

PRIVACY POLICY FOR

GettingGoodHealth.com

At GettingGoodHealth.com -- owned and operated by Cottnot Blewgrynn Publishing, LLC -- accessible from www.GettingGoodHealth.com, one of our main priorities is the privacy of our visitors. This Privacy Policy document contains types of information that is collected and recorded by Cottnot Blewgrynn Publishing, LLC, and how we use it.

If you have additional questions or require more information about our Privacy Policy, do not hesitate to **contact us**.

This Privacy Policy applies only to our online activities and is valid for visitors to our website with regards to the information that they shared and/or collect on our website. This policy is not applicable to any information collected offline or via channels other than this website.

CONSENT

By using our website, you hereby consent to our Privacy Policy and agree to its **Terms & Conditions**.

INFORMATION WE COLLECT

The personal information that you are asked to provide, and the reasons why you are asked to provide it, will be made clear to you at the point we ask you to provide your personal information.

If you **contact us** directly, we may receive additional information about you such as your name, email address, phone number, the contents of the message and/or attachments you may send us, and any other information you may choose to provide.

HOW WE USE YOUR INFORMATION

We use the information we collect in various ways, including to:

- Provide, operate, and maintain our website
- Improve, personalize, and expand our website
- Understand and analyze how you use our website
- Develop new products, services, features, and functionality
- Communicate with you, either directly or through one of our partners, including for customer service, to provide you with updates and other information relating to the website, and for marketing and promotional purposes
- Send you emails
- Find and prevent fraud

LOG FILES

Cottnot Blewgrynn Publishing, LLC follows a standard procedure of using log files.

These files log visitors when they visit websites. All hosting companies do this and are a part of hosting services' analytics. The information collected by log files include internet protocol (IP) addresses, browser type, Internet Service Provider (ISP), date and time stamp, referring/exit pages, and possibly the number of clicks. These are not linked to any information that is personally identifiable. The purpose of the information is for analyzing trends, administering the site, tracking users' movement on the website, and gathering demographic information.

COOKIES AND WEB BEACONS

Like any other website, GettingGoodHealth.com uses 'cookies'. These cookies are used to store information including visitors' preferences, and the pages on the website that the visitor accessed or visited. The information is used to optimize the users' experience by customizing our web page content based on visitors' browser type and/or other information.

GOOGLE DOUBLECLICK DART COOKIE

Google is one of the third-party vendors on our site. It also uses cookies, known as DART cookies, to serve ads to our site visitors based upon their visit sites on the internet. However, visitors may choose to decline the use of DART cookies by visiting the Google ad and content network Privacy Policy.

OUR ADVERTISING PARTNERS

Some of advertisers on our site may use cookies and web beacons. Each of our advertising partners has their own Privacy Policy for their policies on user data.

ADVERTISING PARTNERS PRIVACY POLICIES

Third-party ad servers or ad networks uses technologies like cookies, JavaScript, or Web Beacons that are used in their respective advertisements and links that appear on GettingGoodHealth.com, which are sent directly to users' browsers. They automatically receive your IP address when this occurs. These technologies are used to measure the effectiveness of their advertising campaigns and/or to personalize the advertising content that you see on websites that you visit.

Note that Cottnot Blewgrynn Publishing, LLC has no access to or control over these cookies that are used by third-party advertisers.

THIRD PARTY PRIVACY POLICIES

GettingGoodHealth.com Privacy Policy does not apply to other advertisers or websites. Thus, we are advising you to consult the respective Privacy Policies of these third-party ad servers for more detailed information. It may include their practices and instructions about how to opt-out of certain options.

You can choose to disable cookies through your individual browser options. To know more detailed information about cookie management with specific web browsers, it can be found at the browsers' respective websites.

CCPA PRIVACY RIGHTS (DO NOT SELL MY PERSONAL INFORMATION)

Under the CCPA, among other rights, California consumers have the right to:

Request that a business that collects a consumer's personal data disclose the categories and specific pieces of personal data that a business has collected about consumers.

Request that a business delete any personal data about the consumer that a business has collected.

Request that a business that sells a consumer's personal data, not sell the consumer's personal data.

If you make a request, we have one month to respond to you. If you would like to exercise any of these rights, please **contact us**.

GDPR DATA PROTECTION RIGHTS

We would like to make sure you are fully aware of all of your data protection rights.

Every user is entitled to the following:

The right to access – You have the right to request copies of your personal data. We may charge you a small fee for this service.

