

HOLISTIC COACHING 4Life®

MEDICAL DISCLAIMER

Effective Date: July 23, 2026

Educational Purpose

The Academy of Automatic Health™, Holistic Coaching 4Life®, and all related programs, courses, coaching, digital products, videos, downloads, emails, and website content are provided solely for **educational and informational purposes**.

The information presented is intended to support personal learning and informed decision-making regarding holistic health and lifestyle practices. It is **not** intended to replace professional medical advice, diagnosis, or treatment.

Not Medical Advice

Holistic Coaching 4Life® does not provide medical care or medical services.

Nothing contained within our website, educational materials, coaching, or programs should be interpreted as medical advice or as a recommendation to diagnose, treat, cure, or prevent any disease or medical condition.

Always consult your physician or another qualified healthcare professional regarding questions about your health, medications, exercise program, nutrition, or any medical condition before making changes to your healthcare routine.

Never delay or disregard professional medical advice because of information obtained through Holistic Coaching 4Life®.

Personal Responsibility

Participation in the Academy of Automatic Health™ is voluntary.

By using our website or participating in any HC4L program, you acknowledge that you are solely responsible for your own decisions, actions, and results.

You accept full responsibility for any outcomes resulting from your application of the educational information provided.

Physical Activity & Nutrition

Some Academy lessons may discuss topics including:

- Exercise
- Strength training
- Cardiovascular fitness
- Flexibility
- Mobility
- Nutrition
- Lifestyle habits
- Stress management
- Personal development

These educational materials are intended for general informational purposes only.

Every individual has different health needs, physical abilities, medical histories, and risk factors. You should consult your healthcare provider before beginning any exercise, nutrition, or wellness program.

If you experience pain, dizziness, shortness of breath, chest discomfort, or any unusual symptoms, discontinue participation immediately and seek appropriate medical attention.

No Guaranteed Results

Every individual is unique.

Results depend upon many factors including consistency, personal circumstances, lifestyle, existing health conditions, effort, and individual differences.

Holistic Coaching 4Life® makes no guarantees regarding specific health, fitness, financial, or personal outcomes.

Testimonials and success stories represent individual experiences and should not be interpreted as typical or guaranteed results.

External Resources

Our programs may reference third-party websites, books, products, research, or other educational resources.

These references are provided for educational purposes only and do not constitute endorsements or guarantees by Holistic Coaching 4Life®.

Emergency Situations

Our programs and coaching services are **not** intended for emergency medical situations.

If you believe you are experiencing a medical emergency, contact your physician or your local emergency services immediately.

Acceptance

By accessing our website, enrolling in the Academy of Automatic Health™, purchasing products, or participating in any Holistic Coaching 4Life® program or coaching service, you acknowledge that you have read, understood, and agree to this Medical Disclaimer.

Holistic Coaching 4Life®

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