

Terms of Use

The www.bestaskclaudia.com's Terms of Use are sectioned into:

- General Terms of Use, and
- Additional Terms and Conditions for Suppliers, Commercial Third Party Users, and Affiliates Programs.
- ⇒ If you're visiting this website for informational purposes only, please refer to Section 1.
- ⇒ If your website visit has commercial or technical relevance, please refer to Sections 1. and 2.

1. General Terms of Use

Your use of this Website constitutes your acceptance of Best Ask Claudia's Terms and Conditions (herein referred to as Terms of Use or Agreement).

1.1. Service and Coaching Disclaimer

The health related information on this website does not provide medical advice. The contents of the website of Best Ask Claudia or that of Claudia Goetschi, or the Website www.bestaskclaudia.com, such as text, graphics, images, information obtained from the website's licensors and other material and content contained on the website is for informational purposes only. And although www.bestaskclaudia.com's blog, newsletter, direct mail or other forms of public communication on occasion may contain holistic suggestions for the enhancement of overall health or spiritual concerns, they are only recommendations and it is the recipient's responsibility to evaluate and if necessary compare such information with other media publicly available or discuss it with their health provider or spiritual counselor. The content has not been evaluated by the FDA and is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Furthermore you should seek medical attention before taking any recommendations or undertaking any diet, exercise or other health program described on this website. Reliance on any information provided by or via www.bestaskclaudia.com is solely at your own discretion and risk.

Information obtained by using the Website is not exhaustive and does not cover all diseases, ailments, physical conditions or their treatment. The content provided by www.bestaskclaudia.com is compiled from numerous sources. Best Ask Claudia and its directors, officers, employees, licensors, suppliers, agents and independent contractors, do not directly or indirectly practice medicine or provide medical services as part of www.bestaskclaudia.com. You should never disregard medical advice or delay in seeking it because of something you have read on the website. If you think you may have a medical emergency, call your doctor or hospital immediately.

The website contains topics in regards to life, health, business, spiritual and environmental matters. If you may find some of this information non-traditional, explicit or otherwise offensive, it may not be suitable for you. It is at your discretion whether your child(ren) is/are allowed to visit or use products offered at this site.

1.2. Your ability to accept Best Ask Claudia's Terms of Use and Privacy Policy

You affirm that you are either more than 18 years of age, or an emancipated minor, or possess legal parental or guardian consent, and are fully able and competent to enter into the terms, conditions, obligations, affirmations, representations, and warranties set forth in these Terms of Service, and to abide by and comply with these Terms of Service.

1.3. Your acceptance of Best Ask Claudia's Terms of Use

Your use of and/or visitation to the Website signifies your agreement to (1) these Terms and Conditions (the "Terms of Use") and (2) Best Ask Claudia's Privacy Notice (please refer to the Privacy Policy link on this Terms of Use page). If you do not agree to any of these terms or Best Ask Claudia's Privacy Notice, please do not use this website. In its sole discretion, Best Ask Claudia may modify or revise these online Terms of Service and policies at any time, and you agree to be bound by such modifications or revisions. We recommend you periodically review the most up-to-date version online. Any copies you choose to print at your sole responsibility or discretion should be discarded after each use to guarantee a most updated version.



1.4. Your acceptance of Best Ask Claudia's Privacy Policy

Your acceptance of these Terms of Use and/or use of the site also constitutes your acceptance of Best Ask Claudia's Privacy Policy.

1.5. Your use of this website - Permissions and restrictions

Claudia Götschi/Best Ask Claudia/www.bestaskclaudia.com hereby grants you permission to access and use the Website as set forth in these Terms of Use, under the following conditions:

1.5.1. Downloading www.bestaskclaudia.com content or materials

You agree to use the site for lawful purposes only. The content is protected by copyright under both United States and International laws, and contains trademarks and other proprietary information. Title to the content remains with Claudia Götschi/Best Ask Claudia/www.bestaskclaudia.com or its licensors. Any use of the content not expressly permitted by these Terms of Use is a breach of these Terms of Use and may violate copyright, trademark, and other laws. Content and features are subject to change or termination without notice at the editorial discretion of Claudia Götschi/Best Ask Claudia. All rights not expressly granted herein are reserved to Claudia Götschi/Best Ask Claudia/www.bestaskclaudia.com and its licensors.

