



**TRI-COUNTY Weight Loss &
Nutrition Center**
300 Fox Glen, Barrington, IL 60010
(847) 382-6070

Patient Testimonials



Michelle Caddington

"Tri-County Weight Loss & Nutrition Center has helped me lose 38 lbs in 3 months. With the Nutritional Counseling I have received I have been able to create a diet suitable for my lifestyle by choosing better foods for me. I have a healthier relationship with food now and I don't feel I'm depriving myself of anything. I now exercise every day which makes me feel better about myself."

"For years I have had trouble controlling my weight. I work in the financial industry, deal with high levels of stress on a daily basis and travel constantly. This past year my father had a heart attack and forced me to take a look at my own health picture. I met with Dr. Thakkar at my regular physical and she put me on a weight program. I have now been on the program for 3 months and I've lost 25 lbs! I feel better than ever and for the first time I've been able to lose weight without having a crutch - historically this has been smoking cigarettes. I've managed to quit smoking now for over 6 months, lose weight and feel so much better as I prepare to turn 40 later this year. What makes my weight loss even more amazing is that I travel constantly for a living - which involves multiple opportunities to eat foods rich in fat and often late at night. Working with Tri-County Weight Loss & Nutrition Center has helped me deal with being on the road and still eating healthy in addition to using 'out of the box' thinking to achieve exercise goals. For example, taking stairs vs. elevators. A simple solution to a complex problem of not having any time to work out.

Tri-County Weight Loss & Nutrition Center has helped me change my life for the better and I urge you to consult with them regardless of your circumstances to lose weight and feel good about yourself. Also, I must also give an endorsement of Tri-County Weight Loss & Nutrition Center. This is a no nonsense type of program that gives you the straight facts without sugar coating anything. Their directness and passion for their business of providing health care is exemplary! "

John D. Simone, CFA
JP Morgan Asset Management