

Important Medical and Legal Information

Programs developed and distributed by Tina McDermott, LLC have so far produced above-average results, but it's not a quick-fix, a cure-all, or a substitute for sound medical advice. Please read below.

1. Tina McDermott's Non-medical Background

- Tina McDermott is a health and wellness coach. She specializes in helping women and men with their weight loss as well as those who are suffering from injuries; back, neck, shoulder, hip, knee, and especially pelvic organ prolapse.
- Tina McDermott is not now, and never has been, a medical doctor, and does not claim to be one.

2. Tina McDermott, LLC, Does Not Provide Medical Advice

- As with any changes affecting your health, Tina McDermott, LLC, strongly recommends and encourages you to consult with your medical doctor or other qualified health care professional before embarking on this journey. In other words, Tina McDermott, LLC, urges you to seek medical/professional advice before beginning any weight loss program or any new eating program.
- Nothing claimed by Tina McDermott, LLC, nor on its website, is intended to be medical advice, nor is it any way a substitute for professional medical advice, diagnosis, or treatment. Any weight loss advice is not intended as medical diagnosis or treatment. Never disregard professional medical advice or delay in seeking medical advice because of something you have read or heard from Tina McDermott, LLC.
- Should you choose not to obtain the consent of your medical doctor or other qualified health care provider and/or work with your physician or other qualified health care provider while using any information received from Tina McDermott, LLC, you are agreeing to accept full responsibility for your actions.

3. Consult Often with Your Medical Doctor or Health Care Professional

- Tina McDermott, LLC, strongly encourages you to consult with your medical doctor or other qualified health care provider on the food plan when you begin any of the Tina McDermott, LLC's nutrition or fitness programs.
- Tina McDermott, LLC, strongly urges you to work with and consult with your medical doctor or other qualified health care provider throughout your weight loss program, particularly if you suffer from any medical conditions.
- Experience shows that adopting Tina McDermott, LLC's programs can create dramatic physiological changes. Therefore, medications may need to be adjusted frequently, and Tina McDermott, LLC, urges you to consult with your doctor. This is not a promise that your medications will change, just a prediction based on past experience.

4. Weight Loss Results Will Vary

- No claims about weight loss should ever be taken as being typical because the typical person on any weight loss program either never begins the program or drops out of the program.
- Every person's body is unique unto them. Therefore, the rate of weight loss on any of Tina McDermott, LLC's programs will be different for each person.
- Weight loss while following Tina McDermott, LLC's programs can be significant, leading to an amazing transformation. This transformation depends fully on the amount of effort that you put into the plan.

Do You Understand and Agree?

✓ YES, I AGREE!

No, I don't agree.