You acknowledge that you do not acquire any ownership rights by downloading copyrighted material. Claudia Götschi/Best Ask Claudia authorizes you to view or download a single copy of the material made available on the website solely for your personal, noncommercial use if you include the following copyright notice: "Copyright 2010 Best Ask Claudia, all rights reserved" and other copyright and proprietary rights notices that were contained in the downloaded or copied content. Except as otherwise expressly permitted under copyright law, you agree not to engage in any copying, redistribution, retransmission, publication or commercial exploitation of downloaded material without the prior express written permission of Claudia Götschi/Best Ask Claudia. In the event of any permitted copying, redistribution or publication of copyrighted material, you agree not to make any changes in or deletion of author attribution, trademark legend or copyright notice.

1.5.1.1. Digital Millennium Copyright Act (DMCA) and European Union Copyright Directive (EUCD)

It is Best Ask Claudia's/www.bestaskclaudia.com's policy to respect the intellectual property rights of others. If you are a copyright owner or an agent thereof and believe that any user submission or other communication infringes upon your copyrights, you may submit a notification pursuant to the World Intellectual Property Organization Treaty (WIPO), the Digital Millennium Copyright Act (DMCA) or the European Union Copyright Directive (EUCD)'s Guideline 2001/29/EG (Urheberrechtsrichtlinie) to our copyright agent for further detail: A physical or electronic signature of a person authorized to act on behalf of the owner of an exclusive right that is allegedly infringed.

Identification of the copyrighted work claimed to have been infringed, or, if multiple copyrighted works at a single online site is covered by a single notification, a representative list of such works at that site.

Identification of the material that is claimed to be infringing or to be the subject of infringing activity and that is to be removed or access to which is to be disabled and information reasonably sufficient to permit the service provider to locate the material. Information reasonably sufficient to permit the service provider to contact you, such as an address, telephone number, and, if available, an electronic mail. A statement that you have a good faith belief that use of the material in the manner complained of is not authorized by the copyright owner, its agent, or the law, and a statement that the information in the notification is accurate, and under penalty of perjury, that you are authorized to act on behalf of the owner of an exclusive right that is allegedly infringed. All claims should be sent to legal@bestaskclaudia.com.

For clarity, only WIPO, DMCA, or EUCD notices should go to the Copyright agent; any other feedback, comments, requests for technical support, and other communications should be directed to Best Ask Claudia's customer service department at support@bestaskclaudia.com. You acknowledge that if you fail to comply with all of the requirements of this Section 1.5.1.1, your claim may not be valid.

If you are the owner or an agent thereof, of material that was removed from the website or disabled after Best Ask Claudia received a copyright infringement notice, and you have a good faith belief that the material was removed or disabled as a result of mistake or misidentification of the material, you may ask that the material be restored by sending Best Ask Claudia a counter-notification. Section 512 (g) of the Copyright Act requires that your counter-notification include all of the following:

Your physical or electronic signature, identification of the content that has been removed or to which access has been disabled and the location at which the content appeared before it was removed or disabled. A statement that you in good faith believe(d) that the content was removed or disabled as a result of mistake or a misidentification of the content; and your name, address, telephone number, and e-mail address, a statement that you consent to the jurisdiction of the federal court and a statement that you will accept service of process from the person who provided notification of the alleged infringement. If a counter-notice is received by the copyright Agent, Best Ask Claudia may send a copy of the counter-notice to the original complaining party informing that person that it may replace the removed content or cease disabling it in 10 business days.



Unless the copyright owner files an action seeking a court order against the content provider, member or user, and provides Best Ask Claudia with notice of the same, the removed content may be replaced, or access to it restored, within 30 business days or more after receipt of the counter-notice, at Best Ask Claudia's sole discretion.

1.5.1.2. Intellectual Property Notice

All content on www.bestaskclaudia.com, including, without limitation, all online or offline newsletters, blogs, products and other materials distributed via www.bestaskclaudia.com, are owned by Best Ask Claudia or its licensors, and are protected by U.S. and international copyright, trademark and similar intellectual property laws. All rights in and to such content is reserved. Reproduction of any content, in whole or in part, without permission is prohibited.

