Disclosure Statement and Disclaimer Valid from July 27 2022 This blog is a collaborative blog written by a group of individuals. For questions about this blog, please contact Rhonda Marie Stalb, LMFT at (lmftl478@rhondamariestalblmft.com).

This blog accepts forms of cash advertising, sponsorship, paid insertions or other forms of compensation. This blog abides by word of mouth marketing standards. We believe in honesty of relationship, opinion and identity. The compensation received may influence the advertising content, topics or posts made in this blog. That content, advertising space or post will be clearly identified as paid or sponsored content. The owner(s) of this blog is compensated to provide opinion on products, services, websites and various other topics.

Even though the owner(s) of this blog receives compensation for our posts or advertisements, we always give our honest opinions, findings, beliefs, or experiences on those topics or products. The views and opinions expressed on this blog are purely the bloggers' own. Any product claim, statistic, quote or other representation about a product or service should be verified with the manufacturer, provider or party in question.

This blog does not contain any content which might present a conflict of interest or violate any laws or ethics. Please note that Rhonda Marie Stalb has financial relationships with some of the merchants mentioned here. Rhonda Marie Stalb may be compensated if consumers choose to utilize the links located throughout the content on this site and generate sales for the said merchant. We are a participant in Affiliate Programs, an affiliate advertising program designed to provide a means for us to earn fees by linking to affiliate links.

You are not obligated to make any purchases by visiting this blog and any advice or tips are not medical in nature and do not replace instructions from your physician. Please check with your primary medical team before taking any actions mentioned on this blog.