



Website Terms and Conditions of Use

This page states the Terms and Conditions under which you, the website visitor (hereinafter “you” or “visitor”), may use this site, the content of which is owned by or licensed to Miriam Pokharel-Wood, IBCLC, MSW and/or Nurture Lactation, LLC (hereinafter “Nurture Lactation”). By using this site, you agree to be bound by all of the Terms and Conditions set forth below. If you do not accept these Terms and Conditions, please do not use this site. Nurture Lactation LLC may, at its sole discretion, revise these Terms and Conditions at any time; therefore, you should visit this page periodically to review the Terms and Conditions.

Nurture Lactation seeks to: support families along their breast/chest feeding journey, focusing on mental health and physical needs of infant and parent, while providing evidenced based clinical care without judgment.

Although Nurture Lactation strives for timeliness and accuracy in all of its materials, Nurture Lactation makes no representations, warranties, or assurances as to the availability, accuracy, currency, or completeness of this site or its contents. Nurture Lactation shall not be liable for any damages or injury resulting from your access to, inability to access, or use of this site, including, without limitation, any damages or injury arising from any links to other sites contained within or referred to in this site.

Privacy

Nurture Lactation is committed to preserving your right to privacy. Nurture Lactation does not collect identifying information about you (such as your name, address, telephone number, or email address) unless you voluntarily submit that information to us through our Contact Us page, our newsletter subscription pages, or other means.

Please do not provide any confidential information (including health information) to us via electronic communication. Any information you do submit will not be sold to any third parties. If we publish any information you provide to us on the website, we will only disclose personally identifiable information agreed upon by you.

We use "cookies" on this site. A cookie is a piece of data stored on a site visitor's hard drive to help us improve your access to our site and identify repeat visitors to our site. For instance, when we use a cookie to identify you, you would not have to log in a password more than once, thereby saving time while on our site. Cookies can also enable us to track and target the interests of our users to enhance the experience on our site. Usage of a cookie is in no way linked to any personally identifiable information on our site.

If you are concerned about the information You have provided to Nurture Lactation or would like to review, update, or delete that information, please contact us at miriam@nurturelactation.com. Nurture Lactation will make reasonable efforts to comply with your wishes.

Contact Us and “Ask an Expert”

The Contact Us page is the primary means of communication with Nurture Lactation for a website visitor. Website visitors may use the Contact Us page to send questions or content suggestions to us. Any health information submitted through the Contact Us pages is not stored in a way that is personally identifiable. We may, unless you indicate otherwise, store, edit, and excerpt your email for use in Q&As, presentations, analyses, and other similar purposes. In these cases, we will delete any content that would specifically identify you as the writer of the email.

The information provided through the Website is for educational purposes only and should not be considered medical advice. It is not meant to replace the advice of the physician who cares for you or your child. All medical advice and information should be considered to be incomplete without a physical exam, which is not possible without a visit to your doctor.

Medical Disclaimer

The information on this site is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment. Nurture Lactation makes no representation and assumes no responsibility for the accuracy of information contained on or available through this website, and such information is subject to change without notice. All information provided on the website is general information provided for educational purposes. You are encouraged to confirm any information obtained from or through this website with other sources, and review all information regarding any medical condition or treatment with your child’s physician. Never disregard professional medical advice or delay medical treatment because of something you have read on this website.

Newsletters

The only personally identifiable information that is actively collected by Nurture Lactation is email addresses of individuals who opt-in to our newsletter programs. These email addresses are only used for delivering our newsletters. Users may remove their email address from our list by using the unsubscribe link provided at the bottom of each newsletter.

User Submissions

Nurture Lactation welcomes your comments on its site and content. However, you acknowledge that if you send us suggestions, ideas, notes, drawings, concepts, photographs, or other information (collectively, the “Information”), the Information shall be deemed, and shall remain, the property of Nurture Lactation. By submission of any Information to us, you assign to us and we shall exclusively own all now known or hereafter existing rights to such Information and shall be entitled to unrestricted use of the Information for any purpose whatsoever, commercial or otherwise, without compensation to you.