1.5.2. Your use of Website Software or Platforms

Any special rules for the use of certain software and other items provided on www.bestaskclaudia.com may be included elsewhere within the website and are incorporated into these Terms of Use by reference. If the software or web tool is linked to a third party user or third party website, Best Ask Claudia recommends to also read their terms and conditions. All tools of this website are to enhance the visibility and quality of www.bestaskclaudia.com and the website's content provided. If you see any negligence, or non-conformance of any sort to our Terms of Conditions, or the ethics of this site, please report this link, user, or supplier to Best Ask Claudia at info@bestaskclaudia.com immediately.

1.5.3. User Submissions and Contributions

Any personal information, such as a log in, account setup, events update submission, newsletter submission, purchase and payment information is held strictly confidential and is subject to the Best Ask Claudia Privacy Policy. Beyond that, any contribution you make, whether that is materials, comments or suggestions by email or through our blog or any other Best Ask Claudia communication tool via our website or offline, are treated as non-confidential, for all purposes, and at Best Ask Claudia's discretion, can be used publicly. If you make any such submission, you automatically grant, or warrant, that the owner of such content has expressly granted Best Ask Claudia a royalty-free, perpetual, irrevocable, world-wide non-exclusive, sublicenseable and transferable license to use, reproduce, create derivative works from, modify, publish, edit, translate, distribute, perform and display the communication or content in any media or medium, or any form, format or forum now known or hereafter developed. Best Ask Claudia may sublicense its rights through multiple tiers of sublicenses. You also hereby grant each user of the website a non-exclusive license to access your user submissions through the Best Ask Claudia website, and to use, reproduce, distribute, display and perform such user submissions as permitted through the functionality of the website and under these Terms of Use. You understand and agree that Best Ask Claudia may choose to retain, but not display, distribute, or perform, server copies of user submissions that have been removed or deleted.

You shall be solely responsible for your own user submissions and the consequences of posting or publishing them. In connection with user submissions, you affirm, represent, and/or warrant that: you own or have the necessary licenses, rights, consents, and permissions to use and authorize Best Ask Claudia to use all patent, trademark, trade secret, copyright or other proprietary rights in and to any and all user submissions to enable inclusion and use of the user submissions in the manner contemplated by the website and these Terms of Use.

Best Ask Claudia does not endorse any user submission or any opinion, recommendation, or advice expressed therein. Best Ask Claudia expressly disclaims any and all liability in connection with user submissions. Best Ask Claudia does not permit copyright infringing activities and infringement of intellectual property rights on its website, and Best Ask Claudia will remove, without prior notice, all user submissions if properly notified that such user submission infringes on another's intellectual property rights.

Best Ask Claudia is free to use any comments, information, ideas, concepts, reviews, or techniques or any other material contained in any user submission or other communication you may send to Best Ask Claudia including, without limitation, responses to questionnaires or through postings to the website, without further compensation, acknowledgement or payment to you for any purpose whatsoever including, but not limited to, developing, manufacturing and marketing products and creating, modifying or improving the website or other websites.

Should you send any unsolicited materials or ideas, you do so with the understanding no additional consideration of any sort will be provided to you, and you are waiving any claim against Best Ask Claudia and its affiliates regarding the use of such materials and ideas, even if material or an idea is used that is similar to the idea you sent.

We reserve the right to reject, remove or edit user submissions at anytime without notice. User submissions should not be posted that contain: unethical, harsh, profane, vulgar or discriminatory language; illegal, obscene, threatening, defamatory or otherwise objectionable content; URLs, phone numbers, mailing or e-mail addresses, personal attacks; misleading information regarding the origin of the content; or a discussion of Best Ask Claudia policies or services. You understand and agree that we may, but are not obligated to, review the content and may delete or remove it without notice in our sole discretion, for any reason or no reason.



