

"The information provided on this website is for general knowledge and informational purposes only and does not constitute medical advice. It is not a substitute for professional medical diagnosis, treatment, or judgment. Always seek the advice of your qualified healthcare provider with any questions you may have regarding medical condition. The use of this website and the information contained therein is at your own risk. This website does not recommend or endorse any specific tests, physicians, products, procedures, or treatments

"This blog is for informational purposes only and does not constitute medical advice. Always consult with a qualified healthcare professional for any health concerns or before making any decisions related to your health or treatment."

Fitness Programs: If you offer fitness programs, include a medical disclaimer advising users to consult a physician before starting the programs and warning them of potential risks.

Trusted third parties as our data processors for technical and organizational purposes, including for payments and email marketing. We use reasonable efforts to make sure our data processors are GDPR-compliant.

individuals or businesses whose programs, products and services align with mine. In the spirit of transparency, I want you to be aware that there may be instances when I promote, market, share or sell programs, products or services for other partners and in exchange I may receive financial compensation or other rewards. Please note that I am highly selective, and I only promote partners whose programs, products, and/or services I respect. At the same time, you agree that any such promotion or marketing does not serve as any form of endorsement whatsoever. You are still required to use your own judgment to determine that any such program, product or service is appropriate for you. You are assuming all risks, and you agree that I am not liable in any way for any program, product or service that I may promote, market, share or sell on or through my Website.

By using my Website you are agreeing to all parts of the above Disclaimer. If you have any questions about this Disclaimer, please contact me at bcn@bluecircle.news

Disclaimer

The website is owned by Blue Circle News.

By viewing and using this website, including but not limited to handouts, opt-in gifts, videos, modules, emails, social media and/or other communication (collectively referred to as “Website”), you are agreeing to accept all parts of this Disclaimer.

Thus, if you do not agree to the Disclaimer below, STOP now, and do not access or use this Website.

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.

NOT MEDICAL, MENTAL HEALTH, OR RELIGIOUS ADVICE. I am not, nor am I holding myself out to be a doctor/physician, nurse, physician’s assistant, advanced practice nurse, or any other medical professional (“Medical Provider”), psychiatrist, psychologist, therapist, counselor, or social worker (“Mental Health Provider”), registered dietitian or licensed nutritionist, or member of the clergy. As a speech-language pathologist, I am not providing direct health care, medical or nutritional therapy services, or attempting to diagnose, treat, prevent, or cure any physical, mental, or emotional issue, disease, or condition. The information provided in or through my website pertaining to your career or clients or any other aspect of your life is not intended to be a substitute for the professional medical advice, diagnosis or treatment provided by your own Medical Provider or Mental Health Provider. You agree and acknowledge that I am not providing medical advice, mental health advice, or religious advice in any way. Always seek the advice of your own Medical Provider and/or Mental Health Provider regarding any questions or concerns you have about your specific health.

NOT LEGAL OR FINANCIAL ADVICE. I am not an attorney, accountant, or financial advisor, nor am I holding myself out to be. The information contained in this Website is not intended to be a substitute for legal or financial advice that can be provided by your own attorney, accountant, and/or financial advisor. Although care has been taken in preparing the information provided to you, I cannot be held responsible for any errors or omissions, and I accept no liability whatsoever for any loss or damage you may incur. Always seek financial and/or legal counsel relating to your specific circumstances as needed for any and all questions and concerns you now have or may have in the future. You agree that the

information on our website is not legal or financial advice.

PERSONAL RESPONSIBILITY. You acknowledge that you are participating voluntarily in using my website and that you are solely and personally responsible for your choices, actions, and results, now and in the future. You accept full responsibility for the consequences of your use, or non-use, of any information provided on or through this Website, and you agree to use your own judgment and due diligence before implementing any idea, suggestion or recommendation from my Website to your life, family or business.

NO GUARANTEES. My role is to support and assist you in reaching your own goals, but your success depends primarily on your own effort, motivation, commitment, and follow-through. I cannot predict and I do not guarantee that you will attain a particular result, and you accept and understand that results differ for each individual. Each individual's results depend on his or her unique background, dedication, desire, motivation, actions, and numerous other factors. You fully agree that there are no guarantees as to the specific outcome or results you can expect from using the information you receive on or through this Website.

