

# CHRISTINE TRIMPE LLC + The SugarFreed® Method Programs Privacy Policy, Medical Disclaimer, and Terms & Conditions

“Program Terms and Conditions”

**Refund Policy:** After the purchase transaction for all SugarFreed® Method Program(s) is complete, no refunds are provided. If you selected a payment plan, all payments must be made according to the payment schedule.

## **Ongoing Access Policy:**

**The SugarFreed® Me Weight Loss Solution (13-week program):** You have ongoing access to The SugarFreed® Method Program content hub. That means you will retain access to the content hub after your program ends.

However, after your program timeframe has expired, you will no longer be part of the program's private group for current students and will no longer have access to coaching. NOTE: Any unused 1:1 coaching calls will no longer be available after your program timeframe is over.

**The 21-Day SugarFreed® Detox:** You have 28 days of access to The SugarFreed® Method Program content hub. At the end of 28 days, your access to the learning hub and private group will be removed unless you request re-enrollment.

## **Monthly Payment Plan Policy:**

If you are on a monthly payment plan, you must make all your monthly payments on time, regardless of your level of activity in The SugarFreed® Method Program(s). Failure to timely make all your monthly payments may result in the denial of access to your content hub and coaching.

**Declined Payment Policy:**

As a client in The SugarFreed® Method Program, you must make all of your payments. You have 5 business days from the date of a payment decline to bring your account into good standing. Failure to bring your account into good standing may result in the denial of access to your content hub and coaching.

**1:1 Call Cancellation, Reschedule, and No-Show Policy:**

The SugarFreed® Method Program(s) requires one business day's notice to cancel or reschedule a 1:1 coaching session. We understand that emergencies occur and will be considered on a case-by-case basis. If you have a 1:1 coaching session scheduled and do not show up for your appointment, you will have one grace opportunity to reschedule the no-show during the program. If you do not show up for the rescheduled session, you will forfeit it and will not be able to rebook.

**Hours of Operation:**

The SugarFreed® Method Programs operate during the following business hours: Monday - Friday, from 11:00 AM ET to 5:00 PM ET. All client communications will be responded to within 1 business day or sooner during regular business hours. This includes responses in the private groups for The SugarFreed® Me Weight Loss Solution Program and The 21-Day SugarFreed® Detox.

**Privacy Policy:**

What Information Do We Collect?

We collect information from you when you register on our website, place an order, enter a contest or sweepstakes, respond to a survey or communication such as an email, or participate in another site feature.

When you order or register for a program, we may ask you for your name, email address, mailing address, phone number, credit card information, or other information. You may, however, visit our site anonymously.

Like many websites, we use cookies to enhance your experience and gather information about visitors and visits to our website. Please refer to the “How Do We Use Your Information?” section below for information about cookies and how we use them.

#### How Do We Use Your Information?

We may use the information we collect from you when you register, purchase products, enter a contest or promotion, respond to a survey or marketing communication, surf our website, or use certain other site features in the following ways:

To personalize your site experience and to allow us to deliver the type of content and product offerings in which you are most interested.

To allow us to better serve you in responding to your customer service requests, including to quickly process your transactions.

To administer a contest, promotion, survey, or other site feature.

If you have opted-in to receive our email newsletter or free eBook reports, we will send you educational and marketing emails.

If you would no longer like to receive promotional emails from us, please refer to the “How Can You Opt-Out of Receiving Emails from Us?” section below.

If you have not opted-in to receive email newsletters, you will not receive these emails. Visitors who register or participate in other site features, such as

marketing programs and 'members-only' content, will choose whether to be on our email list and receive email communications from us.

As you browse Christine Trimpe LLC, The SugarFreed® Method Programs, and our website, advertising cookies will be placed on your computer to help us understand your interests.

### **How Do We Protect Visitor Information?**

We implement a variety of security measures to maintain the safety of your personal information. Your personal information is contained behind secured networks. It is only accessible by a limited number of persons with special access rights to such systems, and they must keep the information confidential. When you place orders or access your personal information, we offer the use of a secure server. All sensitive/credit information you supply is transmitted via Secure Socket Layer (SSL) technology and then encrypted into our databases to be only accessed as stated above.

### **Do We Disclose the Information We Collect to Outside Parties?**

We do not sell, trade, or otherwise transfer your personally identifiable information to outside parties unless we provide you with advance notice, except as described here. We may share your information with website hosting partners and other parties who assist us in operating our website, conducting our business, or servicing you, so long as those parties agree to keep this information confidential. We may also release your information when we believe release is appropriate to comply with the laws or legal obligations, enforce our site policies, or protect our or others' rights, property, or safety.

However, non-personally identifiable visitor information may be provided to other parties for marketing, advertising, or other uses.

