



Disclosures

Jess Nourishes is in part supported by my audience.

I do receive an affiliate fee from certain online retailers (like FODZYME or Amazon) when readers click over to their website from mine.

This policy helps support the operation of my practice and keeps access to some resources and content free to the public.

All products recommended are those that are evidence-based and that I either personally use as an individual with IBS, or with clients with various digestive concerns.

Jess Nourishes is a food, health and wellness practice I developed and run with the purpose of sharing knowledge and information with people who may have certain food intolerances, such as IBS, to help them thrive.

Sometimes that knowledge is tied directly to a product that we'd like to recommend to you. In that case, I will use product links, some of which are tied to an affiliate program.

In some cases Jess Nourishes has an affiliate advertising relationship with a handful of companies and will receive a small commission when my readers/followers click, buy, print, or shop offers by these companies.

I also conduct reviews of products that we ourselves use- or have been brought to our attention. If I think the product is a useful or helpful product for my readers/followers, we will publish that review with links to the product. This includes reviews of cookbooks, FODMAP degrading enzyme blends, specific fibre supplements, and others. I may receive these products or books for free – so I consider these posts “sponsored” and they are marked as such.

Our commitment to honesty and transparency.

We will never include an affiliate link for a product or service that we do not personally recommend or trust. In most cases we have sought out direct relationships with producers of products we think are great- and where possible I prefer to work directly with them to bring you their product. But in many cases this is not possible – so I provide the next best thing- which is direct access to companies like Amazon, for example, where many of you already shop.

What happens when I link a product through Jess Nourishes:

If you find Jessica Roocroft’s recommendations via Jess Nourishes programs, content and/or any nutrition services at all informative, if you’re thinking of purchasing a product that I recommend, please consider supporting me. The cost to you does not change. And in some cases I can offer discounts- which I will pass along to you – so look out for any info about that when I promote an item.

Some of these programs, such as Amazon, will provide a small commission, at no cost to you, even if you just buy some other product- for some limited time after you’ve linked through from my site or resources. By making purchases through our links you help me help you keep making free content!

If you love a product you think we should know about let us know! [Contact me here.](#)

And if you make a product you want me to try please also [contact me here.](#)

AMAZON AFFILIATE DISCLOSURE

“We are a participant in the Amazon Services LLC Associates Program, an affiliate advertising program designed to provide a means for us to earn fees by linking to Amazon.ca and affiliated sites.”