1.6. Disclaimer of Opinion

Any opinions, advice, statements, services, offers, or other information that constitutes part of the content expressed or made available by www.bestaskclaudia.com or any third parties affiliated to Best Ask Claudia's website are those of the respective authors or producers and may not necessarily reflect the opinion of Claudia Götschi/Best Ask Claudia/www.bestaskclaudia.com. Under no circumstances shall Claudia Götschi/Best Ask Claudia/www.bestaskclaudia.com. be held liable for any incidental or consequential damages, any loss, wrongful death, personal injury, property damage, lost profits, lost date, or business interruption caused by your reliance on information obtained through the www.bestaskclaudia.com website. It is your responsibility to evaluate the information, opinion, advice, or other content available through this website.

1.7. Disclaimer of Warranty

Great efforts have been made to ensure the quality, accuracy and ethical consideration of information, services or products presented on www.bestaskclaudia.com. But the accuracy of this information cannot be guaranteed. Best Ask Claudia does not warrant that the site will be uninterrupted, complete, timely, reliable or error free.

The website, the content, and any and all services or products promoted via the Best Ask Claudia website are provided on an "as is" basis. The use of the website, the content and any product or service discussed or promoted via the Best Ask Claudia website is at your own risk. When using the website, or some of the tools provided therein, information will be transmitted over a medium that is beyond the control and jurisdiction of Best Ask Claudia.

Additionally, third parties (not Best Ask Claudia), may sell their products or services as described in the Affiliate Programs link of this website. While Best Ask Claudia in some instances may receive referral fees it does not control the manufacture, or sale of the products or service, nor the manufacturer's statements, nor can or is Best Ask Claudia allowed to censor or edit content of any third-party site. Those statements and the quality of the third-party products and service are at the sole responsibility of your evaluation and use as well as that of the Best Ask Claudia third-party affiliate. Best Ask Claudia also disclaims all third-party warranties, expressed or implied, or representations that government regulations requiring disclosure of information on natural or prescription drug products or the approval or compliance of any software tools with regards to the content contained on the website have been satisfied.

If you are using a Best Ask Claudia third-party affiliate program, we strongly recommend you read their Terms of Use to protect your Privacy Rights.

Best Ask Claudia does not warrant or endorse or assume responsibility for any product or service discussed, promoted, advertised or offered by a third-party through the Best Ask Claudia website or any hyperlinked website or featured in any banner, feed, or widget. Best Ask Claudia will not be a party to or in any way be responsible for monitoring any transaction between you and third-party providers of products or services through any medium or in any environment. You are strongly encouraged to use your best judgment and exercise caution when using any type of public platform.

You expressly agree that use of the Best Ask Claudia website or that of a hyperlinked or advertised affiliate is at your sole risk. To the fullest extent permitted by law, Best Ask Claudia disclaims all warranties expressed or implied, in connection with www.bestaskclaudia.com website and your use thereof resulting directly or indirectly from your access to and use of the Best Ask Claudia website or any unauthorized access to or use of our secure servers and/or any and all personal information and/or financial information stored therein, any interrupted or cessation of transmission to or from the Best Ask Claudia website, any potential bugs, spiders, robots, viruses, trojan horses or the like which may be transmitted to or through this website by any third party, and/or any errors or omissions in any content or for any loss or damage of any kind incurred as a result of the use of any content posted, emailed, transmitted or otherwise made available via the Best Ask Claudia website.

1.8. Indemnification

You agree to defend, indemnify and hold harmless Best Ask Claudia and its affiliates and their respective directors, officers, employees and agents from and against any and all claims, actions, obligations, demands, damages, costs, liabilities, losses and expenses (including reasonable attorney fees) arising out of: a) your use of the Website and/or any information, services and/or goods provided via the site; b) your violation of these Terms of Use; c) your violation of any third party right, including but not limited to any copyright, property or privacy right; d) any claim that one of your user submissions caused damage to a third party. The obligations under this subsection will survive these Terms of Use and your use of the Best Ask Claudia website.

