

Eat Drink Live Well Method Terms and Conditions

This Agreement (“Agreement”) governs the policies and terms and conditions for the clients (“Client”) of The Eat Drink Live Well Method (“EDLW Method”) created and facilitated by Eat Drink Live Well Clinic LLP (the “Company”).

By purchasing the EDLW Method you are acknowledging and confirming that you, the Client will abide by the terms and conditions set out in this Agreement

The EDLW Method

The EDLW Method is a 12 week online group coaching program. Individual advice on health symptoms or supplements is not provided as part of this programme; a one to one Eat Drink Live Well Clinic appointment is required for personal advice.

During the Eat Drink Live Well Method we undertake to counsel and educate you on appropriate, therapeutic lifestyle and dietary modifications which may include food plans, exercise, sleep and stress management recommendations.

Success of your Eat Drink Live Well Clinic programme is not guaranteed. Movement towards, and achievement of your health goals is dependent on many factors, including the amount of effort you put into your programme as well as compliance with the recommendations given.

The EDLW Method is based on the principles of Functional Medicine and Nutritional Therapy (Functional Nutrition)

Functional Medicine is an integrative approach to health. It creates a focus on prevention through nutrition, diet and exercise. Functional Medicine makes use of the latest functional laboratory testing. We frequently work with and make referrals to the medical profession. We make, as appropriate, recommendations for botanical medicines, supplements, therapeutic diets, detoxification programmes, stress management techniques and other lifestyle modifications.

Nutritional Therapy (Functional Nutrition) is the application of nutrition science in the promotion of health, peak performance and individual care. Nutritional Therapy and Functional Nutrition practitioners use a wide range of tools to assess and identify potential nutritional imbalances and understand how these may contribute to an individual's symptoms and health concerns. This approach allows them to work with individuals to address nutritional balance and help support the body towards maintaining health.

Functional Nutrition emphasises the importance of high quality foods and phytonutrient diversity to address clinical imbalances and move individuals towards the highest expression of health. Advanced nutrition assessment and a thorough Functional Medicine based history and analysis leads to a personalised therapeutic intervention created to promote optimal health and prevent diet and lifestyle- related disease.

Functional Nutrition or Nutritional Therapy is recognised as a complementary medicine and is relevant for individuals with chronic conditions, as well as those looking for support to enhance their health and wellbeing.

Access to the EDLW Method

The EDLW Method Start Date is defined as the date of payment.

The Client will have lifetime access to the EDLW Method Programme but participation in the EDLW Method Facebook Group and Group Coaching Calls is limited to 16 Weeks from the EDLW Method Client Start Date.

After the EDLW Method is over the Client may have the opportunity to continue in the Eat Drink Live Well Membership Hub, where additional fees apply and a different contract will be provided.

The Company has the right to modify the EDLW Method at any time for any reason and will ensure that the Client is provided with applicable updates if they are within the EDLW Method duration.

Coaching Calls

It is the Client's responsibility to turn up for the coaching calls each week. If the Client is unable to attend the call they will be able to watch the recorded call in the EDLW Facebook Group each week.

Customer Service and Communication

The Client should contact support@eatdrinklivewell.com for technical or software related questions about the EDLW Method.

All other communications about the EDLW Method content should be made within the EDLW Method Facebook Group.

The Eat Drink Live Well Clinic Hours of Business

Normal Eat Drink Live Well Clinic working hours are Monday to Friday 9.00am-4pm. Exceptions to these hours will be included in email Out of Office Notifications. Emails will not be responded to out of those times and we will do our best to respond to emails within two working days of receipt.

EDLW Method Requirements

In order to gain the most out of the EDLW Method the Client will need to complete functional medicine intake forms before starting the EDLW Method. Links to complete these forms will be provided by the Company. Links will also be supplied for progress monitoring purposes at the end of the programme.

Refund Policy

No refunds of any kind will be issued for the EDLW Method after purchase

Food Supplements

Food Supplements may be discussed or recommended on a general basis as part of the EDLW Method.

