

MEDICAL DISCLAIMER

The information on this website is not intended to be used as medical advice or to replace a one-on-one relationship with a qualified healthcare professional. The statements made on this website have not been evaluated by the Food and Drug Administration. Always work directly with a qualified medical professional before attempting to treat any illness or medical condition with diet and lifestyle, or when changing or discontinuing any prescription medications. Always check with your doctor before starting any new diet or fitness program.