# Privacy, Confidentiality & Medical Disclaimer

**Last updated: 2026**

**1. Introduction**

This website, **chris-cooper.com**, is operated by **Chris Cooper**.

Your privacy is respected, and any personal information shared through this website is handled responsibly, confidentially, and in accordance with applicable data protection principles.

By using this website, you agree to the terms outlined in this policy.

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**2. Nature of the Content (Important)**

The content published on this website — including articles, blog posts, books, reflections, and written material — is based on **personal experience, professional background, and research**.

All content is provided for **informational and educational purposes only**.

It is **not intended as medical advice, diagnosis, or treatment**, and should not be used as a substitute for professional medical, nutritional, psychological, or healthcare advice.

Always consult a qualified healthcare professional regarding any medical or health-related concerns.

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**3. Information Collected**

This website may collect limited personal information when you:

- contact the site owner via a contact form or email,
- voluntarily provide information through correspondence,
- subscribe to updates or newsletters (if applicable).

The information collected may include:

- name,
- email address,
- message content.

No sensitive medical or personal health data is intentionally collected.

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**4. Use of Personal Information**

Personal information is used solely to:

- respond to enquiries or messages,
- communicate about writing, books, or updates when requested,
- ensure the proper operation of the website.

Your personal data is **never sold, rented, or shared** with third parties for marketing or commercial purposes.

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**5. Confidentiality**

All personal communications and submitted information are treated as confidential.

Reasonable technical and organisational measures are taken to protect personal data against:

- unauthorised access,
- disclosure,
- misuse,
- loss or alteration.

However, no online system can guarantee absolute security.

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**6. Cookies & Analytics**

This website may use basic cookies or analytics tools to:

- improve functionality,
- understand general usage patterns (such as page visits or traffic volume).

These tools do **not** personally identify visitors.

You may disable cookies at any time through your browser settings.

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**7. Third-Party Services**

The website may rely on third-party services (such as hosting providers, analytics platforms, or email services) strictly for operational purposes.

These providers are required to comply with applicable data protection standards and only process data necessary to perform their services.

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**8. Data Retention**

Personal information is retained only for as long as necessary to:

- respond to enquiries,
- maintain requested communication,
- comply with legal or operational obligations where applicable.

You may request deletion of your personal data at any time.

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**9. Your Rights**

Depending on your location, you may have the right to:

- access your personal data,

- request correction or deletion,
- withdraw consent to data processing.

Requests can be made by contacting the site owner directly.

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**10. External Links**

This website may contain links to external websites.

Chris Cooper is not responsible for the content, privacy policies, or practices of third-party sites.

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**11. Changes to This Policy**

This Privacy, Confidentiality & Medical Disclaimer may be updated from time to time.

Any changes will be posted on this page. Continued use of the website constitutes acceptance of the updated policy.

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**12. Contact**

For questions regarding this policy, please contact:

**Chris Cooper**
Website: https://chris-cooper.com