

Disclaimer

I am a Certified Health and Wellness Coach. I am certified by the American Association of Drugless Practitioners. I am in good standing with the International Association of Health Coaches.

I received my education from the Institute of Integrative Nutrition in New York, USA. Here I studied over 100 dietary theories, realistic lifestyle management techniques and innovative coaching methods with some of the world's top health and wellness experts.

My education has supplied me with extensive knowledge in holistic nutrition, health coaching and preventative health. Drawing from my background, training and life experiences, I fully support my clients as a holistic well-being guide. We work together to establish their own unique needs that will help produce their well-being. Spiritual, Emotional, Physical and Mental health are important factors in one's life if they are to be completely healthy. Working alongside each other to come up with individual game plans for each client is what we strive to do together to reach optimum health in all areas of their life.

I am not a medical doctor, dietician or a nutritionist. I do not hold a degree in medicine, dietetics or nutrition. I make no claims to any specialized medical training nor do I dispense medical advice or prescriptions. The contents on this website are not intended to diagnose or treat any diseases. It is intended to be provided for informational, educational and self-empowerment only. Please consult with your wellness team, and then make your own well-informed decisions based upon what is best for your unique genetics, culture, conditions and stage of life.

Coach Thom, will not provide any guarantee for the outcome result. This is solely a client responsibility for results achieved during and upon the completion of any program. Coach Thom guarantees to fully support and provide the necessary information based on her knowledge and expertise for the best outcome. There are no refunds on programs or products purchased, downloaded,

viewed, copied or stored in an electronic format. This is industry standard. Therefore, the programs are non-refundable, so please read the full program details and F.A.Q.s before purchasing any program or product.