

To whom it may concern:

I am pleased to recommend Ricky Trigalo of Life Changing Wellness in Sunnyvale, California. Ricky is a knowledgeable functional medicine practitioner and nutritionist who takes a personalized, whole-body approach to wellness. Her focus on identifying underlying factors and developing individualized strategies makes her a valuable resource for individuals seeking meaningful and sustainable improvements in their overall well-being.

Ricky offers personalized nutrition guidance, functional testing, lifestyle recommendations, targeted supplementation, stress management, and wellness support focused on areas such as gut health, hormones, thyroid function, energy, sleep, and metabolic health. She uses advanced functional testing and detailed analysis to better understand individual needs before creating tailored, phase-based wellness protocols.

A particular strength of Ricky is her dedication to providing thoughtful and individualized guidance. She takes the time to understand each person's goals and circumstances, explains her recommendations clearly, and develops practical strategies involving nutrition, lifestyle habits, stress management, and other wellness practices. Her professionalism, knowledge, and compassionate approach reflect a genuine commitment to helping others achieve lasting wellness.

I highly recommend Ricky Trigalo of Life Changing Wellness. Her expertise, attention to detail, and dedication to individualized care make her a valuable resource for those looking to better understand their wellness needs and develop sustainable habits.

Sincerely,

Aneetha Vijay
Optimization Specialist
Schooley Mitchell