

Success Story – Jocelyn R.

December, 2014 I decided to start eating Gluten free because of many stomach issues I had been having. The gluten free diet did help immensely. In March, 2014 I had gone out to lunch for St. Patrick's Day and had corn beef & cabbage. Well that was a huge mistake! The next day I was in bed vomiting all day. Then I had two other similar episodes in May & June. I went for an endoscopy and they said it was related to my hiatal hernia. I hadn't had issues with my hiatal hernia for years. They put me on a restricted diet which was difficult given I was already restricted because I am gluten free.

Later in the year I went to my primary physician for a physical and blood work which showed I had borderline high cholesterol and borderline high sugar. When I asked how I should eat because I already have many restrictions being gluten free & with the hiatal hernia I was told by the Nurse in the office to Google it. Really?! This led me to Dr. Trish. I just felt that I could not manage my dietary issues on my own any longer and I want to be healthy.

When I started to see Dr. Trish in February of this year (2015) I was slightly overweight for my frame and needed to lose body fat while maintaining muscle. She took all of the sugar & artificial sweetener out of my diet after the 2nd visit and I almost went in to panic mode but I listened to her and I followed this nutrition plan for 2 weeks. After the initial withdrawal I have never felt better! We modified the diet so it is livable and I truly do not miss sugar and definitely do not miss artificial sweetener. It has been 7 months and I have lost 18.5 lbs., 8% body fat, and only .7 lbs of muscle! I eat better and I feel great! I exercise now as well. Losing 18.5 lbs does help to get you motivated and it is much easier on my joints without the extra weight.

I love working with Dr. Trish. She is truly concerned with changing the life of her patients for the better. I know she definitely changed mine and I am grateful. I am 52

years old and I want to continue a long, healthy life and with the continued help of Dr. Trish and my determination I will remain healthy.