### **How Can You Opt Out of Receiving Future Emails from Us?**

To opt out of receiving future emails from us, click on the Unsubscribe link at the bottom of our email. Please note that you may receive any emails already in production due to email production schedules. Please note that we may maintain information about an individual sales transaction to service that transaction and for record-keeping.

### **Third-Party Links.**

To provide you with greater value, we may include third-party links on our site. These linked sites have separate and independent privacy policies. We have no responsibility or liability for the content and activities of these linked sites. Nonetheless, we seek to protect the integrity of our site and welcome any feedback about these linked sites (including if a specific link does not work).

### **Changes to our Policy.**

If we decide to change our privacy policy, we will post the change on this page. Policy changes will apply only to information collected after the change date. This policy was last modified on January 1, 2026.

### **Questions and Feedback.**

We welcome your questions, comments, and concerns about privacy. Please send us any and all feedback pertaining to privacy or any other issue.

### **Online Policy Only.**

This online privacy policy applies only to information collected through our website and not to information collected offline.

### **Terms and Conditions Policy:**

PLEASE READ THE FOLLOWING TERMS AND CONDITIONS CAREFULLY BEFORE USING THIS WEBSITE. By accessing and using this website, all users agree that access and use are for personal use and are subject to the following terms and

conditions and applicable laws. Do not use this site if you do not agree to these terms and conditions.

## **TERMS AND CONDITIONS**

The terms and conditions set forth herein govern your use of this website, including all pages within this website. By accessing and using this website, you shall be deemed to have agreed to and accepted such terms and conditions and to have agreed that all such terms and conditions are in full force and effect and fully binding on you. You must not use this website if you have any objection to such terms and conditions.

## **COPYRIGHT**

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## **TRADEMARKS**

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## **WARRANTY AND MEDICAL DISCLAIMER**

THE STATEMENTS AND OTHER CONTENT ON THIS WEBSITE OR PROVIDED THROUGH THIS WEBSITE, AND THE PROGRAMS AVAILABLE THROUGH THIS WEBSITE, ARE NOT PREPARED OR WRITTEN BY LICENSED MEDICAL OR DIETARY PROFESSIONALS. THE STATEMENTS AND OTHER CONTENT ARE INTENDED TO BE AND TO CONSIST EXCLUSIVELY OF THE IMPRESSIONS, EXPERIENCES, AND OPINIONS OF THE AUTHORS AND TO BE GENERAL IN NATURE. THEY DO NOT CONSTITUTE MEDICAL OR DIETARY DIAGNOSIS, ADVICE, TREATMENT, OR RECOMMENDATIONS TO YOU OR ANY OTHER PERSON. THEY ARE NOT INTENDED TO DEAL WITH ANY PERSON'S INDIVIDUAL PHYSICAL CONDITION OR MEDICAL CIRCUMSTANCES. ANY PERSON DESIRING MEDICAL ADVICE, DIAGNOSIS OR TREATMENT, OR DIETARY ADVICE SHOULD SEEK AND OBTAIN IT FROM HIS OR HER OWN PHYSICIAN OR OTHER APPROPRIATE LICENSED MEDICAL PROFESSIONAL.

BEFORE EMBARKING ON ANY KETOGENIC OR LOW-CARB/HEALTHY FAT DIET, WEIGHT LOSS DIET, INTERMITTENT FASTING, EXERCISE, OR LIFESTYLE MODIFICATION PROGRAM, YOU ARE STRONGLY URGED TO MEET WITH YOUR PHYSICIAN OR OTHER LICENSED MEDICAL PROFESSIONAL TO OBTAIN AN ASSESSMENT OF YOUR PHYSICAL CONDITION, DISCUSS YOUR WEIGHT LOSS AND OTHER GOALS, AND OBTAIN THE MEDICAL PROFESSIONAL'S ADVICE AND RECOMMENDATIONS. THERE ARE RISKS ASSOCIATED WITH ANY WEIGHT LOSS, DIETARY, OR EXERCISE PROGRAM. IF YOU BEGIN TO HAVE AN ADVERSE PHYSICAL OR OTHER REACTION FROM FOLLOWING ANY DIET, EXERCISE, OR LIFESTYLE CHOICES IDENTIFIED ON THIS WEBSITE, YOU SHOULD IMMEDIATELY SEEK ADVICE AND TREATMENT FROM AN APPROPRIATE LICENSED PROFESSIONAL. NEVER DELAY SEEKING MEDICAL ADVICE BECAUSE OF SOMETHING YOU READ OR HEARD ON THIS WEBSITE.

