

Vibrance **FOR** Life

How to Live Younger & Healthier

Lorraine Maita MD





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Topic's Dr. Lorraine Maita, MD Can Discuss

Dr. Lorraine Maita, MD is a captivating and sought after speaker, author and radio personality. She has spoken at many Fortune 100 companies, has been a keynote speaker at events, symposia, hospital grad rounds, health care organizations, local Chambers of Commerce, schools, destination spas and special interest groups as well as large to small gatherings. Dr Maita has spoken about a variety of topics and can customize topics for your audience. Here is a sample of what she has spoken about.

Anti- Aging- Executive Health- Prevention- Wellness

- Health & Productivity Formula: How to perform at your peak while building your business and profits
- Staying Slim, Sharp, Strong, Supercharged and Stress Free: What you MUST now to look and feel your best at any age.
- Vibrant health at Any Age and Stage: What you MUST know to be healthy and productive
- How Old Are You ...Really? How your biological age determines your fate
- Smother the Fire of Silent Inflammation: The root cause of all illness
- The 5 Fatal Flaws: What you must know to avoid illness
- The Secret of Living Younger
- Top 3 Anti-Aging Tips
- The Vitality Formula

Autoimmune

- Taking the Mystery out of Autoimmune Disorders: The TEN steps to restore your health

Hormones and Bioidentical Hormones

- Hormones Through the Ages: How hormones change and how to balance them
- Hormone Replacement Therapy: Busting the Myths: New studies on how it can be safe and beneficial
- Stressed Out or Burned Out: Controlling Cortisol, the Stress Hormone
- Hormones: A Functional Medicine Approach
- Balancing Hormones Naturally
- Solving the Hormone Puzzle
- Hormone Harmony
- Boost Your Desire

Stress

- Lifestyle Factors: Do they sustain you or drain you
- Top Stress Busting Tips so You can Live Your Best Life
- Stressed Out or Burned Out: Controlling Cortisol, the Stress Hormone

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Nutrition and Supplements

- Food as Medicine
- Food: The Chemistry of Health
- Foods Through the Ages, Foods That Age
- The Missing Link: The case for replacing and supplementing nutrients

Weight Loss and Exercise

- Lose Weight Feel Great: The little known solutions to slim down, get health and look and feel younger
- Exercise Prescription for Health, Happiness and Hormone Balance
- The Toxicity of a Sedentary Lifestyle
- Weight Loss Prescription
- Healthy Weight for Life



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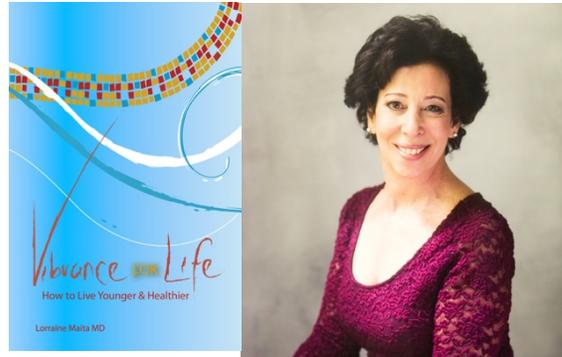




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Lorraine Maita, MD Award-Winning Physician, Speaker and Author

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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Short Bio (Full Bio to Follow)



Lorraine Maita, MD is very passionate about restoring and revitalizing health and wellbeing. Even as a child she hated to see people suffer and it motivated her to dedicate her life to the practice of medicine. **She is a recognized and award-winning holistic, functional and anti aging physician, speaker and author.** She transforms people's lives by getting to the root cause of illness and reverses chronic illness through lifestyle change and treatments, using the best of science and nature. She is known for her knowledge, caring and understanding. Dr. Maita's visits are long and comprehensive. She really listens and forms a partnership with her patients. Her approach is personalized, and you are treated as the unique individual you are.

Her patients report that they are now leading more vibrant lives due to the dramatic results she has helped them to attain. "Through understanding the causative factors and a person's unique genetic and metabolic make up, along with their lifestyle, how they manage stress and what they do as preventive measures, as well as incorporating fitness, nutrition, supplements and hormones, profound changes take place that are sustainable and gives people their life back."

Dr. Maita is Board Certified in Internal Medicine and Integrative Medicine, as well as, Functional, and Anti-Aging Medicine. Dr. Maita has decades of experience in Preventive Health and Wellness, Internal, Occupational and Travel Medicine and Executive Health at Fortune 100 companies as well as private practice. She is also the author of "*Vibrance for Life: How to Live Younger and Healthier.*"

She has a private practice in NJ where she sees patients from all over the world. Her website is <http://www.HowToLiveYounger.com/> and www.VibranceForLife.com She resides in New Jersey. In her spare time, she enjoys yoga, Pilates, hiking, cycling, swimming, cooking, entertaining and traveling.

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Full Bio



Lorraine Maita, MD is very passionate about restoring and revitalizing health and wellbeing. Even as a child she hated to see people suffer and it motivated her to dedicate her life to the practice of medicine. **She is a recognized and award-winning holistic, functional and anti aging physician, speaker and author.** She transforms people's lives by getting to the root cause of illness and reverses chronic illness through lifestyle change and treatments, using the best of science and nature. She is known for her knowledge, caring and understanding. Dr. Maita's visits are long and comprehensive. She really listens and forms a partnership with her patients. Her approach is personalized, and you are treated as the unique individual you are. Her patients report that they are now leading more vibrant lives due to the dramatic results she has helped them to attain.

