



# Privacy Policy | Terms & Conditions for Howe Well Blood Booklet(s) and Dietary Reference Guide(s)

## Consent and Digital Signature Agreement

Howe Well is owned and operated by Stacy M. Howe. All references to Howe Well in this document pertain to both the business entity and its owner, Stacy M. Howe.

## Eligibility Requirements

The Howe Well Blood Booklet(s) and Dietary Reference Guide(s) are intended for English-speaking adults aged 18 and older, residing in Canada or the United States. These resources may not be suitable for individuals who are pregnant, nursing, or planning to conceive. It is strongly recommended that you consult with your healthcare provider before accessing or applying any information from these resources to ensure they are appropriate for your personal health needs.

## Online Sales and Refund Policy

The Howe Well Blood Booklet(s) and Dietary Reference Guide(s) for blood types O, A, B, and AB are available exclusively for online purchase through Howe Well's authorized platforms, including but not limited to Thrive Cart. All purchases are final and non-refundable due to the nature of digital content. No refunds or exchanges will be provided, regardless of residency, eligibility, or other criteria. By completing your purchase, you confirm your understanding and acceptance that these resources are provided for educational purposes only, and your commitment to the material is essential to realizing its intended benefits.

## Privacy Policy

This section outlines our practices for collecting, using, and protecting your personal data.

## What Information Do We Collect?

We collect information when you register on our websites, place an order, or participate in other site features. This may include your name, email, mailing address, phone number, credit card information, or other personal details. You may also visit our website anonymously. Like many websites, we use cookies to enhance your experience and gather insights about our visitors and their interactions with our site. We use cookies to understand and save your preferences for future visits and compile aggregate data about site traffic and interaction so we can offer better site experiences and tools in the future. By using our site, you consent to our use of cookies. You can choose to disable cookies through your browser settings, although it may impact your user



experience. For more details on how we use cookies, please refer to the "How Do We Use Your Information?" section below.

### **How Do We Use Your Information?**

We may use the information we collect from you to:

- Personalize your site experience and deliver the type of content and products you are most interested in.
- Respond more effectively to your service requests.
- Quickly process your transactions.
- Manage contests, promotions, surveys, or other site features.
- Send educational and marketing emails to users who have opted in.
- Understand your interests through advertising “cookies” for improved customer service.

### **How Do We Protect Your Information?**

We implement a range of security measures to safeguard your personal information. Your data is securely stored behind protected networks and is accessible only to authorized individuals who are required to maintain your confidentiality. When you place an order or access your personal information, we utilize a secure server. All sensitive credit information is transmitted through a Secure Socket Layer (SSL) technology and encrypted within our databases, ensuring that it remains protected. Additionally, we adhere to federal and provincial laws and take stringent measures to prevent data breaches and unauthorized access, ensuring your information is secure. For clients in the USA, Howe Well complies with U.S. data protection regulations and copyright laws. Data shared may be subject to both Canadian and U.S. legal standards. We comply with data protection regulations applicable to both Canadian and U.S. users to ensure your information remains secure under relevant laws.

### **Do We Disclose the Information We Collect From You to Outside Parties?**

We do not sell, trade, or share your personally identifiable information with outside parties without first providing you with advance notice, except in the specific situations outlined below. This does not include our website hosting partners and other service providers who help us operate our website, run our business, or serve you, as long as they agree to keep your information confidential. We may also disclose your information if we believe it is necessary to comply with the law, enforce our Privacy Policy | Terms & Conditions, or protect our rights, property, or safety, as well as the rights, property, or safety of others. Non-personally identifiable visitor information may be shared with third parties for marketing, advertising, or other purposes.

We are committed to transparency in our third-party data-sharing practices, and will provide specific examples if and when applicable. We take the security of your data seriously and



implement a range of measures to protect your personal information. Your data is securely stored and accessed only by authorized individuals who are committed to confidentiality. All sensitive data is transmitted securely and stored with encryption.

### **Google Analytics**

We use Google Analytics to collect information about how our website is used. This helps us improve our services by analyzing website traffic and user interactions. Google Analytics collects data anonymously, and we do not share or sell this data to any third party for business or marketing purposes. You can opt-out of Google Analytics by using a browser add-on available from Google.

### **How Can You Opt-Out, Remove, or Modify Information You Have Provided to Us?**

To modify your email subscriptions, simply click the 'unsubscribe' link on any of our emails. Please note that due to email production schedules, you may continue to receive emails that are already in production even if you unsubscribe. Additionally, if you require any personal identifiable information to be removed or modified, please email us: [info@howewell.com](mailto:info@howewell.com).

