



## **Disclaimer**

The information and coaching I provide is intended to educate, inspire and hopefully even entertain you on your personal journey towards an ever-greater abundance of health, wealth, and happiness. It is not intended to replace care that is best provided by a qualified health professional and is not intended as medical advice, diagnosis, or treatment.

Information contained herein is intended to give you the tools to make informed decisions about your lifestyle and health. It should not be used as a substitute for any treatment that has been prescribed or recommended by your doctor. If you are under the care of any health professionals (or should be), you are strongly encouraged to discuss modifications in your diet, lifestyle, exercise program, nutrition, or use of EFT, hypnotherapy and visualization with them prior to making any changes, and never discontinue or reduce prescription medications without consulting your doctor or health care practitioner.

While EFT has produced remarkable clinical results, it must still be considered to be in the experimental stage. Dr. Gigi Smith is not a licensed health practitioner or medical doctor, and certain issues should be addressed by such professionals. You must take complete responsibility for your physical and emotional well-being, and you must agree to hold harmless anyone involved with EFT from any claims made by anyone whom you seek to help with EFT.

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