

Legal Disclaimer

Please Read Carefully



Important Notice

By using StopTheVoices.com, you acknowledge and agree to the following terms. Please read this disclaimer carefully before accessing any content on this website.

Note: Every printable PDF available for download from this website includes a reference to this full disclaimer. The brief statement on each PDF reads: *"This collection of health resources is for informational purposes only and does not constitute medical advice, diagnosis, or treatment. It is only intended to support your health journey. Full Disclaimer at stopthevoices.com/disclaimer/index.html"*

Who I Am & Why I Created This Site

My name is **Nathan Leary**. I am a person who has lived with a diagnosis of schizophrenia for over two decades. Through my personal journey of trial, error, research, and perseverance, I have found approaches that have dramatically improved my quality of life.

I created **StopTheVoices.com** to:

Share my personal story so others know they are not alone

Provide educational resources about alternative and complementary approaches to mental health and chronic disease

Offer hope and inspiration to those navigating similar challenges

Empower individuals to become informed participants in their own healthcare journey, working alongside qualified professionals

This website exists to inform, educate, and inspire—**not to diagnose, treat, or replace professional medical care.**

Do NOT Use This Website To:

Self-diagnose or self-treat any medical, mental health, or other condition

Replace professional medical or mental health care

Make health decisions without professional guidance from qualified providers

Determine what treatments, medications, diets, or therapies you should or should not pursue

Start, stop, or change any medication or treatment plan without your doctor's direct supervision

This is NOT Medical or Mental Health Advice

I am NOT a doctor, psychiatrist, psychologist, therapist, dietitian, or any other type of licensed medical or mental health professional.

All content on this website—including articles, personal stories, health journals, resource lists, diet information, lifestyle recommendations, and any other materials—is provided **for informational and educational purposes only.**

Nothing on this website constitutes:

Medical advice, diagnosis, or treatment

Mental health counseling or therapy

Dietary, nutritional, or supplement advice

A recommendation to start, stop, or change any medication or treatment

A substitute for professional medical or mental health care

Every Person is Unique

What has worked for me may not work for you. In fact, approaches that helped me could be ineffective, inappropriate, or even harmful to another person.

Your health circumstances are entirely unique, including:

- Your medical and psychiatric history
- Current diagnoses and conditions
- Medications, allergies, and sensitivities
- Genetic factors and biological makeup
- Life circumstances, stress levels, and support systems
- Physical, mental, and emotional health status

Because of this, **individualized professional guidance from qualified healthcare providers is essential** before making any health-related decisions.

My Story is Not Your Blueprint

I share my personal health journey openly and honestly to provide context, hope, and solidarity. However:

My story is **my unique, individual experience**

It is **not a guarantee or promise** that you will achieve similar results

It should **not be interpreted as a recommendation** for any specific treatment, diet, supplement, or lifestyle approach

Your health journey is **your own** and should be guided by qualified professionals who understand your specific needs

I share my experiences as one person's path—not as a prescription for others.

Always Consult Qualified Healthcare Professionals

ALWAYS seek the advice of your physician, psychiatrist, therapist, or other qualified health provider with any questions about your medical or mental health condition.

NEVER disregard professional medical advice or delay seeking treatment because of something you have read on this website or in my personal story.

Making changes to your treatment plan, medications, diet, or lifestyle without direct guidance from your healthcare team can be extremely dangerous.

Emergency Information

If you believe you may harm yourself or others, or if you are experiencing a medical or mental health emergency:

Dial your local emergency number immediately (e.g., 911 in the US, 999 in the UK, 000 in Australia)

In the US: Call or text **988** (Suicide & Crisis Lifeline)

In the UK & Ireland: Call **116 123** (Samaritans)

In Australia: Call **13 11 14** (Lifeline)

Do not wait. Do not rely on this website in a crisis. Seek immediate professional help.

No Liability

By accessing and using StopTheVoices.com, you acknowledge and agree that:

You use this website and its content **entirely at your own risk**

You will consult with qualified healthcare professionals before making **ANY** changes to your health routine, medications, diet, supplements, or lifestyle

I (Nathan Leary) bear no responsibility or liability for any outcomes—positive, negative, or neutral—from your use of this website or implementation of any information found here

I am **not liable** for any health consequences, injuries, complications, adverse events, or damages that may result from using this website or implementing any health-related changes

You are solely responsible for your own health decisions

This website and all its content are provided **"as is,"** with no warranties—express or implied—about accuracy, completeness, or fitness for any particular purpose.

Educational Purpose Only

The resources, articles, tools, and personal stories shared on StopTheVoices.com are intended to:

Educate and inform the general public about alternative and complementary approaches to mental health and chronic disease

Inspire hope and resilience in those facing similar challenges

Encourage individuals to become informed, active participants in their healthcare journey—alongside, not instead of, their professional healthcare team

These materials are **not** a substitute for individualized professional medical or mental health advice, diagnosis, or treatment.

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The disclaimer on each PDF states:

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These resources are for **informational and educational purposes only**

You will consult qualified healthcare professionals before implementing any information from these resources

You understand these materials do not replace professional medical or mental health care

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By using StopTheVoices.com, you acknowledge and agree that:

You have read, understood, and agreed to this disclaimer in its entirety

You understand that this website does not provide medical or mental health advice

You will consult qualified healthcare professionals before making any health-related changes

You accept full responsibility for your own health decisions and their outcomes

You will not hold Nathan Leary or StopTheVoices.com liable for any consequences arising from your use of this site or its content

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