

Melissa Kate Natural Living (“we”, “us”, “our”) provides naturopathic health coaching and wellbeing education. The information on this website (including any blogs, emails, downloads, guides, videos, checklists, meal ideas, recommendations, links, and social media content) is provided for general educational and informational purposes only.

Not medical advice

Nothing on this website or within our services is intended to be, or should be taken as, medical advice. We do not diagnose, treat, cure, prescribe or prevent disease. Coaching is designed to support lifestyle change and wellbeing and should be used alongside appropriate medical care, not as a replacement for it.

Always consult your healthcare professional

You should consult your GP, pharmacist, or qualified healthcare professional before:

- starting, stopping, or changing any medication (including HRT and contraception)
- making significant dietary or lifestyle changes where you have a health condition
- using supplements, herbs, essential oils, or other natural products
- if you are pregnant, breastfeeding, trying to conceive, or under medical supervision

If you have symptoms that are persistent, worsening, or concerning, seek medical advice promptly. If you have urgent symptoms (such as chest pain, severe shortness of breath, signs of stroke, severe allergic reaction, or you feel unsafe), contact 999 or NHS 111.

Individual results vary

Health, hormones and wellbeing are influenced by many factors including genetics, medical history, stress, sleep, nutrition, lifestyle, and environment. Outcomes and results are not guaranteed, and what works for one person may not work for another.

Personalised, evidence-informed approach

Recommendations shared within coaching may be personalised based on the information you provide and may draw on a blend of:

- client history and goals
 - traditional naturopathic principles
 - current nutrition/lifestyle science and evidence-informed practice
- Even with a personalised approach, coaching does not replace clinical assessment. If you need medical evaluation, you will be encouraged to seek appropriate medical support.

Natural products, supplements & adverse reactions

“Natural” does not always mean risk-free. Herbs, supplements and natural products can cause side effects, trigger sensitivities, or interact with medications. You are responsible for:

- checking ingredient lists and allergens
 - following manufacturer instructions and label guidance
 - seeking medical advice where appropriate
- If you experience any unwanted effects, discontinue use and seek medical advice.

To the fullest extent permitted by law, we are not responsible for adverse reactions, side effects, allergies, intolerance, or outcomes arising from the use of any products, supplements, herbs, foods, or lifestyle practices discussed or recommended, particularly where relevant information has not been disclosed.

Third-party links & resources

From time to time, we may link to third-party websites, resources, products, practitioners or services. These are provided for convenience and education. We do not control third-party content and are not responsible for external websites, claims, availability, or outcomes from third-party services.

Safeguarding & under-18s

Our services are primarily intended for adults aged 18+. If support is offered to an under 18, it will only be by prior agreement and with appropriate parental/guardian consent and safeguarding boundaries in place.

Limitation of liability (important legal note)

While we take care to provide high-quality information and coaching, use of this website and our services is at your own risk. Nothing in this disclaimer limits or excludes liability for:

- death or personal injury caused by negligence
- fraud or fraudulent misrepresentation
- or any liability that cannot legally be limited under UK law

By booking a session or package, you understand and agree that health coaching is an educational service and is not medical treatment. You remain responsible for your own health decisions and outcomes. Coaching may involve exploring nutrition, habits, lifestyle factors, stress support, sleep routines and wellbeing strategies. You agree to consult your GP/pharmacist before making changes to medication or treatment, and particularly before starting supplements or herbal products. If you require medical evaluation, diagnosis or treatment, you should contact a qualified healthcare professional.

