

Paula Victoria Health Disclaimer

Health Coach Disclaimer:

By working with me, you acknowledge that you are responsible for your own health and well-being, and any changes you make based on our sessions should be done with your personal judgment and care. While I strive to provide helpful guidance, I do not guarantee any specific results. I encourage you to approach all lifestyle changes thoughtfully and to seek professional healthcare advice when necessary.

The information provided through my health coaching services is intended to support and guide you in making informed decisions about your health and wellbeing. Please note that I am not a licensed healthcare provider, and my services are not a replacement for medical, psychological, or psychiatric treatment. If you have any existing health concerns or medical conditions, I recommend consulting with your doctor or a qualified healthcare professional before making any changes to your diet, exercise, or lifestyle.