As a user of this site, you are responsible for your own communications and are responsible for the consequences of their posting. Therefore, do not do any of the following: transmit to us material that is copyrighted, unless you are the copyright owner or have the permission of the copyright owner to post it; send material that reveals trade secrets, unless you own them or have

the permission of the owner; send material that infringes on any other intellectual property rights of others or on the privacy or publicity rights of others; send material that is obscene, defamatory, threatening, harassing, abusive, hateful, or embarrassing to another user or any other person or entity; send sexually explicit images; send advertisements or solicitations of business; send chain letters or pyramid schemes; or impersonate another person.

Nurture Lactation reserves the right to expel users and prevent their further access to this site for violating these terms or the law and reserves the right to remove any communications from this site. The violation of any of the terms and conditions set forth on this Terms and Conditions page shall result in the immediate revocation of your right to use the content and obligates you to immediately destroy any copies of the content in your possession.

Links

This site contains links to websites owned by third parties. These links are provided solely as a convenience to you and are not an endorsement by Nurture Lactation of the contents of those other sites. Nurture Lactation is not responsible for the content of any linked sites and makes no representations regarding the content or accuracy of materials on such sites. If you decide to visit any third-party sites using links from this site, you do so at your own risk.

Nurture Lactation does not recommend, endorse, or make any representation about the efficacy, appropriateness, or suitability of any specific tests, products, procedures, treatments, services, opinions, health care providers, or other information that may be contained on or available through this website. Nurture Lactation is not responsible nor liable for any advice, diagnosis, treatment, or any other information, services, or products that you obtain through this website.

Disclaimer of Warranties

Nurture Lactation does not warrant that the site will operate error-free or that the site or its server are free of computer viruses or other harmful material. If your use of the site or the site's material results in the need for servicing or replacing of equipment or data, Nurture Lactation shall not be responsible for those costs. This site and its material are provided on an "as is" basis without any warranties of any kind. Nurture Lactation, to the fullest extent permitted by law, disclaims all warranties, including the warranty of merchantability, non-infringement of third parties' rights, and the warranty of fitness for a particular purpose.

Disclaimer of Consequential Damages

In no event shall Nurture Lactation, its medical consultants, or any third parties mentioned in the site content be liable for any damages whatsoever (including, without limitation, incidental, consequential, or punitive damages, lost profits, or damages resulting from lost data or business interruption) resulting from the use or inability to use material on this website or sites linked to this website whether based on warranty, contract, tort, or any other legal theory, and whether Nurture Lactation is advised of the possibility of such damages.

Use of Site Material

The contents of this site, including, without limitation, text, graphics, images, and other content (the “Content”) are owned by or licensed to Nurture Lactation and are protected by copyright under both United States and foreign laws. Unauthorized use of the Content violates copyright, trademark, and other laws. You agree to retain all copyright and other proprietary notices contained in the original Content on any copy you make of such material. You may not sell or modify our Content or reproduce, display, distribute, or otherwise use the Content in any way for any public or commercial purpose. Use of the Content on any other website or in a networked environment is prohibited.

Miscellaneous

This site originates from within the United States. Nurture Lactation does not claim that the Content on this site is appropriate or may be used outside of the United States. Access to the Content may not be legal by certain persons or in certain countries. If you access the site from outside the United States, you do so at your own risk and are responsible for compliance with the laws of your jurisdiction.

These Terms and Conditions are governed by the substantive laws of the State of Maryland, without respect to its conflict of laws principles. You agree to submit to the jurisdiction of the courts situated in the State of Maryland with respect to any dispute, disagreement, or cause of action related to or involving this site. If any provision 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 and Conditions, which shall remain in full force and effect. No waiver of any of these Terms and Conditions shall be deemed a further or continuing waiver of such term or any other term. Except as expressly provided elsewhere in this site, these Terms and Conditions constitute the entire agreement between you and Nurture Lactation with respect to your use of this site.

Reviewed and Adopted 8-31-23

© 2020 Annie Frisbie IBCLC, Inc, all rights reserved.