

Privacy and Cookie Policies

PRIVACY

www.cfshealingprogram.com understands that your privacy is important to you and that you care about how your personal data may be used and shared online. We respect and value the privacy of everyone who visits this website, www.cfshealingprogram.com (“Our Site”) and will only collect and use personal data in ways that are described here. All personal data is used in a manner that is consistent with Our obligations and your rights under the law. Please read this Privacy Policy carefully and ensure that you understand it. Your acceptance of Our Privacy Policy is deemed to be given upon your first use of Our Site. If you do not accept and agree with this Privacy Policy, please discontinue use of Our Site immediately.

1) Definitions and Interpretation In this Policy, the following terms shall have the following meanings:

1. “Account” means an account required to access and/or use certain areas and features of Our Site;
2. “Cookie” means a small text file placed on your computer or device by Our Site when you visit certain parts of Our Site and/or when you use certain features of Our Site. Details of the Cookies used by Our Site are set out in section 13, below;
- 3) “Cookie Law” means the relevant parts of the Privacy and Electronic Communications (EC Directive) Regulations 2003;
4. “personal data” means any and all data that relates to an identifiable person who can be directly or indirectly identified from that data. In this case, it means personal data that you give to Us via Our Site. This definition shall, where applicable, incorporate the definitions provided in the EU Regulation 2016/679 – the General Data Protection Regulation (“GDPR”); and
5. “We” or “Us” or “Our” means www.cfshealingprogram.com , a sole trader, whose address is jodiscrystals@gmail.com

2) Information About Us

1. Our Site is owned and operated by www.cfshealingprogram.com , a sole trader, whose address is jodiscrystals@gmail.com

3) What Does This Policy Cover? This Privacy Policy applies only to your use of Our Site. Our Site may contain links to other websites. Please note that We have no control over how your data is collected, stored, or used by other websites and We advise you to check the privacy policies of any such websites before providing any data to them. Examples of other websites may include Facebook, Instagram, websites owned and operated by Google.

4) Your Rights

1. As a data subject, you have the following rights under the GDPR, which this Policy and Our use of personal data are intended to uphold:

1. The right to be informed about Our collection and use of personal data;
2. The right of access to the personal data We hold about you (see section 12);
3. The right to rectification if any personal data We hold about you is inaccurate or incomplete (please contact Us using the details in section 14);
4. The right to be forgotten – i.e. the right to ask Us to delete any personal data We hold

about you (We only hold your personal data for a limited time, as explained in section 6 but if you would like Us to delete it sooner, please contact Us using the details in section 15);

5. The right to restrict (i.e. prevent) the processing of your personal data;
6. The right to data portability (obtaining a copy of your personal data to re-use with another service or organisation);
7. The right to object to Us using your personal data for particular purposes; and
8. Rights with respect to automated decision making and profiling.

2. If you have any cause for complaint about Our use of your personal data, please contact Us using the details provided in section 15 and We will do Our best to solve the problem for you. If We are unable to help, you also have the right to lodge a complaint with the UK's supervisory authority, the Information Commissioner's Office.

3. For further information about your rights, please contact the Information Commissioner's Office or your local Citizens Advice Bureau.

5) What Data Do We Collect? Depending upon your use of Our Site, We may collect some or all of the following personal and non-personal data (please also see section 13 on Our use of Cookies and similar technologies and Our Cookie Policy):

1. name;
2. business/company name
3. job title;
4. profession;
5. contact information such as email addresses and telephone numbers;
6. demographic information such as postcode, preferences, and interests;
7. IP address;
8. web browser type and version;
9. operating system;
10. a list of URLs starting with a referring site, your activity on Our Site, and the site you exit to;
11. device used for browsing Our Site.

6) How Do We Use Your Data?

1. All personal data is processed and stored securely, for no longer than is necessary in light of the reason(s) for which it was first collected. We will comply with Our obligations and safeguard your rights under the GDPR at all times. For more details on security see section 7, below.

