



### General information and topics:

Thank you for showing interest in our websites, blogs and social media. Please make sure to like, subscribe and share. It's the best way to keep our content in your feed. Whoever guides someone to virtue that leads to something good, will be rewarded by God for his good intention and action.

Recommend our content to someone you care about and help us to spread our knowledge and experiences to millions of people around the world by sharing this video and the linked materials.

### General legal disclaimer:

This is a formal disclaimer limiting our liability regarding any potential harm, errors, or outcomes related to the information provided on our website, blog, and social media platforms.

Please note that all content uploaded to this platform is for informational, academic, and educational purposes only. We do not adhere to political correctness on our websites, blogs, or social media. While we express our views, we aim to maintain an environment that is safe for everyone, regardless of ethnicity, skin color, political ideology, religion, belief, or sexual orientation.

We acknowledge that some of the information shared may be sensitive or controversial to certain individuals. If you find yourself easily offended or if you suffer from extreme views on either side of the political spectrum, we advise you to approach our content with caution. We cannot be held responsible for your emotional responses, anger, or the way you perceive the content shared on our platforms.

We do not endorse any actions that break laws, rules, or societal norms. You are fully responsible for your own actions, perceptions, conclusions, and comments. We are not liable for any consequences arising from actions taken based on the information provided here, nor do we endorse any external links or resources shared within our content.

All content shared on this platform must comply with the guidelines set by the platform it is hosted on. We encourage all users to follow the rules and regulations of social media networks when engaging with our content.

### Content Advisory:

Our content is not intended for any specific age group, but please be advised that there may be occasional strong language used throughout. The swearing is intended as a metaphor or emphasis and is not meant to offend, but rather to make a point. If you are underage, we strongly recommend that you ask for your parents' permission before viewing any of our content. Please remember that it is your responsibility to ensure that the content aligns with your personal or family guidelines for what is appropriate.



#### Content Protection and Abuse Warning:

We strongly value freedom of expression and believe that open dialogue is essential to our mission. However, we will not tolerate any unfair censorship or unjust reports aimed at disrupting or silencing our content without valid reason. Any attempt to manipulate, misrepresent, or misuse platform policies to harm our content, reputation, or visibility will be addressed seriously.

The platform's reporting system is meant to ensure a safe and respectful environment for all users. It is not to be weaponized to attack, harass, or silence creators based on personal bias or disagreement. We will challenge any wrongful actions taken against our content, including filing disputes with the platform and pursuing further measures to protect our rights.

We remind all users and the platform to adhere to their own community guidelines and terms of service. If we identify that the reporting system is being used maliciously or in bad faith, we will take appropriate action, which may include escalating the issue to the platform's support team or pursuing further legal recourse if necessary.

Repeated, unfounded reports or malicious actions against our platform will not be tolerated and may result in account penalties, including suspension or removal of privileges for those responsible.

We encourage all users to engage responsibly, respect the diversity of viewpoints shared here, and remain within the guidelines of the platform. Rest assured, we will stand firm in defending our right to share content that adheres to legal and ethical standards.

#### Legal Action Warning:

If any platform or user engages in harassment, unjust censorship, or prevents us from exercising our freedom of expression, we reserve the right to pursue legal action in district court. This includes, but is not limited to, instances where our content is wrongfully removed or suppressed without valid grounds. We will take all necessary steps to protect our rights and defend our ability to freely share information.

#### Medical Disclaimer:

The information provided on our website, blogs, and social media platforms is intended for informational, academic, and educational purposes only. It is not meant to replace, override, or substitute professional medical advice, diagnosis, or treatment.

While we make every effort to ensure the accuracy and reliability of the content we provide, we do not guarantee that the information is comprehensive, complete, or applicable to every individual's unique health situation. Always seek the advice of your physician or qualified healthcare provider before making any decisions related to your health or starting any new health regimen, treatment, or exercise program.



We discuss various health topics, diseases, and treatments, including providing instructions on common illnesses. However, these are general guidelines and should not be taken as specific medical advice. Any actions taken based on the information provided on our platform are done at your own risk.

We do not endorse or claim to validate the claims of pharmaceutical companies, and we encourage independent research. Our content includes discussions questioning practices, products, and policies of pharmaceutical companies and healthcare industries, which may differ from mainstream opinions. However, we do not intend to diagnose, treat, or cure any diseases.

#### Liability Disclaimer:

We are not responsible for any direct, indirect, incidental, or consequential damages or injuries that may arise from following advice, recommendations, or information obtained from this platform. By using this site, you agree to do so at your own risk. We explicitly deny any liability or responsibility for any health-related consequences that may result from following the content provided.

In no event shall we be held liable for any legal, medical, or financial damages arising from the use or misuse of the information provided on our platform.

#### Note on Pharmaceutical Companies:

We are not affiliated with, nor do we endorse, any pharmaceutical companies. Our content is independent, and any critiques or discussions about the practices of pharmaceutical companies are based on public information and our own research. We encourage our audience to critically evaluate the information presented by the pharmaceutical industry and seek a second opinion from qualified professionals.

#### Comment section and guidelines:

We encourage all visitors to engage in a kind, respectful, and mature manner, fostering a space where everyone can learn and understand more effectively. Personal attacks, prejudices, threats, and false accusations do not make anyone right or superior. Instead, they only undermine constructive dialogue. Let's keep the conversation respectful and productive.

- 1: Please don't attack the host, because he bites!
- 2: Please stay on topic, at least within reason.
- 3: Please be civil and respectful in expressing yourself.
- 4: Please no spam, ads, self-promotions, bot-generated content or irrelevant links in the comments.
- 5: Please control your emotions and avoid being racist, sexist, homophobic, antisemitic, Islamophobic or any generally hate filled comment.