

Affiliations & Product Links Disclaimer

Last updated: September 2026

1. Who I Am

I'm Dr Wendy Stammers, an NHS GP registered with the General Medical Council. I hold IBLM/BSLM Board Certification in Lifestyle Medicine through the British Society of Lifestyle Medicine (BSLM), and I am also a certified Health Coach.

I am practising as a Lifestyle Medicine Doctor and Health Coach through DoctorWendy.

I use my medical training and lifestyle medicine expertise to bring you accurate, honest, evidence-informed content. Nothing on this website, in my newsletter, or on my social channels is personal medical advice - it's general health information for the adult public, and it doesn't replace an assessment from your own GP or a healthcare professional who knows your individual situation.

2. Product Recommendations and Affiliate Links

If you've ever stood in front of a shelf, or scrolled through pages of reviews, not knowing what to trust, you're not alone. Decision fatigue is real, and it can be one of the main reasons a good intention never turns into action.

I'm frequently asked what I actually use myself; which supplements, kitchen kit, books or tools I trust and reach for in my own life. This resource exists because of those questions. Rather than answering one at a time, I wanted a single place where I could share what I genuinely recommend, based on my own experience and professional judgement, so you can skip the research and get on with the part that actually matters.

Some of these are affiliate links, including through the Amazon Associates programme. As an Amazon Associate, I earn from qualifying purchases - in practice this amounts to a very small percentage, nowhere near enough to shape what I recommend, and it costs you nothing extra. I'd be pointing you to these things either way.

My hope is that this takes one small decision off your plate, so you have a little more energy for the changes that count.

3. Sponsored Content and Collaborations

Where a post, article or newsletter section has been supported by a company - through payment, a gift, or anything else of value - I'll say so clearly, using wording such as "in collaboration with", "sponsored by" or the hashtag #Ad on social media.

I turn down collaborations that don't fit my approach to evidence-based lifestyle medicine, including anything with pseudoscientific claims or anything I wouldn't feel comfortable recommending to my own patients.

4. What This Never Affects

Whether I've been sent a free sample, paid a fee, or offered a commission, none of it changes:

- what I say about a product
- whether I feature it at all
- the substance of my newsletters, articles or social posts

All opinions on this website are my own, formed independently of any commercial relationship.

5. My Newsletter

If you sign up to my newsletter, your email address is used only to send you that newsletter, in line with my Privacy Policy. I don't share your details with third parties except where necessary to run the newsletter itself. You can unsubscribe at any time using the link in every issue.

6. Changes to This Disclaimer

I may update this disclaimer from time to time to reflect new affiliations, collaborations or changes in relevant guidance. Any updates will be published on this page together with the revised "Last updated" date.

7. Questions

If you'd like to know more about any affiliation, sponsorship or commercial relationship mentioned on this site, please contact:

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