2. Our use of your personal data will always have a lawful basis, either because it is necessary for Our performance of a contract with you, because you have consented to Our use of your personal data (e.g. by subscribing to emails), or because it is in Our legitimate interests. Specifically, We may use your data for the following purposes:

1. Providing and managing your Account;
2. Personalising and tailoring your experience on Our Site;
3. Supplying Our products and services to you (please note that We require your personal data in order to enter into a contract with you);
4. Replying to emails from you;
5. Supplying you with emails that you have opted into (you may unsubscribe or opt-out at any time by emailing jodiscrystals@gmail.com with your request to opt out);
6. Market research;
7. Analysing your use of Our Site and gathering feedback to enable Us to continually

improve Our Site and your user experience;

3. With your permission and/or where permitted by law, We may also use your data for marketing purposes which may include contacting you by email, telephone or post with information, news and offers on Our products and services. We will not, however, send you any unsolicited marketing or spam and will take all reasonable steps to ensure that We fully protect your rights and comply with Our obligations under the GDPR and the Privacy and Electronic Communications (EC Directive) Regulations 2003.

4. Third parties whose content appears on Our Site may use third party Cookies, as detailed below in section 13. Please refer to section 13 for more information on controlling Cookies. Please note that We do not control the activities of such third parties, nor the data they collect and use and advise you to check the privacy policies of any such third parties.

5. You have the right to withdraw your consent to Us using your personal data at any time, and to request that We delete it.

6. We do not keep your personal data for any longer than is necessary in direct correlation to the reason(s) for which it was first collected.

7) How and Where Do We Store Your Data?

1. We only keep your personal data for as long as We need to in order to use it as described above in section 6, and/or for as long as We have your permission to keep it.

2. Some or all of your data may be stored outside of the European Economic Area (“the EEA”) (The EEA consists of all EU member states, plus Norway, Iceland, and Liechtenstein). You are deemed to accept and agree to this by using Our Site and submitting information to Us. If We do store data outside the EEA, We will take all reasonable steps to ensure that your data is treated as safely and securely as it would be within the UK and under the Data Protection Act 1998.

3. Data security is very important to Us, and to protect your data We have taken suitable measures to safeguard and secure data collected through Our Site.

4. Steps We take to secure and protect your data include:

1. Ensuring that your connection to our website is secure; and

2. Ensuring that internal access to all personal information we hold is secured by appropriate measures.

8) Do We Share Your Data?

1. Subject to section 8.2, We will not share any of your data with any third parties for any purposes.

2. We may sometimes contract with third parties to supply products and services to you on Our behalf. These may include payment processing, delivery of goods, search engine facilities, advertising, and marketing. In some cases, the third parties may require access to some or all of your data. Where any of your data is required for such a purpose, We will take all reasonable steps to ensure that your data will be handled safely, securely, and in accordance with your rights, Our obligations, and the obligations of the third party under the law.

3. We may compile statistics about the use of Our Site including data on traffic, usage patterns, user numbers, sales, and other information. All such data will be anonymised and will not include any personally identifying data, or any anonymised data that can be combined with other data and used to identify you. We may from time to time share such data with third parties such as prospective investors, affiliates, partners, and

advertisers. Data will only be shared and used within the bounds of the law.

4. We may sometimes use third party data processors that are located outside of the European Economic Area (“the EEA”) (The EEA consists of all EU member states, plus Norway, Iceland, and Liechtenstein). Where We transfer any personal data outside the EEA, We will take all reasonable steps to ensure that your data is treated as safely and securely as it would be within the UK and under the GDPR.

5. In certain circumstances, We may be legally required to share certain data held by Us, which may include your personal data, for example, where We are involved in legal proceedings, where We are complying with legal requirements, a court order, or a governmental authority.

9) What Happens If Our Business Changes Hands?

1. We may, from time to time, expand or reduce Our business and this may involve the sale and/or the transfer of control of all or part of Our business. Any personal data that you have provided will, where it is relevant to any part of Our business that is being transferred, be transferred along with that part and the new owner or newly controlling party will, under the terms of this Privacy Policy, be permitted to use that data only for the same purposes for which it was originally collected by Us.

