Disclaimer

The things I write about are my own opinions, observations, and insights. By no means should you mistake the information provided here as qualified professional advice. My motive is to offer information, perspective, and thought provoking content that you can take to your doctor in order to start a discussion about your health.

My job is to remind you that there is more to be learned. I want you to get interested in your health and realize that you have the power to take your health into your own hands. Before you start a new diet, a new exercise routine, or make dramatic changes to your lifestyle, please consult a proper qualified professional whom you trust and discuss your plans so she is aware of your plan and can monitor your progress. Ask questions and question answers. Always seek a second opinion if you do not feel comfortable with a diagnosis or treatment.

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