

HUMAN RECIPE

PRIVACY POLICY STATEMENT

1. Who is responsible for your data

Human Recipe is operated by Dr. Caroline De Graeve, MD.

- Legal entity: BV. Dr. C. De Graeve
- Registered address: Romeinse Ring 12, 3020 Herent
- Company number : BE0838897966
- Contact: dr.caroline@humanrecipe.com

For the purposes of the GDPR, this is the data controller for humanrecipe.com.

2. What this site is, and what it is not

Human Recipe is an educational platform. The content explains published medical research so you can evaluate health information yourself. It is not a medical service, it does not create a doctor-patient relationship, and it is not a substitute for care from your own physician.

This matters for your privacy too: **Human Recipe does not collect, request, or process health data about you.** Please do not send medical details, symptoms, test results, or diagnoses by email or through any form on this site. If you do, that information will be deleted rather than stored.

3. What we collect

If you subscribe to the newsletter

Your email address, and your first name if you provide it. Collected through MailerLite. We also record standard email engagement data such as whether a message was opened or a link clicked.

If you register for a workshop or buy a course

Your name, email address, and the details needed to deliver and invoice the purchase. Payments are handled by [Podia] and its payment processor. We never see or store your card details.

If you contact us

Whatever you choose to include in your message, plus your email address.

When you browse the site

Standard technical data such as IP address, browser type, pages visited, and time on page, collected through [Wix Analytics / Google Analytics]. Non-essential cookies are set only if you accept them.

4. Why we process it, and on what legal basis

Purpose	Legal basis (GDPR Art. 6)
Sending the newsletter	Consent, Art. 6(1)(a). Withdraw any time via the unsubscribe link.
Delivering a course or workshop you bought	Performance of a contract, Art. 6(1)(b)
Issuing and retaining invoices	Legal obligation, Art. 6(1)(c)
Answering your email	Legitimate interest, Art. 6(1)(f), in responding to enquiries
Site security and aggregate analytics	Legitimate interest, Art. 6(1)(f), in a working and improving site
Non-essential cookies	Consent, Art. 6(1)(a)
No special category data under Article 9 is processed. See section 2.	
No automated decision-making or profiling with legal effects takes place.	

5. Who else sees it

Data is shared only with the service providers needed to run the site, each acting as a processor under a data processing agreement:

- [Wix] — website hosting
- [MailerLite] — newsletter delivery
- [Podia] — course hosting and payments
- [accountant / bookkeeping] — invoices, as required by law

Your data is never sold, rented, or shared for advertising.

Where a provider processes data outside the EEA, transfers rely on an adequacy decision or on Standard Contractual Clauses.

6. How long we keep it

- Newsletter data: until you unsubscribe, then removed within [3] months
- Course and purchase records: 7 years, as Belgian accounting law requires
- Email correspondence: [2] years
- Analytics data: [14] months

7. Your rights

Under the GDPR you can ask for access to your data, correction of it, erasure of it, restriction of processing, portability of it, and you can object to processing based on legitimate interest. Where processing rests on consent, you can withdraw that consent at any time without affecting what was done before.

Write to dr.caroline@humanrecipe.com. You will get an answer within one month.

If you are not satisfied, you can lodge a complaint with the Belgian Data Protection Authority:

Gegevensbeschermingsautoriteit / Autorité de protection des données
Drukpersstraat 35, 1000 Brussels
contact@apd-gba.be

8. Security

Access to subscriber and customer data is limited to Dr. Caroline De Graeve. Accounts with the providers listed above are protected by strong, unique passwords and two-factor authentication where available.

9. Changes

Material changes to this policy will be announced by email to newsletter subscribers. The date at the top shows when it was last revised.