THE INCLUSION OF STATEMENTS OR INFORMATION ON THIS WEBSITE, OR ON OTHER WEBSITES FOR WHICH WE HAVE PROVIDED LINKS, OR IN THE PROGRAMS AVAILABLE THROUGH THIS WEBSITE DO NOT CONSTITUTE A REPRESENTATION THAT THE STATEMENTS OR INFORMATION ARE COMPREHENSIVE, CURRENT, OR ACCURATE. ALTHOUGH THERE MAY BE REFERENCES TO SPECIFIC PRODUCTS ON THIS WEBSITE PERIODICALLY, WE ARE NOT PRODUCT EXPERTS AND HAVE NOT PERFORMED ANY INVESTIGATION, TESTING, OR ANALYSIS WITH RESPECT TO SUCH PRODUCTS. YOU ARE URGED TO PERFORM APPROPRIATE RESEARCH AND INVESTIGATIONS BEFORE PURCHASING AND USING THE PRODUCT.

CHRISTINE TRIMPE LLC (DBA COACH CHRISTINE TRIMPE, JOYFUL KETO LIFE, AND SUGARFREED™ ME COACHING) AND EACH OF THEIR OWNERS, SHAREHOLDERS, MEMBERS, OFFICERS, MANAGERS, DIRECTORS, EMPLOYEES, REPRESENTATIVES, ATTORNEYS, CONTRACTORS, SUCCESSORS, OR ASSIGNS ("RELEASED PARTIES") HEREBY DISCLAIM ALL LIABILITY FOR ANY CLAIMS, LIABILITIES, LOSSES OR DAMAGES FOR INJURY TO PERSONS OR PROPERTY, LOSS OF INCOME OR PROFIT, STATUTORY OR REGULATORY VIOLATION, LOSS OF INCOME OR PROFIT OR OTHER DAMAGES OF ANY KIND WHATSOEVER DIRECTLY OR INDIRECTLY ARISING FROM OR RELATED IN ANY WAY TO THE INFORMATION, OPINIONS OR OTHER MATTERS REFERENCED HEREIN OR YOUR OR ANY OTHER PERSON'S USE THEREOF

(THE "CLAIMS"). BY VISITING THIS WEBSITE AND ACCESSING THE CONTENTS HEREIN, YOU ARE DEEMED TO HAVE AGREED TO THE ABOVE DISCLAIMER OF LIABILITY AND TO RELEASE AND HOLD THE RELEASED PARTIES HARMLESS FROM ALL CLAIMS TO THE FULLEST EXTENT PERMITTED BY LAW.

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### **FOR EDUCATIONAL AND INFORMATIONAL PURPOSES ONLY**

The information provided in or through this website is for educational and informational purposes only and solely as a self-help tool for your own use.

### **PERSONAL RESPONSIBILITY**

By accessing this website: (1) you agree you will aim to accurately represent the information you provide to us on or through the website; (2) you acknowledge that you are participating voluntarily in using the website and that you are solely and personally responsible for your choices, actions, and results, now and in the future; (3) you accept full responsibility for the consequences of your use, or non-use, of any information provided on or through the website; and (4) you agree that you have undertaken to, and will use your own judgment and due diligence before implementing any idea, suggestion, or recommendation from our website in connection with your life,

family, or business.

## **CODE OF CONDUCT**

You may not use this website for any illegal or unauthorized purpose. In addition to the laws of the State of Michigan and the United States of America, you also agree to comply with all local laws that apply to your use of the website. You may not use the website in any manner that could disable, overburden, damage, or impair the website or interfere with any other party's use and enjoyment of the website. You agree that you are responsible for your own conduct and communications while using the website and for any consequences of that use. You agree that when using the website, you will not post or upload any inappropriate, promotional, defamatory, destructive, obscene, or unlawful content; defame, abuse, harass, or otherwise violate the legal rights (such as rights of privacy and publicity) of others, or upload dangerous or harmful files. CHRISTINE TRIMPE LLC reserves the right to remove individuals from our community who violate these conditions or, in other instances, of misconduct.

## **NO GUARANTEES**

CHRISTINE TRIMPE LLC strives to support and assist you in reaching your own goals, but your success depends primarily on your effort, motivation, commitment, and follow-through. CHRISTINE TRIMPE LLC cannot predict and does not guarantee that you will attain a particular result, and you accept and understand that results will differ for each individual. Each individual's results will depend on their unique background, dedication, desire, motivation, actions, and numerous other factors. You fully agree that there are no guarantees about the specific outcome or results you can expect from using the information you receive on or through this website.

## **PURCHASES AND SUBSCRIPTIONS**

If you wish to purchase any product or service made available through the

website (“Purchase”), you may be asked to supply certain information relevant to your Purchase, including, without limitation, your name, phone number, email address, physical address, credit card information, and geographic location. Please view our Privacy Policy for more information on how we use your personal information. Some parts of The SugarFreed® Method Programs may be billed on a payment plan basis. You will be billed in advance on a recurring basis per the payment plan agreement.

