

Privacy Policy

At Nutrition by Nature, we are committed to protecting the privacy and confidentiality of our clients' personal information. This Privacy Policy outlines how we collect, use, disclose, and protect your information.

Information We Collect:

We collect personal information when you engage with our services, such as when you schedule appointments, complete intake forms, or communicate with us via phone, email, or in-person consultations. This information may include:

- Name
- Contact details (address, phone number, email)
- Health history and dietary information
- Payment and insurance details (if applicable)

How We Use Your Information:

We use the information you provide to:

- Customize and optimize nutrition counseling sessions to meet your specific needs.
- Communicate with you regarding appointments, follow-ups, and administrative matters.
- Maintain records and necessary documentation for your treatment.

Information Sharing and Disclosure:

We do not disclose your personal information to third parties without your explicit consent, except in the following circumstances:

- When required by law or legal proceedings.
- When necessary for payment processing or insurance claims, if applicable.
- When sharing information with other healthcare providers involved in your treatment (only with your permission).

Data Security:

We implement industry-standard measures to ensure the security of your personal information and protect it from unauthorized access, alteration, disclosure, or destruction. Our systems and protocols are designed to safeguard your data.

Retention of Information:

We retain your personal information for the duration necessary to provide services and as required by law. When no longer needed, we securely dispose of or anonymize your data.

Your Rights:

You have the right to:

- Access and review your personal information in our possession.
- Request corrections to any inaccurate or incomplete information.
- Withdraw consent for the use or disclosure of your information, except where required by law.

Changes to this Policy:

We may update this Privacy Policy occasionally. Any changes will be posted on our website or communicated directly to you.

Contact Us:

If you have any questions, concerns, or requests regarding your privacy or this policy, please contact us at alana@nutritionxnature.com