

No-Nonsense Solutions For Your Child's Disruptive Behaviors **Terms & Conditions and Privacy Policy**

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LIMITATION OF LIABILITY

Mountain Family Holistic Nutrition, LLC shall not be liable for any special or consequential damages that result from the use of, or the inability to use, the materials on this Website or the performance of the products, even if **Mountain Family Holistic Nutrition, LLC** has been advised of the possibility of such damages. Applicable law may not allow the limitation of exclusion of liability or incidental or consequential damages, so the above limitation or exclusion may not apply to you.

FOR EDUCATIONAL AND INFORMATIONAL PURPOSES ONLY

The information provided in or through these Websites are for educational and informational purposes only and solely as a self-help tool for your own use.

CODE OF CONDUCT

You may not use **Mountain Family Holistic Nutrition, LLC** for any illegal or unauthorized purpose. In addition to the laws of **Virginia** and **the United States**, you also agree to comply with all local laws that apply to your use of the Websites. You may not use the Websites in any manner which could disable, overburden, damage, or impair the Websites, or interfere with any other party's use and enjoyment of the Websites. You agree that you are responsible for your own conduct and communications while using the Websites and for any consequences of that use. You agree that when using the Websites, you will not post or upload any inappropriate, promotional, defamatory, destructive, obscene, or unlawful content; defame, abuse, harass, or otherwise violate the legal rights (such as rights of privacy and publicity) of others or upload dangerous or harmful files. **Mountain Family Holistic Nutrition, LLC** reserves the right to remove individuals from our community in instances of misconduct.

NO GUARANTEES

Mountain Family Holistic Nutrition, LLC is to support and assist you in reaching your own goals, but your success depends primarily on your own effort, motivation, commitment, and follow-through. **Mountain Family Holistic**

Nutrition, LLC is unable to predict and offers no guarantee that you will attain a particular result, and you accept and understand that results differ for each individual. Each individual's results depend on his or her unique background, dedication, desire, motivation, actions, and numerous other factors. You fully agree that there are no guarantees as to the specific outcome or results you can expect from using the information you receive on or through these Websites.

PURCHASES AND SUBSCRIPTIONS

If you wish to purchase any product or service made available through the Website ("Purchase"), you may be asked to supply certain information relevant to your Purchase including, without limitation, your name, phone number, email address, physical address, credit card information and geographic location. Please view our **Privacy Policy** for more information on how we use your personal information. Some parts of ***No-Nonsense Solutions For Your Child's Disruptive Behaviors*** may be billed on a payment plan basis. You will be billed in advance on a recurring basis as per the payment plan agreement.

INDEMNIFICATION AND RELEASE OF CLAIMS

You hereby fully and completely hold harmless, indemnify and release **Mountain Family Holistic Nutrition, LLC** and any of its agents, consultants, affiliates, team members, joint venture partners, employees, shareholders, directors, staff, team members, or anyone otherwise affiliated with the business from any and all causes of action, allegations, suits, claims, damages, or demands whatsoever, in law or equity, that may arise in the past, present or future that is in any way related to our Websites.

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Although every effort is made to ensure the accuracy of information shared on or through these Websites, the information may inadvertently contain inaccuracies or typographical errors. You agree that **Mountain Family Holistic Nutrition, LLC** is not responsible for the views, opinions, or accuracy of facts referenced on or through the Websites, or of those of any other individual or company affiliated with **Mountain Family Holistic Nutrition, LLC** in any way. Because scientific, technology and business practices are

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NO ENDORSEMENT

References or links in our Websites to the information, opinions, advice, programs, products or services of any other individual, business or entity does not constitute our formal endorsement **Mountain Family Holistic Nutrition, LLC** and is merely sharing information for your own self-help. **Mountain Family Holistic Nutrition, LLC** has no responsibility for the Website content, blogs, e-mails, videos, social media, programs, products and/or services of any other person, business or entity that may be linked or referenced in our Websites. Conversely, should our Websites link appear in any other individuals, businesses or entities Websites, program, product or services, it does not constitute our formal endorsement of them, their business or their Website either.

AFFILIATES

From time to time, we may promote, affiliate with, or partner with other individuals or businesses whose programs, products and services align with mine. There may be instances when we promote, market, share or sell programs, products, or services for other partners and in exchange we may receive financial compensation or other rewards. **Mountain Family Holistic Nutrition, LLC** is highly selective and only promotes the partners whose programs, products and/or services we respect. At the same time, you agree that any such promotion or marketing does not serve as any form of endorsement whatsoever. You are still required to use your own judgment to determine that any such program, product or service is appropriate for you. You are assuming all risks, and you agree that **Mountain Family Holistic Nutrition, LLC** is not liable in any way for any program, product, or service that I may promote, market, share or sell on or through my Website.