1.9. Best Ask Claudia Liability

If you are dissatisfied with www.bestaskclaudia.com, any information found therein, or with any Best Ask Claudia Terms of Use or Privacy Policy, your sole and exclusive remedy is to discontinue using www.bestaskclaudia.com. Best Ask Claudia is not liable for any personal injury, including death, caused by your use or misuse of the website or content or by any products



you purchase from a third party. In no event shall Best Ask Claudia or any third parties be liable for any damages, including, without limitation, special, punitive, incidental and consequential damages, personal injury/wrongful death, lost profits, lost profits or revenues, loss of use or similar economic loss, hardware or software damages regardless of the basis of such liability, damages resulting from lost data or business interruption, failure of system performance, omission, deletion, defect, or delay in transmission, communication line failure, theft, destruction, unauthorized access to, alteration of, or use of this site, whether for breach of contract, tortuous behavior (including strict liability), negligence, or under any other cause of action, resulting from the use or inability to use the Best Ask Claudia website, or its hyperlinked or third-party sites or the Content whether based on warranty, contract, tort or any other legal theory, and whether or not Best Ask Claudia is advised of the possibility of such damages. You specifically acknowledge that Best Ask Claudia is not liable for the defamatory, offensive or illegal conduct of other users or third-party providers and the risk of injury from the foregoing rests entirely with you.

The Best Ask Claudia website is controlled and offered by Best Ask Claudia from its offices in the United States of America and makes no representations that www.bestaskclaudia.com is appropriate or available in other geographic locations. Those who access or use the Best Ask Claudia website from other jurisdictions do so on their own volition and are responsible for compliance with local law.

Any claims arising in connection with your use of the website or any content must be brought within one (1) month of the date of the event giving rise to such action occurred. Remedies under these Terms of Use are exclusive and are limited to those expressly provided for in these Terms of Use.

1.10. Disputes

You expressly agree that any claim or controversy arising out of or related to these Terms of Use, the website, or the services or products provided on or through the website shall be settled by binding arbitration to be held at the courts of Best Ask Claudia's current office location in the US in accordance with the rules of the American Arbitration Association. Any such claim or controversy shall be arbitrated on an individual basis and shall not be consolidated with a claim of any other party. The foregoing shall not preclude Best Ask Claudia from seeking any injunctive relief in any court of competent jurisdiction for protection of Best Ask Claudia's intellectual property rights. You further agree and expressly consent to the exercise of personal jurisdiction of the Best Ask Claudia office locations for the enforcement of this arbitration agreement and of any arbitration award in connection with any such dispute including any claim involving Best Ask Claudia or its affiliates, subsidiaries, employees, contractors, officers, directors, telecommunication providers and content providers.

These Terms of Use are governed by the internal substantive laws of the State of Best Ask Claudia's current U.S. office location, without respect to its conflict of the laws principles. If any provision of these Terms of Use is found to be invalid by any court having competent jurisdiction, the invalidity of such provision shall not affect the validity of the remaining provisions of these Terms of Use, which shall remain in full force and effect. No waiver of any of these Terms of Use shall be deemed a further or continuing waiver of such term or condition or any other term or condition.

1.11. Entire Agreement

As outlined in section 1.3 of these Terms of Use, any area of the Best Ask Claudia Terms and Use or Privacy Policy may be revised, modified, altered or updated in the future without notification or cause. You agree that after consenting, you will be bound by such revisions, modifications, alterations, or updates. Such changes, modifications, additions or deletions shall be effective immediately upon notice thereof, which may be given by any means including, without limitation, posting on the site, or by electronic or conventional mail, or by any other means. Any use of the site by you after such notice shall be deemed to constitute acceptance of such changes, modifications, additions or deletions.

This agreement also includes the policies incorporated by reference, setting forth the entire understanding and agreement of the parties relating to the subject matter hereof, and it supersedes any prior or contemporaneous understandings of any kind or nature. By agreeing to these terms, you represent that you are not relying on any agreement, representation or warranty pertaining to the subject matter hereof that is not expressly set forth herein.

1.12. Severability

The provisions of these Terms of Use are severable, and in the event any provision hereof is determined to be invalid or unenforceable, such invalidity or unenforceability shall not in any way affect the validity or enforceability of the remaining provisions hereof.

