

Terms & Conditions – Denise Klein Nutrition, LLC

Last updated: 2/10/2026

1. Acceptance of Terms

These Terms & Conditions (“Terms”) govern your use of www.nestnutrition.com (“Site”) and any services, content, or materials provided through the Site by Denise Klein Nutrition, LLC, doing business as Nest Nutrition (“Company,” “we,” “us,” or “our”).

By accessing or using the Site, or by purchasing or booking coaching services through the Site, you agree to be bound by these Terms. If you do not agree to these Terms, do not use the Site.

The Site and our services are intended for individuals 18 years of age or older. If you are under 18, you may use the Site only with the involvement of a parent or legal guardian and in accordance with our policies.

2. Coaching Services – Not Medical Advice

We provide educational and wellness-focused nutrition coaching services. We do not provide medical care, medical nutrition therapy, diagnosis, treatment, or therapy, and our services and content are not a substitute for medical advice or care.

Nothing on the Site, and no communication from us, creates a doctor-patient, dietitian-patient, or other licensed healthcare-provider relationship. A coaching relationship is formed only when you complete our intake process and sign our separate coaching agreement or similar written documentation.

Always consult your physician or other qualified healthcare provider before making any changes to your diet, supplements, exercise, medications, or healthcare plan, especially if you are pregnant, nursing, have a medical condition, or are taking medications. Never disregard professional medical advice or delay seeking it because of something you read on the Site or receive through our coaching services.

3. No Guarantees; Your Responsibility

We aim to provide supportive, evidence-informed coaching, but we cannot and do not guarantee any specific results or outcomes, including changes in symptoms, weight, biomarkers, fertility, or pregnancy outcomes.

Your decisions, actions, and results are solely your responsibility. By using the Site and our coaching services, you agree not to hold us liable for decisions or actions you take based on the information or coaching provided.

4. Coaching Relationship and Scope

Our virtual 1:1 coaching services may include video or phone sessions, messaging or portal support, and access to educational materials, as described in your specific coaching package.

Coaching does not include emergency or crisis services, diagnosis of medical conditions, prescription or management of medications, or any services that would require a professional license in a jurisdiction where we are not licensed or authorized.

We reserve the right to decline to work with any individual or to terminate the coaching relationship when we believe coaching is not appropriate or is outside our scope.

5. Scheduling, Cancellations, and No-Shows

Your appointment time is reserved specifically for you. If you need to cancel or reschedule, please provide at least 24 hours' notice.

- Appointments canceled or rescheduled 24 or more hours before the scheduled time may be changed without any fee.
- Appointments canceled or rescheduled less than 24 hours before the scheduled time, or appointments you do not attend (no-shows), may be charged the full session fee and/or counted as a used session in a package.
- Repeated late cancellations or no-shows may result in loss of scheduling privileges or termination of the coaching relationship.

We understand that emergencies and serious, unforeseen circumstances can occur. In rare cases, and at our sole discretion, we may waive a late-cancellation or no-show fee.

Payment terms. Unless otherwise specified in writing, payment is due at the time of booking or as outlined in your coaching package. We accept zelle, credit card, venmo, and check. All sales are final and non-refundable, except where a refund is required by applicable law.

By booking or purchasing coaching, you authorize us and our payment processor to charge your selected payment method for the fees indicated.

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6. Intellectual Property

The Site and all content, materials, and resources available on or through the Site—including text, graphics, logos, images, videos, PDFs, worksheets, and other materials—are owned by or licensed to Denise Klein Nutrition, LLC doing business as Nest Nutrition, and are protected by intellectual property laws.

We grant you a limited, personal, non-exclusive, non-transferable license to use the Site and any materials you access or purchase solely for your individual, non-commercial use. You may not reproduce, distribute, modify, create derivative works of, publicly display, or exploit any content without our prior written permission.

7. Technology and Virtual Services

Our coaching services are delivered virtually and may rely on third-party platforms for video, scheduling, communication, and practice management.

We are not responsible for delays, interruptions, or failures caused by internet or technology issues beyond our control. You are responsible for using secure, private devices and internet connections and for keeping your login information confidential.

8. Disclaimers

The Site, our coaching services, and all content and materials are provided “as is” and “as available,” without warranties of any kind, express or implied, including but not limited to warranties of accuracy, completeness, reliability, fitness for a particular purpose, or non-infringement, to the fullest extent permitted by law.

We do not warrant that the Site or any part of it will be uninterrupted, error-free, secure, or free of viruses or other harmful components.

9. Limitation of Liability

To the fullest extent permitted by law, Denise Klein Nutrition, LLC dba Nest Nutrition, and its owner, employees, contractors, and agents will not be liable for any indirect, incidental, consequential, special, exemplary, or punitive damages, or for any loss of profits or revenue, arising out of or in connection with your use of the Site or our coaching services.

To the extent we are found liable to you for any claim arising out of or relating to these Terms, the Site, or our services, our total liability will be limited to the amount you paid us for coaching services in the three months immediately preceding the event giving rise to the claim.

Some jurisdictions do not allow certain limitations of liability, so some of the above limitations may not apply to you.

10. Indemnification

You agree to indemnify, defend, and hold harmless Denise Klein Nutrition, LLC dba as Nest Nutrition, and our owner, employees, contractors, and agents from and against any and all claims, damages, losses, liabilities, costs, and expenses (including reasonable attorneys' fees) arising out of or related to your use of the Site or services, your violation of these Terms, or your violation of any rights of a third party.

11. Third-Party Links and Resources

The Site may contain links to third-party websites, products, or services. We do not control and are not responsible for the content, accuracy, or practices of any third-party sites or services. Links are provided for convenience only and do not constitute endorsement.

If you access third-party sites or services, you do so at your own risk and should review their terms and privacy policies.

12. Governing Law and Dispute Resolution

These Terms are governed by the laws of the State of California, without regard to its conflict of laws principles.

Any dispute arising out of or relating to these Terms, the Site, or our services shall be brought in the state or federal courts located in or nearest to Monterey County, California, and you consent to the personal jurisdiction of such courts.

13. Changes to These Terms

We may update these Terms from time to time. When we do, we will revise the “Last updated” date at the top. Your continued use of the Site after changes are posted means you accept the revised Terms.

14. Contact Us

If you have any questions about these Terms, contact us at:

- Email:
- denise@nestnutrition.com
- Mailing address: Denise Klein Nutrition, LLC, 25770 Partridge Place, Carmel, California 93923