VARIATION

Mountain Family Holistic Nutrition, LLC shall have the right in its absolute discretion at any time and without notice to amend, remove or vary the Services and/or any page of this Website.

COMPLAINTS

Mountain Family Holistic Nutrition, LLC offers support to our clients through a complaint handling procedure which we will use to try to resolve disputes when they first arise, with a solution that is mutually agreeable to both the client and **Mountain Family Holistic Nutrition, LLC**. Please let us know if you have any complaints or comments at **mary@mountainfamilyholisticnutrition.com**.

SEVERABILITY

If any provision of these Terms is found to be unenforceable or invalid under any applicable law, such unenforceability or invalidity shall not render these Terms unenforceable or invalid as a whole, and such provisions shall be deleted without affecting the remaining provisions herein.

Medical Disclaimer:

DISCLAIMER: THIS CONTENT DOES NOT PROVIDE MEDICAL ADVICE.

The information, including but not limited to text, video, audio, graphics, live video or comments ('CONTENT') and any other material contained in on this site are for informational purposes only. No CONTENT published or verbally provided is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always, seek the advice of your medical professional or qualified healthcare provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen. Never disregard professional medical advice or delay in seeking it because of something you read on this site.

Confidentiality Policy:

Employees, volunteers, and board members of **Mountain Family Holistic Nutrition, LLC** are bound by ethical codes to protect the confidentiality and privacy of our clients and to protect and maintain the confidentiality of all information learned about clients, their family members, and lifestyle habits in the course of providing services to them. Confidential communications include conversations, reports, forms, correspondence, and electronically

generated communications with, about or involving, in any way, any client of **Mountain Family Holistic Nutrition, LLC**. Minors are entitled to confidentiality also, and only the guardians of those minors can waive that confidentiality. Access to documentation shall be limited to an “as needed/need to know” basis.

Any practitioner working with/for **Mountain Family Holistic Nutrition, LLC** is bound by the Federal Health Insurance Portability and Accountability Act (HIPPA) to protect any client health, medical, educational, or personal information that may be obtained through the course of services provided.

Testimonial and use of testimonial policy:

By submitting the testimonial form you are agreeing to allow **Mountain Family Holistic Nutrition, LLC** to use your testimonial for marketing purposes on all **Mountain Family Holistic Nutrition, LLC** websites and social media pages. You agree to allow **Mountain Family Holistic Nutrition, LLC** to adjust the testimonial in any way they see fit without your written permission or consent.

Friends & Family Discount Policy:

If you were to refer a friend or family member to **No-Nonsense Solutions For Your Child's Disruptive Behaviors** you and your friend or family member who joins **No-Nonsense Solutions For Your Child's Disruptive Behaviors** will receive an extra two weeks in **No-Nonsense Solutions** Facebook group which includes access to coaching. There is no monetary compensation or discount for referrals.

Standard Discount Policy:

Mountain Family Holistic Nutrition, LLC does not offer a discount unless otherwise advertised during a specific promotional period. If the specific promotional period has ended, no discount will be offered.

Refund Policy: No Refunds

After the purchase of **No-Nonsense Solutions For Your Child's Disruptive Behaviors** is complete, there are no refunds provided. All payments must be made according to the payment schedule.

Lifetime or ongoing access policy:

You have ongoing access to the **No-Nonsense Solutions For Your Child's Disruptive Behaviors** content hub **for 7 days** following the end of the program timeframe. That means that after your program timeframe is complete, you will retain access to the content hub for **7-days in order to review any materials or ask questions**. After your program timeframe is complete, you will be removed from the program Facebook group and access to coaching will cease **until such time as you move into the next level of the program**.

NOTE: Any unused 1:1 coaching calls will no longer be available for use after the program timeframe is complete.

Privacy Policy:

What information do we collect?

We collect information from you when you register on the site, place an order, enter a contest or sweepstakes, respond to a survey or communication such as e-mail, or participate in another site feature.

When ordering or registering, we may ask you for your name, e-mail address, mailing address, phone number, credit card information or other information. You may, however, visit our site anonymously.

