

I've had the pleasure of knowing Dr. Talerico (Trish) for almost 15 years and I have been her client twice. Once - when I was in college (to maintain weight while away at school) and - most recently - after deciding it was time to get back on track after losing my commitment to nutrition. Every time I've worked with her, there's been a success story tied to the journey. Dr. Trish is the ultimate professional and her kindness and love for her profession radiates the room. Trish has completely changed my perception of a healthy relationship with food and the nutrition industry. I didn't have to sacrifice all the foods I loved to work with her; instead, we came up with a plan that best suited (and still suits) my busy lifestyle and travel schedule. I feel stronger and more confident than ever since working with her. I still see her on a monthly basis and her insights have been invaluable to me. If you need an expert in the field, who is non-judgmental and only wants to help you grow to be the best version of yourself. She is wonderful and is the epitome of a nutritionist with "bedside manner."

~SE