

Privacy Policy – Denise Klein Nutrition, LLC, doing business as Nest Nutrition.

Last updated: 2/10/2026

1. Who We Are

Denise Klein Nutrition, LLC, doing business as Nest Nutrition (“Company,” “we,” “us,” or “our”) provides virtual 1:1 nutrition and wellness coaching services. This Privacy Policy explains how we collect, use, and protect information when you visit www.nestnutrition.com (“Site”) or communicate with us through the Site.

If you have any questions about this Privacy Policy or how we handle your information, contact us at:

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

2. Information We Collect

We may collect the following types of information:

- Contact information: Your name, email address, phone number, city/state, and any information you choose to provide in messages or forms.
- Coaching-related information: High-level information you share on inquiry or intake forms about your goals, preferences, and background. Detailed coaching notes are typically stored in our secure coaching/practice-management system, not on the public Site.
- Technical data: IP address, browser type, device type, referring/exit pages, and pages you visit, collected through cookies and similar technologies.
- Transaction information: Limited payment-related information in connection with purchases of coaching services (note that most payment details are processed directly by our third-party payment processor).

We do not intentionally collect personal information from children under 13. If you believe a child under 13 has provided information to us, please contact us so we can delete it.

3. How We Collect Information

We collect information:

- Directly from you when you submit contact or inquiry forms, sign up for emails, schedule calls or sessions, purchase coaching services, or contact us through the Site or via email.
- Automatically through cookies, pixels, and similar technologies when you use the Site.
- From service providers that support our business, such as website hosting, email marketing, scheduling, payment processing, and practice-management or telehealth platforms.

4. How We Use Information

We may use your information to:

- Respond to inquiries and manage consultations, discovery calls, and coaching sessions.
- Provide, personalize, and improve our 1:1 coaching services and overall client experience.
- Send administrative communications such as confirmations, reminders, and service-related notices.
- Send newsletters and other marketing communications if you choose to receive them, with the option to unsubscribe at any time.
- Monitor and analyze Site usage and performance, and improve our Site, services, and content.
- Comply with applicable laws, regulations, and legal processes, and protect our rights and the rights of others.

5. Your Choices and Rights

By providing personal information, you consent to our collection and use of that information as described in this Privacy Policy, to the extent permitted by applicable law.

You may:

- Opt out of marketing emails by using the “unsubscribe” link in our emails or by contacting us.
- Request access to or correction of your personal information.

- Request that we delete your personal information, subject to our legitimate business needs and legal obligations (for example, record-keeping requirements).

To exercise any of these choices, contact us at denise@nestnutrition.com. We may need to verify your identity before responding.

6. Sharing and Disclosure of Information

We do not sell your personal information.

We may share information with:

- Service providers that perform services on our behalf (including hosting, email, scheduling, payment processing, practice-management/telehealth, and analytics), who are authorized to use the information only as necessary to provide services to us.
- Professional advisors such as attorneys and accountants, under appropriate confidentiality obligations.
- Third parties as required by law, regulation, legal process, or governmental request, or to protect our rights, privacy, safety, property, or the rights of others.
- Another organization in connection with a merger, acquisition, reorganization, or sale of some or all of our assets, in which case your information may be transferred as part of that transaction.

7. California Privacy Information

If you are a California resident, you may have certain rights under California law regarding your personal information. Subject to legal exceptions, you may be able to:

- Request information about the categories of personal information we collect and how we use it.
- Request access to and a copy of certain personal information we hold about you.
- Request correction of inaccurate personal information.
- Request deletion of certain personal information, subject to our legal and business obligations.

To submit a request, contact us at denise@nestnutrition.com. We may take reasonable steps to verify your identity before responding.

8. Cookies, Analytics, and Do-Not-Track

We use cookies and similar technologies to operate and improve the Site, understand usage patterns, and support certain features.

You can usually set your browser to refuse cookies or to alert you when cookies are being sent. If you disable cookies, some parts of the Site may not function properly.

At this time, we do not respond to “Do-Not-Track” signals from browsers. You can limit certain tracking by adjusting your browser or device settings.

9. Data Security and Retention

We use reasonable physical, technical, and administrative safeguards to help protect personal information. However, no method of transmission over the internet or method of electronic storage is completely secure, and we cannot guarantee absolute security.

We retain personal information only for as long as necessary for the purposes described in this Privacy Policy, for legitimate business purposes, and to comply with legal and regulatory obligations.

10. International Visitors

If you access the Site from outside the United States, you understand that your information may be processed in and transferred to the United States, where data protection laws may be different from those in your country.

11. Changes to This Privacy Policy

We may update this Privacy Policy 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 Privacy Policy.