The information provided in this site is intended for your general knowledge only and is not a substitute for medical advice or

treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I

cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your

physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation

with your physician or other health care provider. I do not recommend the self-management of health problems. Please promptly consult your physician or another healthcare provider if you have any healthcare-related questions. You should never disregard

medical advice or delay in seeking it because of the information provided in this plan.