

## You Are What You Create Growing with Gentle Nutrition Blog DISCLAIMER

Before you follow any recipes or ideas presented in You Are What You Create: "Growing With Gentle Nutrition" blog (herein referred to as "**the blog**"), please read the following fully and carefully.

- 1. Goal: The goal of the blog is to encourage parents to involve their children in food & nutrition in a manner that encourages a healthy relationship with food and body. Nutrition recommendations are generalized and not specified to any one follower. You Are What You Create does NOT provide any medical diagnoses or make nutrition recommendations based on medical diagnoses. You Are What You Create acknowledges that every individual has different biochemistry, and therefore does not guarantee specific results from following our nutrition ideas.
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