



Virtual Healing Cleanse Waiver

Please take a moment to carefully read and consider the state of your health and level of safety participation of this challenge. The content of this course and conversations with Ninaya, is NOT intended to be a substitute for medical advice, diagnose or treatment.

The intention of Ninaya's Healing Cleanse is to educate and inspire you to learn more about your Self-healing abilities, and natural healing remedies. It's an invitation to stopping, or lessening high-stress and inflammatory foods, and habits, in a supportive virtual group setting.

If you have a specific medical condition or specific symptoms, some shared recipes, remedies, and exercises may be contraindicated. Use your common sense, ask Ninaya if you have any doubts or concerns, and consider getting a referral from your primary care provider, prior to embarking on this Healing Cleanse with Ninaya

- I agree to take full responsibility for my safety and wellbeing while attending this challenge.
- I will go at my own, safe pace, to make sure my whole being is taken care off.
- During a cleanse and detox, we can sometimes feel worse, before we feel better. Some detox symptoms like headache, low energy, gas, bloating, indigestion, constipation, or diarrhea, are very common, usually very temporary, and part of the healing process. Together we'll learn more about how to handle that in an efficient, gentle, and natural way.
- I waive my right to make any liability claims against Ninaya Nancy Strandberg, her health practitioner guest speakers, and her Healing Journey's company team.

Date _____

Name _____

Please sign and return before the course begins on March 18th .

Looking forward to interacting and sharing this healing experience with you!