

Julie Cunningham Nutrition Privacy Policy

Last updated May 2019

This Privacy Policy ("Policy") outlines how www.juliecunninghamrd.com ("Website") collects, retains, processes, shares, transfers, and protects your data when you visit our site or use our services. This Privacy Policy is referenced in our Terms of Service ("Terms"), and are subject to these Terms.

Please read this Privacy Policy before you use the Website. By using the Website or clicking "Agree" to the Terms & Services when presented to you, you agree and are bound to these Terms and this Privacy Policy.

This Policy is designed to help you understand what information we collect about you, and what choices you have about these matters.

If the content of this Policy is updated, the date of the most recent update will be indicated at the top of this policy, and a notification will be given via email and/or via a notification when you next visit the site. Continuing to use the site after receiving this notification means you have read and agree to the new Policy.

If you do not agree to the changes and wish to have your information removed, you may do so at any time by emailing juliecunninghamrd@gmail.com and refraining from visiting this Website again. If you have any questions about the content of this Privacy Policy or the Terms of Service, please email me at juliecunninghamrd@gmail.com

What we collect:

When interacting with our Website and services, we may collect two types of information from you: personal and non-personal information.

Personal Information

Examples of personal information that you may voluntarily provide to us include name, email address, mailing address, billing address, credit card information, phone number, customer preferences, or information required during the process of creating an account. Typically, this information will be provided to us when you choose to opt-in for a free download, participate in a survey, purchase a product, or sign up for a membership on the Website. If you choose to send us emails, any personal information you disclose will also be stored on our email server.

Non-Personal Information

Examples of non-personal information include IP address, type of device Website was accessed on, the city the website was accessed from, the type of browser used, the way you navigated our Website, and the content you viewed or interacted with. Non-personal information is only analyzed in an aggregate manner, and cannot be linked to any one individual. Non-personal information has no personal identifiers linked to it and is completely anonymous.

Why we collect information

Personal information may be used to send you emails, to complete a purchase, or during customer service relations. We mainly use this information to send you documents, products, or services that you have selected to receive.

Non-personal information may be analyzed in-house and shared with third-party advertisers who wish to advertise on our Website. This information helps advertisers understand our market reach, and can in no way be traced back to you individually. It also helps us improve our Website and continue to create content and offers that we believe you will enjoy.

How we use cookies

This Website uses cookies, small files which are placed on your computer's hard drive after you have given permission, and help us analyze our web traffic and sites visited by our users. This allows websites and companies to provide you with custom information that best meets your needs and interests.

We use traffic log cookies in conjunction with Google Analytics to identify which pages are being visited on our Website. This helps us analyze data about what pages and post are most and least popular so that we can create more of the content our readers really want. We only use this information for statistical analysis purposes.

A cookie in no way gives us access to your computer or any information about you, other than the data you choose to share with us.

You can choose to accept or decline cookies. Most web browsers automatically accept cookies, but you can usually modify your browser settings to decline cookies if you prefer. This may prevent you from taking full advantage of our Website.

This Website also uses Facebook pixels to understand who has visited our site, allow us to present relevant ads to those people on Facebook at a later date, and to track who saw our Facebook ads and then visited our site afterward. This helps us understand which types of ads are connecting with people, and which

ones aren't, so we can improve our marketing efforts. We reserve the right to implement pixels from other social platforms in the future, as they become available.

Analytics

This Website uses cookies through Google Analytics to determine what pages and posts are being viewed on the site, where traffic is coming from, bounce rate, time on site, etc. This data is anonymous and is used to improve the type of content we create and the user experience.

Comments

When visitors leave comments on the Website, data is collected in the comments form. The visitor's IP address and browser user agent string are also collected to help detect and block spam. Please be aware that any personal information posted in a public area of the site, such as the comment section, can be accessed freely by others, and juliecunninghamrd.com is not responsible for how third parties may access or use that information.

An anonymized string created from your email address (also called a hash) may be provided to the Gravatar service to see if you are using it. The Gravatar service privacy policy is available here: <https://automattic.com/privacy/>. After approval of your comment, your profile picture is visible to the public in the context of your comment.

If you leave a comment on our site you may opt-in to saving your name, email address and Website in cookies. These are for your convenience so that you do not have to fill in your details again when you leave another comment. These cookies will last for one year.

Email

Personal information (name, email address, IP address) provided when signing up for the newsletter or requesting a free download or when making a purchase is stored by the email provider used by juliecunninghamrd.com.

If you are outside of the European Union and have opted to receive any of our free or paid products, services, downloads, webinars, training, or live events, you will be automatically enrolled in our free email newsletter.

If you are within the European Union and have opted to receive any of our free or paid products, services, downloads, webinars, training, or live events, you will only be enrolled in our free email newsletter if you have affirmatively requested to be added.

If you would like to unenroll from a newsletter you are subscribed to, all emails contain an unsubscribe link at the bottom, by which you can unsubscribe yourself. If you would like your email address and personal information to be permanently deleted from the database, please send an email to juliecunninghamrd.com with your request and it will be deleted as soon as possible.

