

## How does our website use cookies?

This section of our Privacy Policy contains information on what “cookies” are, the cookies used by this website, how to switch cookies off in your browser, how to specifically disable third party advertising cookies, and some useful links for further reading. If you do not see the information you were looking for, or you have any further questions about the use of cookies on this site, please email [info@resetyourhealth.com](mailto:info@resetyourhealth.com)

## What are cookies?

“Cookies” are small text files that are stored by your web browser (e.g., Internet Explorer or Safari) on your computer’s hard drive or on your mobile phone. They allow websites to store such things as user preferences. You can think of cookies as providing a “memory” for a website, enabling it to recognise a user and respond appropriately.

Websites use both session cookies and persistent cookies. Session cookies are temporary cookies that expire (and are automatically erased) when you close your browser. Persistent cookies usually have an expiration date far into the future and thus stay in your browser until they expire, or until you manually delete them.

In addition to cookies set by the website you are visiting (first party cookies), both session and persistent cookies may be set by others (third party cookies). For example, analytics firms, social media sites and advertising networks may all set cookies when you visit other sites with which they have relationships.

## What types of cookies do we use?

The cookies generated when you visit our website fall into the following categories:

### Strictly necessary cookies

These cookies enable services you have specifically asked for. No consent is required for the use of these cookies. For example, when you subscribe to one of our Internet Products, we use session cookies to signal that you are logged in so that you are able to use subscriber features of the Website, and persistent cookies to provide automatic login.

### Performance cookies

These cookies collect anonymous information about how you use the Website. By using the Website or becoming a subscriber, you agree that we can place these types of cookies.

We use performance cookies for web analytics, which allow us to statistically monitor how people are using our Website, to help us improve our online offerings as well as to test different design ideas for particular pages. We work with independent measurement and research companies to perform these services for us, so some of these cookies may be set by a third party company.

In particular, we use Google Analytics to help us track and analyse usage of our Website. All data collected by Google on our behalf is owned by us and used to better understand our users and improve our Website. More information, including how to opt out of these cookies, can be found in [Google's Privacy Policy](#). When you watch a video on our Website, cookies are set by the video playing technology to optimise bandwidth and help measure usage volume and delivery quality.

### **Functionality cookies**

These cookies allow our Website to remember choices you make to improve your experience and to provide enhanced, more personal features (such as information about your browser and whether you have configured your Website tools), and to improve response speed and efficiency by storing certainly frequently-accessed information. By using the Website or becoming a subscriber, you agree that we can place these types of cookies.

You may "opt-out" of certain tracking on our Website by going to the [Your Online Choices site](#).

### **How do I turn cookies off?**

You do not have to accept cookies to use our Website. Although most browsers are initially set to accept cookies, you may reset your browser to notify you when you receive a cookie or to reject cookies generally. Most browsers offer instructions on how to do so in the "Help" section of the toolbar. While you are not required to accept our cookies to access our Website, if you reject cookies, certain products, offerings, features, or resources of our Website (including certain Internet Products) may not work properly and you may experience some loss of convenience.

All modern browsers allow you to change your cookie settings. These settings will typically be found in the "options" or "preferences" menu of your browser.

### **How can I get more information?**

If you would like to find out more about cookies and their use on the Internet, you may find this link useful: [All About Cookies](#)