

TERMS & CONDITIONS

SHIFT Menopause Simplified™

Effective Date: August 23, 2026

Welcome to SHIFT Menopause Simplified™ (“SHIFT,” “we,” “us,” or “our”). These Terms & Conditions govern your access to and use of our website, programs, courses, coaching services, digital materials, assessments, videos, communications, and other products or services.

By accessing our website, purchasing a product or service, enrolling in a SHIFT program, or otherwise using our services, you agree to these Terms & Conditions.

1. Health & Wellness Disclaimer

SHIFT provides health, wellness, nutrition, fitness, lifestyle, and menopause education and coaching.

SHIFT does **not** provide medical advice, diagnosis, treatment, or medical care. Our programs and materials are intended for educational and informational purposes only and are not a substitute for care from a qualified healthcare professional.

Always consult your physician or other qualified healthcare professional regarding medical conditions, symptoms, medications, hormone therapy, supplements, nutrition changes, exercise programs, or other health-related decisions.

Never disregard professional medical advice or delay seeking medical care because of information provided by SHIFT.

If you experience a medical emergency, seek immediate medical attention.

2. Individual Results

Every individual is different. Health, wellness, weight, body composition, sleep, energy, fitness, symptom, and lifestyle outcomes vary based on numerous factors.

SHIFT does not guarantee any specific health, weight-loss, fitness, symptom-relief, financial, or other result.

Testimonials, examples, or results shared by clients represent individual experiences and should not be interpreted as guarantees that you will achieve the same or similar results.

3. Participation & Personal Responsibility

By participating in a SHIFT program or using our materials, you acknowledge that you are responsible for your own health and decisions.

You agree to use your own judgment and consult appropriate healthcare professionals before making significant changes to your nutrition, exercise, supplements, medications, hormone therapy, or medical treatment.

You voluntarily assume the risks associated with implementing health, nutrition, fitness, and lifestyle information provided through SHIFT.

4. Exercise & Physical Activity

SHIFT programs may include recommendations regarding walking, resistance training, cardiovascular exercise, mobility, yoga, or other forms of physical activity.

Physical activity involves inherent risks, including injury.

Before beginning a new exercise program, particularly if you have an existing medical condition, injury, physical limitation, or other health concern, you should obtain appropriate medical clearance.

You are responsible for choosing activities appropriate for your individual abilities and circumstances.

5. Nutrition & Supplements

Information regarding food, nutrition, dietary strategies, supplements, vitamins, minerals, or other wellness products is provided for educational purposes.

Individual nutritional and supplement needs vary. Supplements may interact with medications or may not be appropriate for certain health conditions.

Consult an appropriate healthcare professional before beginning or changing a supplement regimen, particularly if you take prescription medications, have a medical condition, are pregnant or breastfeeding, or are under medical care.

6. Programs, Courses & Coaching

The specific features of each SHIFT program, course, consultation, or coaching package will be described at the time of purchase.

Depending on the program purchased, services may include:

- Digital educational materials
- Video lessons
- Worksheets or workbooks
- Assessments or questionnaires
- Group coaching
- Individual consultations or coaching
- Live or virtual sessions
- Email or text-based educational content
- Community or group activities

Purchasing one SHIFT service does not entitle you to services, consultations, personalized plans, or coaching that are not specifically included in that purchase.

7. Payments

Prices are displayed at the time of purchase and are subject to change.

By purchasing a SHIFT product or service, you authorize us or our payment processor to charge the payment method you provide for the amount displayed at checkout.

If a payment plan is offered and selected, you agree to make all payments according to the payment schedule disclosed at purchase.

Failure to complete required payments may result in suspension or termination of access to the program or services.

8. Refunds & Cancellations

Because SHIFT programs may include immediate access to proprietary digital content, educational materials, assessments, and/or reserved coaching capacity, **all sales are final unless a different refund or cancellation policy is expressly stated in writing at the time of purchase.**

Once access to digital materials has been provided, refunds will generally not be issued.

If a specific program includes a different cancellation or refund policy, the terms presented for that program at the time of purchase will control.

