GLP-1 Food Noise & Snacking Rewire

Facilitated **by Georgie Beames**

Thank you for choosing to participate in the GLP-1 Food Noise & Snacking Rewire

By purchasing and participating in this program, you agree to the following Terms and Conditions. By ticking "I Agree" and accessing the materials, you acknowledge that you have read, understood, and accepted these terms.

Program Overview

GLP-1 Food Noise & Snacking Rewire is a paid coaching and educational program designed to support participants in understanding and working with food noise, reactive snacking, cravings, eating patterns, mindset, self-trust, and nervous system regulation while using a GLP-1 medication.

The program is delivered through the Food Cravings App and may include:

- Educational videos and written materials
- Coaching content and behavioural education related to food noise, cravings and eating behaviours
- Guided exercises, journaling and reflection activities
- EFT Tapping exercises
- Guided hypnosis
- Nervous system regulation tools
- Interactive tools and exercises
- Audio, video and downloadable resources

This program is educational and coaching-based in nature. It is not personalised healthcare, medical treatment, therapy, counselling, or psychological treatment.

GLP-1 Medication Disclaimer

This program does not provide medical advice about GLP-1 medications.

The program does not provide advice about:

- Starting or stopping a GLP-1 medication
- Reducing, increasing or changing a medication dose
- Medication selection
- Medication side effects or medical management
- Whether or when you should transition off a GLP-1 medication

Any decision regarding your medication, including whether to reduce your dose or transition off your medication, should be made in consultation with your prescribing healthcare professional.

The purpose of this program is to provide psychological, behavioural, educational and self-regulation tools that may support you around food while using a GLP-1 and, if appropriate in the future, alongside any changes to your medication that are determined with your healthcare professional.

Program Delivery & Access

This is a structured, time-bound coaching and educational program delivered through Georgie Beames' Food Cravings App.

Your purchase includes 12 months of access to the program materials within the app.

Your 12-month access period begins when your program access is activated.

After the 12-month access period ends, access to the program and its materials may expire unless otherwise stated or renewed.

Participation does not include:

- One-on-one therapy or counselling
- Psychotherapy or mental health treatment
- Clinical assessment or diagnosis
- Individualised psychological treatment
- Medical advice or medical management
- Nutritional or dietary advice
- GLP-1 prescribing or medication advice
- Crisis support services

Participation in this program does not create a psychologist–client relationship, therapeutic relationship, or healthcare provider relationship.

If you require psychological, medical, nutritional, or mental health support, you should consult an appropriately qualified healthcare professional.

If you are in crisis, contact your GP, local emergency services, or Lifeline Australia on 13 11 14.

App Participation & Engagement

By joining the program, you acknowledge and agree that:

- You are responsible for downloading, accessing and participating within the app.
- You are responsible for engaging with the materials and checking messages, updates and content provided within the app.

- You are responsible for ensuring you have a compatible device and suitable internet connection to access the program.
- Failure to download, access, participate in, or complete the program does not extend your 12-month access period.
- Non-engagement, inactivity, personal circumstances, or technical difficulties with your personal devices do not entitle you to a refund, except where required by Australian Consumer Law.

The program is self-paced unless otherwise stated.

The program may be purchased either by:

- A one-time payment, or
- A split-payment arrangement as offered at checkout.

All prices are stated in Australian Dollars (AUD) and are exclusive of GST, unless expressly stated otherwise. GST will be added to the advertised price where applicable.

Payments are processed securely via the payment provider displayed at checkout, which may include Stripe, PayPal, ThriveCart, or another authorised payment provider.

The price and payment option selected at checkout will be confirmed at the time of purchase.

Split Payments

If you select a split-payment option, you agree to pay all instalments in full and on the scheduled payment dates, regardless of whether you continue to access, use or complete the program.

A split-payment arrangement is a payment plan for the full purchase price of the program. It is not a month-to-month membership or subscription and does not provide an option to cancel future instalments.

You remain liable for the full amount of the program, even if you:

- Stop participating in the program
- Do not use or access the app
- Decide you no longer want to continue
- Do not complete the program
- Experience a change in personal circumstances
- Choose to stop using the program
- Delete the app or otherwise cease accessing the materials

If an instalment payment fails, you authorise the payment provider to retry the payment using the payment method provided at checkout. Access to the program may be suspended while an outstanding payment remains unpaid.

Any outstanding balance remains payable and may be recovered in accordance with applicable law.

Selecting a split-payment option does not change the program's no-refund policy or your obligation to pay the full agreed purchase price, subject to your rights under Australian Consumer Law.

Promotional, introductory, discounted or limited-time pricing may be offered from time to time.

Refund Policy

Due to the digital, educational, coaching and app-based nature of this program, all sales are final.

No refunds will be provided for change of mind or failure to use or complete the program.

This includes, but is not limited to:

- Change of mind
- Failure to download or access the app
- Failure to participate or engage
- Failure to access the program materials
- Personal circumstances
- Inability to complete the program
- Dissatisfaction with individual results
- Failure to achieve a particular outcome
- Technical issues relating to personal devices or internet access
- Failure to use the program during the 12-month access period

Nothing in these Terms and Conditions excludes, restricts or modifies any rights or remedies you may have under the Australian Consumer Law or other applicable law.

Where a refund, replacement, repair or other remedy is required by law, your applicable legal rights will apply.

Participant Responsibility

By joining GLP-1 Food Noise & Snacking Rewire, you acknowledge and agree that:

1. The program is provided for coaching, educational and self-development purposes only.
2. The program is not intended to diagnose, treat, cure or prevent any mental health or medical condition.

