

# 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!

## TERMS OF USE:

As a reader of Dom's Kitchen, you read these materials of your own free will and take the information provided here from the authors, columnists and guest posters at your own risk. You acknowledge that **the information provided by Dom's Kitchen through this website or on any social media pages or any other materials is intended to be helpful and informative and does not constitute medical, legal or other professional advice.** I am not a doctor or a registered dietician and I do not provide medical advice or treat diseases.

If you're experiencing an acute or chronic medically diagnosed condition you should work with your physician to determine the best course of action. To reiterate: the information presented here is not intended to diagnose, treat, cure, or prevent any disease. Full medical clearance from a licensed physician should be obtained before beginning or modifying any diet, exercise, or lifestyle program.

**We do not give out medical advice:** Dom's Kitchen is a food and wellbeing blog/website. I do cover topics such as nutrition and fitness as a way to educate, inspire and motivate, but I am not a qualified medical professional and therefore cannot provide any medical advice. I can only share my personal experiences as a way to help you to navigate through the Paleo/Primal/real food world. **I recommend you consult with a qualified medical health professional prior to making any changes in your diet or lifestyle.**

## COPYRIGHT POLICY:

All material (text and photographs) is copyright Dom's Kitchen unless otherwise noted. You may use a picture on your own blog or website provided you **obtain my prior permission** and link back to this blog. Please write to me at [claire@domskitchen.com](mailto:claire@domskitchen.com) for this. You may quote an excerpt of a post on your blog or website with proper credit and a link back to this blog. You may not copy an entire post on your blog or website without my prior permission but you may link to my blog provided I reserve the right to require that any such post

reproduction/link be removed.

## PRIVACY STATEMENT:

Any information you provide via comments or emails will not be used on spam lists, nor will the information be sold to another company. In the event a reader enters a giveaway, an address may be required to enable sending out of the gift and if this is not provided in a timely manner the prize may be forfeited.

## ADVERTISERS AND SPONSORS:

As the author of this blog, **I cannot be held responsible for the actions of any advertisers or sponsors**. If you (as a reader of this blog) purchase a product or service, based on a link, banner ad or blog post on this blog, and if then there is then an issue with that product or service then you must take that up with the relevant company to resolve the issue although certainly let me know about it!

## COMMENTS:

Comments are treasured and encouraged. You may speak your mind in any way that is respectful to other readers. Any comments which are hateful or racist or use inappropriate language will be deleted.

## 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!