

Disclaimer

Introduction

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1 Consent

By using the Website, You hereby consent to this Disclaimer and agree to its terms.

We will not be liable for any damages experienced in connection with the use of Our Website.

If You do not agree with this Disclaimer, STOP now and do not access or use this Website.

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2 Content Disclaimer

We are not responsible or liable in any manner for any content posted on Our Website or in connection with Our Website, whether posted or caused by users of the Website or by Us. Although We provide rules for user conduct and postings, We do not control and are not responsible for what the users post, transmit or share on the Website, and are not responsible for any offensive, inappropriate, obscene, unlawful or otherwise objectionable content You may encounter on the Website. We are not responsible for the conduct, whether online or offline, of any user of Our Website.

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3 External Links Disclaimer

The Website may contain (or You may be sent through the Website links to other sites or content belonging to or originating from third parties or links to sites and features in banners or other advertising. We do not investigate, monitor, or check such external links for accuracy, adequacy, validity, reliability, availability or completeness.

We do not warrant, endorse, guarantee, or assume responsibility for the accuracy or reliability of any information offered by third-party websites linked through the Website or any site or feature linked in any banner or other advertising. We will not be a party to or in any way be responsible for monitoring any transaction between You and third-party providers of products or services.

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4 Affiliate Disclosure

This disclosure is intended to fully comply with the FTC's policy that requires Us to be transparent about any and all affiliate relations We may have on this Website. In plain English, You should assume that any and all links on this Website are affiliate links. If You click on these links and go visit the resulting site, a cookie will be set in Your web browser that will cause Us to receive a commission IF You purchase a product on the other end. This is a legitimate way to monetize and pay for the operation of sites and We gladly reveal Our affiliate relationships to You. **Clicking on our affiliate links will not incur any additional cost to you.** Our affiliates include MicroBalance.

We are a participant in the Amazon Services LLC Associates Program, an affiliate advertising program designed to provide a means for Us to earn advertising fees by linking to Amazon.com and affiliated websites. As an Amazon Associate I earn from qualifying purchases.

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5 Reviews

At various times, We may provide reviews of products, services, or other resources. This may include reviews of books, services, and/or software applications. Any such reviews will represent the good-faith opinions of the author of such review. The products and services reviewed may be provided to Us for free or at a reduced price as an incentive to provide a review.

Regardless of any such discounts, We will provide honest reviews of these products and/or services. You recognize that You should conduct Your own due diligence and should not rely solely upon any reviews provided on this Website.

We will disclose the existence of any discounts or incentives received in exchange for providing a review of a product. If You would like more information about any such discounts and incentives, send an email to sheila@redaspenwellness.com that includes the title of the reviewed product as the subject line. We will respond via email and disclose any incentives or discounts We received in association with any such review.

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6 Testimonials Disclaimer

The Website may contain testimonials from users of Our products and/or services. These testimonials reflect the real-life experiences and opinions of such users. However, the experiences are personal to those particular users, and may not necessarily be representative of all users of Our products and/or services. We do not claim, and You should not assume, that all users will have the same experiences. Your individual results may vary.

The testimonials on the Website are submitted in various forms such as text, audio and/or video, and are reviewed by Us before being posted. They appear on the Website verbatim as given by the users, except for the correction of grammar or typing errors. Some testimonials may have been shortened for the sake of brevity where the full testimonial contained extraneous information not relevant to the general public.

The views and opinions contained in the testimonials belong solely to the individual user and do not reflect Our views and opinions. We are not affiliated with users who provide testimonials, and users are not paid or otherwise compensated for their testimonials.

The testimonials on the Website are not intended, nor should they be construed, as claims that Our products and/or services can be used to diagnose, treat, mitigate, cure, prevent, or otherwise be used for any disease or medical condition. No testimonials have been clinically proven or evaluated.