### **Third-Party Links**

In an attempt to provide you with increased value, we include third-party links on our website. These linked sites have separate and independent privacy policies. We, therefore, have no responsibility or liability for the products, services, content or activities of these linked sites. Nonetheless, we seek to protect the integrity of our site and welcome any feedback about these linked sites (including if a specific link does not work). We also encourage you to review the privacy policies of any third-party sites you visit.

### **Changes to Our Privacy Policy**

If we decide to amend our Privacy Policy, the revised Terms will be posted here. These changes will apply exclusively to information collected after the date of the amendment. This policy was last updated on October 30th, 2024.

### **Questions and Feedback**

We encourage you to reach out to us with any uncertainties before purchasing the Howe Well Blood Booklet(s) or Dietary Reference Guide(s). We welcome your questions, comments and concerns about our Privacy Policy | Terms & Conditions: [info@howewell.com](mailto:info@howewell.com).

### **Online Policy Only**

This online Privacy Policy applies only to information collected through our websites, and not to information collected offline.



## Terms & Conditions

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We do not guarantee that our websites will function without interruption or error, that defects will be corrected, or that our websites and servers are free from viruses or other harmful elements. Additionally, Howe Well makes no representations or warranties regarding the accuracy, adequacy, usefulness, timeliness, reliability, or any other aspect of the materials or services on these websites.

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The content on Howe Well websites — including text, graphics, images, audio, video, links, and all other materials ("Content") — is intended for educational and informational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Furthermore, purchasing, viewing or using any Howe Well Blood Booklet(s) and Dietary Reference Guide(s) does not create, establish, or maintain a patient-practitioner relationship.

Always consult with your physician or another qualified healthcare provider regarding any questions about a medical condition or medications you are taking. Never disregard professional medical advice or delay seeking it based on information from any Howe Well website or content found within the Blood Booklet(s) or Dietary Reference Guide(s).

Furthermore, it is your responsibility to be aware of any potential allergies. Howe Well is not liable for any allergic reactions related to the foods, recipes, brands, homeopathic remedies, or supplements we recommend or suggest. We strongly encourage you to read all ingredient labels carefully and make informed decisions about what is best for your health.

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The content provided on our websites and within the Blood Booklet(s) or Dietary Reference Guide(s) is designed solely for educational and informational purposes. It is intended to serve as a helpful self-guided resource to support your potential healing, growth, and personal development. It is important to understand that acquiring the Howe Well Blood Booklet(s) or Dietary Reference Guide(s) does not initiate, constitute, or sustain a patient-practitioner relationship at any point.

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Howe Well is not liable for any special or consequential damages arising from the use or inability to use the materials, products, or services on our websites, including Blood Booklet(s) and Dietary Reference Guide(s), even if Howe Well has been informed of the potential for such damages. Please



note that some jurisdictions may not permit the limitation or exclusion of liability for incidental or consequential damages, so this limitation may not apply to you.

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You are expected to provide accurate and up-to-date information when interacting with our websites. By voluntarily participating in Blood Booklet(s) and Dietary Reference Guide(s), you also acknowledge that you are solely responsible for your choices, actions, and results, both now and in the future. You accept full responsibility for the outcomes of using — or not using — any information or content provided on our websites. Additionally, you agree to exercise your own judgment and due diligence before implementing any advice, products, services, content, intellectual material, or recommendations from our websites or Blood Booklet(s) and Dietary Reference Guide(s) into your life.

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As a purchaser of the Blood Booklet(s) and Dietary Reference Guide(s), you agree to adhere to the following standards of conduct:

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*Prohibited Activities:* You must not use our websites in any manner that could disrupt, disable, overburden, or impair their functionality. Additionally, you are prohibited from interfering with the use and enjoyment of our websites by other users.

*Responsible Conduct:* You are solely responsible for your behavior and communications while using Howe Well's platforms, including Blood Booklet(s) and Dietary Reference Guide(s). This includes any content you post, share, or upload. You agree not to post or distribute any material that is defamatory, harmful, obscene, promotional, false, or otherwise inappropriate. Any conduct that violates the rights of others, including but not limited to privacy, publicity, and intellectual property rights, is strictly forbidden. The uploading or distribution of dangerous files or malicious content is also prohibited.