TESTIMONIALS. I present real world experiences, testimonials, and insights about other people's experiences with my website for purposes of illustration only. The testimonials, examples, and photos used are of actual clients and results they personally achieved, or they are comments from individuals who can speak to my character and/or the quality of my work. They are not intended to represent or guarantee that current or future clients will achieve the same or similar results; rather, these testimonials represent what is possible for illustrative purposes only.

ASSUMPTION OF RISK. As with all situations, there are sometimes unknown individual risks and circumstances that can arise during use of my website that cannot be foreseen that can influence or reduce results. You understand that any mention of any suggestion or recommendation on or through my Website is to be taken at your own risk, with no liability on my part, recognizing that there is a rare chance that illness, injury or even death could result, and you agree to assume all risks.

LIMITATION OF LIABILITY. By using this Website, you agree to absolve me of any liability or loss that you or any other person may incur from use of the information, products, or materials that you request or receive through or on my website. You agree that I will not be liable to you, or to any other individual, company or entity, for any type of damage, including direct, indirect, special, incidental, equitable or consequential loss or damages,

for use of or reliance on my website. You agree that I do not assume liability for accidents, delays, injuries, harm, loss, damage, death, lost profits, personal or business interruptions, misapplication of information, physical or mental disease or condition or issue, or any other type of loss or damage due to any act or default by me or anyone acting as our agent, consultant, affiliate, joint venture partner, employee, shareholder, director, staff, team member, or anyone otherwise affiliated with my business or me, who is engaged in delivering content on or through this Website.

INDEMNIFICATION AND RELEASE OF CLAIMS. You hereby fully and completely hold harmless, indemnify and release me and any of my agents, consultants, affiliates, joint venture partners, employees, shareholders, directors, staff, team members, or anyone otherwise affiliated with my business or me from any and all causes of action, allegations, suits, claims, damages, or demands whatsoever, in law or equity, that may arise in the past, present or future that is in any way related to my Website.

NO WARRANTIES. I MAKE NO WARRANTIES RELATED TO THE PERFORMANCE OR OPERATION OF MY WEBSITE. I MAKE NO REPRESENTATIONS OR WARRANTIES OF ANY KIND, EXPRESS OR IMPLIED, AS TO THE INFORMATION, CONTENT, MATERIALS, PROGRAMS, PRODUCTS OR SERVICES INCLUDED ON OR THROUGH THE WEBSITE. TO THE FULL EXTENT PERMISSIBLE BY APPLICABLE LAW, I DISCLAIM ALL WARRANTIES, EXPRESS OR IMPLIED, INCLUDING IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE.

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 I am not responsible for the views, opinions, or accuracy of facts referenced on or through my website, or of those of any other individual or company affiliated with my business or me in any way. Because scientific, technology and business practices are constantly evolving, you agree that I am not responsible for the accuracy of my website, or for any errors or omissions that may occur.

NO ENDORSEMENT. References or links in my website to the information, opinions, advice, programs, products or services of any other individual, business or entity does not constitute my formal endorsement. I am merely sharing information for your own self-help only. I am not responsible for the website content, blogs, e-mails, videos, social media, programs, products and/or services of any other person, business or entity that may be linked or referenced in my website. Conversely, should my website link appear in any other individual's, business's or entity's website, program, product, or services, it does not

constitute my formal endorsement of them, their business, or their website either.

AFFILIATES. From time to time, I may promote, affiliate with, or partner with other individuals or businesses whose programs, products and services align with mine. In the spirit of transparency, I want you to be aware that there may be instances when I promote, market, share or sell programs, products or services for other partners and in exchange I may receive financial compensation or other rewards. Please note that I am highly selective, and I only promote partners whose programs, products, and/or services I respect. At the same time, you agree that any such promotion or marketing does not serve as any form of endorsement whatsoever. You are still required to use your own judgment to determine that any such program, product or service is appropriate for you. You are assuming all risks, and you agree that I am not liable in any way for any program, product or service that I may promote, market, share or sell on or through my Website.

By using my Website you are agreeing to all parts of the above Disclaimer. If you have any questions about this Disclaimer, please contact me at bcn@bluecircle.news

Privacy Policy

The website and its content is owned by Blue Circle News (“Company”, “we”, or “us”). The term “you” refers to the user or viewer of <https://bluecircle.news/> (“Website”).

