

Privacy Policy & Terms of Use

The Quiet Pattern — Freedom Path Solutions

IMPORTANT NOTE BEFORE USING THIS: This is a starting template, not a finished legal document. This hasn't been reviewed by a lawyer. Given that this site touches health topics and includes an affiliate relationship with a medical provider, it's worth having an actual attorney review both documents before treating them as final, especially the medical disclaimer and affiliate disclosure sections, since those carry real regulatory weight (FTC rules on affiliate marketing, and general expectations around health-adjacent content).

PRIVACY POLICY

Effective Date: July 25, 2026

This Privacy Policy describes how The Quiet Pattern ("we," "us," "our"), a website operated by Sara Fromm of Freedom Path Solutions, collects, uses, and protects information from visitors to this site.

Information We Collect

When you use the assessment or opt in to receive our free guide, we collect:

- Your first name
- Your email address

We do not collect payment information, health records, or any sensitive personal data directly through this site. If you choose to pursue peptide protocols through EllieMD, any health information you provide is submitted directly to EllieMD through their own secure, HIPAA-compliant platform, not through this site, and is governed by EllieMD's own privacy policy, not this one.

We may also collect basic technical information automatically, such as browser type, device type, and general location (city/region level), through standard website analytics tools.

How We Use Your Information

We use the information you provide to:

- Send you the free guide you requested
- Send you occasional wellness tips, peptide education, and updates, if you opted in to receive them
- Understand general traffic patterns on our site

We do not sell your personal information to third parties.

Third-Party Services

This site uses the following third-party services to operate:

- Systeme.io — our email marketing and automation platform, which stores your name and email address once you opt in
- EllieMD — an independent, physician-guided peptide provider. We are an EllieMD affiliate. If you click through to EllieMD and choose to engage with their services, any information you provide to them is governed by EllieMD's own privacy policy, not this one

We may also use standard website analytics and, if applicable, advertising pixels (such as a Facebook/Meta pixel) to understand how visitors find and use this site. These tools may use cookies. You can control cookie preferences through your browser settings.

Your Rights

You can unsubscribe from our emails at any time using the unsubscribe link included in every email. You can also request that we delete your information by contacting us at hello@iamsarafromm.com.

Children's Privacy

This site is not directed at children, and we do not knowingly collect information from anyone under 18.

Data Security

We take reasonable measures to protect your information, but no method of transmission or storage online is 100% secure, and we cannot guarantee absolute security.

Changes to This Policy

We may update this Privacy Policy from time to time. Changes will be posted on this page with an updated effective date.

Contact

Questions about this Privacy Policy can be directed to: hello@iamsarafromm.com

TERMS OF USE

Effective Date: July 25, 2026

By using this website, you agree to the following terms.

Educational Content Only

Everything on this site, including the assessment, the free guide, and all written content, reflects Sara Fromm's personal experience and educational research. It is not medical advice, and it is not a substitute for consultation with a licensed physician or other qualified healthcare provider. Sara Fromm is not a physician or medical provider. Always talk to a licensed healthcare provider before starting any new health protocol, supplement, or medication.

No Guarantee of Results

Individual results vary. Nothing on this site guarantees any specific health outcome, weight loss result, or experience. Any results mentioned (including in Sara's personal story) reflect one individual's experience and are not representative of what any other person should expect.

Affiliate Disclosure

Sara Fromm is an affiliate for EllieMD and may receive a commission if you purchase services through the affiliate link provided on this site (<https://elliemd.com/sarafromm>). This does not change any price

you pay. Treatment decisions, protocols, and medical judgments are made exclusively by licensed healthcare providers through EllieMD, not by Sara Fromm.

Intellectual Property

The content on this site, including Sara's personal story, written educational content, and the assessment itself, belongs to Sara Fromm / Freedom Path Solutions and may not be copied, reproduced, or redistributed without permission.

Third-Party Links

This site contains links to third-party websites, including EllieMD and social media platforms. We are not responsible for the content, privacy practices, or terms of any third-party site you visit through a link on this page.

Limitation of Liability

To the fullest extent permitted by law, Sara Fromm and Freedom Path Solutions are not liable for any damages or losses arising from your use of this site or reliance on any content contained in it.

Governing Law

These terms are governed by the laws of the State of Oregon, without regard to its conflict of law principles.

Changes to These Terms

We may update these Terms of Use from time to time. Continued use of this site after changes are posted constitutes acceptance of the updated terms.

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