

# Shadow Inspiration Company Disclaimer:

The Founder & CEO of Shadow Inspiration is not a licensed or trained professional. All content, products and services are given on an as is and influential basis. All content found on the Shadow-Inspiration.com Website, including: text, images, audio, or other formats were created for informational and entertainment purposes only. The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on this Website or any of our social media platforms.

If you think you may have a medical emergency, call your doctor, go to the emergency department, or call 911 immediately. Reliance on any information provided by Shadow-Inspiration.com, Shadow Inspiration's Social Media pages, Shadow Inspiration Interns/employees, contracted writers, or medical professionals presenting content for publication to Shadow Inspiration is solely at your own risk.

The Site and its Content are provided on an "as is" basis.

Links to educational content not created by Shadow Inspiration are taken at your own risk. Shadow Inspiration is not responsible for the claims of external websites, education and entertainment companies.

Always consult with a medical professional or physician before starting a new workout plan or diet. Shadow Inspiration is solely here to provide information on what healthy lifestyle habits have worked for us and is not responsible for your actions taken hereon after if you decide to participate or engage with our workout routines and diet plans.