

Total Integrative Wellness Affiliate Disclosure

Disclosure and Explanation of Affiliate Links and Endorsements

A note from Cindy, founder and coach at Total Integrative Wellness:

As a Health & Wellness Coach, I want to be able to share products and supplements that have worked well for me and my own family, as well as clients. You have my guarantee that I would never recommend a product or service that I do not have a direct, positive experience with. If I have never used the product myself with amazing results, then I will not write favorably about it. Period.

My articles are teeming with informational links. Some links will include products or services that I love, in which I do not gain any commission for mentioning them or if you choose to make a purchase through the link. Other links are affiliate links where I do earn a small commission if you choose to make a purchase through the link. The price of the item is the same for you whether it is an affiliate link or not. In some cases, I may also use an affiliate link and provide a discount code for an item. In these cases, the price may actually be LESS for you by using this link or tracking code.

Any fees earned are not too significant, but do help to offset the costs associated with the site maintenance (and thank you if you do decide to make a purchase through an affiliate link). This is why I also choose to share about products that offer no incentive to me whatsoever. My reasoning in sharing these products/tips with readers is 1) I love to share information, 2) I am confident it will help others, 3) earning your trust in my awesome nutritional and lifestyle advice, and 4) to hopefully speak with you someday as a coaching client!

Because the trust of my readers is so important to me, I do not write paid posts, nor do I accept free products for review. My thoughts and opinions are my own and are not controlled by a sponsor or advertiser.

In compliance with the FTC guidelines, please assume the following about all links, posts, photos and other material on this website:

Cindy Carra/Total Integrative Wellness/ totalintegrativewellness.com is a participant in the Amazon Services LLC Associates Program, Thrive Market, and other affiliate advertising programs designed to provide a means for sites to earn advertising fees. Pages on this site may include affiliate links to affiliate sites on which the owner of this website will make a referral commission. You are under no obligation to purchase anything from these links, but if you do, Cindy and Total integrative Wellness appreciates it! If you are going to purchase a product and would like to do so through Total Integrative Wellness, links to many of the products I recommend can be found on the **Products I Love** page.

Affiliate Relationships

Other than a small commission earned from including a means of purchasing their product from my site, Total Integrative Wellness does not have an intimate knowledge of nor a means of controlling that business's operations. Therefore, when purchasing through an affiliate link on totalintegrativewellness.com, I cannot ensure that an item will be shipped/delivered on time, packaged properly, or that you will like it. Any problems or concerns with a specific product purchased through a link on this website should be directed to the company the item was purchased from.