

INSIGHTFUL WELLNESS, LLC DISCLAIMER

Please read this Disclaimer carefully and in its entirety before using insights2wellness.com (hereinafter referred to as the “Site”). The Site and its content are owned by Insightful Wellness, LLC

PURPOSE: This Disclaimer is here to clearly explain, outline, and layout who we are, what we do, and what we don't do before you use, view, and/or browse the Site and/or purchase or Download any course, program, service, or product offered by us. In short, the purpose of the Site is to provide information & education on stress and sleep.

IMPORTANT NOTE: By using the Site in any capacity, you voluntarily agree to this Disclaimer. You agree that you have read (or had the opportunity to read and chose not to), understood, and consented to this Disclaimer. If you have any questions, please contact us at josey@insightfulwellness.org

Finally, you must be at least 18 years old and be able to consent to this Disclaimer. If you are under the age of 18, or you do not agree with this Disclaimer as stated herein, please **STOP** now and do not use this Site or its content. By using the Site, you agree to the Disclaimer as stated herein, regardless of whether or not you have read it.

1. Definitions

- **“Company”, “We”, “I”, “Our”, or “Us”** means Insightful Wellness, LLC and pages.insights2wellness.com .
- **“Content”** means any and all written, visual, video, or audio information contained on the Site, including, but not limited to, any and all emails received from or on behalf of Insightful Wellness, LLC or pages.insights2wellness.com , and any and all written or Downloadable material Purchased, viewed, or otherwise offered on pages.insights2wellness.com , such as blog posts, graphics, designs, documents, information, templates, and materials.
- **“Purchase”, “Purchased”, “Purchasing”, “Downloading” or “Download”** means any Content (as defined herein) or Courses, Services, and/or Products (as defined herein) you paid for and/or copied to your computer, hard drive, cloud system, or another process of downloading data, from this Site (as defined herein).
- **“Personal Information”** means information that can be used on its own or in conjunction with other information to identify, contact, or locate a single person, or to identify an individual in context. For example, personal information includes your name, address, email address, telephone number, etc.
- **“Site, Courses, Services, and/or Products”** means pages.insights2wellness.com and its associated pages, Content, email list, social media posts, blog posts, courses, coaching services, group courses or programs, templates, contracts, forms, guides, eBooks, worksheets, workbooks, website materials, and/or templates available on the Site.

- **“Site”** means pages.insights2wellness.com and any and all of its pages, tabs, or sub-pages and “Content”, as defined herein.
- **“You” or “Your”** means the user, customer, or viewer of the Site.

2. Disclaimer

The Site, Courses, Services, and/or Products are intended for **informational & educational** purposes only and are not intended as professional advice by us. By accessing and using the Site, Courses, Services, and/or Products, such use shall constitute your agreement that the Site, Courses, Services, and/or Products is not professional advice and shall not be relied upon by you as such.

By using the Site, you understand that we are a CERTIFIED ONLINE SLEEP & STRESS COACH. We are not a nutritionist, therapist, or licensed medical professional in this context, and therefore you need to discuss and obtain approval for any changes to your lifestyle, food intake, exercise regimen, or medical treatment with your physician before implementing any suggestions provided. You must discuss any and all changes to your diet, exercise regimen, supplements, medications, or lifestyle with your physician or other qualified medical professional(s) before implementing any suggested or offered changes, additions, or alterations. Our Content is for informational and educational purposes only, and is based on personal and professional experience. Our Content is not meant as a substitute for professional advice.

While Josey Hull, M.Ed., LPC, is a Licensed Professional Counselor in the Commonwealth of Virginia, she provides services through Insightful Wellness, LLC solely in her capacity as a Certified Sleep & Stress Coach. No counseling or therapy services are provided through this business, and participation does not create a therapist–client relationship.

3. Affiliate Links/Products

In the future, we may from time to time, link to products or services we love using affiliate links. This means that we may receive a small percentage or fee for referring you to any product you may purchase from one of those sites. These small fees will help sustain our small business. We truly appreciate your support.

Including, but not limited to, we may participate in the Amazon Services LLC Associates Program, an affiliate advertising program designed to provide a means for us to earn fees by linking to Amazon.com and affiliated sites.

4. Sponsored Posts

We may feature sponsored blog posts. If we do, we will clearly state that the post is sponsored and by whom in the post. While we are committed to only featuring sponsored content from companies or products we have tried and loved, we make no warranties, guarantees, or representations as to the effectiveness or safety of said products or services. You should use

them at your own risk and make all the appropriate investigations you need to on your own to feel comfortable using them. Please feel free to email us at josey@insightfulwellness.org if you have any questions about our sponsored posts.

5. Information Is No Substitute for Professional Advice

The Content contained on this Site is not a substitute for the advice of your attorney, physician, medical professional, mental health professional, financial advisor, accountant, or any other professional you consult or should consult. This Site simply contains informational and educational material and information.

6. No Warranties, Guarantees, or Representations

Although we do our best to maintain the Site and its Content, we do not warranty, guarantee, or represent that our Content or Site, Courses, Services, and/or Products are accurate, complete, reliable, or free of errors or that they pertain to your particular circumstances or health situation. Although we do our best to update the Site, we also cannot guarantee -- due to how rapidly things change -- that all of our Content is up to date or completely accurate.

7. Disclaimer of Liability

To the extent permitted by law, we disclaim any and all liability pertaining to your use, purchase, or download of the Site, Courses, Services, and/or Products. Please use the Site, Courses, Services, and/or Products at your own risk, after making an independent assessment of risk.

8. Testimonials/Examples

The Testimonials or examples on the Site are simply that: examples. While they are all accurate and authentic, we are not making any claims that YOU will experience the same or better results from using or purchasing the Site, Courses, Services, and/or Products.

9. No Endorsements

Any links to, mentions of, or features of various companies, products, or services are not in any way an endorsement of said company, product, and/or service by us. It does not mean that we guarantee your success, satisfaction, or safety with respect to said company, product, or service. You should only use or do business with one of those companies, products, or services after you have independently investigated it, assessed the applicable risk, and determined you would like to use or try it.

10. Privacy Policy + Terms & Conditions

Please read our [Privacy Policy](#) and [Terms & Conditions](#) before using the Site. Thank you.

11. Contact Us

If you have any questions about the Disclaimer or its terms, or our Privacy Policy and Terms & Conditions, please email us at josey@insightfulwellness.org

Updated On: 10/04/2025