

Program Terms & Conditions

Thank you for taking this empowering step toward transforming your health. This program provides practical, everyday strategies to help you cultivate a positive, sustainable relationship with food.

By enrolling in this program, you agree to the following terms and conditions. Please read this document carefully. Selecting "**I Agree**" and continuing to access services provided by Jessy George constitutes your full acceptance of this agreement.

1. Program Delivery

Program materials and coaching are delivered through 1:1 sessions, email communications, digital worksheets, audio/video content, and a secure membership platform.

2. Program Investment

All fees and prices are stated in US Dollars (\$USD).

3. Participant Responsibility & Results

- **Engagement:** You are expected to complete all assigned exercises, modules, and review all provided materials to gain the full benefit of the program.
- **Personal Ownership:** You are solely responsible for your progress, implementation, and outcomes.
- **Variability of Results:** Individual results vary based on personal commitment, effort, and unique circumstances. Jessy George makes no guarantees regarding specific outcomes.

4. Intellectual Property & Copyright

- **Ownership:** All program materials, workbooks, videos, audio clips, and content are the exclusive intellectual property of Jessy George and are protected by copyright and trademark laws.
- **Permitted Use:** Content is provided strictly for your personal, non-commercial use.
- **Restrictions:** You may not copy, reproduce, modify, republish, distribute, sell, or create derivative works from any program materials without explicit written permission.

- **Blogging & Public Sharing:** You may not publish blogs or public posts detailing specific program content or framework details without prior written consent. To request permission, contact jrg@centsibleketo.com.

5. Health & Educational Disclaimer

- **Educational Purpose:** This program is strictly an educational and informational service. Participation is at your own risk.
- **Not Medical Advice:** Program content is not a substitute for professional medical, psychological, or dietary treatment.
- **Professional Consultation:** Always consult a qualified healthcare provider regarding medical conditions, psychological concerns, or before making significant changes to your diet or health regimen.

By checking "**I Agree**" or participating in the program, you acknowledge that you have read, understood, and agreed to these Terms and Conditions.