

## Terms and Conditions

Please carefully read these Terms and Conditions before using the <https://www.transformlives.in/> website (the "Service") managed by Transform ("us", "we", or "our").

Your access to and use of the Service is based on your willingness to agree with these Terms. These Terms apply to all visitors, users, and others who use or use the Service.

By using the Service, you agree to follow the Terms. You may not use the Service if you do not agree with any of the terms.

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Duplicate or copy content from <https://www.transformlives.in/>.

### User Responsibilities:

By using our website, you agree to:

- When requested for information, provide accurate and genuine information.
- Use the website under all applicable laws and regulations.
- Do not engage in anything that interferes with or interrupts the website's operation.

### Intellectual Property:

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### Disclaimers:

- No Medical Advice: The content offered on this website, including dietary advice, meal planning, and other resources, is solely for informative reasons. It is not meant to replace expert medical advice, diagnosis, or treatment. If you have any questions about a medical problem, always see your physician or another trained health expert.

- Individual Results May Vary: The efficacy of dietary recommendations and meal planning varies from person to person. Results are not guaranteed and may vary depending on individual health circumstances, adherence to guidance, and other factors.

- We did not make any guarantees about the material's accuracy, completeness, or usefulness.

- Depending on such material, it is at your own risk.

## **Limitations of Liability:**

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- Your access to or use of the website;
- Any conduct or content of any third party on the website.

## **Changes to the Terms and Conditions:**

We retain the right to alter or replace these terms and conditions at any time. Any modifications made to the website will take effect soon after the updation. Your continued use of the website following the publication of such modifications indicates your acceptance of those changes.

## **Governing Law:**

These terms and conditions are regulated and construed under the laws of India, regardless of any conflict of law principles.

## **Contact Information:**

If you have any queries related to the terms and conditions, kindly contact through 'Contact Us' page at our Website: <https://www.transformlives.in/>