

Educational Disclaimer

Power Reset Path | Effective September 3, 2026

Power Reset Path is operated by MFK 7 Solutions, LLC. This Educational Disclaimer applies to perimenopause-power-reset.com and all Power Reset Path content, resources, digital guides, courses, coaching, mentoring, communications, and related services.

EDUCATIONAL PURPOSE ONLY

Power Reset Path provides general education, practical tools, coaching, mentoring, and wellness support. Its content is intended to help you better understand perimenopause, identify questions, explore options, and make informed decisions with appropriate professional support.

Power Reset Path content is not medical advice, diagnosis, treatment, physical therapy, psychotherapy, mental health treatment, nutrition therapy, crisis intervention, or a substitute for individualized care from a qualified professional.

NO HEALTHCARE PROVIDER-PATIENT RELATIONSHIP

Using this website, downloading a resource, purchasing a product, submitting a form, exchanging emails, or participating in coaching or mentoring does not create a healthcare provider-patient relationship.

References to professional education, licenses, certifications, experience, or prior clinical work explain the background and perspective informing Power Reset Path content. They do not mean that healthcare or physical therapy services are being provided through the website, educational products, coaching, or mentoring.

Unless expressly established through a separate written professional agreement, Megan Fain is not acting as your physical therapist or healthcare provider through Power Reset Path.

CONSULT YOUR HEALTHCARE PROFESSIONAL

Perimenopause symptoms can overlap with other medical conditions. Seek evaluation from an appropriately qualified healthcare professional for symptoms, diagnoses, medications, testing, treatment decisions, or changes in your health.

Do not delay, disregard, or discontinue professional medical advice because of something you read, watch, hear, or receive from Power Reset Path.

Power Reset Path does not recommend that you begin, stop, or change a medication, prescribed treatment, or healthcare plan without consulting the professional responsible for your care.

EMERGENCIES AND CRISIS SUPPORT

Power Reset Path does not provide emergency or crisis services.

If you believe you are experiencing a medical emergency, call 911 or the appropriate emergency service in your location.

If you are in the United States and experiencing emotional distress, a mental health crisis, or thoughts of suicide or self-harm, call or text 988 to reach the Suicide & Crisis Lifeline. If you are outside the United States, contact the appropriate emergency or crisis service in your location.

EXERCISE AND MOVEMENT INFORMATION

Exercise and movement content is general and may not be appropriate for every person. Your safety and appropriate level of participation may depend on your health history, symptoms, injuries, balance, medications, physical capacity, environment, equipment, and other individual factors.

Consult an appropriate healthcare or exercise professional before beginning or substantially changing an exercise program, particularly if you have a medical condition, recent surgery or injury, significant pain, dizziness, balance concerns, cardiovascular symptoms, or other health limitations.

Stop an activity and seek appropriate assistance if you experience concerning symptoms such as chest pain, severe shortness of breath, fainting, sudden weakness, severe pain, or another unexpected reaction.

Demonstrations, modifications, and examples are educational and are not individualized physical therapy assessment or treatment.

NUTRITION AND SUPPLEMENT INFORMATION

Nutrition content is provided for general educational purposes. It is not an individualized nutrition prescription or a substitute for care from a physician, registered dietitian, pharmacist, or other qualified professional.

Food, hydration, and supplement needs vary. Consider your medical conditions, allergies, intolerances, medications, laboratory findings, pregnancy or breastfeeding status, surgical plans, and personal nutritional needs before making changes.

Dietary supplements can cause side effects and may interact with prescription medications, over-the-counter medications, other supplements, or medical conditions. Consult an appropriate healthcare professional before beginning, stopping, combining, or changing supplements.

References to a food, supplement, product, or strategy do not guarantee that it is safe, effective, necessary, or appropriate for you.

COACHING AND MENTORING

Power Reset Path coaching and mentoring provide education, reflection, planning, accountability, and support. They do not include diagnosis, medical treatment, psychotherapy, physical therapy, crisis care, or other services requiring an individualized healthcare relationship.

You remain responsible for your decisions, actions, participation, and wellbeing. When a concern falls outside the scope of coaching or mentoring, you may be encouraged to seek support from an appropriately qualified professional.

Power Reset Path does not direct or control the care provided by your physician or other healthcare professionals.

INFORMATION AND EVIDENCE

Power Reset Path aims to provide accurate, useful, and evidence-informed information. However, healthcare research, professional recommendations, and available evidence change over time.

Content may not reflect every perspective, study, guideline, exception, or recent development. We do not guarantee that all information will remain complete, current, or applicable to every person.

Publication or inclusion of information does not constitute an endorsement of every study, source, method, product, or third-party opinion referenced.

RESULTS AND TESTIMONIALS

Individual responses and results vary. Power Reset Path does not guarantee symptom improvement, health outcomes, personal transformation, or any other particular result.

Testimonials and personal stories describe individual experiences. They are not medical evidence and do not establish what another person should expect.

YOUR RESPONSIBILITY

You are responsible for evaluating whether information, activities, or strategies are appropriate for your circumstances and for seeking individualized professional advice when needed.

Participation in any activity described by Power Reset Path is voluntary. Use reasonable judgment, follow applicable safety instructions, and work within your abilities and professional recommendations.

Do not rely on Power Reset Path as your sole source of information when making significant medical, mental health, nutritional, exercise, legal, or financial decisions.

THIRD-PARTY INFORMATION AND LINKS

Power Reset Path may refer or link to outside studies, articles, organizations, products, services, or professionals for educational convenience.

We do not control third-party content and do not guarantee its accuracy, availability, safety, qualifications, or suitability. A link or reference does not necessarily constitute endorsement.

Review third-party information and policies and perform your own evaluation before relying on or purchasing from an outside source.

RELATED POLICIES

Your use of the Power Reset Path website, products, and services is also governed by our Terms & Conditions and Privacy Policy. Separate agreements may apply to coaching, mentoring, courses, or other services.

CONTACT US

Questions about this Educational Disclaimer may be directed to:

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