This Privacy Policy describes how we collect, use, process and distribute your information, including Personal Data (as defined below) used to access this Website. We will not use or share your information with anyone except as described in this Privacy Policy. The use of information collected through our Sites shall be limited to the purposes under this Privacy Policy and our Terms of Service to customers. Please read this Privacy Policy carefully. We reserve the right to change this Privacy Policy on the Website at any time without notice. In the event of a material change, we will let you know via email and / or a prominent notice on our website. Use of any personal information or contribution that you provide to us, or which is collected by us on or through our website or its content is governed by this Privacy Policy. By using our website or its content, you consent to this Privacy Policy, whether or not you have read it.

INFORMATION WE MAY COLLECT. We collect personal information from you so that we can provide you with positive experience when utilizing our website or content. We will only collect the minimum amount of information necessary for us to fulfill our obligation to you. We may collect:

A name and an email address so we can deliver a login to you - you would be affirmatively consenting to this by providing this to us in our contact forms.

Billing information including name, address and credit card information so that we can process payment to deliver our products or services to you under our contractual obligation.

Please note that the information above ("Personal Data") that you are giving to us is voluntarily, and by you providing this information to us you are giving consent for us to use, collect and process this Personal Data. You are welcome to opt-out or request for us to delete your Personal Data at any point by contacting us at bcn@bluecircle.news If you choose not to provide us with certain Personal Data, you may not be able to participate in certain aspects of our Website or content.

OTHER INFORMATION WE MAY COLLECT.

Anonymous Data Collection and Use. To maintain our website's high quality, we may use your IP address to help diagnose problems with our server and to administer the Website by identifying which areas of the Website are most heavily used, and to display content according to your preferences. Your IP address is the number assigned to computers connected to the Internet. This is essentially "traffic data" which cannot personally identify you but is helpful to us for marketing purposes and for improving our services. Traffic data collection does not follow a user's activities on any other websites in any way. Anonymous traffic data may also be shared with business partners and advertisers on an aggregate basis.

Use of "Cookies." We may use the standard "cookies" feature of major web browsers. We do not set any personally identifiable information in cookies, nor do we employ any data-capture mechanisms on our website other than cookies. You may choose to disable cookies through your own web browser's settings. However, disabling this function may diminish your experience on our website and some features may not work as intended (like logging in to your content).

WHAT WE DO WITH THE INFORMATION WE COLLECT. We may contact you with information that you provide to us based on these lawful grounds for processing:

Consent. We may contact you if you give us your clear, unambiguous, affirmative consent

to contact you.

Contract. We will contact you under our contractual obligation to deliver goods or services you purchase from us.

Legitimate Interest. We may contact you if we feel you have a legitimate interest in hearing from us. For example, if you sign up for a webinar, we may send you marketing emails based on the content of that webinar. You will always have the option to opt out of any of our emails.

Process Payments. We will use the Personal Data you give to us in order to process your payment for the purchase of goods or services under contract. We only use third party payment processors that take the utmost care in securing data and comply with the GDPR.

Targeted Social Media Advertisements. We may use the data you provide to run social media advertisements and / or create look-alike audiences for advertisements.

VIEWING BY OTHERS. Note that whenever you voluntarily make your Personal Data available for viewing by others online through this Website or its content, it may be seen, collected and used by others, and therefore, we cannot be responsible for any unauthorized or improper use of the information that you voluntarily share (i.e., sharing a comment on Instagram® that we manage, etc.).

SUBMISSION, STORAGE, SHARING AND TRANSFERRING OF PERSONAL DATA. Personal Data that you provide to us is stored internally or through a data management system. Your Personal Data will only be accessed by those who help to obtain, manage, or store that information, or who have a legitimate need to know such Personal Data (i.e., our hosting provider, newsletter provider, payment processors or team members). It is important to note that we may transfer data internationally. For users in the European Union, please be aware that we transfer Personal Data outside of the European Union. By using our website and providing us with your Personal Data, you consent to these transfers in accordance with this Privacy Policy.

DATA RETENTION. We retain your Personal Data for the minimum amount of time necessary to provide you with the information and / or services that you requested from us. We may include certain Personal Data for longer periods of time if necessary for legal, contractual, and accounting obligations.

CONFIDENTIALITY. We aim to keep the Personal Data that you share with us confidential. Please note that we may disclose such information if required to do so by law or in the good-faith belief that: (1) such action is necessary to protect and defend our rights or property or those of our users or licensees, (2) to act as immediately necessary in order to protect the personal safety or rights of our users or the public, or (3) to investigate or respond to any real or perceived violation of this Privacy Policy or of our Disclaimer, Terms and Conditions, or any other terms of use or agreement with us.

