

Notice of Privacy Practices

Privacy Policy

Your privacy is important to us. It is Silvestre Health Consultants' policy to respect your privacy and comply with any applicable law and regulation regarding any personal information we may collect about you, including across our website, <https://www.integrativehealthandvitality.com>, and other sites we own and operate.

This policy is effective as of February 10, 2025, and was last updated on February 10, 2025.

Information We Collect

We collect information in two ways:

1. **Information You Provide:** When using or participating in any of our services and promotions, you may actively provide personal details.
2. **Automatically Collected Information:** Data automatically sent by your devices when accessing our website, products, or services.

Log Data

When you visit our website, our servers may automatically log standard data provided by your web browser. This may include:

- Your device's Internet Protocol (IP) address
- Browser type and version
- Pages visited
- Date and time of your visit
- Duration of time spent on each page
- Other details about your visit, including technical information related to errors encountered

While this information may not personally identify you on its own, it could be combined with other data to potentially identify individual users.

Collection and Use of Information

We may collect personal information when you:

- Use a mobile device or web browser to access our content
- Contact us via email, social media, or similar technologies
- Mention us on social media

Security of Your Personal Information

We take commercially acceptable measures to protect your personal information from loss, theft,

unauthorized access, disclosure, copying, use, or modification. However, no method of electronic transmission or storage is 100% secure. We will comply with applicable laws in the event of a data breach.

Data Retention

We retain your personal information only for as long as necessary. If it is no longer needed, we will delete or anonymize it unless required by law to retain it for legal, accounting, reporting, or research purposes.

Children's Privacy

We do not knowingly collect personal information from children under 13, and our services are not targeted toward them.

International Transfers of Personal Information

Your personal information may be stored and processed in locations where we or our partners, affiliates, and third-party providers maintain facilities. These locations may have different data protection laws than your country. We will ensure appropriate protections are in place when transferring data internationally.

Your Rights and Controlling Your Personal Information

You have the right to:

- Withhold personal information, understanding that your website experience may be affected
- Request details of the personal information we hold about you
- Correct inaccurate, incomplete, or outdated information
- Withdraw consent for direct marketing communications
- File a complaint if you believe we have violated a relevant data protection law

External Links

Our website may contain links to third-party sites. We are not responsible for their content or privacy practices.

Policy Updates

We may update this privacy policy to reflect changes in our business practices, legal requirements, or industry standards. Any changes will be posted on this page. Where required by law, we will obtain your consent before implementing certain changes.

Contact Us

If you have any questions or concerns about this privacy policy, please contact us at: **Email:** info@integrativehealthandvitality.com