

LIGHTERYOU TERMS OF USE

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NUTRITION

The dietary approach present in LighterYou online courses is for general weight loss purposes only.

If you have or suspect you may have medical issues which may be affected by certain foods, or find you may be experiencing side effects, you should promptly contact your health care provider.

LighterYou is not suitable to people with specific disorders, such as those of the Autoimmune spectrum; nor it is suitable for people with diagnosed lbs, lbd, Diabetes and/or eating disorders.

LighterYou is not suitable for vegans.

It is your responsibility to check if you have sensitivities, intolerances or allergies to specific foods and avoid those foods.

If you are taking medication, it is your responsibility to check each medication against any interactions with foods.

We are not responsible for the ingestion of any food or food products that are out of date, mouldy, spoiled or contaminated. Please take extra when preparing food.

Any statements regarding dietary claims are to be used at your discretion and are not intended to diagnose, treat, cure or prevent any disease.

LIFESTYLE

The lifestyle suggestions present in LighterYou online courses are provided for educational and informational purposes only. It is your responsibility to exert extra care if you have a disability or injuries and to gauge the safety of adopting the lifestyles suggested within your personal physical limitations.

HYPNOSIS & HYPNOTHERAPY

Hypnosis and hypnotherapy are interchangeable terms used to describe self-improvement processes that facilitate access to internal resources to help people to change their mindset and/or alter behaviours and/or attitudes that contribute towards positive change using positive suggestions.

All hypnosis audio files must be listened to whilst sitting or lying down, with your body, including your head and neck supported. Do not listen to the hypnosis audio files whilst driving, operating heavy machinery or doing anything other than relaxing quietly.

Hypnosis and hypnotherapy are not the practice of clinical medicine, clinical psychology or psychiatry, and are not in any way intended to be a replacement or substitute for diagnosis or treatment of any complaint or ailment.

Persons with an ailment or physical complaint are advised to see their physician first for treatment, and use hypnosis and hypnotherapy as an adjunct to medical treatment. Persons with mental disabilities or mental illnesses should seek psychiatric care and avoid using hypnosis and hypnotherapy unless with their prescribing physicians support. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of using this website. If you think you may have a medical emergency, please go to your nearest A&E department, or call your doctor immediately.

Hypnosis and hypnotherapy employ and teach skills for self-improvement; therefore their effectiveness depends on the client. No guarantee can be made regarding the results achievable. The information contained in this website is for general information purposes only.

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We cannot and do not guarantee that you will attain a specific or particular result and you accept the risk that results differ for each individual. The health, lifestyle and nutrition success depends on each individual's background, dedication, desire, and motivation.

As with any health-related program or service, your results may vary, and will be based on many variables, including but not limited to, your individual capacity, life experience, unique health and genetic profile, starting point, expertise, and level of commitment.

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