

Program Enrollment and Payment

Health & Weight Loss Coaching

Holistic Weight Balance Program

Participant Agreement, Health Disclaimer & Terms of Participation

(Effective August 2026)

By enrolling in the Holistic Weight Balance Program, you acknowledge that you have read, understood, and agree to the following terms and conditions.

1. Educational Purposes Only

The Holistic Weight Balance Program is intended for educational and informational purposes only. It provides general guidance on nutrition, healthy habits, mindset, lifestyle, and behaviour change.

The information provided is not intended to diagnose, treat, cure, or prevent any disease and is not a substitute for medical advice, diagnosis, or treatment from your physician or other qualified healthcare provider.

2. No Practitioner–Patient Relationship

Participation in the Essential Program does not establish an acupuncturist-patient relationship or any other healthcare provider-patient relationship with Alexandra Herold or AcuComfort.

Any communication provided through the program, including emails, group discussions, workshops, or community support, is for educational purposes only and should not be interpreted as individualized medical advice.

3. Medical Responsibility

You are responsible for consulting your physician or other qualified healthcare provider before making significant changes to your diet, exercise routine, medications, or other aspects of your healthcare.

If you have a medical condition, are pregnant or breastfeeding, have an eating disorder, or are taking prescription medications, you should discuss your participation with your healthcare provider before enrolling.

4. Individual Results

Every participant is unique. Weight loss and health outcomes vary based on many factors, including medical history, lifestyle, genetics, adherence, and individual circumstances.

No specific results or amount of weight loss are guaranteed.

5. Personal Responsibility

Participation in the program is voluntary.

You accept full responsibility for your own health decisions and acknowledge that you participate entirely at your own risk.

6. Limitation of Liability

To the fullest extent permitted by applicable law, Alexandra Herold, AcuComfort, and any affiliated coaches, employees, contractors, or representatives shall not be liable for any injury, illness, loss, damage, or adverse outcome resulting directly or indirectly from participation in this program or from the use of any educational materials, recipes, meal plans, videos, workshops, or recommendations.

7. Food Allergies & Dietary Needs

Participants are solely responsible for reviewing all recipes and meal plans for ingredients that may not be appropriate due to allergies, food intolerances, religious restrictions, or medical conditions.

Recipes and meal plans may be modified or substituted as needed to meet individual dietary requirements.

8. Exercise & Physical Activity

Any movement, stretching, walking, or exercise suggestions included in the program are optional.

Participants should exercise within their own abilities and discontinue any activity that causes pain, dizziness, or discomfort. If you have concerns about beginning an exercise program, consult your healthcare provider beforehand.

9. Medications

Do not discontinue, adjust, or change any prescription medication without first consulting your prescribing healthcare provider.

10. Confidentiality

The program may include group workshops, online discussions, or community interactions intended to provide a supportive learning environment.

While all participants are encouraged to respect the privacy and confidentiality of others, confidentiality within a group setting cannot be guaranteed.

11. Intellectual Property

All program materials, including videos, presentations, worksheets, meal plans, recipes, handouts, recordings, downloads, and other educational content, remain the intellectual property of Alexandra Herold and AcuComfort.

These materials are provided for your personal use only and may not be copied, reproduced, distributed, shared, published, sold, or otherwise used without prior written permission.

12. Eligibility

The Holistic Weight Balance Program is intended for adults aged 18 years and older.

By enrolling, you confirm that you are at least 18 years of age and legally able to enter into this agreement.

13. Refund Policy

Due to the digital nature of the Holistic Weight Balance Program and the immediate access provided to educational materials and resources, all program fees are non-refundable unless otherwise required by applicable law.

14. Acceptance of Terms

By purchasing or participating in the Holistic Weight Balance Program, you confirm that you have read, understood, and agree to this Participant Agreement, Health Disclaimer, and Terms of Participation.

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