

DISCLAIMER

Your health is your responsibility! Any educational information provided on this website, my articles & blog posts, posts on Facebook, Twitter, LinkedIn, Pinterest and Instagram, one-on-one sessions, classes, webinars and workshops with me is for you to use as you see fit. It does not constitute medical advice.

I (Heather Lee Donahue) am not a physician or psychologist, and the scope of my consultation services does not include treatment or diagnosis of specific illnesses or disorders. If you, the client, suspect you may have an ailment or illness that may require medical attention, then you are encouraged to consult with a licensed physician without delay. Only a licensed physician can prescribe drugs. Any mention of drugs in the course of consultation is only for the purpose of providing a complete history of drugs that the client is taking and not for me to judge the appropriateness of the medication. Any change in prescription or dosage is a decision the client makes with his or her physician.

Rather than dealing with treatment of disease, I focus on wellness and prevention of illness through the use of holistic nutritional therapies to achieve optimal health. As a

Holistic Nutritionist, I primarily educate and motivate clients to assume more personal responsibility for their health by adopting a healthy attitude, lifestyle, and food choices.

While people generally experience greater health and wellness as a result of embracing a healthier attitude, lifestyle, and diet, I do not promise or guarantee protection from future illness.

I am not to be held liable for failure to diagnose or treat an illness, nor will I be liable for failure to prevent future illness.