

PRIVACY POLICY

This Privacy Policy governs the manner in which the website collects, uses, maintains and discloses information collected from users (each, a ‘User’) of the website (‘Site’). This privacy policy applies to the Site and all products and services offered by the organisation.

Who we are

Margaret Garcia’s website address is <https://www.garciastrong.com> and this business operates under US law.

Cookies

The Site uses cookies to ensure that you get the most out of the Site. Cookies are small amounts of information in the form of text files which we store on your computer. Cookies allow us to monitor usage of the Site, improve the Site’s usability and to personalise the content for you.

If you do not wish us to install cookies on your computer for these purposes, you may change the settings on your internet browser to reject cookies. For more information about how to do this please consult the “Help” section of your browser. Please note that if you do set your browser to reject cookies, you may not be able to use all of the features of the Site. If you prevent us from placing cookies, you may not be able to use the Site to place an order. This is because we use cookies to enable you to log in to your account.

We may use an analytics service provider for service usage analysis and reporting. Analytics service providers generate statistical and other information about usage by means of cookies, which are stored on users’ computers. The information generated relating to the Site may be used to create reports about the use of the Site and the analytics service provider will store this information.

Embedded content from other websites

Articles on this site may include embedded content (e.g. videos, images, articles, etc.). Embedded content from other websites behaves in the exact same way as if the visitor has visited the other website.

These websites may collect data about you, use cookies, embed additional third-party tracking, and monitor your interaction with that embedded content, including tracking your interaction with the embedded content if you have an account and are logged in to that website.

Comments

When visitors leave comments on the site we collect the data shown in the comments form, and also the visitor’s IP address and browser user agent string to help spam detection.

Disclosure of your information

Other than as expressly set out in this Privacy Policy or as otherwise required or permitted by law, we will not share, sell or distribute any of the information you provide to us without your consent.

You should note that information posted on the public elements of the Site may be visible by users of the Site throughout the world. You should therefore be careful when submitting information about yourself to the Site.

We may disclose your personal information: (i) to any third party to whom disclosure is necessary to enable us to fulfill your orders and provide you with any service to which you have subscribed via the Service; (ii) where required to do so by law or court order; and (iii) to any person to whom disclosure is necessary to enable us to enforce our rights under this Privacy Policy or under our Terms and Conditions.

How we use the information that you provide to us

We may use your information in the following ways:

- to ensure that our Service is delivered in the most effective manner for you and your computer;
- to provide you with information, products or services that you request from us or which we feel may interest you, where you have consented to be contacted for such purposes;
- to carry out our obligations arising from any contracts entered into between you and us;
- to provide customer service to you in relation to your use of the Site, to deal with enquiries and complaints relating to the use of the Site and – to notify you about any changes to our service;
- to administer, support, improve, optimise and develop our Site;
- to produce reports which may be used, sold or published by us at our sole discretion provided that any data or reports will be anonymised and not refer to any individual user of the Services;
- for internal marketing and demographic studies to improve the products and services that we provide; and for security purposes.

We may also use your information to provide you with our email notifications, newsletters and other marketing communications that either you request from us or which you consent to by opting in when completing a registration form on the Site. You may opt out from receiving such marketing communications from us at any time by notifying us in writing or by following the procedure to ‘unsubscribe’ that is specified in the email that you receive.

Third party sites

The Site may contain links to websites or access to applications that are operated by third parties. We do not control and accept no liability or responsibility for those websites and this Privacy Policy does not apply to those websites. Please consult the terms and conditions and privacy policy of those third party websites to find out how they collect and use your personal data and to establish whether they use cookies and what they may use them for.

How long we retain your data

If you leave a comment, the comment and its metadata are retained indefinitely. This is so we can recognize and approve any follow-up comments automatically instead of holding them in a moderation queue.

For users that register on our website (if any), we also store the personal information they provide in their user profile. All users can see, edit, or delete their personal information at any time (except they cannot change their username). Website administrators can also see and edit that information.

Your acceptance of these terms

By using this Site, you signify your acceptance of this policy. If you do not agree to this policy, please do not use our Site. Your continued use of the Site following the posting of changes to this policy will be deemed your acceptance of those changes.