2. In the event that any of your data is to be transferred in such a manner, you will not be contacted in advance or informed of the changes.

10) How Can You Control Your Data?

1. When you submit personal data via Our Site, you may be given options to restrict Our use of your data. In particular, We aim to give you strong controls on Our use of your data for direct marketing purposes (including the ability to opt-out of receiving emails from Us which you may do by unsubscribing using the links provided in Our emails and at the point of providing your details).

2. You may also wish to sign up to one or more of the preference services operating in the UK: The Telephone Preference Service (“the TPS”), the Corporate Telephone Preference Service (“the CTPS”), and the Mailing Preference Service (“the MPS”). These may help to prevent you receiving unsolicited marketing. Please note, however, that these services will not prevent you from receiving marketing communications that you have consented to receiving.

11) Your Right to Withhold Information

1. You may access Our Site without providing any data at all. However, to use all features and functions available on Our Site you may be required to submit or allow for the collection of certain data.

2. You may restrict Our use of Cookies. For more information, see section 13 and Our Cookie Policy.

12) How Can You Access Your Data?

You have the right to ask for a copy of any of your personal data held by Us (where such data is held). Under the GDPR, no fee is payable, and We will provide any and all information in response to your request free of charge. Please contact Us for more details at [insert your email address], or using the contact details below in section 15.

13) Our Use of Cookies

Our Site may place and access certain first party Cookies on your computer or device.

First party Cookies are those placed directly by Us and are used only by Us. We use Cookies to facilitate and improve your experience of Our Site and to provide and improve

Our services. By using Our Site, you may also receive certain third-party Cookies on your computer or device. Third party Cookies are those placed by websites, services, and/or parties other than Us. Third party Cookies are used on Our Site for advertising and other services. In addition, Our Site uses analytics services provided by Google and others, which also use Cookies. Website analytics refers to a set of tools used to collect and analyse usage statistics, enabling Us to better understand how people use Our Site. For more details, please refer to Our Cookie Policy.

14) Security and performance

www.cfshealingprogram.com , may from time to time use a third-party service to help maintain

the security and performance of the www.cfshealingprogram.com website. To deliver this service it processes the IP addresses of visitors to www.cfshealingprogram.com website.

15) Contacting Us

If you have any questions about Our Site or this Privacy Policy, please contact Us by email at jodiscrystals@gmail.com Please ensure that your query is clear, particularly if it is a request for information about the data, We hold about you (as under section 12, above).

16) Changes to Our Privacy Policy

We may change this Privacy Policy from time to time (for example, if the law changes). Any changes will be immediately posted on Our Site and you will be deemed to have accepted the terms of the Privacy Policy on your first use of Our Site following the alterations. We recommend that you check this page regularly to keep up to date.

Cookies

Background:

This website www.cfshealingprogram.com, (“Our Site”) uses Cookies and similar technologies in order to distinguish you from other users. By using Cookies, we are able to provide you with a better experience and to improve Our Site by better understanding how you use it.

Please read this Cookie Policy carefully and ensure that you understand it. Your acceptance of Our Cookie Policy is deemed to occur if you continue using Our Site. If you do not agree to Our Cookie Policy, you should stop using Our Site immediately.

Definitions and Interpretation

1. In this Cookie Policy, unless the context otherwise requires, the following expressions have the following meanings:

1. “Cookie” means a small file placed on your computer or device by Our Site when you visit certain parts of Our Site and/or when you use certain features of Our Site
2. “Cookie Law” means the relevant parts of the Privacy and Electronic Communications (EC Directive) Regulations 2003 and of EU Regulation 2016/679 General Data Protection Regulation (“GDPR”);
3. “personal data” means any and all data that relates to an identifiable person who can be directly or indirectly identified from that data, as defined by EU Regulation 2016/679 General Data Protection Regulation (“GDPR”); and
4. “We” or “Us” or “Our” means www.cfshealingprogram.com, a sole trader whose email address is jodiscrystals@gmail.com