9. Scheduling & Missed Appointments

For individual consultations, coaching appointments, or other scheduled services, clients are responsible for attending at the scheduled time.

SHIFT may establish reasonable rescheduling and cancellation requirements for individual services.

Repeated missed appointments or late cancellations may result in forfeiture of the scheduled session where disclosed as part of the applicable program or booking terms.

10. Intellectual Property

All SHIFT content is proprietary and protected by applicable intellectual property laws.

This includes, but is not limited to:

- The SHIFT Menopause Simplified™ program
- The SHIFT framework and methodology
- Videos and lessons
- Workbooks and worksheets
- Assessments and questionnaires
- Presentations
- Graphics
- Written materials
- Training materials
- Downloads
- Program structures and educational resources

Your purchase provides you with a limited, personal, non-exclusive, non-transferable right to use the materials for your own personal use.

You may not copy, reproduce, distribute, sell, share, publish, upload, teach, license, modify for commercial use, or create competing materials based upon SHIFT proprietary content without prior written permission.

Program access may not be shared with another person.

11. Group Programs & Confidentiality

SHIFT may offer group coaching, group discussions, walks, workshops, virtual meetings, or other community-based experiences.

Participants may voluntarily share personal information during these experiences.

You agree to respect the privacy of other participants and not record, photograph, publish, distribute, or disclose another participant's personal information or statements without their permission.

While SHIFT asks participants to respect confidentiality, we cannot guarantee that other participants will maintain confidentiality.

12. Communications

By providing your contact information and consenting to communications, you may receive program materials, reminders, educational information, account communications, and other messages related to your participation.

Where you separately consent to marketing communications, you may also receive promotional emails or text messages.

You may unsubscribe from marketing emails through the unsubscribe link provided and may opt out of promotional text messages by replying **STOP**.

Message and data rates may apply.

13. Website Use

You agree not to use our website or services to:

- Violate applicable laws
- Attempt to gain unauthorized access to our systems
- Interfere with website functionality
- Copy or misuse proprietary content
- Distribute malicious software
- Misrepresent your identity
- Engage in fraudulent or abusive activity

We reserve the right to restrict or terminate access when we reasonably believe these Terms have been violated.

14. Third-Party Services & Links

SHIFT may use or link to third-party services, websites, payment processors, technology providers, products, or resources.

We are not responsible for the content, availability, privacy practices, security, products, services, or policies of independent third parties.

Your use of third-party services may be governed by their own terms and privacy policies.

15. Limitation of Liability

To the fullest extent permitted by applicable law, SHIFT Menopause Simplified™, its owner, employees, contractors, affiliates, and representatives will not be liable for indirect, incidental, consequential, special, or punitive damages arising from your use of our website, programs, materials, products, or services.

You understand that health, nutrition, fitness, and lifestyle decisions involve individual circumstances and agree that you remain responsible for decisions regarding your health and participation.

Nothing in these Terms excludes or limits liability that cannot legally be excluded or limited.

16. Indemnification

To the extent permitted by law, you agree to indemnify and hold harmless SHIFT Menopause Simplified™, its owner, employees, contractors, affiliates, and representatives from claims, damages, liabilities, or expenses arising from your misuse of our website, programs, materials, or services or your violation of these Terms.

17. Privacy

Your use of SHIFT services is also subject to our Privacy Policy, which explains how we collect, use, store, and disclose personal information.

18. Changes to These Terms

We may update these Terms & Conditions periodically.

Updated Terms will be posted on our website with a revised effective date. Continued use of our website or services following an update constitutes acceptance of the revised Terms to the extent permitted by applicable law.

19. Governing Law

These Terms & Conditions are governed by the laws of the State of Texas, without regard to conflict-of-law principles.

Any dispute relating to these Terms or SHIFT services will be handled in accordance with applicable Texas and federal law.

20. Contact Us

Questions regarding these Terms & Conditions may be directed to:

SHIFT Menopause Simplified™
Stacy Gaucys
Texas, United States

Email: SHIFTmenopause@gmail.com
Website: shiftmenopause.com

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