



VIBRANCE FOR LIFE®

## Lorraine Maita, MD Award-Winning Physician, Speaker and Author

Lorraine Maita, MD is a sought-after speaker and author who is Board Certified in Internal Medicine and has decades of experience in Preventive Health and Wellness, Functional, Anti Aging, Integrative, Internal, Occupational and Travel Medicine and Executive Health at Fortune 100 companies and in private practice. The award-winning doctor and author of ***Vibrance for Life: How to Live Younger and Happier***, has developed is an expert in dealing with people who no longer feel like themselves, who feel something is off and are told they are stressed or just getting old. She gets to the root cause of the issue and helps people feel vital and healthy again. She helps people with weight loss, thyroid, gastrointestinal, autoimmune, cardiovascular and hormone disorders. . Dr. Maita's book, private practice and presentations allow others to regain their lives, relieve aches and pains, restore intimacy in their relationships, become more motivated to eat right and exercise, and improve personal and professional performance, physical strength and mental clarity and much more.



As an informative speaker who has presented to fortune 100 companies, community and women's groups and businesses that want to educate people to take charge of their health. Dr. Maita shares her extensive knowledge through on-site educational programs to businesses and organizations aspiring to promote greater vitality and optimum health. During her speaking engagements, Dr. Maita demystifies the illness and aging process and gives individuals the knowledge and skills needed to live the life they have imagined.

### Some of the topics Dr. Maita can discuss include:

- Food as Medicine
- Anti-Aging Secrets
- Boost Your Desire
- Hormone Harmony
- The Vitality Formula
- Lose Weight Feel Great
- The Secret of Living Younger
- Healing Autoimmune Disease
- How to preserve your memory
- Inflammation: The root cause of Illness
- Biggest mistakes people make with supplements
- Lifestyle Choices Do They Sustain You or Drain You
- Busting the Myths of Hormone Replacement Therapy
- Exercise Prescription for Disease Reversal and Prevention



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