

Doctor Curses – Terms, Conditions & Liability Waiver

These terms apply to all services provided by **Doctor Curses** / (“we”, “us”). By purchasing, joining, or using any Doctor Curses program, you (“you”, “the client”) confirm that you have read, understood, and agreed to everything below.

1. No Medical Advice

1. All content from Doctor Curses (programs, messages, videos, PDFs, posts on Instagram @doctor_curses, emails, Zoom calls, etc.) is **general education only**.
2. We **do not** provide medical diagnosis, treatment, or individualized medical advice.
3. Our services **do not replace** a doctor, dietitian, physiotherapist, psychologist, or any licensed health professional.
4. You must consult your physician before starting any exercise, diet, or supplement suggested by us, especially if you have any medical condition, take medication, are pregnant, or have a history of injury.

2. Your Responsibility & Assumption of Risk

1. You understand that physical exercise, diet changes, and supplement use involve **risks**, including injury, illness, or in extreme cases, death.
2. You **voluntarily choose** to participate in our programs and **accept full responsibility** for your decisions, your training environment (gym/home/outdoors), and your health.
3. You agree to stop immediately and seek medical help if you feel pain, dizziness, chest pain, severe shortness of breath, or any worrying symptom.
4. You confirm that the information you give us about your health, injuries, and medications is **accurate and complete**, and that you will update us if anything changes.

3. Limitation of Liability

To the maximum extent permitted by law:

1. Doctor Curses and anyone acting on our behalf are **not liable** for any direct, indirect, incidental, special, or consequential damage, injury, loss, or expense that may arise from:
 - following our training or nutrition plans

- using or misusing supplements we mention
 - training in any place, with any equipment, or with any third party
 - relying on any information given by us online or offline
2. You **waive and release** Doctor Curses from any and all claims, demands, or causes of action related to participation in our programs, except where such exclusion is not allowed by law.
 3. If a court finds that we are liable despite this clause, our total liability will be limited to the amount you paid for the specific program in the 3 months before the claim.

4. No Guaranteed Results

1. We do not and cannot guarantee any specific result (for example: a certain weight, body fat percentage, strength level, or health marker).
2. Results depend on factors we cannot control, including your genetics, health, consistency, diet outside the plan, stress, sleep, and lifestyle.

5. Payments, Cancellations & Access

1. Prices, program length, and what is included are shown at the time of purchase.
2. Unless clearly stated otherwise, all sales are final and non-refundable once the program starts or materials are delivered.
3. Missed or late Zoom meetings may be counted as used if you do not give reasonable notice (for example 24 hours), unless we decide otherwise.
4. We may change, suspend, or end access to services (for example, for abuse, disrespect, or non-payment). Where reasonable, we will give notice or an alternative option.

6. Use of Content & Privacy

1. All workouts, PDFs, plans, videos, messages, and other materials from Doctor Curses are protected. You may use them only for yourself and may not copy, resell, or share them publicly without written permission.
2. We may use anonymized data (for example, general progress statistics) to improve our services.

3. With your explicit consent, we may use your progress photos, testimonials, or messages (with or without your name / @doctor_curses tag) for marketing.

7. Supplements

1. Any supplement suggestions are not prescriptions and are for general information only.
2. You are fully responsible for checking ingredients, interactions with medication, allergies, legality in your country, and appropriate dosage with your doctor or pharmacist.

8. Confirmation

By clicking “I agree”, purchasing a program, signing up, or continuing to use Doctor Curses services, you confirm that:

- You have read and understood these Terms, Conditions & Liability Waiver.
- You accept all risks and responsibilities described here.
- You voluntarily release Doctor Curses from liability to the extent allowed by law.