



Health Policy & Disclaimer

The Body Balancing Nutrition Plan is a specific plan that is designed and tailored especially to meet the needs of you as an individual. The program is based on *your* height, weight, gender, age, body composition and activity level. This is why this plan is tailored for you and you alone. You may not give your manual or program details to anyone else to execute. This will not work and is prohibited without written permission from Vicki Witt. You may not distribute, modify or reproduce of any of the materials you will receive from Vicki Witt. Doing this is a breach of Vicki's intellectual property protection and will incur severe penalties.

Medications - This plan is so powerful in lowering blood pressure, blood sugar, and blood fats that you must under no circumstances attempt it without close supervision by a physician while taking medication. You may not be able to remain on your current medications at your current doses safely. Your physician will need to taper and in all probability discontinue your medications for these problems once you start the plan. Do not make these changes on your own.

Potassium Supplementation - If you are taking medication for blood pressure, ask your physician before you take extra potassium. Some of these medications prevent potassium loss, and your potassium level could become dangerously high from supplementing potassium while you are on the medication.

Weight Loss - You can expect to lose a maximum of 0.5 - 1 kg of body fat per week. This is the safe standard level without burning/losing lean muscle. Once you lose more than 1 kg per week, you can break down muscle and therefore slow your metabolism and fat burning process.

You need to be strict and stick rigidly to the Body Balancing Nutrition Plan. Failure to do so or indulging in too many high glycemic index foods (starchy carbohydrates, juices, desserts, sweets, and other sugary foods) will jeopardize weight loss and medical parameters (cholesterol levels, blood pressure, Diabetic conditions, etc.).

***You must keep carbohydrates down to the advised level in order to see results.**

Whilst the program contains the best of modern nutrition policies and biochemistry, all of the best programs ultimately, have to work with the human physiology and differing genetic makeups. Exposure to allergies, sensitivities (food and environmental) and/or microorganisms (viral, bacterial, fungal etc.) cannot guarantee that you will not have a reaction to the foods used in the Body Balancing Nutrition Plan. I therefore, cannot be liable for any consequence. You assume total responsibility and risk for your use of the service, including, without limitation, the risk of personal injury caused by following such information or advice. I do not make any express or implied warranties, representations or endorsements whatsoever with regard to the service, any merchandise, information, advice or service provided through the service and I shall not be liable for any cost or damage, arising, either directly or indirectly, from any such transaction or use of such information or advice. It is solely your responsibility for your wellbeing. I can not be responsible for any action that is outside the boundaries of the Body Balancing Nutrition Plan.

The choice to eat a well-composed meal or a poorly composed one will always be yours, and therefore the responsibility for maintaining balance and health are yours alone. I will provide you with the tools and information, but it is up to you to make the effort to see results happen.

I, _____, have read the above information & understand my responsibilities.

Signed _____