

Disclaimer

Blue Sky Vitality does not diagnose, prescribe, treat or cure any disease or condition either physical or mental. Wellbeing coaching should not be construed as a prescription, a promise of benefits, claims of cures or a guarantee of results to be achieved. Results are dependent upon the individual. Our wellbeing programmes are provided for informational, educational and self-empowerment purposes to improve overall wellbeing and self-awareness.

Any information, instruction or advice given is not intended to be a substitute for professional medical or psychological diagnosis and care. You should not discontinue or modify any medication and/or treatment presently being taken without obtaining approval from your healthcare professional.

Always consult your healthcare professional before making any changes to your diet, lifestyle or prescription drugs.

