

Privacy Policy

Privacy Policy for FantasticFasting.com

Effective Date: February 1, 2026

Your privacy is important to us. This Privacy Policy explains how FantasticFasting.com (referred to as "we," "us," or "our") collects, uses, and protects your personal information when you subscribe to our services or interact with our website.

1. Information We Collect

We only collect the following personal information when you voluntarily provide it to us:

- **Name:** To personalize our communications with you.
- **Email Address:** To send you no cost information that you have subscribed to.

2. How We Use Your Information

We use the information we collect solely for the following purposes:

- To send you the information you have opted to receive.
- To personalize your experience with our communications (e.g., addressing you by name).
- To respond to your inquiries or requests if you contact us.
- To improve our website and services based on aggregated, non-identifiable usage patterns.

3. How We Share Your Information

We do not sell, trade, rent, or otherwise transfer your personally identifiable information to outside parties. This does not include trusted third parties who assist us in operating our website, conducting our business, or serving our users, so long as those parties agree to keep this information confidential. For example, we use an email marketing service provider to manage our subscriber lists and send emails on our behalf. They are contractually obligated to protect your data.

We may also release your information when we believe release is appropriate to comply with the law, enforce our site policies, or protect ours or others' rights, property or safety.

4. Data Security

We implement a variety of security measures to maintain the safety of your personal information when you enter, submit, or access your personal information. We use reputable third-party services for email list management that employ industry-standard security protocols to protect your data.

5. Your Choices and Rights

You have the following rights regarding your personal information:

- **Opt-out/Unsubscribe:** You can unsubscribe from our email list at any time by following the "unsubscribe" link provided in every email we send.
- **Access, Correction, Deletion:** If you wish to access, correct, or request deletion of your personal information that we hold, please contact us at [Your Contact Email Address]. We will respond to your request within a reasonable timeframe.

6. Cookies and Tracking Technologies

Our website may use basic cookies or similar technologies for essential site functionality (e.g., remembering your preferences). We do not use cookies to track your personal identifiable information or for targeted advertising based on your browsing behavior.

7. Third-Party Links

Occasionally, at our discretion, we may include or offer third-party products or services on our website. These third-party sites have separate and independent privacy policies. We therefore have no responsibility or liability for the content and activities of these linked sites. Nonetheless, we seek to protect the integrity of our site and welcome any feedback about these sites.

8. Children's Privacy

Our website and services are not directed to individuals under the age of 18. We do not knowingly collect personal identifiable information from children under 18. If we become aware that a child under 18 has provided us with personal information, we will take steps to delete such information from our files as soon as possible.

9. Changes to This Privacy Policy

We may update this Privacy Policy from time to time. We will notify you of any changes by posting the new Privacy Policy on this page and updating the "Effective Date" at the top. We encourage you to review this Privacy Policy periodically for any changes.

10. Contact Us

If you have any questions regarding this Privacy Policy, you may contact us using the information below:

Kelly Reese Consulting
kr@ffsi.com