

Disclaimers:

I am a Board Certified Holistic Health Practitioner with the American Association of Drugless Practitioners. I received my training from The School of Functional Medicine lead by Tracy Harrison, also the Institute of Integrative Nutrition in New York, NY, USA, where I studied over 100 dietary theories, practical lifestyle management techniques, and innovative coaching methods with some of the world's top health and wellness experts, including Dr. Andrew Weil, Dr. Deepak Chopra, Dr. David Katz, Dr. Walter Willett, Dr. Mark Hyman, Dr. Alejandro Junger, Dr. John Douillard, Dr. Liz Lipski, Dr. Josh Axe, Donna Gates, and many other leading researchers and nutrition authorities.

Drawing on my background, training, skills, and life experiences, I support my clients of Living Your Best Life Right Now spiritually, mentally, emotionally, and physically.

I am not a medical doctor, dietician, nor nutritionist. I do not hold a degree in medicine, dietetics, or nutrition. I make no claims to any specialized medical training, nor do I dispense medical advice or prescriptions. This content is not intended to diagnose or treat any diseases. It is intended to be provided for informational, educational, and self-empowerment purposes ONLY. Please consult with your doctor or wellness team if you have any questions regarding this whole foods program, and then make your own well-informed decisions based upon what is best for your unique genetics, culture, conditions, and stage of life.

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PLEASE NOTE: All contents within this guide are based on my personal knowledge, opinions, and experience as a holistic health coach. Please consult a medical advisor regarding medications or medical advice.

To Your Divine Health!

Ellen

