

## DISCLAIMER FOR THE "30 DAY SUMMER GLOW UP" DETOX PROGRAMME

PLEASE READ CAREFULLY BEFORE PARTICIPATING IN OUR PROGRAMME STARTING 1<sup>ST</sup> NOVEMBER 2023

[NOTE: This document consists of 2 pages and the points start at the number 1 and end at the number 14.]

By participating in the "30 Day Summer Glow Up" detox programme (hereinafter referred to as the "Programme"), you acknowledge, fully comprehend and agree to the following:

1. **Medical Advice:** The Programme is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or another qualified health provider with any questions you may have regarding a medical condition. If you are suffering from any chronic health condition or are taking medication, it is imperative that you consult with your healthcare professional before starting the Programme. Again, the Programme is not intended to diagnose, treat, cure, or prevent any disease or health condition. The information provided within or in relation to the Programme is for informational purposes only and is not intended as medical advice, diagnosis, or treatment. Always consult a qualified healthcare professional before beginning any nutrition or exercise program.

2. **No Guarantees:** The outcomes and results of the Programme can vary between individuals. We make no representations, warranties, or guarantees as to the effectiveness, results, or outcomes of the Programme for any individual. The "30 Day Summer Glow Up" Detox Programme ("the Programme") is designed to be a general approach to wellness and does not guarantee any specific health results or benefits. This Programme has not been evaluated by any medical or regulatory body. Every individual is different and your results from the Programme will vary based on your individual capacity, physical health, diet, exercise, dedication, and other individual factors.

3. **Assumption of Risk:** You understand that participation in the Programme may carry certain risks, both foreseen and unforeseen, which may include, among other things, physical injury, psychological stress, or other health complications. By participating in the Programme, you assume all risks, known and unknown, arising out of your participation. Detox programs can lead to a variety of side effects, ranging from minor symptoms like fatigue or irritability to more severe symptoms. If at any point during the Programme you feel unwell or unsure about continuing, it is your responsibility to seek medical advice immediately. Please ensure you are not allergic to any of the ingredients or treatments within the Programme.

NOTE : PLEASE ensure that you will not have any allergic reaction(s) to the ingredients, foods, liquids, and/or condiments contained in the Programme. We have not considered allergies of any kinds within the Programme.

4. **Not for Minors:** The Programme is not designed for individuals under the age of 18. Minors should not participate in the Programme unless they have received consent from a parent or guardian.

5. **Pregnancy:** If you are pregnant, suspect you might be pregnant, or are trying to become pregnant, it is essential to consult with a healthcare professional before making any significant changes to your diet or lifestyle, including participating in the Programme detox challenge. Dietary restrictions and changes can have direct effects on fetal development and your overall health during pregnancy.

**6. Medications and Medical Procedures:** If you are currently taking any medications, receiving medical treatments, or have recently undergone a medical procedure, consult with your healthcare professional before starting the Programme. Some foods and dietary changes can interact with medications and medical treatments, potentially reducing their efficacy or causing adverse reactions.

**7. Potential Impact of Dietary Change:** Adopting a new diet or significantly changing your current one can have profound effects on your body. The Programme involves eliminating several types of foods and substances, which can lead to withdrawal symptoms, especially in the initial stages. Possible side effects might include but are not limited to: fatigue, dizziness, headaches, mood swings, and digestive disturbances. Always listen to your body and seek medical advice if you experience any unusual or persistent symptoms.

By proceeding with the Programme, you acknowledge the risks associated with major dietary changes and agree that the creators and promoters of the Programme are not responsible for any adverse effects or complications that may arise from participating in the challenge. Please note all below in this regard and more.

**8. Release and Indemnity:** To the fullest extent permitted by law, you agree to release, indemnify, and hold harmless Lisa Raleigh herself, The Lisa Raleigh Group (t/a VO2Max Gym), its agents, contractors, officers, and employees from any and all claims, liabilities, damages, injuries, or expenses, including reasonable attorneys' fees, arising out of or in connection with your participation in or arising out of the Programme.

**9. Disputes:** Any dispute or claim arising out of or relating to your participation in the Programme shall be resolved by binding arbitration, rather than in court, except where prohibited by applicable law. The laws of South Africa (in Johannesburg) will govern any disputes related to the Programme.

**10. Limitation of Liability:** In no event will Lisa Raleigh herself, The Lisa Raleigh Group (t/a VO2Max Gym), or its agents, contractors, officers, and employees be liable for any direct, indirect, incidental, special, punitive, or consequential damages of any kind, including, without limitation, physical injury, emotional distress, or any other damages resulting from participation in the Programme. If, notwithstanding the foregoing, Lisa Raleigh herself and/or The Lisa Raleigh Group is found to be liable to you for any damage or loss which arises out of or is in any way connected with your use of the Programme, Lisa Raleigh herself and The Lisa Raleigh Group's liability shall in no event exceed the total of any fees with respect to the Programme paid by you to The Lisa Raleigh Group.

**11. Personal Responsibility:** You acknowledge that you take full responsibility for your health, life, and well-being, as well as the health, lives, and well-being of your family and children (where applicable), and all decisions made before, during, and after your participation in the Programme. Any allergic reaction, or other adverse reaction, during or after your participation in the Programme is completely your responsibility and The Lisa Raleigh Group will not be held liable in any manner.

**12. Termination:** The Lisa Raleigh Group reserves the right to terminate or refuse your participation in the Programme.

**13. Consent:** By participating in the Programme beginning the 1<sup>st</sup> of November 2023, you acknowledge that you have carefully read this disclaimer and fully understand its contents. You comprehend and voluntarily agree to the terms and conditions stated above.

**14. No Endorsement of Products or Services:** Any reference to specific products or services within the Programme does not constitute or imply its endorsement, recommendation, or favoring by us.