

Take Back Tomorrow™

Medical Disclaimer

The information provided through Take Back Tomorrow™, The Recovery Studio by Coach Ness, its website, coaching sessions, videos, downloadable materials, live classes, community, and other educational content is intended for educational and informational purposes only.

Not Medical Advice

Take Back Tomorrow™ does not provide medical advice, diagnosis, or treatment. Participation in this program does not create a healthcare provider–patient relationship and is not a substitute for the advice, diagnosis, or treatment provided by your physician or other qualified healthcare professional.

Personal Responsibility

You are responsible for your own health decisions. Always consult your healthcare provider before making changes to your diet, exercise routine, medications, or treatment plan.

No Guarantees

Every individual is different. While this program is designed to help you build confidence, develop healthy habits, and better understand Type 2 diabetes, individual results will vary. No specific health outcomes, including diabetes remission or reversal, are promised or guaranteed.

Medical Emergencies

If you believe you are experiencing a medical emergency, contact your physician or call emergency services immediately.

Acceptance

By enrolling in or participating in Take Back Tomorrow™, you acknowledge that you have read, understood, and agree to this Medical Disclaimer.