

Disclaimer

Educational Content Only

This 4-Week Mindful Drinking Reset is intended for educational and informational purposes only. The content provided is based entirely on the author's personal opinion, experience, and research, and should not be considered professional medical, psychological, or therapeutic advice.

Professional Qualifications

Neither Denise Hamilton-Mace, Low No Drinker Media (LNDM), nor any of its representatives are qualified addiction specialists, medical professionals, licensed therapists, or certified counsellors. We do not provide treatment for alcohol use disorders, substance dependency, or related mental health conditions.

When to Seek Professional Help

If you are experiencing a life-damaging relationship with alcohol or other substances, you are strongly advised to seek professional help immediately from qualified professionals.

This includes, but is not limited to, situations where:

- You cannot control your drinking despite repeated attempts
- Alcohol is negatively impacting your relationships, work, or health
- You experience withdrawal symptoms when not drinking
- You drink alone regularly or in secret
- You've been advised by a medical professional to abstain from alcohol
- You have concerns about your mental health in relation to alcohol use

Professional Resources:

- Your GP or healthcare provider
- Alcohol Change UK: alcoholchange.org.uk
- NHS Alcohol Support Services
- Private addiction counsellors and treatment centres

(or similar services in your country of residence)

Health and Medical Disclaimer

This programme is not intended to diagnose, treat, cure, or prevent any disease or medical condition. Always consult with a qualified healthcare professional before making changes to your alcohol consumption, especially if you:

- Take medication that may interact with alcohol
- Have underlying health conditions
- Are pregnant or breastfeeding
- Have a history of substance abuse or mental health conditions

Individual Results May Vary

The strategies and approaches outlined in this Reset may not be suitable for everyone. Individual results will vary based on personal circumstances, commitment to the programme, existing health conditions, and other factors. We cannot guarantee specific outcomes or results.

Not a Substitute for Professional Treatment

This reset is designed for individuals who wish to moderate their alcohol consumption as a lifestyle choice. It is not a substitute for professional addiction treatment, medical intervention, or therapeutic support for those with alcohol use disorders.

Personal Responsibility

By participating in this programme, you acknowledge that:

- You are solely responsible for your health and well-being
- You will seek appropriate professional help if needed
- You understand the limitations of this educational material
- You will not hold the author or Low No Drinker Media liable for any outcomes

Content Accuracy

While we strive to provide accurate and up-to-date information, we make no representations or warranties about the completeness, accuracy, or reliability of the content. Information is provided "as is" without warranty of any kind.

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By purchasing and using this 4-Week Midlife Mindful Drinking Reset, you acknowledge that you have read, understood, and agree to this disclaimer.

If you have any concerns about your relationship with alcohol, please reach out to qualified professionals. Your health and safety are paramount.