

Privacy Policy and Terms of Service

At *True Wellness Doc*, we take privacy seriously and are committed to protecting the personal information of our users. This Privacy Policy outlines how we collect, use, and share opt-in information collected through our website.

Collection of Opt-In Information

- We collect opt-in information from users through various forms on our website, including email subscriptions, contact forms, and event registration forms. This information may include, but is not limited to, names, email addresses, and phone numbers. We only collect opt-in information that is necessary for the purpose it was provided for.

Use of Opt-In Information

- The opt-in information collected through our website is used to provide our users with the services they requested, such as email newsletters, event updates, and customer support. We may also use this information to personalize the user experience on our website and to improve our products and services.

Sharing of Opt-In Information

We do not sell, rent, or otherwise share opt-in information with third parties, unless we have the user's explicit consent or are required to do so by law.

Data Security

- We take appropriate technical and organizational measures to secure the opt-in information collected through our website from unauthorized access, use, disclosure, or destruction.

Changes to This Privacy Policy

- We may modify this Privacy Policy from time to time to reflect changes in our privacy practices. If we make any changes, we will update this Privacy Policy and post the revised version on our website.

Contact Information

- If you have any questions or concerns about our privacy practices or this Privacy Policy, please contact us at drstrang@truewellnessdoc.com.

Terms of Service

"These terms and conditions govern the use of SMS services provided by *True Wellness with Dr Strang*. By subscribing to the service, you agree to be bound by these terms and conditions.

-To subscribe to the SMS service, the User must opt-in by providing their mobile number to *True Wellness with Dr Strang*.

-The User acknowledges that message and data rates may apply. *True Wellness with Dr Strang* is not responsible for any charges incurred by the User.

-The User acknowledges that they may receive up to 1-2 messages per week.

-The User may opt-out of the SMS service at any time by replying "STOP" to any Message received.

-*True Wellness with Dr Strang* will promptly stop sending Messages to the User upon receipt of the opt-out request.

Disclaimer of Liability

True Wellness with Dr Strang will not be liable for any loss, damage or inconvenience caused by the use of the SMS service.

The User assumes all risks and responsibility for the use of the SMS service.

By subscribing to the SMS service provided by *True Wellness with Dr Strang*, the User agrees to be bound by these terms and conditions. If the User does not agree to these terms and conditions, they should not subscribe to the SMS service."