2. Information About Us

1. Our Site is owned and operated by www.cfshealingprogram.com a sole trader whose

Email address is jodiscrystals@gmail.com

2. Our Data Protection Officer can be contacted by email at jodiscrystals@gmail.com

3. How Does Our Site Use Cookies?

1. Our Site may place and access certain first party Cookies on your computer or device.

First party Cookies are those placed directly by Us and are used only by Us. We use Cookies to facilitate and improve your experience of Our Site and to provide and improve Our services. We have carefully chosen these Cookies and have taken steps to ensure that your privacy and personal data is protected and respected at all times.

2. By using Our Site, you may also receive certain third-party Cookies on your computer or device. Third party Cookies are those placed by websites, services, and/or parties other than Us. Third party Cookies are used on Our Site for website analytics and advertising services. For more details, please refer to section 4 below.

3. All Cookies used by and on Our Site are used in accordance with current Cookie Law. We may use some or all of the following types of Cookie:

1. Strictly Necessary Cookies

A Cookie falls into this category if it is essential to the operation of Our Site, supporting functions such as user access, logging onto user portals, payment transactions and security features.

2. Analytics Cookies

It is important for Us to understand how you use Our Site, for example, how efficiently you are able to navigate around it, and what features you use. Analytics Cookies enable us to gather this information, helping Us to improve Our Site and your experience of it.

3. Functionality Cookies

Functionality Cookies enable Us to provide additional functions to you on Our Site such as personalisation and remembering your saved preferences. Some functionality Cookies may also be strictly necessary Cookies, but not all necessarily fall into that category.

4. Targeting Cookies

It is important for Us to know when and how often you visit Our Site, and which parts of it you have used (including which pages you have visited and which links you have visited). As with analytics Cookies, this information helps us to better understand you and, in turn, to make Our Site and advertising more relevant to your interests. Some information gathered by targeting Cookies may also be shared with third parties.

5. Third Party Cookies

Third party Cookies are not placed by Us; instead, they are placed by third parties that provide services to Us and/or to you. Third party Cookies may be used by advertising services to serve up tailored advertising to you on Our Site, or by third parties providing analytics services to Us (these Cookies will work in the same way as analytics Cookies described above).

6. Persistent Cookies

Any of the above types of Cookie may be a persistent Cookie. Persistent Cookies are those which remain on your computer or device for a predetermined period and are activated each time you visit Our Site.

7. Session Cookies

Any of the above types of Cookie may be a session Cookie. Session Cookies are temporary and only remain on your computer or device from the point at which you visit

Our Site until you close your browser. Session Cookies are deleted when you close your browser.

4. Cookies on Our Site are not usually permanent and where an expiration term is relevant it will be indicated in the table below.

5. For more details of the personal data that We collect and use, the measures we have in place to protect personal data, your legal rights, and our legal obligations, please refer to our Privacy Policy (Privacy Policy).

6. For more specific details of the Cookies that We use, please refer to the table(s) below.

4. What Cookies Does Our Site Use?

1. The following is an example of a first party Cookie that may be placed on your computer or device:

Cookie Description

__cfduid The **__cfduid** cookie is a Cloudflare cookie used to identify individual clients behind a shared IP address and apply security settings on a per-client basis. This cookie is strictly necessary for Cloudflare's security features and cannot be turned off. N/A

Provider Description

Third party privacy policy
LinkedIn Ads Where used, LinkedIn installs cookies on your Browser in order to track your browsing activity, we may use this information to optimise Our advertising campaigns and also provide Us with campaign analytics.

<https://www.linkedin.com/legal/cookie-table>

Facebook This website may use the Facebook advertising Pixel, on some or all of our pages to allow Us to influence the adverts you see on Facebook and Instagram. We also use Facebook's Analytics platform to better understand users of our website.

