

# Life In Transit

## Health & Nutrition Disclaimer

The information, guidance, meal suggestions, and transformation support provided by Life in Transit are intended for general wellness, lifestyle, and educational purposes only.

We are not acting as medical doctors, registered dietitians, or licensed healthcare providers unless otherwise expressly stated. Our services do not diagnose, treat, cure, or prevent any medical condition.

All individuals are strongly encouraged to consult with their physician, qualified healthcare professional, dietitian, or relevant medical specialist before starting any nutrition, fasting, exercise, supplementation, or transformation program— especially if they have pre-existing medical conditions, are pregnant, breastfeeding, taking medication, or have any health-related concerns.

Participation in any program, guidance, or recommendations provided by Life In Transit is entirely voluntary and at the individual's own risk.

By participating, clients acknowledge and agree that Life in Transit, its representatives, affiliates, advisors, or service providers shall not be held liable or responsible for any injury, illness, allergic reaction, medical complication, side effect, health issue, loss, or damages arising directly or indirectly from participation in the program, dietary changes, fasting practices, exercise routines, supplementation, or lifestyle adjustments.

Results may vary between individuals, and no specific outcome or result is guaranteed.

By participating in this program, you acknowledge that you have consulted (or chosen not to consult) a qualified healthcare professional and agree that participation is voluntary and at your own risk. Life in Transit is not liable for any medical or health-related complications arising from participation.

Individuals with medical conditions, eating disorders, metabolic conditions, kidney disease, liver disease, diabetes, cardiovascular conditions, or other health concerns should seek medical clearance before participation.

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