The word “only” can completely change the meaning of a sentence, depending where you put it. Let’s see that in an example:  
“Only she says she eats spinach on Sundays.” Perfectly clear – she’s the only person who says it.  
“She only says she eats spinach on Sundays.” Well, it could mean the same thing; it could mean that that’s the only thing that she says. Or, if I say it slightly differently, “She only **says** she eats spinach on Sundays”; she doesn’t really do it.   
Then you get: “She says only she eats spinach on Sundays.” So she’s saying she’s the only person who eats spinach. That’s fine.   
Moving along again: “She says she only eats spinach on Sundays.” That’s ambiguous. Does it mean that she eats nothing but spinach – big pile of green stuff? Or does it mean that she eats it only on a Sunday? Actually, it doesn’t mean either of those. It means that she only **eats** it; she doesn’t put it in her liquidiser and drink it.   
Then you get: “She says she eats only spinach…” That’s perfect – big pile of green stuff.   
Then “She says she eats spinach only on Sundays.” That’s a problem. Is it “spinach only”? Is it “only on Sundays”? We don’t know.   
And then “She says she eats spinach on Sundays only.” Perfectly clear. That’s the only day of the week.   
So, if you’re using the word “only”, have a really close look, and make sure that you’re giving it the meaning that you intend.