### **INDEMNIFICATION AND RELEASE OF CLAIMS**

As a condition of accessing and using this website, you fully and completely hold harmless, indemnify, and release CHRISTINE TRIMPE LLC and its owners, shareholders, members, officers, managers, directors, employees, representatives, attorneys, contractors, affiliates, successors, or assigns from any and all causes of action, liabilities, allegations, suits, claims, damages, or demands whatsoever, in law or equity, that may arise in the past, present, or future that in any way arise from or are related to your access and use of our website.

### **ERRORS AND OMISSIONS**

Although every effort is made to ensure the accuracy of information shared on or through this website, the information may inadvertently contain inaccuracies or typographical errors. You agree that CHRISTINE TRIMPE LLC, its owners, shareholders, members, officers, managers, directors, employees, representatives, attorneys, contractors, affiliates, successors, or assigns is not responsible for the views, opinions, or accuracy of facts referenced on or through this website, or of those of any other individual or company affiliated with CHRISTINE TRIMPE LLC in any way. Because scientific, technological, and business practices are constantly evolving, you agree that CHRISTINE TRIMPE LLC is not responsible for our website’s accuracy or for any errors or omissions that may occur.

## **NO ENDORSEMENT**

References or links on our website to the information, opinions, advice, programs, products, or services of any other individual, business, or entity do not constitute a formal endorsement by CHRISTINE TRIMPE LLC and are merely in the nature of sharing information for your self-help. CHRISTINE TRIMPE LLC is not responsible for the website content, blogs, emails, videos, social media, programs, products, and/or services of any other person, business, or entity that may be linked or referenced in our website. Conversely, should our website links appear on any other individuals', businesses', or entities' websites, programs, products, or services, it does not constitute our formal endorsement of them, their businesses, or their websites.

## **AFFILIATES**

From time to time, we may promote, affiliate with, or partner with other individuals or businesses whose programs, products, and services align with ours. There may be instances when we promote, market, share, or sell programs, products, or services for other partners, and in exchange, we may receive financial compensation or other rewards. CHRISTINE TRIMPE LLC is highly selective and only promotes the partners whose programs, products, and/or services we respect. You agree that any such promotion or marketing does not serve as any form of endorsement by CHRISTINE TRIMPE LLC whatsoever. You are still required to, and agree to, use your judgment to determine that any such program, product, or service is appropriate for you. You are assuming all risks, and you agree that CHRISTINE TRIMPE LLC, its owners, shareholders, members, officers, managers, directors, employees, representatives, attorneys, contractors, affiliates, successors or assigns are not liable in any way for any program, product, or service that CHRISTINE TRIMPE LLC may promote, market, share or sell on or through our website.

## **VARIATION**

CHRISTINE TRIMPE LLC shall have the right in its absolute discretion at any time and without notice to amend, remove or vary the services described in and/or any page of this website.

## **COMPLAINTS**

CHRISTINE TRIMPE LLC supports our clients through a complaint-handling procedure designed to resolve disputes at the earliest possible stage. Please let us know if you have any complaints or comments through our Contact form at <https://christinetrimpe.com/contact>.

## **SEVERABILITY**

If any provision of these Terms is found to be unenforceable or invalid under any applicable law, such unenforceability or invalidity shall not render any other Term, or the remainder of the Terms, unenforceable or invalid as a whole, and any unenforceable or invalid provisions shall be deleted without affecting the remaining provisions herein.

## **ENTIRE AGREEMENT**

These Terms, including any legal notices and disclaimers on this website, constitute the entire agreement between CHRISTINE TRIMPE LLC and you concerning your use of this website and supersede all prior agreements and understandings with respect to the same.

By using our website, you are agreeing to all parts of the above Disclaimer. If you have questions about this Disclaimer, please visit our Contact page at <https://christinetrimpe.com/contact>.

## **Friends & Family Discount Policy:**

If you referred a friend or family member to The SugarFreed® Method Program, you and your friend or family member who joins the 13-week

program will receive an extra two weeks in The SugarFreed™ Me Weight Loss Solution Program private group, which includes access to coaching. There is no other monetary compensation or discount for referrals.

**Testimonial and use of testimonial policy:**

By submitting the testimonial form, you are agreeing to allow CHRISTINE TRIMPE LLC to use your testimonial for marketing purposes on all CHRISTINE TRIMPE LLC websites and social media pages. You agree to allow CHRISTINE TRIMPE LLC to adjust the testimonial in any way they see fit without your written permission or consent.

**Discount Policy:**

CHRISTINE TRIMPE LLC does not offer discounts unless otherwise advertised during a specific promotional period. If the specific promotional period has ended, no discount will be offered.

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