The right to rectification – You have the right to request that we correct any information you believe is inaccurate. You also have the right to request that we complete the information you believe is incomplete.

The right to erasure – You have the right to request that we erase your personal data, under certain conditions.

The right to restrict processing – You have the right to request that we restrict the processing of your personal data, under certain conditions.

The right to object to processing – You have the right to object to our processing of your personal data, under certain conditions.

The right to data portability – You have the right to request that we transfer the data that we have collected to another organization, or directly to you, under certain conditions.

If you make a request, we have one month to respond to you. If you would like to exercise any of these rights, please **contact us**.

CHILDREN'S INFORMATION

Another part of our priority is adding protection for children while using the internet. We encourage parents and guardians to observe, participate in, and/or monitor and guide their online activity.

Cottnot Blewgrynn Publishing, LLC does not knowingly collect any Personal Identifiable Information from children under the age of 18. If you think that your child provided this kind of information on our website, we strongly encourage you to **contact us** immediately and we will do our best efforts to promptly remove such information from our records.

TERMS AND CONDITIONS

These terms and conditions (the “Terms and Conditions”) govern the use of **www.GettingGoodHealth.com** (the “Site”). This Site is owned and operated by **Cottnot Blewgrynn Publishing, LLC**. This Site acts as a *newly-published book promotion (offering free access)*.

By using this Site, you indicate that you have read and that you understand these Terms and Conditions – as well as this Site’s **Privacy Policy** – and agree to abide by them at all times.

Intellectual Property

All content published and made available on our Site is the property of Cottnot Blewgrynn Publishing, LLC and the other Site’s creators. This includes, but is not limited to text, documents, downloadable files, images, and anything that contributes to the composition of our Site. Some content, including but not limited to photos, etc, belongs to third-party organizations and/or individuals, but we have the consent of them to use the content – third-party includes but is not limited to stock photos and affiliate partnerships.

Acceptable Use

As a user of our Site, you agree to use our Site legally, not to use our Site for illegal purposes, and not to:

- Violate the rights of other users of our Site;
- Violate the intellectual property rights of the Site owners or any third party to the Site; or
- Act in any way that could be considered fraudulent

If we believe that you are using our Site illegally or in a manner that violates these Terms and Conditions, we reserve the right to limit, suspend or terminate your access to our Site. We also reserve the right to take any legal steps necessary to prevent you from accessing our Site.

Links to Other Websites

Our Site contains links to third-party websites or services that we do not own or control, regardless of the fact that we have partnered with them, such as publishing platforms. We are not responsible for the content, policies, or practices of any third-party website or service linked to our Site. It is your responsibility to read the terms and conditions and privacy policies of these third-party websites before using these sites.

Indemnity

Except where prohibited by law, by using this Site you indemnify and hold harmless Cottnot Blewgrynn Publishing, LLC and any and all directors, officers, agents, employees, subsidiaries, and affiliates from any actions, claims, losses, damages, liabilities, and expenses, including legal fees arising out of your use of our Site or your violation of these Terms and Conditions.

Applicable Law

These Terms and Conditions are governed by the laws of the State of Wyoming, in the United States of America. Cottnot Blewgrynn Publishing, LLC is a Limited Liability Company established in the State of Wyoming.

Additional Terms

Anybody accessing and/or using this Site is hereby responsible for any damage that occurs, whether physical, financial, mental, and/or any other kind, whether from neglect, misuse, violation of our Terms and Conditions, and/or for any other reason. Though Cottnot Blewgrynn Publishing, LLC and any and all directors, officers, agents, employees, subsidiaries, and affiliates of Cottnot Blewgrynn Publishing, LLC have made every effort to ensure that everything on this Site was and is correct, accurate, and helpful, Cottnot Blewgrynn Publishing, LLC and any and all directors, officers, agents, employees, subsidiaries, and affiliates of Cottnot Blewgrynn Publishing, LLC is not responsible for any loss, damage, or disruption, of any kind -- whether physical, financial, mental, or any other kind -- caused by errors or omissions, or any other reason, whether such errors or omissions, or other reasons, resulted from negligence, accident, or any other cause.

Changes

These Terms and Conditions may be amended from time to time to time in order to maintain

compliance with the law and to reflect any changes to the way we operate our Site and the way we expect users to behave on our Site. We will notify users of changes to these Terms by posting a notice on our Site.

Contact Details

Please contact us if you have any questions or concerns. Our contact details are as follows:

CottnotBlewgrynnPublishing@gmail.com

Cottnot Blewgrynn Publishing, LLC

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