

## **Feeling great! Less bloating, eczema gone, and more energy!**

I have always thought of myself as highly health aware when it comes to food choices, and as a health care provider myself, I realize how important those choices are when it comes to the food and fuel I put into my body. Since my early 20's I've cooked mostly whole foods at home, tried a vegetarian/vegan diet plan, avoided gluten and I watched very closely what I ate. The problem was that there were foods that I was still consuming that were causing me to be overly tired and extremely bloated. I was even beginning to suffer with eczema patches on my arms and legs. As the years went on, these symptoms just became worse then unbearable. That is when I reached out for help from Dr. Trish.

I was very lucky to find Dr. Trish, and her nutrition program has absolutely changed my life. Through the use of MRT testing, we were able to immediately identify foods that were causing inflammation in my body. Trish gave me the tools to begin eliminating the trigger foods, and developed a daily regimen that suited my busy schedule, and my symptoms disappeared right away! Just from eliminating those foods and getting the nutrients my body needed, my BMI went down, my body fat percentage went down and my weight went down. My muscles became more defined and that constant bloating in my stomach was GONE!

The great thing is that it has been over 6 months since starting the program and I am still seeing changes in my health. I no longer feel tired or bogged down after meals, my face and eyes are clear, I no longer suffer from painful PMS and periods, my eczema has cleared up and has not returned, and I'm sleeping wonderfully.

With Dr. Trish's guidance, knowledge and approach to nutrition I'm in the best health and BEST shape of my life. I really can't say enough amazing things about what Dr. Trish has done for me and for my friends and clients who have also benefited from her program.

*Melissa Skelly, L. Ac., Age 35*

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