

GIVEAWAY TERMS & CONDITIONS

- 1. Eligibility:** This giveaway is open only to those who are registered for the Real Healing Nutrition newsletter and who are 18 years or older as of the date of entry. The giveaway is only open to legal residents of the United States of America and is void where prohibited by law. The giveaway is subject to all applicable federal, state and local laws and regulations. Void where prohibited.
- 2. Agreement to Rules:** By participating, you agree to be fully unconditionally bound by these Rules, and you represent and warrant that you meet the eligibility requirements set forth herein. In addition, you agree to accept the decisions of Real Healing Nutrition, as final and binding as it relates to the content. The giveaway is subject to all applicable federal, state and local laws.
- 3. Giveaway Period:** Entries will be accepted online starting on or about Saturday, April 1, 2017 and ending Saturday, April 15th, 2016. All online entries must be received by Saturday, April 15th, 2017 at 11:59PM EST.
- 4. How to Enter:** The giveaway must be entered by registering for the Real Healing Nutrition newsletter. If the entry is already registered for the Real Healing Nutrition newsletter, then they must email info@realhealingnutrition.com with their full name and/or email to indicate that they would also like to be entered for the drawing. The entry must fulfill all giveaway requirements, as specified, to be eligible to win the prize. Entries that are not complete or do not adhere to the rules or specifications may be disqualified at the sole discretion of Real Healing Nutrition. You may enter only once and you must fill in the information requested. You may not enter more times than indicated by using multiple email addresses, identities or devices in an attempt to circumvent the rules. If you use fraudulent methods or otherwise attempt to circumvent the rules your submission may be removed from eligibility at the sole discretion of Real Healing Nutrition. As many as two additional entries may be added for engagement with the "ultimate wellness vacation giveaway" post on Facebook and Instagram. Via Facebook, entry's must 1) comment on the post, 2) share the post to their own wall and 3) follow Lindsay Sherry - Real Healing Nutrition. Via Instagram, entry's must 1) follow @realhealingnutrition and 2) tag three friends in the comments.
- 5. Prize:** Winner will receive an 8 day, 7 night vacation to Rancho La Puerta. This includes: three meals a day, plus snacks and beverages as provided by the Ranch. Shared accommodations between Saturday May 13th, 2017 - Saturday, May 20th, 2017 in one of the Ranch's Studio Casitas. The specifics of the prize shall be solely determined by the Real Healing Nutrition. No cash or other prize substitution permitted except at Real Healing Nutrition's discretion. The prize is nontransferable. Any and all prize related expenses, including without limitation any and all federal, state, and/or local taxes, gratuity shall be the sole responsibility of the winner. No substitution of prize or transfer/assignment of prize to others or request for the cash equivalent by winners is permitted. Acceptance of prize constitutes permission for Real Healing Nutrition to use winner's name, likeness, and entry for purposes of advertising and trade without further compensation, unless prohibited by law.
- 6. Winner selection and notification:** Winner of the giveaway will be selected in a random drawing under the supervision of the sponsor. Winner will be notified via email to the email address they entered the Giveaway with within five (5) days following the winner selection. Real Healing Nutrition shall have no liability for a winner's failure to receive notices due to winners' spam, junk e-mail or other security settings or for winners' provision of incorrect or otherwise non-functioning contact information. If the selected winner cannot be contacted, is ineligible, fails to claim the prize within 15 days from the time award notification was sent, or fails to timely return a completed and executed declaration and releases as required, prize may be forfeited and an alternate winner selected. The receipt by winner of the prize offered in this giveaway is conditioned upon compliance with any and all federal, state and local laws and regulations. **ANY VIOLATION OF THESE OFFICIAL RULES BY ANY WINNER (AT REAL HEALING NUTRITION'S SOLE DISCRETION) WILL**

RESULT IN SUCH WINNER'S DISQUALIFICATION AS WINNER OF THE GIVEAWAY AND ALL PRIVILEGES AS WINNER WILL BE IMMEDIATELY TERMINATED.

8. Rights Granted by you: By entering this contest you understand that Real Healing Nutrition, anyone acting on behalf of Real Healing Nutrition, or its respective licensees, successors and assigns will have the right, where permitted by law, without any further notice, review or consent to print, publish, broadcast, distribute, and use, worldwide in any media now known or hereafter in perpetuity and throughout the World, your entry, including, without limitation, the entry and winner's name, portrait, picture, voice, likeness, image or statements about the giveaway, and biographical information as news, publicity or information and for trade, advertising, public relations and promotional purposes without any further compensation.

9. Terms: Real Healing Nutrition reserves the right, in its sole discretion to cancel, terminate, modify or suspend the giveaway should (in its sole discretion) a virus, bugs, non-authorized human intervention, fraud or other causes beyond its control corrupt or affect the administration, security, fairness or proper conduct of the Sweepstakes. In such case, Real Healing Nutrition may select the recipients from all eligible entries received prior to and/or after (if appropriate) the action taken by Real Healing Nutrition. Real Healing Nutrition reserves the right at its sole discretion to disqualify any individual who tampers or attempts to tamper with the entry process or the operation of the Sweepstakes or website or violates these Terms & Conditions.

Real Healing Nutrition has the right, in its sole discretion, to maintain the integrity of the giveaway, to void votes for any reason, including, but not limited to; multiple entries from the same user from different IP addresses; multiple entries from the same computer in excess of that allowed by giveaway rules; or the use of bots, macros or scripts or other technical means for entering.

Any attempt by an entrant to deliberately damage any web site or undermine the legitimate operation of the sweepstakes may be a violation of criminal and civil laws and should such an attempt be made, Real Healing Nutrition reserves the right to seek damages from any such person to the fullest extent permitted by law.

By entering the giveaway you agree to receive email newsletters periodically from Real Healing Nutrition. You can opt-out of receiving this communication at any time by clicking the unsubscribe link in the newsletter.

10. Limitation of Liability: By entering you agree to release and hold harmless Real Healing Nutrition and its subsidiaries, affiliates, advertising and promotion agencies, partners, representatives, agents, successors, assigns, employees, officers and directors from any liability, illness, injury, death, loss, litigation, claim or damage that may occur, directly or indirectly, whether caused by negligence or not, from (i) such entrant's participation in the sweepstakes and/or his/her acceptance, possession, use, or misuse of any prize or any portion thereof, (ii) technical failures of any kind, including but not limited to the malfunctioning of any computer, cable, network, hardware or software; (iii) the unavailability or inaccessibility of any transmissions or telephone or Internet service; (iv) unauthorized human intervention in any part of the entry process or the Promotion; (v) electronic or human error which may occur in the administration of the Promotion or the processing of entries.

11. Winner List: To obtain a copy of the winner's name or a copy of these Official Rules, mail your request along with a stamped, self-addressed envelope to: Real Healing Nutrition 2214 5th Ave, San Diego, CA 92115. Requests must be received no later than Friday, April 28, 2017.

12. Sponsor: The Sponsor of the Sweepstakes is Real Healing Nutrition. 2214 5th Ave, San Diego, CA 92115.