Login

If you have an account and you log in to this Website, we will set a temporary cookie to determine if your browser accepts cookies. This cookie contains no personal data and is discarded when you close your browser.

When you log in, we will also set up several cookies to save your login information and your screen display choices. Login cookies last for two days, and screen options cookies last for a year. If you select “Remember Me”, your login

will persist for two weeks. If you log out of your account, the login cookies will be removed.

Financial information

If you choose to make a purchase through juliecunninghamrd.com, the credit card information is stored by Stripe or PayPal, depending on which service you chose to complete your payment. If at any point you wish to cancel a paid membership you have subscribed to, you can do so directly by logging into your account and canceling your subscription. You can visit the [Stripe](#) and [PayPal](#) websites to review their Privacy Policies as well.

Media

If you upload images to the Website, you should avoid uploading images with embedded location data (EXIF GPS) included. Visitors to the Website can download and extract any location data from images on the Website.

If you edit or publish an article, an additional cookie will be saved in your browser. This cookie includes no personal data and simply indicates the post ID of the article you just edited. It expires after 1 day.

Advertising

Some of our advertisers occasionally serve you cookies as well. We do not have control over cookies placed by advertisers. We may use advertising service vendors to help present advertisements on the Website, one of which is Google AdSense. These vendors may use cookies, web beacons, or similar technologies to serve you advertisements tailored to interests you have shown by browsing on this and other sites you have visited, to determine whether you have seen a particular advertisement before, and to avoid sending you duplicate advertisements. In doing so, these vendors may collect non-personal data, as

described above. The use of cookies, web beacons or similar technologies by these advertising service vendors is subject to their own privacy policy, not ours, and Julie Cunningham has no liability in connection to these services.

Links to other websites, products, or services

Our Website may contain links to other websites of interest. However, once you have used these links to leave our site, you should note that we do not have any control over that other website. Therefore, we cannot be responsible for the protection and privacy of any information which you provide whilst visiting such sites and such sites are not governed by this privacy statement. You should exercise caution and look at the privacy statement applicable to the website in question.

Embedded content from other websites or services

Articles on this site may include embedded content (e.g. videos, images, articles, etc.). Embedded content from other websites behaves in the exact same way as if the visitor has visited the other website.

These websites may collect data about you, use cookies, embed additional third-party tracking, and monitor your interaction with that embedded content, including tracking your interaction with the embedded content if you have an account and are logged in to that website.

Who we share your data with

We will *never* use or share your personal information to send you spam or unrelated offers. We may share your information with the companies we use to manage our credit card processing and email systems.

We may transfer your information due to any reorganization, restructuring, merger, sale, or other transfer of assets. We reserve the right to transfer our information, including your personal information, provided that the receiving party agrees to respect your personal information in a manner that is consistent with our Privacy Policy.

On certain occasions, we may need to share your personal information in accordance with legal obligations.

How we protect your data

We use reasonable technical and administrative measures to protect your personal information against theft, loss, and unauthorized access, including the use of an SSL (Secure Sockets Layer) security certificate, using a plugin to limit incorrect logins, and only working with reputable third-party companies. Although we always do our best, no system is 100% secure, and therefore, we cannot guarantee the security of your personal information and cannot assume liability for improper access to it.

How long we retain your data

If you leave a comment, the comment and its metadata are retained indefinitely. This is so we can recognize and approve any follow-up comments automatically instead of holding them in a moderation queue.

For users that register on our Website (if any), we also store the personal information they provide in their user profile. All users can see, edit, or delete their personal information at any time (except they cannot change their username). Website administrators can also see and edit that information.

Personal information will be stored until one of the following: 1) you request for your information to be deleted, 2) we discontinue our use of the third-party tools that collected the data, or 3) we decide that the value of the information storage no longer outweighs the costs.

What rights you have over your data

If you have an account on this site or have left comments, you can request to receive a file of the personal data we hold about you, including any data you have provided to us.

You can also request that we erase any personal data we hold about you, or that we stop processing any data we have collected from you. This does not include any data we are obliged to keep for administrative, legal, or security purposes.

If you notice that any information we have on file is incorrect, you have the right to ask for it to be corrected as soon as possible. You also have the right to lodge a complaint with a supervisory authority at any time.

What data breach procedures we have in place

If a data breach ever occurs, we will notify you via email as soon as possible, including what information may have been compromised, how we corrected the breach, and how to protect yourself moving forward.

What third parties we receive data from

If you make a purchase through any of the programs we are affiliates for, we will receive email notification of the sale, which may include personal information about you, such as your name or email address. We keep this information private and will not share it with anyone.

Children under the age of 13

This Website is not designed for children under the age of 13, and anyone under the age of 13 may not create an account or provide any information on this Website. We do not intentionally collect any personal information from children under the age of 13. If you are reading this and are under the age of 13, you must not use or provide any information on this website, including signing up for information, making purchases, or leaving comments.

If we ever collect or receive information from children under the age of 13 without the consent of their parents, we will delete that information as soon as possible. If you believe that we have collected information from a child under the age of 13, please contact us at erica@ericajulson.com

Contact Information

If you have any further questions regarding this Policy, please contact:

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