

Disclaimer

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# Interpretation and Definitions

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## Interpretation

The words of which the initial letter is capitalized have meanings defined under the following conditions. The following definitions shall have the same meaning regardless of whether they appear in singular or in plural.

## Definitions

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- **Website** refers to Amanda Birkhead Nutrition Counseling LLC, accessible from <http://AmandaBirkheadNutrition.com>

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Use of the advice and information contained herein is at your sole choice and risk. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. Always consult your physician or healthcare provider before beginning any nutrition or exercise program.

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## Contact Us

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If you have any questions about this Disclaimer, You can contact Us:

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