

Medical Disclaimer

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The information provided on the Care By Alex Holistic Health & Wellness website (<https://carebyalex.com>) is for **educational and informational purposes only**.

Not Medical Advice

- Website content, including blog posts, videos, social media, downloadable materials, and other resources, is **not a substitute for professional medical advice, diagnosis, or treatment**.
- Always seek the advice of your physician or qualified healthcare provider before making decisions about your health or treatment.
- Never disregard professional medical advice or delay seeking it because of something you read on our website.

No Doctor-Patient Relationship

- Viewing this website or contacting us through it does not create a doctor-patient relationship.
- A doctor-patient relationship is established only after you have completed the intake process, received confirmation from our office, and attended a scheduled appointment.

Scope of Services

- Care By Alex provides care within the scope of **licensed, telehealth-appropriate services** in states where our providers are licensed.
- Certain therapies may be considered integrative, functional, or complementary medicine and may be outside traditional Western medical practice.
- No results are guaranteed, and outcomes vary from person to person.

Emergencies

If you are experiencing a medical emergency, call **911** or go to the nearest emergency department immediately.