

# Course Disclaimer

The information provided in this course, delivered by **Nicole Sabella** in collaboration with **Hannah Martin**, is for educational and informational purposes only. It is not intended as, and should not be considered a substitute for, professional medical, nutritional, or psychological advice, diagnosis, or treatment.

You should always seek the guidance of a qualified healthcare professional (doctor, dietitian, or mental health practitioner) before making any changes to your diet, exercise routine, or mental health practices.

By participating in this course, you acknowledge and agree that:

- The content is based on general knowledge and professional experience, but may not be suitable for every individual.
- Results will vary from person to person and cannot be guaranteed.
- You are responsible for making decisions that are appropriate for your personal health and circumstances.
- Neither Nicole Sabella, Hannah Martin, nor any parties involved in creating or delivering this course are liable or responsible for any loss, injury, or adverse effects you may experience as a result of applying the information provided.

If you experience any health concerns, emotional distress, or unexpected changes while following the course, please seek immediate professional advice.

By enrolling in and engaging with this course, you confirm that you understand and agree to these terms.