

Terms & Conditions

Last Updated: June 29, 2026

Welcome to **Root & Moon Nutrition** ("Root & Moon Nutrition," "we," "our," or "us"). By accessing or using **rootandmoonnutrition.com** (the "Website"), you agree to be bound by these Terms & Conditions. If you do not agree with these Terms, please do not use this Website.

1. Use of the Website

This Website provides information about Root & Moon Nutrition's services, educational resources, blog content, and nutrition-related information. You agree to use this Website only for lawful purposes and in accordance with these Terms.

You agree not to:

- Violate any applicable laws or regulations.
- Attempt to gain unauthorized access to the Website or its systems.
- Interfere with the Website's operation or security.
- Copy, reproduce, or distribute Website content without permission.

2. Professional Services

Root & Moon Nutrition provides nutrition counseling, Medical Nutrition Therapy (where applicable), nutrition education, meal planning, and related wellness services within the scope of applicable professional credentials, licensure, and supervision requirements.

Information provided through the Website is intended for general educational purposes. Individualized nutrition recommendations are provided only through an established client relationship.

3. No Emergency Services

Root & Moon Nutrition does not provide emergency medical services.

If you are experiencing a medical emergency, call 911 or seek immediate medical attention.

4. Medical Information

The content on this Website is not intended to replace the advice, diagnosis, or treatment provided by your physician or other qualified healthcare provider.

You should consult your healthcare provider before making significant dietary or lifestyle changes, particularly if you have a medical condition, are pregnant, nursing, or taking prescription medications.

5. Intellectual Property

All content on this Website, including but not limited to:

- Text
- Graphics
- Logos
- Branding
- Images
- Blog articles
- Educational materials
- Downloadable resources
- Meal plans
- Handouts

is the property of Root & Moon Nutrition unless otherwise noted and is protected by applicable intellectual property laws.

No content may be copied, reproduced, modified, sold, or distributed without prior written permission.

6. User Submissions

By submitting information through contact forms, appointment requests, questionnaires, or other Website features, you represent that the information you provide is accurate and complete.

You agree not to submit false, misleading, unlawful, or harmful information.

7. Privacy

Your use of this Website is also governed by our Privacy Policy, which explains how we collect, use, and protect your information.

8. Third-Party Links

This Website may contain links to third-party websites for educational or informational purposes.

Root & Moon Nutrition is not responsible for the content, privacy practices, or availability of third-party websites.

9. Limitation of Liability

To the fullest extent permitted by law, Root & Moon Nutrition shall not be liable for any direct, indirect, incidental, consequential, or special damages arising from:

- Your use of the Website
- Your inability to access the Website
- Reliance upon information contained on the Website
- Technical errors or interruptions

10. Disclaimer of Warranties

This Website and its content are provided on an "as is" and "as available" basis without warranties of any kind, either express or implied.

We do not guarantee that the Website will always be available, secure, error-free, or free of viruses or other harmful components.

11. Changes to These Terms

Root & Moon Nutrition reserves the right to modify these Terms & Conditions at any time.

Changes become effective immediately upon posting to this Website. Continued use of the Website constitutes acceptance of any updated Terms.

12. Governing Law

These Terms & Conditions shall be governed by and interpreted in accordance with the laws of the State of Connecticut, without regard to conflict of law principles.

13. Contact Information

If you have questions regarding these Terms & Conditions, please contact:

Root & Moon Nutrition

Website: <https://rootandmoonnutrition.com>

Email: kylah@rootandmoonnutrition.com

