

SERVICES DISCLAIMER

The services offered by The Balanced Mind LLC are educational, supportive, and wellness-based in nature. They are not psychotherapy, clinical counseling, psychological services, psychiatric care, medical nutrition therapy, or healthcare.

The Balanced Mind LLC provides guidance, education, and supportive tools related to emotional well-being, stress support, mindfulness, somatic practices, nervous system awareness, habits, and wellness. These services are not intended to diagnose, treat, cure, or prevent any medical, psychological, or psychiatric condition.

You remain solely responsible for your own decisions, actions, health choices, and use of any information provided through this website, as well as through programs, sessions, workshops, digital materials, or other services.

If you have concerns about your physical or mental health, you should consult a licensed physician, psychologist, therapist, psychiatrist, registered dietitian, or other qualified healthcare provider.