No agency, partnership, joint venture, employee-employer, or franchisor-franchisee relationship is intended or created between you and Best Ask Claudia by your use of the site. The following provisions survive the expiration or termination of these Terms of Use for any reason whatsoever: liability, user submissions, indemnity, disputes, and entire agreement. These General Terms of Use, as well as the Additional Terms of Use (as outlined in Section 2 of this document), and any rights and licenses granted hereunder, may not be transferred or assigned by you, but may be assigned by Best Ask Claudia without



restriction. The section headings used herein are for convenience only and shall not be given any legal import. These Terms of Use are for the benefit of Best Ask Claudia, its subsidiaries, affiliates and its third party content providers and licensors and each shall have the right to assert and enforce these Terms of Use directly or on its own behalf.

2. Additional Terms and Conditions for Suppliers, Commercial Third Party Users, and Affiliates Programs

Acceptance of General Terms- and Additional Terms of Use

Your use of this Website constitutes your acceptance of Best Ask Claudia's, Claudia Goetschi's, or the Website's www.bestaskclaudia.com's (herein referred to as Best Ask Claudia) General Terms of Use as outlined in Section 1 above. You accept furthermore to be legally bound to any additional Terms of Use constituent under Additional Terms and Conditions for Suppliers, Commercial Third Party Users, and Affiliates Programs (in this section referred to 'Additional Terms of Use' or 'Agreement').

2.1. Use of automated systems and otherwise technical programs

You agree not to use or launch any automated systems, including but not limited to robots, spiders, or offline-readers, that accesses the Website in a manner that sends more request messages to the Best Ask Claudia servers in a given period of time than a conventional online web browser can handle.

You agree not to upload, post, e-mail or otherwise send or transmit any material that contains software viruses, or any other computer code, files or programs designed to interrupt, destroy or limit the functionality of any computer software or hardware or telecommunications equipment associated with the Best Ask Claudia website. You also agree not to interfere with the servers or networks connected to the website or to violate any of the procedures, policies or regulations of networks connected to the Website.

Notwithstanding the foregoing, Best Ask Claudia grants the operators of public search engines permission to use spiders to copy materials from the site for the sole purpose of and solely to the extent necessary for creating publicly available searchable indices of the materials, but not caches or archives of such materials. Best Ask Claudia reserves the right to revoke these exceptions. You agree not to collect or harvest any personally identifiable information, including account names, from the website, nor to use the communication systems provided by the website including but not limited to blog comments, webinars, or email addresses for any commercial solicitation purposes. You agree not to solicit, for commercial purposes, any users of the website with respect to their User Submissions. Any conduct by you that at Best Ask Claudia's discretion restricts or inhibits any other user from using or enjoying the site will not be permitted and will result in termination of any work or affiliate contracts you may have with Best Ask Claudia Your misconduct may also result in further legal actions.

2.2. Use of automated systems and otherwise technical programs

You agree not to upload, post or otherwise make available on the site any material protected by copyright, trademark or other third party proprietary rights, including privacy and publicity rights, without the express permission of the owner of the copyright, trademark or other proprietary right. The responsibility determining whether or not any material is protected by copyright rests with you. You shall be solely liable for any damage resulting from any infringement of copyrights, proprietary rights, or any other harm resulting from any such submission.

2.3. Establishing a www.bestaskclaudia.com account

In order to access some features of this website, you will have to create a Best Ask Claudia account. Establishing an account does not guarantee acceptance of your submission. Best Ask Claudia reserves the right to review every request with the right to deny it. When creating your account, you must provide accurate and complete information. You are solely responsible for the activity that occurs on your account, and you must keep your account password secure. You must notify Best Ask Claudia immediately of any breach of security or unauthorized use of your account. Although Best Ask Claudia will not be liable for your losses caused by any unauthorized use of your account, you may be liable for the losses of Best Ask Claudia or others due to such unauthorized use. The creation of a Best Ask Claudia account is an explicit acceptance by you of these Terms of Use.

By establishing an account with the Website, you consent to receiving electronic communications from Best Ask Claudia relevant to the established services as part of your relationship with Best Ask Claudia You agree furthermore that this type of communication will satisfy any legal communication requirements, including any requests for information to be in writing.

2.4. Right to Terminate

Best Ask Claudia reserves the right to terminate or restrict your use of our service, or your access to upload/download account/member/supplier information or materials without notice, for any or no reason whatsoever, anytime.