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You Own It LTD ("us", "we", or "our") operates the <http://youownit.co.uk> and <http://rupy-kaur.comwebsite> (the "Service" / the/se "Websites.").

The information provided by You Own It LTD on the <http://youownit.co.uk> and <http://rupy-kaur.comwebsite>, in various forms such as blogs, opinions of others, posts from You Own It LTD social media sites and any other affiliated literature, is in no way intended to be a substitute for medical advice from a qualified health practitioner and/or qualified PR specialist.

You Own It LTD does not recommend any particular treatment, therapy or medication. We always recommend that you seek medical advice from your health professional before undertaking any health activity as everybody has their own individual needs and different health techniques suit different individuals.

Furthermore, You Own It LTD through the <http://rupy-kaur.comwebsite> does not guarantee that any such advice given to become an 'influencer' guarantees any such results. Everybody has their own unique journey and may or may not achieve varying results at a given time.

This disclaimer and our terms and conditions of use relate to these websites: <http://youownit.co.uk> and <http://rupy-kaur.com> as well as linked social media pages:

Instagram: You Own It – [one\\_wellness\\_network](#)

Twitter: You Own It – [@you\\_own\\_it](#)

Facebook: You Own It Fan Page –

<https://www.facebook.com/onewellnessnetwork/>

You Own It Health & Wellness Group

<https://www.facebook.com/groups/1893464630897123/>

Instagram: Rupy Kaur – rupykaur87

Twitter: Rupy Kaur – @rupy\_kaur

Facebook: Rupy Kaur – Influencer Brand & Business Strategist Fan Page – <https://www.facebook.com/RupyKaurGlobal/>

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