

# -How can I ask Dr. Axe my personal health questions?

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Dr. Axe is unable to give personalized health advice as it relates to this program. Please consult your healthcare provider if you are concerned about the activity level. Our customer service team is not certified to be able to give specific health advice. It would be a big legal issue for us, as I'm sure you can understand!

You will also have access in your membership area to message our programs team with any program questions you have along the way.

You are very important to us, and your health concerns and nutritional needs deserve to be addressed by a healthcare professional with a more complete understanding of your medical history.

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