

PEPPERS AND PRAISE

WEBSITE PRIVACY POLICY

Last Updated: June 16, 2026

Protecting your personal information is important to us. This Privacy Policy ("Policy") describes how Peppers and Praise ("Company," "we," "us," or "our") collects, uses, and protects personal information provided by visitors, subscribers, clients, and users of our content, services, coaching programs, and communications.

This Policy applies to all interactions with Peppers and Praise, including email communications, coaching programs, blog content, recipes, newsletters, social media platforms, and any future websites or online services operated by Peppers and Praise.

WHAT INFORMATION WE COLLECT

Information You Provide Voluntarily

We may collect personal information that you voluntarily provide, including:

- Name
- Email address
- Mailing address
- Phone number (if provided)
- Health and wellness goals shared during coaching
- Information submitted through forms, surveys, applications, or questionnaires
- Payment and billing information necessary to process purchases

Coaching clients may choose to share additional health and lifestyle information. Any information shared is treated with care and confidentiality and is used solely to provide coaching services and support.

Information Collected Automatically

If and when we operate a website, certain information may be collected automatically, including:

- IP address
- Browser type
- Device information
- Pages visited
- Time spent on pages
- Referral sources

- Website usage statistics

This information helps us improve user experience and understand how our content is being used.

Cookies

Future websites operated by Peppers and Praise may use cookies and similar technologies to enhance user experience, analyze website traffic, and improve website functionality. You may disable cookies through your browser settings at any time.

HOW WE USE YOUR INFORMATION

We may use your information to:

1. Provide coaching services, programs, and support.
2. Deliver recipes, educational content, newsletters, and resources.
3. Process payments and fulfill purchases.
4. Respond to questions, comments, and customer service requests.
5. Send administrative communications and updates.
6. Send email newsletters, promotions, special offers, and educational content.
7. Improve our services, content, and client experience.
8. Maintain records required for business and legal purposes.
9. Protect against unauthorized, fraudulent, or unlawful activity.

EMAIL MARKETING

When you subscribe to our email list, download resources, register for events, or participate in coaching programs, you may receive email communications from Peppers and Praise.

These emails may include:

- Recipes
- Gut health education
- Candida overgrowth education
- Women's health information
- Coaching opportunities
- Program announcements
- Promotional offers
- Newsletters and updates

You may unsubscribe from marketing emails at any time by clicking the unsubscribe link included in our emails.

SHARING OF PERSONAL INFORMATION

Peppers and Praise does not sell, rent, or lease personal information to third parties.

We may share information only in the following circumstances:

1. With service providers who assist us in operating our business, including email marketing providers, payment processors, and technology platforms.
2. When required by law, legal process, or governmental request.
3. To protect the rights, safety, and security of Peppers and Praise, our clients, or others.
4. In connection with a business transfer, merger, acquisition, or sale of assets.

Any trusted third-party service providers are required to maintain appropriate confidentiality and security measures.

PROTECTION OF INFORMATION

We implement reasonable administrative, technical, and physical safeguards designed to protect personal information from unauthorized access, disclosure, misuse, or loss.

Payment information is processed through secure third-party payment processors. Peppers and Praise does not store complete credit card information on its systems.

HEALTH INFORMATION DISCLAIMER

Peppers and Praise provides educational information, coaching, recipes, and wellness resources related to gut health, Candida overgrowth, women's health, nutrition, and healthy living.

Information provided through coaching, emails, blogs, recipes, courses, or other materials is for educational purposes only and is not intended as medical advice, diagnosis, or treatment. Individuals should consult qualified healthcare professionals regarding their specific health concerns.

CHILDREN'S PRIVACY

Peppers and Praise does not knowingly collect personal information from children under the age of 13. If we learn that personal information from a child under 13 has been collected without parental consent, we will promptly delete such information.

YOUR RIGHTS AND CHOICES

You may:

- Request access to personal information we maintain about you.
- Request corrections to inaccurate information.
- Withdraw consent for marketing communications.
- Request deletion of personal information where permitted by law.

To make any of these requests, please contact us using the information below.

THIRD-PARTY LINKS

Our content may contain links to third-party websites, products, or services. We are not responsible for the privacy practices or content of those third-party websites and encourage you to review their privacy policies.

CONTACT INFORMATION

If you have questions about this Privacy Policy or our privacy practices, please contact us:

Peppers and Praise
Marquis, Saskatchewan S0H 2X0
Email: peppersandpraise@gmail.com

CHANGES TO THIS PRIVACY POLICY

We reserve the right to update or modify this Privacy Policy at any time. Any updates will be posted with a revised "Last Updated" date. Continued use of our services following changes constitutes acceptance of those changes.