

Active Family Chiropractic of Gaithersburg, MD Teams Up With Trifecta Wellness to Offer Innovative 14-Day Detox Program Designed to Jumpstart Patients' Health in 2014

Dr. Greg Swistak of Active Family Chiropractic and health coach Leslie Edsall of Trifecta Wellness have come together to host a 14-day "Clean Eating Detox Program". This innovative food-based cleanse offers participants the opportunity to "hit the reset button and feel more alive, recharged and renewed".

Gaithersburg, MD ([PRWEB](#)) February 11, 2014 -- [Gaithersburg chiropractor Dr. Greg Swistak](#) understands the power of positive lifestyle changes. He knows that they hold the key to long-term health and wellness for his patients. That's why he has teamed up with [Leslie Edsall, a health coach, nutritionist and founder of Trifecta Wellness](#), to deliver a 14-day detox program built entirely around the idea of gradual, transformational diet change. "We think this is a great opportunity for people to hit the ground running with their health goals in the New Year," says Dr. Swistak. "I've never hosted a program in the clinic quite like this one before, and I'll be participating in it myself."

The [Trifecta Wellness website](#) and the company's [YouTube videos](#) both provide some background on the 14-day detox. According to Ms. Edsall, the Clean Eating Detox is about much more than just losing weight. The program is aimed at helping participants discover and rid themselves of toxic foods that cause systemic inflammation in the body. Once that's accomplished, the key is to replace counterproductive eating habits with good ones that are sustainable and can last a lifetime. With the elimination of toxic, unhealthy foods, participants have improved digestion and more energy while at the same time finding it easier to reach their weight-loss goals. "Most of my clients who do the cleanse find that they sleep better, their energy level is more sustainable, their skin is better and they lose a little bit of excess body weight depending on the individual. Some people have even had improvements in joint and low-back pain."

Dr. Swistak sees the appeal of this unique program and is excited about its potential. "It's very consistent with our educational mission here at Active Family Chiropractic. The small-group setting and all the other resources provide a nice combination of accountability and step-by-step support. And since it's a food-based detox, there are no supplements involved."

About Dr. Greg Swistak and Active Family Chiropractic

Greg Swistak, D.C. is a member of the Maryland Chiropractic Association and the International Chiropractic Pediatric Association. He is also a Fellow of the American Medical Acupuncture Society and a [well-known lecturer on complementary and alternative medicine](#), having delivered hundreds of presentations and workshops to audiences in public- and private-sector organizations as well as in academic and special-event settings. He received his Doctor of Chiropractic degree in 1997 from the Palmer College of Chiropractic.

Active Family Chiropractic is a family-oriented chiropractic and wellness clinic in Gaithersburg, MD. It's mission is to educate people on the importance of good health, alleviate their pain, and motivate them to achieve health and balance in their lives.

Active Family Chiropractic



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About Leslie Edsall and Trifecta Wellness

Leslie Edsall is a Board-Certified Holistic Health Coach (HHC) and Certified Health Education Specialist (CHES) or as well as a Certified Yoga Instructor (RYT 200). Ms. Edsall holds a BS in Exercise Science and Health Promotion. She is also the founder of Trifecta Wellness, which offers a variety of personal, small-group and online women's lifestyle coaching services rooted in nutrition, yoga and self-care.

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