

These Terms and Conditions ("Terms") govern your use of the website intouchnutrition.com (the "Website") and the services provided by In Touch Nutrition, operated by Margaret Rawls, RDN, a Registered Dietitian Nutritionist, (referred to herein as "we," "us," or "our").

By accessing or using the Website and our services, you agree to be bound by these Terms. If you do not agree with any part of these Terms, you may not access the Website or use our services.

Services Offered: We offer 1:1 and group coaching programs aimed at improving individuals' relationships with food and their bodies through mindful eating practices. These services are provided by our team of Registered Dietitian Nutritionists.

User Responsibilities:

- a. You must be at least 18 years old to use our services.
- b. You agree to provide accurate and complete information when registering for our programs.
- c. You agree to maintain the confidentiality of your login credentials and not to share them with any third party.

Payment and Refund Policy:

- a. Payment for our services is due at the time of registration unless otherwise specified.
- b. Refunds may be issued in accordance with our refund policy, which will be outlined at the time of purchase.

Intellectual Property:

- a. All content on the Website, including but not limited to text, graphics, logos, and images, is the property of In Touch Nutrition and is protected by copyright laws.
- b. You may not reproduce, distribute, or transmit any content from the Website without our prior written consent.

Medical Disclaimer:

- a. Our services are not a substitute for professional medical advice, diagnosis, or treatment.
- b. We recommend consulting with a healthcare provider before making any changes to your diet or exercise routine.

Limitation of Liability:

- a. We do not guarantee any specific results from our coaching programs.
- b. In no event shall we be liable for any direct, indirect, incidental, special, or consequential damages arising out of or in any way connected with the use of our services.

Privacy Policy:

- a. We respect your privacy and are committed to protecting your personal information. Please review our Privacy Policy [[link to Privacy Policy](#)] for details on how we collect, use, and disclose your information.

Modification of Terms:

- a. We reserve the right to modify these Terms at any time without prior notice. Any changes will be effective immediately upon posting on the Website. Your continued use of the Website and our services after any such changes constitutes your acceptance of the new Terms.

Governing Law:

- a. These Terms shall be governed by and construed in accordance with the laws of Virginia, without regard to its conflict of law principles.

Contact Information:

- a. If you have any questions or concerns about these Terms, please contact us at info@intouchnutrition.com.

By using our Website and services, you acknowledge that you have read, understood, and agree to be bound by these Terms and our Privacy Policy.