The purpose of individualised supplement recommendations is to aid the intake of dietary nutrients, helping to supply nutrition to support physiological and biomechanical processes of the human body. Technically, vitamins, minerals, trace elements, amino acids, herbs and other remedies are not classified as drugs. However these substances can have significant effects on physiology. Use of nutritional supplements may be safely recommended for clients already using pharmaceutical medications but some potentially harmful interactions may occur. For this reason it is important to keep all of your healthcare providers fully informed about all medications and nutritional supplements, herbs or hormones you may be taking.

If you experience any side effects from supplements it is important to stop them and to discuss with your healthcare provider. If you are taking supplements and you begin or change any medication or hormone treatments or herbs or other nutritional supplements or remedies it is important that you discuss this with your healthcare provider. If you develop health conditions or have existing health conditions it is important to discuss this with your healthcare provider before taking supplements.

Supplements differ in their quality and cost but any EDLW Method Supplement Recommendations are based on our experience and knowledge of particular brands and supplements. This includes the purity of the supplements, quality, bioavailability (ability to be properly absorbed and utilised by the body), effectiveness and predictability of results. The Eat Drink Live Well Clinic may receive commission on some (but not all) food supplements purchased with an Eat Drink Live Well Clinic Code from certain retailers or from www.eatdrinklivewel.com. In most cases this commission is shared with the client and any remaining commission received by the Eat Drink Live Well Clinic is used as reinvestment in Continuing Professional Development. You are under no obligation to purchase supplements through our recommended suppliers.

Confidentiality

The Client understands that given the group nature of the EDLW Method, including the Facebook Group that any discussions or any related EDLW Method discussions are to be held in strict confidence and cannot be shared, referred to or mentioned outside of the designated EDLW Method Facebook Group.

Intellectual Property

'Intellectual Property' which includes information relating to the EDLW Method's proprietary content, including but not limited to proprietary ideas, written content, graphic content, slide packs and technical concepts remains the sole property of the Company.

Clients do not have any right to reproduce in part or in whole any Intellectual Property for gift, resale or license to any third party. Clients will not use any of the Program Intellectual Property for their own business venture. Clients will not teach, discuss or reveal any of the

Program's Intellectual Property in part or in whole without the expressed written permission of the Company.

Consent

From time to time, the Client may be asked permission for use of Client likeness, program materials or files, video, audio, photos or marketing materials including presentations by the Company, to promote the EDLW Method. The Company agrees it will not use aforementioned Client materials without express permission from the Client.

If the Client agrees, the Client authorizes the Company to use and publish materials as they see fit on social media, websites and other distribution media. The Client will not receive monetary or royalty fees. The Client waives any right to inspect or approve the finished product, including written copy, wherein the Client's likeness or testimony for the EDLW Method appears.

The Client consents to be contacted by Eat Drink Live Well via email, including newsletters, information on upcoming events and relevant promotional offers. Consent can be withdrawn at any time by clicking on the unsubscribe link at the bottom of the email

Disclaimers

The Company does not warrant, either expressly or by implication, to any aspect of the EDLW Method nor is it responsible for the success of the EDLW Method. The Client confirms and agrees that they are wholly responsible for the progress and results and that the EDLW Method (and Company) offers no warranties or guarantees of results of any kind. The Company does not warrant or guarantee that the Client will achieve any level of result or success using any of the materials provided by or created by the EDLW Method. Any example success does not serve as a warranty or guarantee for any Client in the EDLW Method.

The EDLW Method does not recommend Nutritional Therapy as a replacement for medical advice and we require that the Client has discussed all health symptoms with a medical professional. We are not doctors and are not permitted to diagnose, or claim to treat, medical conditions. The EDLW Method is not a substitute for professional medical advice and/or treatment.

The Client accepts that the ultimate responsibility for your health care is your own. You are responsible for contacting your GP about any health concerns.

If you are receiving treatment from your GP, or any other medical provider, it is your responsibility to tell him/her about your participation in the EDLW Method. This is necessary because of possible reactions between medications and your programme.

Privacy Policy

Please review the Eat Drink Live Well Clinic Privacy Policy

<http://www.eatdrinklivewell.com/privacy-policy-2/>