PASSWORDS. To use certain features of the Website or its content, you may need a username and password. You are responsible for maintaining the confidentiality of the username and password, and you are responsible for all activities, whether by you or by others, which occur under your username or password and within your account. We cannot and will not be liable for any loss or damage arising from your failure to protect your username, password, or account information. If you share your username or password with others, they may be able to obtain access to your Personal Data at your own risk. You agree to notify us immediately of any unauthorized or improper use of your username or password or any other breach of security. To help protect against unauthorized or improper use, make sure that you log out at the end of each session requiring your username and password. We will use our best efforts to keep your username and password(s) private and will not otherwise share your password(s) without your consent, except as necessary when the law requires it or in the good faith belief that such action is necessary, particularly when disclosure is necessary to identify, contact or bring legal action against someone who may be causing injury to others or interfering with our rights or property.

HOW YOU CAN ACCESS, UPDATE, OR DELETE YOUR PERSONAL DATA. You have the right to:

Request information about how your Personal Data is being used and request a copy of what Personal Data we use.

Restrict processing if you think the Personal Data is not accurate, unlawful, or no longer needed.

Rectify or erase Personal Data and receive confirmation of the rectification or erasure. (You have the “right to be forgotten”).

Withdraw your consent at any time to the processing of your Personal Data.

Lodge a complaint with a supervisory authority if you feel we are using your Personal Data unlawfully.

Receive Personal Data portability and transference to another controller without our hindrance.

Object to our use of your Personal Data.

Not be subject to an automated decision based solely on automatic processing, including profiling, which legally or significantly affects you. You may unsubscribe from our e-newsletters or updates at any time through the unsubscribe link at the footer of all email communications. If you have questions or are experiencing problems unsubscribing, please contact us at bcn@bluecircle.news

SECURITY. We take commercially reasonable steps to protect the Personal Data you provide us from misuse, disclosure, or unauthorized access. We only share your Personal Data with trusted third parties who use the same level of care in processing your Personal Data. That being said, we cannot guarantee that your Personal Data will always be secure due to technology or security breaches. Should there be a data breach of which we are aware, we will inform you immediately.

ANTI-SPAM POLICY. We have a no-spam policy and provide you with the ability to opt-out of our communications by selecting the unsubscribe link at the footer of all e-mails. We have taken the necessary steps to ensure that we are compliant with the CAN-SPAM Act of 2003 by never sending out misleading information. We will not sell, rent, or share your email address.

THIRD PARTY WEBSITES. We may link to other websites on our website. We have no responsibility or liability for the content and activities of any other individual, company or entity whose website or materials may be linked to our Website or its content, and thus we cannot be held liable for the privacy of the information on their website or that you voluntarily share with their website. Please review their privacy policies for guidelines as to how they respectively store, use, and protect the privacy of your Personal Data.

CHILDREN'S ONLINE PRIVACY PROTECTION ACT COMPLIANCE. We do not collect any information from anyone under 18 years of age in compliance with COPPA (Children's Online Privacy Protection Act) and the GDPR (General Data Protection Regulation of the EU). Our website and its content is directed to individuals who are at least 18 years old or

older.

NOTIFICATION OF CHANGES. We may use your Personal Data, such as your contact information, to inform you of changes to the Website or its content, or, if requested, to send you additional information about us. We reserve the right, at our sole discretion, to change, modify or otherwise alter our website, its content, and this Privacy Policy at any time. Such changes and/or modifications shall become effective immediately upon posting our updated Privacy Policy. Please review this Privacy Policy periodically. Continued use of any of information obtained through or on the Website or its content following the posting of changes and/or modifications constituted acceptance of the revised Privacy Policy. Should there be a material change to our Privacy Policy, we will contact you via email or by prominent note on our website.

DATA CONTROLLERS AND PROCESSORS. We are the data controllers as we are collecting and using your Personal Data. We use trusted third parties as our data processors for technical and organizational purposes, including payments and email marketing. We use reasonable efforts to make sure our data processors are GDPR-compliant.

© 2025 GoDaddy

[Cookie settings](#)

Disclaimer:

"The information shared on this page/profile is for general informational purposes only and does not constitute medical advice, diagnosis, or treatment. It is essential to consult with a qualified healthcare professional for any health concerns or before making any decisions related to your health or treatment. This page/profile is not intended to be a substitute for professional medical advice, and you should always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition."