

PHC REAL FOOD OR LOW CARB LIFESTYLE COURSE DISCLAIMER

The Real Food or Low Carb Lifestyle Course aims to equip you with information enabling you to make decisions about your health and empowering you to make changes that could help you to lose weight, improve the management of your diabetes (even put it in remission), to find joy in food and cooking, feel better in yourself, and much more. Whether you are here at your doctor's suggestion, have been recommended by a relative or friend, or found us online, we hope that this course is transformative for you.

The course will provide you with information about the real food low carb lifestyle - including diet but also exercise, sleep and stress management - and helpful tips for how to adopt and maintain this lifestyle. It includes information about disease prevention and treatment, with a focus on weight loss and diabetes.

The course is run in conjunction with the [Public Health Collaboration](#) (Charity no. 1171887)

DISCLAIMER

The information presented in this course is just that - information. It is not medical advice or guidance.

You **must** speak with your doctor before making any changes to your medication and you should consult your doctor, or nurse if you have any questions concerning medication. You should consult your doctor if you have any concerns about making changes to your lifestyle that might impact your medication or your health and physical condition.

Before beginning this course, you must complete a Registration Form. By signing and submitting the form you will agree that you:

- Acknowledge the disclaimer as outlined above.
- Have consulted your doctor, if you are taking medication for the management of your diabetes, including but not limited to insulin, before beginning this course and will discuss any future changes to any of your medication with your doctor.
- Understand that any changes you may make to your lifestyle, including, but not limited to, your diet and exercise, may have consequences for your health and physical condition. Being aware of your own health and physical condition, you assume and accept responsibility for these consequences and any potential risks associated with participation in this course.
- Acknowledge that the course leader and the Public Health Collaboration (PHC) cannot be held responsible for any consequences that arise from changes you make to your lifestyle, following information in this course or otherwise.

Note, you should not give your access link to this course to your family or friends. Please do recommend the course to other people but put us in touch with them directly so that we can ensure they have read this information and filled out the appropriate forms first.