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## **No Guarantees**

The Blood Booklet(s) and Dietary Reference Guide(s) are designed to provide you with the tools, guidance, and support needed to make holistic dietary, remedy and supplement choices based upon your blood type. However, the success of their use and of this content is largely dependent on your personal commitment, effort, motivation, and consistency. While Howe Well is dedicated to providing high-quality resources and guidance, we cannot predict or guarantee specific results. Each individual's health related outcomes will naturally vary based on factors such as their symptoms, unique medical circumstances, level of use, and understanding. Therefore, by purchasing, viewing or utilizing any Blood Booklet(s) or Dietary Reference Guide(s), you acknowledge and agree that Howe Well makes no guarantees, either express or implied, regarding any specific outcomes or results you may or may not achieve. You also understand that the information provided in the Blood Booklet(s) and Dietary Reference Guide(s), as well as any material on Howe Well websites, is intended to support your journey, but does not assure any particular results. Ultimately, your success with the use of the Blood Booklet(s) and/or Dietary Reference Guide(s) is solely in your hands.

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By purchasing, viewing, or using the Blood Booklet(s) or Dietary Reference Guide(s), you agree to fully and irrevocably release, indemnify, defend, and hold harmless Stacy M. Howe, Howe Well, and all associated individuals and entities on the Howe Well team — including but not limited to employees, independent contractors, subcontractors, consultants, coaches, practitioners, substitute facilitators, affiliates, joint venture partners, and any other related parties — from any and all liabilities, claims, demands, actions, causes of action, suits, damages, losses, costs, expenses, and any other obligations of any kind, whether in law or equity. This release applies to any and all matters, whether known or unknown, that may arise or potentially arise, directly or indirectly, in connection with the viewing or use of any Howe Well Blood Booklet(s) and Dietary Reference Guide(s), or your use of our websites. This includes, but is not limited to, claims related to malpractice, negligence, personal injury, property damage, financial loss, or any other form of harm



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Howe Well offers support to our customers through a complaints handling procedure designed to resolve disputes as they arise, aiming for mutually agreeable solutions. If you have any complaints or comments related to our websites or Blood Booklet(s) or Dietary Reference Guide(s), please contact: [info@howewell.com](mailto:info@howewell.com).

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### **Severability Clause**

If any provision of these Terms is found to be unenforceable or invalid under any applicable law, such unenforceability or invalidity shall not render these Terms unenforceable or invalid as a whole. The unenforceable or invalid provision will be deleted or limited to the minimum extent necessary without affecting the remaining provisions herein.

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These Terms, along with any legal notices and disclaimers on our websites, constitute the entire agreement between you and Howe Well concerning your use of our websites and the use of the



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By purchasing or accessing any of the Howe Well Blood Booklet(s) or Howe Well Dietary Reference Guide(s) through our websites, including Thrive Cart, you confirm that you have read, understood, and agreed to our Privacy Policy and Terms & Conditions. We appreciate your support and strive to make this a positive and educational experience for all who purchase the Howe Well Blood Booklet(s) and Dietary Reference Guide(s).

### **Changes to Our Terms & Conditions**

If we decide to amend our Terms & Conditions, the revised Terms will be posted here. These changes will apply exclusively to information collected after the date of the amendment. These Terms & Conditions were last updated on October 30th, 2024.

### **Online Terms & Conditions Only**

These online Terms & Conditions apply only to information collected through our websites or through our Facebook group, and do not apply to information collected offline.

### **Medical Disclaimer**

The Howe Well Blood Booklet(s) and Dietary Reference Guide(s) provide educational content designed to support holistic, natural, and homeopathic approaches to health management and overall well-being. Use of these resources is for educational purposes only, and does not include individualized homeopathic consultation services. While Stacy M. Howe of Howe Well is a Registered Homeopathic Practitioner and Nurse, your use of the Blood Booklet(s) and Dietary Reference Guide(s) does not create a practitioner-patient relationship. The educational content offered is not intended to replace personalized medical care.

Use of the Blood Booklet(s) and Dietary Reference Guide(s) is generally safe; however, it is important to recognize that dietary and lifestyle changes may carry certain risks. We strongly recommend consulting with your healthcare provider for personalized advice before making any



significant health-related decisions.

Please also be mindful of potential allergies, as we cannot be held responsible for any adverse reactions to any foods, brands, recipes, homeopathic remedies, or supplements we recommend. Always carefully read ingredient labels before use.

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