

DISCLAIMERS

This is the personal blog of Claire (that's me). This is the boring but required bit of this blog. It's actually the kind of thing I used to spend all day doing in my lawyering job! So I know you don't want to but please do read it and then get back to the best bits!

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COMMENTS:

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IN MY WORDS:

Basically, this blog is a mixture of recipes (those I develop myself, my favourite recipes from other bloggers and cookbook authors) as well as a variety of wellness information that I have curated and consider helpful for health and overall wellbeing. I hope it is helpful and that it inspires you in some way. However, when applying anything I write or do to your own situation, know that **I am not a trained medical professional and have no formal qualifications in nutrition**. I cannot be held responsible for how different readers of this blog will apply what I share here. Thank you for your understanding!