MEDICAL DISCLAIMER

Effective Date: November 19, 2026

General Information

Information provided by SHIFT, including its website, programs, videos, personalized plans, coaching, guides, and other content, is for educational and informational purposes only. SHIFT is a menopause-focused health, wellness, and weight-management education and coaching program. SHIFT does not provide medical advice, diagnosis, or treatment, and does not replace professional medical care.

Consult a Healthcare Professional

Consult your physician or other qualified healthcare professional about health conditions, medications, and treatments. Before beginning or changing nutrition, exercise, fasting, supplements, or wellness practices, consult your healthcare provider, particularly if you have medical conditions or take prescription medication. Never disregard professional medical advice or delay treatment because of SHIFT content.

Menopause and Hormone Health Education

SHIFT may discuss menopause, hormonal changes, metabolism, hormone replacement therapy (HRT), prescription medications, supplements, and other treatments for educational purposes. SHIFT does not prescribe medication, recommend individualized medical treatments, or decide whether hormone therapy is appropriate. Medical treatment decisions belong with licensed healthcare professionals.

Nutrition, Exercise, Fasting, and Supplements

Dietary changes, physical activity, strength training, fasting, and supplements may carry risks and may not be suitable for everyone. Individual medical history, medications, and nutritional needs matter. Consult a qualified professional before making changes that could affect your health. SHIFT does not guarantee the safety or effectiveness of any practice for every individual.

Personalized Wellness Plans

Plans based on voluntary questionnaires, assessments, and consultations provide personalized educational guidance about nutrition, fitness, lifestyle, and goals. They are not medical treatment plans, diagnoses, prescriptions, or individualized medical advice. Consult your healthcare provider about recommendations that could affect medical conditions or treatments.

Artificial Intelligence and Automated Recommendations

SHIFT may use AI and other technology to organize assessments and develop educational recommendations. AI output can contain inaccuracies, omissions, or unsuitable suggestions. It does not replace medical evaluation, clinical judgment, or advice from a licensed healthcare professional.

Emotional Wellness and Behavioral Coaching

SHIFT may discuss emotional eating, stress, personal beliefs, habits, motivation, and behavioral patterns. This is not psychotherapy, psychiatric treatment, mental health diagnosis, or licensed counseling. Seek a qualified mental health professional for significant distress, trauma-related symptoms, or mental health concerns.

Individual Results May Vary

Results vary with age, genetics, medical history, hormonal changes, lifestyle, consistency, and individual circumstances. SHIFT does not guarantee weight loss, symptom relief, improved health markers, or other outcomes. Testimonials and examples do not guarantee similar results.

Content Accuracy

SHIFT strives to provide accurate, science-informed, current education, but science and medical recommendations evolve. Information may be incomplete, outdated, or unsuitable for an individual. SHIFT does not guarantee completeness or accuracy for every circumstance.

No Medical Endorsement

Mentions of supplements, products, medications, treatments, and wellness practices are not prescriptions or medical endorsements. SHIFT does not claim that its programs, products, or services diagnose, treat, cure, or prevent disease. Direct medical treatment and interaction questions to qualified healthcare professionals.

Limitation of Liability

To the extent permitted by applicable law, SHIFT and its owners, employees, contractors, and affiliates are not responsible for adverse outcomes arising from improper use of educational information or decisions made without appropriate medical consultation. Nothing excludes liability that cannot legally be excluded. Participation is voluntary.

Changes to This Disclaimer

SHIFT may update this disclaimer when services, content, or applicable law change. Updates will appear on the website with a revised effective date.

Contact Information

SHIFT | Operated by: [Legal Business Name] | Website: [SHIFT Website URL] | Email: [SHIFT Contact Email] | Location: Texas, United States.