Like many websites, we use cookies to enhance your experience and gather information about visitors and visits to our websites. Please refer to the **"Do We Use Cookies"** section below for information about cookies and how we use them.

How do we use your information?

We may use the information we collect from you when you register, purchase products, enter a contest or promotion, respond to a survey or marketing communication, surf the website, or use certain other site features in the following ways:

To personalize your site experience and to allow us to deliver the type of content and product offerings in which you are most interested.

To allow us to better service you in responding to your customer service requests and to quickly process your transactions.

To administer a contest, promotion, survey or other site feature.

If you have opted-in to receive our email newsletter, free ebook(s), or reports, we will send you educational and marketing emails.

If you would no longer like to receive promotional email from us, please refer to the "How can you opt-out, remove or modify information you have provided to us?" section below.

If you have not opted-in to receive email newsletters, you will not receive these emails. Visitors who register or participate in other site features such as marketing programs and 'members-only' content will be given a choice whether they would like to be on our email list and receive e-mail communications from us.

Do We Use Cookies?

As you browse ***Mountain Family Holistic Nutrition, LLC and/or No-Nonsense Solutions For Your Child's Disruptive Behaviors*** sites, advertising cookies will be placed on your computer so that we can understand what you are interested in.

How do we protect visitors' information?

We implement a variety of security measures to maintain the safety of your personal information. Your personal information is contained behind secured networks and is only accessible by a limited number of persons who have special access rights to such systems and are required to keep the information confidential. When you place orders or access your personal information, we offer the use of a secure server. All sensitive/credit information you supply is transmitted via Secure Socket Layer (SSL) technology and then encrypted into our databases to be only accessed as stated above.

Do we disclose the information we collect to outside parties?

We will never sell, trade, or otherwise transfer to outside parties your personally identifiable information unless we provide you with advance notice, except as described below. It does not include website hosting partners and other parties who assist us in operating our website, conducting our business, or servicing you, so long as those parties agree to keep this information confidential. We may also release your information when we believe release is appropriate to comply with the law, enforce our site policies, or protect ours or others' rights, property, or safety.

However, non-personally identifiable visitor information may be provided to other parties for marketing, advertising, or other uses.

How can you opt-out, remove or modify information you have provided to us?

To modify your email subscriptions, you can find an ***unsubscribe link*** at the bottom of each email. Please note that due to email production schedules you may receive any emails already in production. Please note that we may maintain information about an individual sales transaction in order to service that transaction and for record keeping.

Third party links.

In an attempt to provide you with increased value, we may include third party links on our site. These linked sites have separate and independent privacy policies. We, therefore, have no responsibility or liability for the content and activities of these linked sites. Nonetheless, we seek to protect the integrity of our site and welcome any feedback about these linked sites (including if a specific link does not work).

Changes to our policy.

If we decide to change our privacy policy, we will post those changes on this page. Policy changes will apply only to information collected after the date of the change. This policy was last modified on **February 1, 2024**.

Questions and feedback.

We welcome your questions, comments, and concerns about privacy. Please send us any and all feedback pertaining to privacy, or any other issue.

Online Policy Only.

This online privacy policy applies only to information collected through our website and not to information collected offline.

PERSONAL RESPONSIBILITY – Initial Below

As the parent/guardian of a minor child, you aim to accurately represent the information provided to us on or through our Websites and/or program. You acknowledge that you are participating voluntarily in using our Websites and/or program and that you are solely and personally responsible for your choices, actions, and results, now and in the future. You accept full responsibility for the consequences of your use, or non-use, of any information provided on or through these Websites and/or programs, and you agree to use your own judgment and due diligence before implementing any idea, suggestion, or recommendation from our Websites and/or program to your life, family, or business.

As the parent/guardian, I understand that the success of my child's health goals, to a certain extent, will be determined by the amount of energy, commitment, and dedication I/they give to support the program that I/they have chosen to take part in. _____ (Initials)

Youth: I accept responsibility, to the best of my ability, for my own health choices (ages 8-17). _____ (Initials)

ENTIRE AGREEMENT

These Terms, including any legal notices and disclaimers contained on this Website, constitute the entire agreement between **Mountain Family Holistic Nutrition, LLC** and you in relation to your use of this Website, and supersede all prior agreements and understandings with respect to the same.

By using our Websites, you are agreeing to all parts of the above Disclaimer. If you have any questions about this Disclaimer, please email **mary@mountainfamilyholisticnutrition.com**.