

My experience with Dr. Trish has literally been life changing. I started my journey with Dr. Trish in July 2022 and as of October 2023 I have been able to lose and keep off over 25lbs. I have lost significant weight in the past but it would come back due to not making those lifestyle changes. I have a ways to go but I believe that they are within reach as the result of the knowledge, guidance, and support I have received from Dr. Trish. Dr. Trish helped me figure out the source of my extreme fatigue that kept me from being motivated or having energy to participate in wellness activities. After addressing the issues, I had a huge improvement in energy and exercising. I also had a significant improvement in my cholesterol levels under her care. Dr. Trish is extremely professional, patient, understanding, and knowledgeable. She presents the information in terms that are easy to understand. She has a gentle approach and does not make you feel bad for not being where you can or should be, but encourages you to get there on the next try. Thank you so much Dr.Trish! I am so grateful to have stumbled across your services! ~ Chan R