

Terms and Conditions for Nourish From Within Health Coaching Newsletter Subscription

These Terms and Conditions ("Terms") govern your subscription to the health coaching newsletter ("Newsletter") provided by Nourish From Within Health Coaching ("Coach"). By subscribing to the Newsletter, you agree to these Terms.

1. Nature of Newsletter

The Newsletter provides general health and wellness information, tips, recipes, and motivational content for educational purposes only. It is not intended to replace professional medical advice, diagnosis, or treatment.

2. Coach's Role

The Coach is a certified health coach trained to provide guidance and support in making positive lifestyle changes. The Coach does not provide medical, nutritional, or psychological therapy or services. The information provided in the Newsletter is not meant to substitute professional healthcare advice.

3. Client Responsibility

You acknowledge that the Newsletter is not a substitute for professional medical advice, diagnosis, or treatment. Any decisions you make based on information from the Newsletter are at your own risk. If you have specific healthcare concerns or conditions, you should consult with your healthcare provider before making any changes to your diet, lifestyle, or health regimen.

4. Release of Claims

You release the Coach from any and all claims, liabilities, or damages arising from or related to your use of the Newsletter, except where such claims arise from the Coach's gross negligence.

5. Confidentiality

The Coach respects your privacy and will keep your subscription information confidential. Your information will not be shared with third parties without your written consent, except where required by law.

6. Consent to Receive Communications

By subscribing to the Newsletter, you consent to receive communications from the Coach, including newsletters, updates, and promotional offers. You can unsubscribe from these communications at any time by following the unsubscribe instructions in the Newsletter.

7. Modifications

The Coach reserves the right to modify or update these Terms at any time. Any changes will be effective immediately upon posting the revised Terms on the Coach's website or notifying you via email.

8. Governing Law

These Terms shall be governed by and construed in accordance with the laws of State of Oregon, without regard to its conflict of law principles.

9. Contact Information

If you have any questions about these Terms or the Newsletter, please contact info@nourishfromwithinhealth.com.

10. Copyright and Use of Content

- All content provided in the Newsletter, including but not limited to articles, recipes, graphics, and videos, is the intellectual property of the Coach and is protected by copyright laws.
- You may use the content solely for your personal, non-commercial use. You may not reproduce, distribute, modify, or create derivative works from the content without the Coach's prior written consent.

11. Disclaimer of Warranty

- The Coach makes no warranties or representations about the accuracy, completeness, or reliability of the information provided in the Newsletter. The content is provided "as is" and "as available" without any warranty of any kind.

12. Limitation of Liability

- To the fullest extent permitted by law, the Coach shall not be liable for any indirect, incidental, special, consequential, or punitive damages, including but not limited to loss of profits, loss of data, or other intangible losses, arising out of or in connection with your use or inability to use the Newsletter.

13. User Conduct

- You agree to use the Newsletter in accordance with applicable laws and regulations. You shall not use the Newsletter for any unlawful purpose or in any way that could damage the Coach's reputation.

14. Termination

- The Coach reserves the right to terminate or suspend your subscription to the Newsletter at any time without prior notice for any reason, including but not limited to your breach of these Terms.

15. Entire Agreement

- These Terms constitute the entire agreement between you and the Coach regarding your subscription to the Newsletter, superseding any prior agreements or understandings, whether written or oral.

16. Severability

- If any provision of these Terms is found to be invalid or unenforceable, the remaining provisions shall continue to be valid and enforceable to the fullest extent permitted by law.

17. Waiver

- The failure of the Coach to enforce any right or provision of these Terms shall not constitute a waiver of that right or provision.

18. Amendments

- These Terms may only be amended or modified by the Coach. Amendments will be effective immediately upon posting on the Coach's website or notifying you via email.

By subscribing to the Newsletter, you acknowledge that you have read, understood, and agree to these Terms.