

Disclaimer

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Please read this Disclaimer carefully before using the shantiwellness.org Website (the "Website") operated by Melissa Shigematsu ("us," "we," "our") as this Disclaimer contains important information regarding limitations of our liability. Your access to and use of the Website is conditional upon your acceptance of and compliance with this Disclaimer. This Disclaimer applies to everyone, including, but not limited to: visitors, users, and others, who wish to access or use the Website.

By accessing or using the Website, you agree to be bound by this Disclaimer. If you disagree with any part of this Disclaimer, then you do not have our permission to access or use the Website.

Health Products Disclaimer

The Food and Drug Administration does not evaluate all the products promoted on this Website. These products are not intended to diagnose, treat, prevent, or cure any medical conditions. Individual results may vary. Always consult with a medical health professional before using any product shared or promoted on this Website.

Health and Fitness Advice

This Website offers health and fitness advice. This advice is designed for educational purposes only and is not intended to replace the advice, treatment, or diagnosis of a healthcare professional.

You should always consult with a healthcare professional before starting any fitness program, diet, or any other change in your healthcare routine.

If you experience dizziness, faintness, shortness of breath or pain while exercising, stop immediately, and consult with a healthcare professional.

Melissa Shigematsu is not a licensed medical provider.

You agree that you assume all responsibility when choosing to act on any of the health or fitness advice contained on this Website.

Changes

We reserve the right to amend this policy at any time without any prior notice to you.

Questions

If you have any questions about this Disclaimer, please contact us at info@shantiwellness.org.