

## Privacy Policy

Your privacy is important. In summary the information you provide when interacting with [attitudetofood.com](http://attitudetofood.com) will be used to communicate with you for the purposes of interaction with your consultant.

We faithfully promise that your information will never be sold or supplied in any manner whatsoever to a third party.

Here's more info' on the Policy...

To better protect your privacy, we provide this notice explaining what information we collect, how we might use that information and the choices you can make about the way your information is collected and used on the site.

### The Information Collected

At [Attitudetofood.com](http://Attitudetofood.com), you can subscribe to one of our services (e.g., the newsletter), express an opinion or request a callback. We collect personally identifiable information that you provide to us. The types of personally identifiable information that may be collected at these web pages may include, without limitation: your name, address, E-mail address, telephone number, and information about your interests in and use of various services, programs, and products.

We also may collect information you provide as part of a user submission. We also may collect certain non-personally identifiable information when you visit many of our web pages. This information is collected automatically and includes information such as the type of browser you are using (e.g., Netscape, Internet Explorer), the type of operating system you are using, (e.g., Windows '2000 or Mac OS) and the domain name of your Internet service provider (e.g., Virgin Media, AOL, Sky, Tiscali).

### Use of the Information

We may use the personally identifiable information you provide about yourself to fulfill your requests for services, programs, and products, to respond to your inquiries about our offerings, and to offer you other services, programs, or products that we believe may be of interest to you. We sometimes use this information to communicate with you when we make changes to our subscriber Agreements, to fulfill a request by you for an online newsletter, or to contact you about your account with us.

The information we collect in connection with our Contact functionality is used to provide an interactive experience. For example, we may use this information to write emails, to publish submissions, to offer suggestions to and share stories with our readers, or, from time to time, to offer you services, programs, or products. □

We sometimes use the non-personally identifiable information that we collect to improve the design and content of the Site and to enable us to personalize your Internet experience. We may also use this information in the aggregate to analyze site usage, as well as to offer you services, programs, or products.

### Cookies

"Cookies" are currently not used on the site.

This information is not intended to treat, diagnose, cure or prevent any disease.

All material provided on the **Attitude to Food** website is provided for educational purposes only. Always seek the advice of your GP or other qualified health care provider with any questions you have regarding a medical condition, and before undertaking any diet, exercise or other health programme.