



Medical Disclaimer and Legal Disclaimer:

The information contained within the health nut website is not intended to be and is not a substitute for professional advice such as a Medical Doctor, Psychiatrist, or counselor. The information provided by Health Nut and the health coach behind the website, Bhavna Kapoor does not constitute medical, legal, financial or professional advice neither is it intended to be. Any decisions you make, and the consequences thereof are your own. Under no circumstances can you hold Bhavna Kapoor or Health Nut liable for any actions that you take. You agree not to hold Health Nut or Bhavna Kapoor liable for any loss or cost incurred by you, or any person related or associated with you, as a result of materials or techniques, or coaching, offered by Bhavna Kapoor and Health Nut.

The information on this website or expressed during session or elsewhere by Bhavna Kapoor is not intended to be medical advice. This information shown on the website or expressed during sessions is intended to be general information with respect to common health and life issues, it intended to inspire and motivate you to make decisions surrounding your health and dietary needs. The information is intended for educational and information purposes only. You should not rely on any of this information on this website or provided by Bhavna Kapoor to determine dietary changes, a medical diagnosis or course of treatment. Readers and clients should perform their own research and make decisions in partnership with their own health care providers. Information is offered in good faith - you do not have to use this information and you are to use it at your own risk.

Health and life coaching is not intended to diagnose, treat, prevent or cure any disease or condition. It is not intended to substitute for the advice, treatment and/or diagnosis of a licensed professional, such as an MD. Trained health coaches may not make any medical diagnoses, claims and/or substitute for your personal physical care.

Any statements or claims about possible health benefits obtained from any foods or supplements mentioned on this website have not been evaluated by the Food & Drug Administration and are not intended to diagnose, treat, cure or prevent any disease. Bhavna Kapoor and Health Nut are not acting in a capacity of a doctor, licensed dietician, licensed nutritionist, psychologist or other licensed or registered professional. Bhavna Kapoor does not diagnose, does not provide a second opinion or in any way attempt to alter the treatment plans or therapeutic goals and recommendations of your personal physician, therapist, counselor or other licensed professional. Bhavna Kapoor and Health Nut are not providing health care, medical or nutrition therapy services and will not diagnose, treat or cure in any manner whatsoever any disease, condition or other physical or mental ailment of the human body.

Health Nut reserves the right to refuse service for any reason. Rates are guaranteed and not to change with exception to 'specials'. All information shared for billing or for sessions is held confidential. Your personally identifiable information is never sold, traded, or given away. Results are not guaranteed. Bhavna Kapoor and Health nut holds no responsibility for the actions, choices, or decisions take nor made by the client.

Diagnosing psychological or medical conditions is for trained medical professionals (Physicians and Therapists), not for a health coach or a life coach.

As your health coach the role of Bhavna Kapoor is to partner with you to provide ongoing support and accountability, to listen and to give you space as you create an action plan to meet and maintain your health and life goals. Actions taken based on sessions or information on this website must be taken at your own risk.