



RM COACHING
WEIGHT LOSS & BEYOND

Medical Disclaimer

Last Updated: December 2025

RM Coaching: Weight Loss & Beyond is operated by Wildflower Weightloss Ltd.

We provide mindset coaching, accountability, behavioural change tools, habit tracking, and general guidance on nutrition, lifestyle and wellbeing.

We are not medical professionals and *do not provide medical, psychological, nutritional, or therapeutic diagnosis, treatment, or advice.*

1. No Medical Advice

All information, guidance, coaching, discussions, tracking tools, recommendations or resources provided through our website, app, programmes, emails, coaching sessions, social media or any other communication are for **educational and informational purposes only**.

They are **not intended as a substitute** for professional medical advice, diagnosis, or treatment. You should **always consult your GP, physician, dietitian, or other qualified health provider** regarding any medical or nutrition-related concerns, especially before making any major changes to your diet, exercise routine, medication, or health practices.

2. Not a Healthcare Provider

RM Coaching: Weight Loss & Beyond does **not** offer or provide:

- Medical, mental health, or psychological diagnosis
- Treatment for eating disorders, addiction, or trauma
- Prescribing or advising on medications
- Individualised clinical nutrition plans
- Therapy, counselling, or regulated health services

We do not claim to be dietitians, physicians, psychotherapists, psychologists, or regulated healthcare professionals.

We do not diagnose, treat or cure physical or mental health conditions.

3. Health Conditions & Suitability

If you have or suspect you have any of the following (but not limited to):

- Eating disorders, including bulimia, anorexia, binge eating disorder
- Any form of disordered or compulsive eating
- Diabetes (Type 1 or 2)
- Heart, liver, kidney or endocrine conditions
- Gastrointestinal disorders or severe allergies
- Any condition requiring specialist nutritional guidance
- Pregnancy or postnatal health concerns
- Mental health disorders (e.g. depression, anxiety, trauma-based conditions)

—you must consult your GP or relevant specialist **before** engaging in any programme with us.

4. Personal Responsibility

By choosing to engage with RM Coaching, you acknowledge that:

- You are responsible for your own health, decisions, and actions.
- You voluntarily participate in coaching and wellbeing guidance.
- You understand that results vary and are not guaranteed.
- You will seek medical advice when necessary.
- You agree not to hold RM Coaching responsible for any physical, emotional, or financial consequences arising from your participation.

5. Weight Loss & Nutrition Guidance

We may offer general guidance on nutrition, meal planning, or lifestyle strategies.

This is not medical or clinical nutrition advice.

We do not provide personalised medical nutrition therapy, nor do we prescribe calorie targets for medical purposes.

Our programmes are **educational and coaching-based** and focus on behaviour change, mindset awareness, accountability and emotional wellbeing.

6. Emergency Support

RM Coaching does **not** provide crisis or emergency support.

If you are in emotional distress or facing a health emergency, contact your GP, NHS 111, or emergency services immediately.

For urgent emotional help, call Samaritans at 116 123 (UK).

7. Acceptance of Disclaimer

By using our services, coaching, app, website, communications, or resources, you acknowledge that you have read, understood, and agree to this Medical Disclaimer.

If you have any questions, please contact:

rachael@rm-coaching.co.uk

