Disclaimer and Disclosure

* Disclaimer:

The entire contents of this website are based upon the research and opinions of Dr. Stephanie Shelburne, unless otherwise noted. The nutritional and other information on this website is not intended to replace a one-on-one relationship with a qualified health care professional nor is not intended as medical advice. The information on this website is intended as a sharing of knowledge and information from the research and experience of Dr. Stephanie Shelburne and Bod*ecology. Dr. Stephanie encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

Disclosures

The articles on this site frequently contain affiliate links to products or services I use, enjoy, or recommend. By making purchases through these links, you are supporting the companies or products I believe in. Thank you!

Product Endorsement Disclosure: I may receive monetary compensation or other types of remuneration for my endorsement, recommendation, testimonial and/or link to any products or services from this website. Please note that I only ever endorse products that are in alignment with my ideals and that I believe would be of value to you.

Amazon Disclosure: The owner of this website is a participant in the Amazon Services LLC Associates Program, an affiliate advertising program designed to provide a means for sites to earn advertising fees by advertising and linking to Amazon properties including, but not limited to, amazon.com, endless.com, myhabit.com, smallparts.com, or amazonwireless.com and other amazon affiliates.

Google AdSense and Analytics Disclosure:

BODECOLOGY and affiliated websites use Google Analytics to understand how people use our websites and to make them better. Google Analytics may collect the IP address assigned to you when you access our website, but we do not combine that data with any other data to which we have access to personally identify you. We also use Google's Ad network to identify aggregate demographic and interest data about visitors to our websites. You can access Google's privacy policy and learn how to opt-out at https://policies.google.com/privacy and you can change your preferences or opt-out of Google Ads at https://adssettings.google.com.

Last updated January 1, 2020