By checking this box, you acknowledge and agree that: (i) Kym is not a dietician, nutritionist or health care professional: (ii) any information provided by Kym about health, wellness, exercise, nutrition or other topics is general in nature only, is based on Kym's personal experience and is not meant to address a specific situation, person or event, even if you provide information about a specific person or situation to Kym; and (ii) the information provided by Kym is not intended to be a substitute for professional medical advice, and does not constitute medical or other professional advice. Always seek the advice of a physician or other qualified health provider with any questions you may have regarding your health or a medical condition, or before making changes to your diet or exercise routine. Never disregard professional medical advice or delay seeking it because of something you have learned during your consultation. If you think you are having a medical or health emergency, call your health care professional, or 911, immediately.

For California residents: State law allows any person to provide nutritional advice or give advice concerning proper nutrition—which is the giving of advice as to the role of food and food ingredients, including dietary supplements. This state law does NOT confer authority to practice medicine or to undertake the diagnosis, prevention, treatment, or cure of any disease, pain, deformity, injury, or physical or mental condition and specifically does not authorize any person other than one who is a licensed health practitioner to state that any product might cure any disease, disorder, or condition.