<https://www.facebook.com/policies/cookies/>

Microsoft Bing Ads Bing Ads is a Microsoft service that provides pay per click advertising on both the Bing and Yahoo! search engines. Cookies installed by Microsoft Bing track your activity on the Bing advertising network across websites and browsing sessions. <https://privacy.microsoft.com/en-gb/privacystatement>

Google (Analytics, AdWords, Doubleclick) Through using Our Site Google will install a number of cookies on your browser. These cookies will be a mixture of unique IDs for identification purposes and cookies set to remember your preferences across Google products. In all cases, this cookie information is likely to be used to optimise adverts you see around the internet and will allow Us to target you with adverts after you leave our website. We also use Google Analytics to optimise user journeys through our website and to run performance reporting on how users behave on our website.

<https://policies.google.com/technologies/types>

Twitter Twitter installs cookies on your Browser in order to track your behavior on our website and to report on Our advertising campaign analytics.

<https://help.twitter.com/en/rules-and-policies/twitter-cookies>

2. The following third-party Cookies may also be placed on your computer or device:

3. Our Site uses analytics services provided by Google Analytics and other similar companies as implemented from time to time. Website analytics refers to a set of tools used to collect and analyse anonymous usage information, enabling Us to better

understand how Our Site is used. This, in turn, enables Us to improve Our Site and the services offered through it. You do not have to allow Us to use these Cookies, however whilst Our use of them does not pose any risk to your privacy or your safe use of Our Site, it does enable Us to continually improve Our Site, making it a better and more useful experience for you.

4. Other cookies may be set by services used on this website and this document will be updated to reflect this from time to time.

5. To opt out of being tracked by Google Analytics across all websites, visit <http://tools.google.com/dlpage/gaoptout>.

5. Consent and Control

1. Before Cookies are placed on your computer or device, you will be shown a notification bar, usually in the header of Our website requesting your consent to set those Cookies. By giving your consent to the placing of Cookies you are enabling Us to provide the best possible experience and service to you. If you do not consent to us placing Cookies in your browser, you must leave Our Site immediately.

2. In addition to the controls that We provide, you can choose to enable or disable Cookies in your internet browser. Most internet browsers also enable you to choose whether you wish to disable all Cookies or only third-party Cookies. By default, most internet browsers accept Cookies, but this can be changed. For further details, please consult the help menu in your internet browser or the documentation that came with your device.

3. The links below provide instructions on how to control Cookies in all mainstream browsers. Please be aware that these links are to third party content and may change over time & without notice:

1. Google Chrome: <https://support.google.com/chrome/answer/95647?hl=en-GB>

2. Microsoft Internet Explorer: <https://support.microsoft.com/en-us/kb/278835>

3. Microsoft Edge: <https://support.microsoft.com/en-gb/products/microsoft-edge>
(Please note that there are no specific instructions at this time, but Microsoft support will be able to assist)

4. Safari (macOS):

https://support.apple.com/kb/PH21411?viewlocale=en_GB&locale=en_GB

5. Safari (iOS): <https://support.apple.com/en-gb/HT201265>

6. Mozilla Firefox: <https://support.mozilla.org/en-US/kb/enable-and-disable-Cookies-website-preferences>

7. Android:

<https://support.google.com/chrome/answer/95647?co=GENIE.Platform%3DAndroid&hl=en>

(Please refer to your device's documentation for manufacturers' own browsers)

6. Changes to this Cookie Policy

1. We may alter this Cookie Policy at any time. Any such changes will become binding on you on your first use of Our Site after the changes have been made. You are therefore advised to check this page from time to time.

2. In the event of any conflict between the current version of this Cookie Policy and any previous version(s), the provisions current and in effect shall prevail unless it is expressly stated otherwise.

7. Further Information

1. If you would like to know more about how We use Cookies, please contact Us at jodiscrystals@gmail.com
2. For more information about privacy, data protection and our terms and conditions, please visit the following:
 1. Privacy Policy (above);
 2. Terms & Conditions.