

Disclaimer

Effective Date: August 18, 2026

Last Updated: August 18, 2026

The information provided by **Vital Rhythm Wellness**, owned and operated by **Katherine Cobb**, is intended for general educational and wellness purposes only.

Although Katherine Cobb is a Registered Nurse with professional healthcare experience, **Vital Rhythm Wellness provides health and wellness coaching and education, not medical care.**

1. Not Medical Advice

Information provided through this website, coaching sessions, programs, emails, social media, downloadable materials, recipes, videos, or other Vital Rhythm Wellness resources is not intended to:

- Diagnose, treat, cure, or prevent any disease or medical condition;
- Replace medical advice, diagnosis, or treatment from a licensed healthcare professional;
- Replace your relationship with your physician, nurse practitioner, physician assistant, registered dietitian, therapist, or other qualified healthcare provider;
- Establish a physician-patient or nurse-patient relationship; or
- Serve as a substitute for individualized medical care.

Nothing provided by Vital Rhythm Wellness should be interpreted as a medical diagnosis or treatment plan.

2. Health Coaching and Individual Responsibility

Health coaching is a collaborative process focused on education, behavior change, lifestyle habits, accountability, and personal goals.

Any recommendations or information provided through coaching are intended to support your personal wellness goals and are not guarantees of a particular health outcome.

You are ultimately responsible for your own health decisions and should use your judgment when implementing any nutrition, fasting, exercise, supplementation, lifestyle, or behavioral recommendations.

3. Fasting Disclaimer

Vital Rhythm Wellness may provide education regarding intermittent fasting, time-restricted eating, fasting schedules, metabolic health, and other fasting practices.

Fasting is not appropriate or safe for everyone.

Before beginning or significantly changing a fasting practice, you should consult with an appropriately licensed healthcare professional if you have any medical condition, take prescription medications, are pregnant or breastfeeding, have a history of an eating disorder or disordered eating, have experienced significant menstrual or hormonal disruption, have a history of hypoglycemia, or have any other condition that may make fasting inappropriate.

You are responsible for determining whether fasting is appropriate for you.

If you experience concerning, severe, or unusual symptoms while fasting, discontinue fasting and seek appropriate medical attention.

4. Nutrition and Supplement Disclaimer

Nutrition information, meal ideas, recipes, dietary recommendations, and discussions of vitamins, minerals, herbs, supplements, or other wellness products are provided for educational purposes.

Individual nutritional needs vary.

You are responsible for considering allergies, food sensitivities, medical conditions, medication interactions, nutritional deficiencies, pregnancy or breastfeeding status, and other individual factors.

You should consult an appropriately licensed healthcare professional regarding questions about your individual nutritional or medical needs.

Vital Rhythm Wellness does not prescribe medications or supplements.

You should never discontinue, modify, or replace prescribed medication or medical treatment based solely on information provided through Vital Rhythm Wellness.

5. Exercise and Movement Disclaimer

Any exercise, fitness, movement, or physical activity recommendations provided through Vital Rhythm Wellness are intended for general wellness and educational purposes.

Physical activity carries inherent risks, including but not limited to injury, illness, or other adverse effects.

You are responsible for determining whether you are physically capable of participating in a particular activity.

If you have an injury, medical condition, physical limitation, or concern about your ability to safely exercise, consult an appropriately qualified healthcare professional before beginning or modifying an exercise program.

Stop any activity that causes significant pain, dizziness, shortness of breath, chest pain, fainting, or other concerning symptoms and seek appropriate medical attention.

6. Individual Results Are Not Guaranteed

Every person is different.

Vital Rhythm Wellness does not guarantee any specific result from coaching, including:

- Weight loss;
- Fat loss;
- Muscle gain;
- Changes in body composition;
- Improved energy;
- Improved digestion;
- Improved sleep;
- Changes in hormones or menstrual cycles;
- Improved metabolic health;
- Changes in symptoms;
- Disease prevention or treatment; or
- Any other physical, mental, emotional, or lifestyle outcome.

Your results depend on many factors, including your individual health, genetics, environment, consistency, lifestyle, nutrition, sleep, stress, activity level, and other factors outside of my control.

Testimonials or examples of client experiences represent individual experiences and should not be interpreted as guarantees of similar results.

7. When to Seek Medical Care

Vital Rhythm Wellness coaching is not intended to address medical emergencies or situations requiring medical diagnosis or treatment.

If you experience a medical emergency or symptoms that require immediate medical attention, **seek emergency medical care or contact your local emergency services.**

Do not delay seeking medical care because of information obtained through this website or through coaching.

8. Your Healthcare Team

I encourage you to maintain an ongoing relationship with your primary care provider and other appropriate healthcare professionals.

Coaching can complement appropriate medical care, but it is not intended to replace it.

You should disclose relevant health information to your healthcare providers and follow their recommendations regarding medical conditions, medications, testing, and treatment.

9. No Guarantee of Accuracy or Completeness

Although I make reasonable efforts to provide useful and accurate information, health and wellness information can change as research evolves.

I do not guarantee that every piece of information on this website or provided through coaching is complete, current, or applicable to your individual circumstances.

10. Acceptance of Disclaimer

By using the Vital Rhythm Wellness website, booking a discovery call, purchasing services, enrolling in a coaching program, or participating in coaching, you acknowledge that:

1. Vital Rhythm Wellness provides health and wellness coaching and education rather than medical treatment;
2. You understand that coaching does not replace appropriate medical care;
3. You are responsible for your own health decisions;
4. You understand that fasting, dietary changes, supplementation, and physical activity may carry risks; and
5. You understand that individual results are not guaranteed.

If you have questions about whether a particular coaching recommendation is appropriate for your health circumstances, consult an appropriately licensed healthcare professional before proceeding.

Vital Rhythm Wellness

Owner: Katherine Cobb

Email: workwithcoachkat@gmail.com

Website: www.vitalrhythmwellness.com

Texas, United States

Last Updated: August 18, 2026