

## Health Disclaimer

This website, located at [www.moonfull.co.uk](http://www.moonfull.co.uk) ("Website") is owned by Sherel Rutherford and Duncan Foster ("Owners"). Your access to the Website is subject to the following terms and conditions and all applicable laws. By accessing, browsing and using the Website, you accept these Terms and Conditions.

The Terms and Conditions may change on occasion. By continuing to use the Website after changes are updated, you accept the Terms, as modified. We may change or discontinue the Website at any time.

The Owners respect the privacy of our users as outlined in our Privacy Policy.

The ideas, concepts, and opinions and all content expressed on this Website are for educational purposes only. You are responsible to research and verify information before relying on it. We are not licensed or registered healthcare practitioners. **This Website is provided with the understanding that the Owners are not rendering medical advice of any kind, nor is this Website intended to replace medical advice, nor to diagnose, prescribe, or treat any disease, condition, illness, or injury.**

Please consult your medical care provider before using any products listed on the Website, including but not limited to herbal medicine, cosmetics and personal care products, and fermented and sprouted foods and beverages, particularly if you have a known medical condition or if you are pregnant or nursing.

Cosmetics and Personal Care Products: Information on ingredients used in cosmetics products appearing on the Website is not intended to be, not should be interpreted as, advice or recommendation concerning the use of any cosmetic or personal care product. If you have questions about your use of a cosmetic or personal care product, please consult a physician. This Website is designed for informational purposes only and is not a substitute for compliance with the provisions of the World Food, Drug, and Cosmetic Act and its regulations.

Food products: It is imperative to use good judgment when consuming fermented foods and sprouts and to never consume any fermented food or sprouts that looks, tastes, or smells unpleasant. **Further, before consuming lacto-fermented or any other fermented or cultured food, you should receive full medical clearance from a licensed physician.** The Owners claim no responsibility to any person or entity for any liability, loss, or damage caused or alleged to be caused directly or indirectly as a result of the use, application, or interpretation of the material on this Website.

Medicinal products: The Owners cannot provide you with personal health advice. Website users can discuss health topics on the Website blog/Journal posts and on our public Facebook page. However, these comments do not represent Moonfull or the Owners. **No Website comment or Facebook page comment should be considered health advice.** Some herbs are contraindicated with pharmaceutical drugs. **You are responsible for consulting a medical professional before trying any new herb or remedy mentioned on the Website.**

Some of our recipes call for alcohol. If you are not of legal age to consume alcohol, the Owners recommend you refrain from alcohol use. You are responsible for your own choices. The Owners accept no liability relating to or arising from your activities.

Foraging: Many plants and mushrooms can make you sick or are deadly poisonous. Be 100% positive of your identification before you harvest any plant or mushroom. You understand that you must not rely solely on our journal posts, courses and ebooks to become 100% certain of your plant identification; it's critical that you become fully capable of discerning plants from their local lookalikes by contacting foraging experts that are local to you. Herbs

can be confused with harmful or deadly substances. In addition, sometimes a new food, even properly identified, can cause an unusual reaction, from gastric intolerance to severe allergy. It is your choice to try a new food. We cannot be responsible for incorrect identification or reactions to plants or fungi. Some herbs are contraindicated with pharmaceutical drugs. Some herbs may be contaminated by natural or synthetic substances that will make you sick. You must follow Moonfull, foraging safety rules at all times, listed at the start of our Foraging Experience.

By using this Website, you acknowledge and agree that the information displayed on the Website is intended only for general educational purposes. **Always seek the advice of a physician or other qualified health provider with any questions you may have regarding any medical condition.**

The Owners do not recommend or endorse any specific products mentioned on the Website. **Reliance on any information provided by the Website, the Owners, or by others appearing on the Website is solely at your own risk.**