no guarantees, and you won't try to sue me or report me to the secret service. Because that? Would be awkward.

## **THE "I'LL GIVE YOU MY OPINION ABOUT YOUR SITUATION BUT DON'T SUE ME" DISCLAIMER**

### **V1: THE SERIOUS DISCLAIMER**

The complimentary advice provided herein is based on an abbreviated examination of the minimal facts given, not the extensive analysis I conduct when working with individual clients. Therefore, this advice is not a substitute for working with a health professional. I cannot guarantee the outcome of following the advice provided and my statements about the potential outcome are expressions of opinion only. Following the advice provided is at your own risk. Consider hiring a medical or health professional or other professional to assist you with this issue.

### **V2: THE CHEEKY DISCLAIMER**

Of course, this is based on me taking a quick look, sans magnifying glass, as a favor--and not the usual review and analysis of all documents and factors that I would consider when working with you as a traditional paid client. (You also miss out on my witty emails and me showering you with compliments.) That said, my advice and opinion is taken into account at your own risk, but for a proper analysis, hire a doctor/other licensed professional--preferably one with a fancy certificate on their wall. Because who doesn't like a fancy certificate?

## **PROFESSIONAL GIVING ADVICE OVER THE PHONE/INTERNET**

### **V1: THE SERIOUS VERSION**

By participating in this consulting session over the phone/ web, you acknowledge that, though I am a qualified and insured professional, I am unable to conduct the extensive analysis that I would in an in-person setting. Therefore, the advice I provide during our consulting sessions is not intended nor implied to be a substitute for in-person professional advice [or treatment]. The information provided in the consulting session should not be considered a substitute for in-person evaluation by a doctor/ therapist to address your individual needs.

### **V2: THE CHEEKY VERSION**

Technology is great, and so are phones/Skype/video chats. However, they can also be a little, say,

limiting. Without consulting with you in person, the dynamics change a little bit, and I can't conduct the extensive analysis that I would in an inperson setting. (Or buy you coffee at Starbucks.) Therefore, our conversation should not be considered a substitute for an in-person evaluation by a doctor or therapist.

## **LIFE COACH OR OTHER COACHES**

### **V1: THE SERIOUS VERSION**

By participating in/reading my coaching service/website/blog/email series, you acknowledge that I am not a licensed psychologist or medical professional and my services do not replace the care of psychologists or other medical professionals. Coaching is in no way to be construed or substituted as psychological counseling or any other type of therapy or medical advice. I will at all times exercise my best professional efforts, skills and care. However, I cannot guarantee the outcome of coaching efforts and/or recommendations on my website/blog/email series and my comments about the outcome are expressions of opinion only. I cannot make any guarantees other than to deliver the coaching services purchased as described.

### **V2: THE CHEEKY VERSION**

I'm an expert at what I do. I've got the street cred. The experience. The skills. And the qualifications. However, we should probably give a group nod to the fact that I am not a licensed psychologist or medical professional, and my services don't replace the care of psychologists or other healthcare professionals. (Though I do own a pretty impressive brown leather couch, thankyouverymuch.) With that comes the standard eye-glaze inducing disclaimer that, no, I cannot actually guarantee the outcome of our coaching efforts and/or recommendations on my website/blog/email series, and my comments about the outcome are expressions of (my very personal) opinion only. I can guarantee you this, however: I will do my best to coach you, and I'll do everything in my power to help.

## **AFFILIATE LINKS DISCLAIMER**

### **V1: THE SERIOUS VERSION**

Some of the links contained in this article/website/newsletter are affiliate links. This means that I may receive a commission if you click on the link and make a purchase from the affiliate. I only recommend products and services that I know or trust to be of high quality, whether an affiliate relationship is in place or not.

### **V2: THE CHEEKY VERSION**

Guess what? If you click on a link that I've provided, it might be a link to someone who will give me a commission if you buy something from their site. That means that I might get paid if you click on that

link. And the reason why I'm telling you this is because I want to be upfront with you, and because it's illegal not to. (So, you know, right side of the law and all.) That said, I promise to use any affiliate commissions earned for good causes: Things like reinvesting in this business to bring you even better resources, and quite possibly at least one Sunday trip to the zoo. Because...zoos. Only kidding.

## **PRODUCT DESCRIPTIONS**

### **V1: THE SERIOUS VERSION**

I aim to describe and display my products as accurately as possible. However, I cannot guarantee that they will be completely accurate due to packaging updates etc. Likewise, I cannot guarantee their uses for your particular circumstances and purposes. Please do not accept that the product descriptions contained on this website/blog/newsletter are entirely accurate, current, or error-free. Occasionally, I may correct errors in pricing and merchandise descriptions.

### **V2: THE CHEEKY VERSION**

We love our products, and we hope you do, too. That said, sometimes we might slip up, and sometimes, errors happen. Things like pricing or merchandise descriptions get mixed up, and then we look bad. While that stinks, what's most important to us is that you're happy. So while we can't guarantee that all information on the site is always 100% accurate at any given time, if you do notice a mistake? Please don't hesitate to contact us and let us know. Since we can't guarantee the products for your particular circumstances or purposes,, we can guarantee that we'll give you the best customer service we can to remedy the situation.