

I can't say enough to sufficiently praise Dr. Trish and her knowledge of nutrition! She gave me the tools to "fix" my body.

I had reached a point in my life where dieting wasn't working. Not only was I overweight, I wasn't feeling well. I was tired and I had typical body aches, etc. I needed someone with Dr. Trish's knowledge, tools and experience to teach me what I was doing wrong. Thirty days in, bloodwork and vitamins, a detox and a total habit and way of life transformation and the scale keeps ticking down.

Trish has helped me make changes that have become habit. She has not only been knowledgeable but available for my questions. She cares about her patients and their success in getting healthy! Even when I thought I couldn't do something, I have trusted her and she has been on the mark every time. Her office is and her assistant Karen are also pleasant and helpful.

The Best!

Jennifer A.