

# Disclaimer

Stephanie Martin of Balanced Nutrition and Wellness Consulting is extensively trained in the fields of nutrition and wellness. The recommendations on this website represent the opinions and insights of Stephanie Martin based on her knowledge, experience, and training in holistic healing modalities. The material provided is for educational purposes and not intended to replace the advice of your licensed physician. The educational practices mentioned are not intended to diagnose and treat illness. You are encouraged to seek advice from a competent medical professional regarding the applicability of any suggested practices referred to by Balanced Nutrition and Wellness Consulting with regard to your symptoms or condition.

**IMPORTANT MESSAGE:** It is important that you do not reduce, change, or discontinue any medication or treatment without consulting your primary care physician first.