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This site offers nutritional, health, lifestyle, and fitness information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other healthcare professional. Do not disregard, avoid or delay obtaining medical or health related advice from your health-care professional because of something you may have read on this site. The use of any information provided on this site is solely at your own risk.

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Developments in medical research may impact the nutritional, health, lifestyle, and fitness advice that appears on this site. No assurance can be given that the advice contained in this site will always include the most recent findings or developments with respect to the particular material.

If you are in the United States and think you are having a medical or health emergency, call your health care professional, or 911, immediately.

## Disclosure of Material Connection

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Regardless, we only recommend products or services we use personally and believe will add value to our patients and website visitors.