3. Psychological, behavioural, nervous system, EFT Tapping and hypnosis tools are provided for general education, self-awareness and wellbeing purposes and are not a substitute for professional healthcare or psychological treatment.
4. You are responsible for determining whether participation in the program is appropriate for your individual circumstances.
5. You are responsible for your own physical, emotional and psychological wellbeing during and after participation.
6. If you experience significant distress, strong emotional reactions, or other concerns during participation, you should stop using the relevant exercise and seek appropriate professional support.
7. You remain responsible for all decisions, actions and choices you make in relation to your health, medication, eating behaviours and lifestyle.
8. You will seek appropriate medical advice before making any changes to your GLP-1 medication or other prescribed treatment.

Hypnosis & EFT Tapping

The program includes guided hypnosis and EFT Tapping exercises.

These tools are provided as educational and wellbeing practices and are not intended to replace psychological or medical treatment.

You should participate only when you are in a safe environment where you can comfortably pause or stop the exercise if needed.

Do not listen to hypnosis recordings while driving, operating machinery, or undertaking any activity that requires your full attention.

If a particular exercise causes distress or discomfort, discontinue the exercise and seek appropriate professional support if required.

Results Disclaimer

Individual experiences and outcomes vary.

No guarantee is made that participation in the program will result in:

- Reduced food noise
- Reduced snacking
- Reduced cravings
- Weight loss or weight maintenance
- Prevention of weight regain
- Changes in eating behaviour

- Reduced anxiety or distress around food
- Improved emotional regulation
- Increased self-trust
- Any particular health or psychological outcome

Results may be influenced by individual circumstances, engagement, consistency, health factors, medication, environment and many other factors outside the control of the program facilitator.

Participation in this program does not guarantee that you will maintain your weight or avoid increased food noise, cravings or snacking if your medication is reduced or discontinued.

Privacy & Data Protection

Your privacy is respected and personal information will be handled in accordance with applicable Australian privacy laws and Georgie Beames' applicable privacy practices.

Personal information provided during the program may be collected, stored and processed for the purpose of providing and administering the program, including through third-party platforms used to deliver the program.

Your personal information will not be sold.

Where third-party service providers are used to deliver the program, information may be shared with those providers where reasonably necessary to provide, administer or support the program.

Feedback & Testimonials

You may be invited to provide feedback, comments, testimonials, wins or other responses about your experience with the program.

Your feedback may only be used for educational or promotional purposes where you have provided appropriate consent.

Where permission has been provided, identifying information may be removed where reasonably possible to help maintain participant anonymity.

Your identity will not intentionally be disclosed for promotional purposes without your explicit consent, except where disclosure is required by law.

Intellectual Property

All program materials within GLP-1 Food Noise & Snacking Rewire and the Food Cravings App are the intellectual property of Georgie Beames and are protected by applicable copyright and intellectual property laws.

This includes, but is not limited to:

- Videos

- Audio recordings
- Hypnosis recordings
- EFT Tapping scripts and exercises
- Written materials
- Worksheets
- Interactive tools
- Program frameworks
- Educational content
- Graphics and other program resources

Materials are provided for your personal, non-commercial use only.

You may not:

- Reproduce program materials
- Copy or distribute materials
- Share your login or access with another person
- Record or redistribute program sessions or content
- Upload program materials to another platform
- Republish program materials
- Sell or commercially use program materials
- Create derivative products or programs from the materials

without prior written permission from Georgie Beames.

Your access is personal to you and may not be transferred to another person.

Technology & Third-Party Platforms

The program is delivered using third-party technology platforms, including the Food Cravings App and payment and technology providers used to administer the program.

While reasonable care is taken to provide reliable access, Georgie Beames does not guarantee uninterrupted or error-free access to the app or program.

Temporary interruptions may occur due to maintenance, updates, technical issues, internet outages, or circumstances outside reasonable control.

Where reasonably possible, efforts will be made to restore access following significant technical interruptions.

Disclaimer

GLP-1 Food Noise & Snacking Rewire provides coaching, education, guided exercises and general information relating to food noise, cravings, snacking, eating behaviours, mindset and nervous system regulation.

It is not:

- Medical advice
- Medical treatment
- Psychological treatment
- Therapy
- Counselling
- Psychotherapy
- A diagnostic service
- Nutritional or dietary treatment
- GLP-1 prescribing or medication management

Participation does not establish a therapeutic, healthcare provider, or psychologist–client relationship.

You are responsible for consulting an appropriately qualified healthcare professional regarding your individual medical, psychological, nutritional or medication needs.

No warranties or guarantees are made regarding specific outcomes.

Limitation of Liability

To the extent permitted by law, Georgie Beames is not responsible for any loss, damage, injury or outcome arising from participation in the program, reliance on program information, or use of the program tools, except to the extent that such liability cannot legally be excluded or limited.

Nothing in these Terms and Conditions excludes, restricts or modifies rights or remedies that cannot legally be excluded, restricted or modified under Australian law, including applicable rights under the Australian Consumer Law.

Governing Law

These Terms and Conditions are governed by and construed in accordance with the laws of Victoria, Australia.

Any disputes will be subject to the applicable laws and courts of Victoria, Australia, subject to any mandatory rights or remedies available to you under Australian law.

Acceptance

By purchasing GLP-1 Food Noise & Snacking Rewire, ticking “I Agree”, and/or accessing the program, you confirm that:

- You have read and understood these Terms and Conditions.
- You understand that the program is educational and coaching-based.
- You understand that the program is not medical or psychological treatment.
- You understand that the program does not provide advice about reducing or stopping GLP-1 medication.
- You understand that you are purchasing 12 months of app access.
- You understand and accept the no-refund policy, subject to your rights under Australian Consumer Law.
- You agree to use the program materials for your personal, non-commercial use only.