

# YABISHI!

This Disclaimer is effective as of 20th January 2022.

Please read carefully

## **\*Disclaimer and Notices\***

This is a method that has worked for us that we are sharing with you. You should consult with a healthcare professional before starting any diet, exercise or nutritional supplement program.

If you have any health issues or concerns, please discuss it with your doctor prior.

The information presented is general nature and might not apply to everyone.

This information contained is not intended to provide specific physical or mental health advice. We are not medical professionals and nothing in this guide should be

misconstrued to mean otherwise.

This guide has been overseen and approved by a certified Personal Trainer.