

I have been a chiropractic patient of Dr. Trish for many years. Over this time I had often spoken to her about her nutrition practice. I, like most people, needed/wanted to lose some weight. I have tried many diets and programs over the years, Weight Watchers, Scarsdale Diet, Paleo Diet, along with numerous other fad diets, the weight would come off but inevitably the pounds came back.

Finally I took the step to meet with Dr. Trish to find out about her program. Although I was eating little, and working out (walking, home work outs), I was feeling run-down, gaining weight and just not healthy.

My goal was to lose 10 lbs, but more than losing the weight, I wanted to feel healthy and good about myself. Through Dr. Trish's expertise and guidance, I learned that it is not always the amount you eat (either too much or too little) but what you eat including the importance of the combination of foods you are eating, along with exercise. This would be a lifestyle change ... not just a diet.

It is now a year later, after 6 months on the program, I was at my goal weight, I was feeling healthier, better about myself, eating more and doing more physically. I have continued to follow the guidelines Dr. Trish provided me with both eating and exercising. I am still a work in progress but I am certainly a healthier one now.

So, thank you my friend Dr. Trish for all you have taught me and most especially for you guidance and friendship.

Loretta H.