

Health Notices

The Whole30 was developed by respected health professionals. However, Whole30 isn't a medical organization and we can't give you medical advice, treat you for any medical condition, or provide any specific recommendations relating to your medical condition. We strongly urge you to consult with your physician, primary health-care provider, and/or a Registered Dietitian before starting any dietary or lifestyle plan.

We also urge you to get periodic medical checkups. The Whole30 can create physical changes that should be medically monitored. Medical monitoring is especially important for people with a known medical condition, pregnant or breastfeeding women, or those on prescription medication. The Whole30 is not advised for those with a history of disordered eating, unless administered under the care of a trained counselor. The Whole30 is healthful, but isn't intended to treat any illness or disease.

In addition:

I require written medical permission to participate in coaching services if you are pregnant or have an active medical diagnosis of bulimia nervosa/anorexia/binge eating disorder/EDNOS.

I prohibit participation in my coaching services for children under the age of 18.

If you are being treated for an illness, taking prescription medication, or following a therapeutic diet to treat a disease, it's especially important to show the Whole30 plan to your physician or primary health care provider. Any modifications made to the plan by your provider(s) should be followed.