

HEALTH & WELLNESS DISCLAIMER POLICY

Last Updated: November 15, 2025

This Health & Wellness Disclaimer Policy ("Policy") applies to all information, programs, content, coaching services, digital products, and related materials ("Services") provided by Empowerment Coaching, LLC ("Company," "we," "us," or "our") through jeniferjune.com (the "Website") and all affiliated platforms. This Policy describes the limitations of the Services and clarifies the distinction between wellness coaching and licensed healthcare, medical, psychological, or therapeutic services.

Your continued use of the Website or Services constitutes acceptance of this Policy.

1. Health Disclaimer

1.1 Educational and Informational Purposes Only

The Services are intended solely for general educational and informational purposes relating to lifestyle, wellness, nutrition, mindset, and personal development. The Services do not constitute medical advice, diagnosis, treatment, prescription, or the prevention of any disease or condition. No information provided through the Services should be relied upon to diagnose, treat, or cure any physical or mental-health condition.

1.2 No Medical or Professional Relationship

Use of the Services does not establish a physician–patient, therapist–client, dietitian–client, or other licensed healthcare relationship. The Company is not a licensed medical, psychological, clinical, or therapeutic provider, and no such role is implied.

1.3 Consultation with Licensed Providers

You agree to consult with a qualified physician, mental-health professional, or other licensed healthcare provider before:

- (a) beginning any new wellness, lifestyle, or nutrition practices;

- (b) modifying medications, supplements, or medical treatments;
- (c) making any substantial dietary, fitness, or health-related changes; or
- (d) relying on information contained within the Services.

If you experience symptoms of illness, emotional distress, mental-health concerns, or a medical emergency, you must seek immediate care from an appropriate licensed professional or emergency services.

1.4 Personal Responsibility

You acknowledge that you are solely responsible for your decisions, actions, and results derived from your use of the Services. Participation is voluntary and undertaken at your own risk. The Company does not guarantee any specific outcomes or results.

1.5 No Health Authority Evaluation

Any references to supplements, herbs, detox practices, nutritional suggestions, or similar wellness content have not been evaluated by the U.S. Food and Drug Administration (“FDA”), Health Canada, or any comparable regulatory authority.

1.6 Release of Liability

You agree to release, indemnify, and hold harmless the Company from any claims, injuries, damages, losses, or liabilities arising from your use of, reliance on, or interpretation of the Services.

2. Results Disclaimer

2.1 No Guaranteed Outcomes

The Company does not guarantee any specific personal results or transformations. Individual outcomes vary significantly based on personal factors including lifestyle, health history, readiness for change, and individual effort.

2.2 Testimonials and Examples Not Predictive

Any testimonials, success stories, or examples presented through the Services reflect individual experiences only and are not intended to guarantee or predict future performance or results for any user.

3. Testimonials Disclaimer

3.1 Illustrative Purpose Only

Testimonials appearing on the Website or within the Services represent the personal opinions and experiences of individual clients and are provided solely for illustrative purposes.

3.2 Editing for Clarity

Testimonials may be edited for grammar, clarity, or length without altering the core message or meaning.

3.3 No Representation of Typical Results

Results vary from person to person. Testimonials do not constitute assurances or guarantees of expected outcomes.

4. Coaching Relationship Disclaimer

4.1 Nature of Coaching Relationship

The coaching relationship created through the Services is a professional, educational, and developmental relationship intended to support personal growth and wellness exploration.

4.2 Not a Therapeutic or Medical Relationship

Coaching does not constitute therapy, counseling, psychological treatment, medical care, or clinical diagnosis. Coaches do not diagnose or treat physical or mental-health conditions.

4.3 Duty to Seek Appropriate Care

You agree to seek licensed medical or mental-health care when such care is necessary or appropriate.

5. Supplement and Nutrition Disclaimer

5.1 Educational Nature of Content

Information relating to supplements, herbs, detox practices, or nutritional guidance is provided for general educational purposes only.

5.2 No Prescription or Medical Direction

The Company does not prescribe, diagnose, treat, or prevent medical conditions through supplement or nutritional recommendations.

5.3 Regulatory Notice

Statements regarding supplements or herbs have not been evaluated by the FDA, Health Canada, or any other regulatory authority.

5.4 Obligation to Consult a Provider

You agree to consult with a licensed healthcare provider before initiating any supplement, herb, or nutrition protocol.

6. Program-Specific Disclaimer

6.1 General Nature of Program Content

All programs offered by the Company—including courses, workshops, coaching containers, memberships, and digital experiences—are general and educational in nature.

6.2 No Individualized Medical Advice

Program content is not tailored medical advice and may not be suitable for all individuals. You agree to consult with a licensed professional regarding any health-related questions.

6.3 Voluntary Participation

Participation in any program is voluntary and undertaken at your own discretion and risk.

7. Emotional Wellness Disclaimer

7.1 Educational Intent

The Services may include discussions or materials related to emotional regulation, self-development, trauma-informed concepts, or stress management. These materials are provided for general educational purposes only.

7.2 Not Mental-Health Treatment

The Company does not provide psychotherapy, counseling, psychiatric evaluation, or mental-health treatment. The Services are not a substitute for mental-health care provided by licensed professionals.

7.3 Duty to Seek Mental-Health Support

If you experience mental-health symptoms, emotional distress, or crisis situations, you agree to seek immediate support from a licensed mental-health professional or emergency services.

8. Affiliate and Recommendation Disclaimer

8.1 Affiliate Relationships

The Company may provide links or recommendations to books, tools, products, services, or resources. Some may be affiliate links through which the Company may earn a commission at no additional cost to you.

8.2 Independence of Recommendations

Affiliate relationships do not influence the integrity or substance of recommendations. You are responsible for independently evaluating any recommended product or service.

9. Energy and Spiritual Practices Disclaimer

9.1 Educational Purpose Only

Information relating to energy practices, grounding techniques, intuitive development, or spiritual concepts is intended solely for personal-growth and educational purposes.

9.2 Not Recognized Medical Treatment

Such practices are not recognized by medical or psychological regulatory bodies as treatments for any condition and should not be used as substitutes for licensed care.

10. Universal Micro-Disclaimer

10.1 Summary Statement

For educational purposes only. Not medical advice. No guarantees. Consult qualified professionals for all medical, mental-health, wellness, supplement, and nutrition-related decisions.