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Please Note:

Dr. Christine Sauer and DocChristine's certified health coaches are not licensed to practice medicine and will not be diagnosing or treating your diseases. We will encourage you to always work with a licensed health care provider to diagnose and treat your illnesses. We will never profess that we can cure any diseases, including Cancer, Dementia, ALS, ADHD and others.

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Programs and opinions offered are educational in purpose and are not intended as medical or health advice. Nor are they recommended for anyone with a serious health or medical condition. It is recommended that you consult with a licensed health professional before changing your diet or starting an exercise program, especially if you have pre-existing medical conditions.

The role of health coach and nutrition consultant is not to provide health care, medical or nutrition therapy services; or to diagnose, treat or cure any disease, condition or other physical or mental ailment of the human body. Rather, the Coach is a mentor and guide who has been trained in holistic health coaching to help you reach your own health and life goals by helping you devise and implement positive, sustainable lifestyle changes. The coach is not acting in the capacity of a doctor, licensed dietitian/nutritionist, psychologist or other licensed or registered professional. If you are under the care of a health care professional or currently use prescription medications, you should discuss any lifestyle changes, dietary changes or supplement usage with your doctor, and should not discontinue any prescription medications without first consulting your doctor.

Thanks so much for visiting

DocChristine

(Dr. Christine Sauer)

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