# DISCLAIMER

Updated at January 22nd, 2024

Hana Health hereby grants you access to www.drhanaphd.com ("the Website") and invites you to purchase the services offered here.

## Definitions and key terms

To help explain things as clearly as possible in this Disclaimer, every time any of these terms are referenced, are strictly defined as:

- Cookie: small amount of data generated by a website and saved by your web browser. It is used to identify your browser, provide analytics, remember information about you such as your language preference or login information.
- Company: when this policy mentions "Company," "we," "us," or "our," it refers to Hana Health, that is responsible for your information under this Disclaimer.
- Service: refers to the service provided by Hana Health as described in the relative terms (if available) and on this platform.
- Website: Hana Health's site, which can be accessed via this URL: www.drhanaphd.com
- You: a person or entity that is registered with Hana Health to use the Services.

This Disclaimer was created with Termify.

## **Limited liability**

Hana Health endeavours to update and/or supplement the content of the website on a regular basis. Despite our care and attention, content may be incomplete and/or incorrect.

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Regular exercise is not always without risk, even for healthy individuals. Certain types of exercise are riskier thank others and all exercise is risky for some individuals.

It's the same with diet. Some dietary recommendations are healthy for the majority of people but potentially dangerous to others.

The exercises provided by Hana Health are for educational and entertainment purposes only, and is not to be interpreted as a recommendation for a specific treatment plan, product, or course of action. Exercise is not without risks, and this or any other exercise program may result in injury. They include but are not limited to: risk of injury, aggravation of a pre-existing condition, or adverse effect or over-exertion such as muscle strain, abnormal blood pressure, fainting, disorders of heartbeat, and very rare instances of heart attack. To reduce the risk of injury, before beginning this or any exercise program, please consult a healthcare provider for appropriate exercise prescription and safety precautions. The exercise instruction and advice presented are in no way intended as a substitute for medical consultation. Hana Health disclaims any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

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We will give honest testimonials to our visitors regardless of any discount. Any product or service that we test are individual experiences, reflecting real life experiences. The testimonials could be displayed on audio, text or video and are not necessarily representative of all of those who will use our products and/or services.

Hana Health does not guarantee the same results as the testimonials given on our platform. Testimonials presented on Hana Health are applicable to the individuals writing them, and may not be indicative of future success of any other individuals.

Please don't hesitate to contact us if you would like to know more about testimonials, discounts, or any of the products/services that we review.

## **Your Consent**

We've updated our Disclaimer to provide you with complete transparency into what is being set when you visit our site and how it's being used. By using our website, registering an account, or making a purchase, you hereby consent to our Disclaimer and agree to its terms.

## **Changes To Our Disclaimer**

Should we update, amend or make any changes to this document so that they accurately reflect our Service and policies. Unless otherwise required by law, those changes will be prominently posted here. Then, if you continue to use the Service, you will be bound by the updated Disclaimer. If you do not want to agree to this or any updated Disclaimer, you can delete your account.

## **Contact Us**

Don't hesitate to contact us if you have any questions regarding this Disclaimer.

• Via Email: hanahealth.med@gmail.com