

In January of 2018, I had my annual physical and my blood work showed my red and white blood cells and iron were low. This was something that alarmed me. Over several months and several different tests taken that showed nothing abnormal, my blood work went back into normal range. However, something was off. I guess you could say my "check engine light" was still coming on. So in October, I decided to make an appointment with Dr. Trish for her nutritional guidance and expertise.

Well, what can I say but Horray!!! After placing me on a nutritional and supplemental regimen with exercise, I felt so much better!!! I have lost 14 lbs. and have lowered my percentage of body fat which are the two tasks I asked Dr. Trish to help me with. I'm also now gluten free and dairy free. I have drastically lowered my sugar and carbohydrate intake as well. Just accomplishing that made such a difference in my energy level.

Dr. Trish and her staff are so professional and go above and beyond to help you in any way they can. So, if you are interested in changing your lifestyle, I recommend you make an appointment for a consultation with Dr. Trish.

Thank you Dr. Trish for getting me back on track!!

ERL