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7 Health and Fitness Disclaimer

You should consult Your physician or other health care professional before starting this or any other fitness program to determine if it is right for Your needs. This is particularly true if You (or Your family) have a history of high blood pressure or heart disease, or if You have ever experienced chest pain when exercising or have experienced chest pain in the past month when not engaged in physical activity, smoke, have high

cholesterol, are obese, or have a bone or joint problem that could be made worse by a change in physical activity. Do not start this fitness program if Your physician or health care provider advises against it. If You experience faintness, dizziness, pain, or shortness of breath at any time while exercising You should stop immediately.

The Website offers health, fitness, and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace professional medical advice, diagnosis, or treatment. If You have any concerns or questions about Your health, You should always consult with a physician or other health-care professional. Do not disregard, avoid or delay obtaining medical or health-related advice from Your health-care professional because of something You may have read on this site. The use of any information provided on this site is solely at Your own risk.

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8 Medical Disclaimer

THE WEBSITE DOES NOT PROVIDE MEDICAL ADVICE. The contents of the Website, such as text, graphics, images, and other materials created by Us or obtained from Our licensors, and other materials contained on the Website are for informational purposes only. The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of Your physician or other qualified health providers with any questions You may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something You have read on the Website. We do not recommend or endorse any specific tests, physicians, products, procedures, opinions, or other information that may be mentioned on the Website. Reliance on any information provided by the Website, others appearing on the Website at the invitation of Website, or other visitors to the Website is solely at Your own risk. WE ARE NOT RESPONSIBLE NOR LIABLE FOR ANY ADVICE, COURSE OF TREATMENT, DIAGNOSIS OR ANY OTHER INFORMATION, SERVICES OR PRODUCTS THAT YOU OBTAIN THROUGH THIS WEBSITE.

The Website may not cover all possible drug interactions or all FDA warnings or alerts. Please check with a physician if You have health questions or concerns about interactions or go to the FDA for a comprehensive list of FDA warnings. Although We attempt to provide accurate and up-to-date information, no guarantee is made to that effect.

If You think You may have a medical emergency, call Your doctor or 911 immediately.

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9 No Professional Relationship Disclaimer

The Website cannot and does not contain professional advice. We do not provide any kind of professional advice. The information is provided for general informational and educational purposes only and is not a substitute for professional advice.

Accordingly, before taking any actions based upon such information, We encourage You to consult with the appropriate professionals. The use or reliance of any information contained on this Website is solely at Your own risk.

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10 Social Media Channel Disclaimer

Media posted on Our social media channels and/or Our Website is intended for a general overview and discussion of the subjects dealt with. We will accept no responsibility for any actions taken or not taken on the basis of this publication. All videos, podcasts, or any other media We publish remain Our copyright and all rights are reserved.

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11 Maps Policy

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12 Blog Disclaimer

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13 Price Disclaimer

Although We endeavour to ensure that all pricing information on the Website is accurate, occasionally an error may occur, and goods may be mispriced. If a pricing is discovered or an order is placed at the erroneous price We will, at Our discretion, either: contact You and ask You whether You wish to cancel Your

order or continue with the order at the correct price; or notify You that We have cancelled Your order. We will not be obliged to supply goods at the incorrect price.

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14 Youtube Video Disclaimer

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YouTube automatically provides related video links based on the subjects and keywords that users assign to their videos, so it is possible that an unrelated video link may appear and show on the Website, and that a viewer may feel that such content is in some way inappropriate. Anyone who has any concerns about this possibility is encouraged to avoid viewing YouTube videos on this Website.

YouTube may automatically show thumbnails of related videos that can be played in the embedded video player. In virtually all cases, the related videos will be directly on the subject of the video, although that can range from that subject to videos of other subjects. Again, We are not responsible for this content.

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15 Fair Use Notice

The Website contains copyrighted material the use of which has not always been specifically authorized by the copyright owner. We believe this constitutes a “fair use” of any such copyrighted material as provided for in section 107 of the US Copyright Law. If You wish to use copyrighted material from the Website for purposes of Your own that go beyond fair use, You must obtain permission from the copyright owner.

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16 Personal Responsibility

You acknowledge You are using Our Website voluntarily and that any choices, actions and results now and in the future are solely Your responsibility.

We will not be liable to You or any other party for any decision made or action taken in reliance on the information given in the Website.

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