

Privacy Statement for ShelleyRael.com

Privacy Statement

At **Eat, Live, Be Well Nutrition** with **Shelley A. Rael, MS RDN**, and **Real World Nutrition**, we are committed to protecting the privacy and confidentiality of our visitors' personal information. This privacy statement outlines how we collect, use, and safeguard the information you provide to us.

Collection and Use of Personal Information

We may collect personal information, including first names, last names, and email addresses, when you voluntarily provide it to us. This information is collected for the purpose of contacting you regarding our weekly email newsletter, promotions, product updates, and other relevant information related to our services. By providing your information, you consent to receiving such communications from us. You have the right to unsubscribe from these communications at any time by following the instructions provided in the emails or by contacting us directly.

Payment Processing

When you make a purchase through our website, the payment is processed securely through Stripe. We do not have access to your banking or credit card information. Stripe handles all financial transactions and is responsible for the security of your payment details. Please refer to [Stripe's privacy policy](#) for more information on how they handle and protect your personal data.

Website Hosting and Data Storage

Our website, including emails, courses, and membership information, is hosted on or with Squarespace. Squarespace provides the necessary infrastructure for the functioning of our website and the storage of data. They may collect and process personal information on our behalf in accordance with their privacy policy. We encourage you to review [Squarespace's privacy policy](#) for further information on their data practices.

Protection of Personal Information

As a registered dietitian nutritionist, and a health professional, we prioritize the confidentiality and security of the information you share with us. We have implemented reasonable administrative, technical, and physical safeguards to protect your personal information from unauthorized access, disclosure, alteration, and destruction.

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Disclosure to Third Parties

We do not voluntarily provide your personal information to any third parties without your explicit consent. However, please note that if you choose to participate in third-party services or disclose your information to external websites linked from our website, their own privacy policies and practices will apply. We encourage you to review the privacy policies of these third-party services and websites before providing any personal information.

Data Retention

We retain your personal information for as long as necessary to fulfill the purposes for which it was collected unless a longer retention period is required or permitted by law. If you would like us to delete your personal information from our records, please contact us using the information provided at the end of this privacy statement.

Updates to this Privacy Statement

We reserve the right to update or modify this privacy statement from time to time. Any changes will be effective immediately upon posting the revised privacy statement on our website. We encourage you to periodically review this page for the latest information on our privacy practices.

Contact Us

If you have any questions, concerns, or requests regarding this privacy statement or the way we handle your personal information, please contact us at info@ShelleyRael.com or 505-373-0407 (U.S).