

CARE WARRIOR KINGDOM

HEALTH DISCLAIMER

Effective Date: September 14, 2026

Care Warrior Kingdom provides educational resources, health mentoring, and personal support to help women better understand their changing bodies, health, and needs during different seasons of life.

Our goal is to help you become more informed, ask better questions, recognize changes in your health, and take an active role in your own health decisions.

However, Care Warrior Kingdom is **not a medical practice** and does not provide medical care.

Not Medical Advice

The information provided through the Care Warrior Kingdom website, emails, guides, worksheets, videos, mentoring sessions, and other resources is for **educational and informational purposes only**.

Nothing provided by Care Warrior Kingdom should be considered:

- Medical advice
- A medical diagnosis
- Medical treatment
- A prescription
- A substitute for professional medical care
- A recommendation to stop, start, or change prescribed medication or treatment

Care Warrior Kingdom does not diagnose, treat, cure, or prevent disease or medical conditions.

Your Health Is Your Responsibility

Your body, health history, circumstances, and needs are unique to you.

Our mentoring conversations are designed to help you organize what you are experiencing, identify questions and areas you may want to explore, and consider possible next steps.

You are responsible for deciding what actions you take regarding your health.

When you have questions about a medical condition, medication, treatment, test result, symptom, or other health concern, you should consult an appropriately qualified healthcare professional who can evaluate your individual circumstances.

Do not delay seeking medical care because of information you receive from Care Warrior Kingdom.

Medications and Treatment

Do not stop, reduce, increase, or change prescribed medications or medical treatment based on information provided by Care Warrior Kingdom.

Any changes to medications or medical treatment should be discussed with the healthcare professional responsible for your care.

Emergencies

Care Warrior Kingdom does not provide emergency medical services.

If you are experiencing a medical emergency or believe you may be experiencing one, call **911** or seek immediate medical attention.

Individual Results Vary

Care Warrior Kingdom does not promise or guarantee any particular health outcome.

Personal experiences shared through Care Warrior Kingdom are individual experiences and should not be understood as a promise that you will experience the same results.

Your health outcomes may be influenced by many factors, including your health history, current circumstances, lifestyle, environment, consistency, and other factors outside our control.

Products, Supplements, and Wellness Practices

Care Warrior Kingdom may provide educational information about nutrition, dietary practices, supplements, wellness products, lifestyle practices, or other approaches to supporting health.

The inclusion of a product, supplement, company, or wellness practice in our educational materials does not mean that it is appropriate for every individual.

You are responsible for determining whether a particular product, supplement, dietary change, or wellness practice is appropriate for you and for discussing questions or concerns with an appropriately qualified healthcare professional.

A Different Way of Looking at Health

Care Warrior Kingdom believes your body is worthy of attention, care, and respect.

Our approach encourages you to listen to your body, recognize changes earlier, challenge assumptions that may no longer serve you, and become an active participant in your health.

This does not mean ignoring medical care or replacing qualified healthcare professionals.

Instead, our purpose is to help you become more informed and prepared to participate in conversations and decisions about your own health.

Questions

If you have questions about this Health Disclaimer or the services provided by Care Warrior Kingdom, please contact:

Care Warrior Kingdom

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