

I have been a patient of Dr. Trish since January. I learned about Dr. Trish when my husband and I went to buy carpet and I received a bonus with a referral of Dr. Trish. When I came to Dr. Trish, I felt this was my last chance at getting the weight off, addressing my past medical problems, and becoming healthy again. Dr. Trish's enthusiasm made my consultations a positive experience since day one. After my initial consultation, I could not believe that Dr. Trish called me to see how I was progressing! Through Dr. Trish's detailed blood work, detox, supplements and The Diet Cure book, I have experienced a life change. Specifically, the blood work uncovered a condition that I needed to watch.

As a result, I have become gluten free and caffeine free, and have maintained daily exercise. Since treating with Dr. Trish, I have lost 25 pounds and I hope to continue to lose even more! I want to thank Dr. Trish who has been an outstanding health coach and mentor as well as Karen who was always helpful! Also a big thank you to my husband and daughter who have been my home coaches by encouraging my life change through diet and exercise!

Maureen D.