Dr. Maita is Board Certified in Internal Medicine and Integrative Medicine, as well as, Functional, and Anti-Aging Medicine Dr. Maita has decades of experience in Preventive Health and Wellness, Internal, Occupational and Travel Medicine and Executive Health at Fortune 100 companies as well as private practice. She is also the author of *“Vibrance for Life: How to Live Younger and Healthier.”*

Dr. Maita was deeply affected by the illnesses her family faced: her father died of cancer, grandmother had a massive stroke, older brother was brain damaged from an accident and her youngest brother was blind. Since these medical issues couldn't be changed, Dr. Maita began to focus on prevention as well as restoring health and vitality Today, she treats individuals with vague to severe health complaints or those who simply feel a loss of self and deteriorating health.

The award-winning physician completed a fellowship in functional and anti-aging medicine, has visited age management clinics and spas both nationally and internationally and trained under many different functional, integrative and anti-aging philosophies to develop her own customizable health enhancement programs. Dr. Maita has expertise in bioidentical hormone replacement therapy, weight loss, nutrition, autoimmune, cardiovascular and gastrointestinal disorders, executive health, and metabolic and personalized medicine. After working with the doctor, her clients are able 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. Chronic illnesses are often reversed, and patients are less reliant on medications to manage their conditions.

Dr. Maita began her medical career as an attending physician in hospitals and clinics including St. Luke's/Roosevelt Hospital, Columbia Presbyterian Medical Center, Executive Health Examiners New York Stock Exchange clinics and others. After one year, she decided that she wanted to write, teach and develop programs to address the critical needs of patients and to prevent illness. She fulfilled this desire while serving as **Vice President and Chief Medical**

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Officer at Prudential Financial where she decreased the cost of workers compensation claims, helped people lower their blood pressure, lose weight, deal with chronic illness, and developed preventive health and wellness, executive health and travel health programs for employees traveling overseas. Her methods proved that wellness worked, and she was given approval to build 7 new health and fitness centers. As the **Medical Director on The Pfizer Health Leadership Team and Medical Director of North America for Johnson & Johnson Global Health Services**, Dr. Maita developed policies, strategies and standards globally in regard to occupational health, workers compensation, disability management and other issues and had oversight for doctors, nurses and other healthcare professionals and managed executive's health.

Her programs have gained recognition globally and have won awards such as **The Pfizer Consumer Healthcare President's Innovation, The New Jersey Psychological Association Healthy Workplace, The Center for Office Technology Outstanding Office Ergonomics, The New Jersey Heartsavers and The New Jersey Governors Safety Awards.**

She has scores of testimonials and high levels of patient satisfaction. Many of her clients have been told by doctors that their health issue comes with stress and/or age and nothing can be done aside from providing them with medication. "I found that the cookie cutter approach of treating a patient's symptoms just with drugs for specific ailments does not fundamentally change anything, it only makes them dependent on drugs," says Dr. Maita. **"Through understanding the causative factors and a person's unique genetic and metabolic make up, along with their lifestyle, how they manage stress and what they do as preventive measures, as well as incorporating fitness, nutrition, supplements and hormones, profound changes take place that are sustainable and gives people their life back."**

"Dr. Maita is a Diplomate of the American College of Anti-Aging and Regenerative Medicine and has certifications in Advanced Endocrinology. She also has an appointment at Atlantic Health System's Morristown Memorial Hospital. This experienced physician is renowned for her innovative approaches in delivering compassionate, quality care. She consistently achieves superior results as well as outstanding customer satisfaction. Dr. Maita's clients report that they are now leading more vibrant lives due to the dramatic results she has helped them to attain.

She was an Advisory Team Member for WOR radio, the #1 news/talk radio station in the New York Metropolitan area and is now on **Advisory Team Member for AM 970 The Answer** is Salem Media's New York powerhouse in news and stimulating talk.

Dr. Maita has a private practice in NJ where she sees patients from all over the world. Her website is <http://www.HowToLiveYounger.com/> and www.VibranceForLife.com She resides in New Jersey. In her spare time, she enjoys yoga, Pilates, hiking, cycling, swimming, cooking, entertaining and traveling.



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Facts: Chronic Disease

According to the CDC: Six in 10 adults in the US have a chronic disease and 4 in ten adults have two or more. The risk factors can be controlled and are attributed to lifestyle.

Chronic diseases are defined broadly as conditions that last 1 year or more and require ongoing medical attention or limit activities of daily living or both. Chronic diseases such as heart disease, cancer, and diabetes are the leading causes of death and disability in the United States. They are also leading drivers of the nation's \$3.3 trillion in annual health care costs.

Most chronic diseases are caused by a short list of risk behaviors that can be modified:

- Tobacco use and exposure to secondhand smoke.
 - Cigarette smoking is the leading cause of preventable death and disease in the United States. More than 16 million Americans have at least one disease caused by smoking. This amounts to \$170 billion in direct medical costs that could be saved every year if we could prevent youth from starting to smoke and help every person who smokes quit.¹²
- Poor nutrition, including diets low in fruits and vegetables and high in sodium and saturated fats.
- Lack of physical activity.
 - Not getting enough physical activity comes with high health and financial costs. It can lead to heart disease, type 2 diabetes, some cancers, and obesity. In addition, lack of physical activity costs the nation \$117 billion annually for related health care.¹³
- Excessive alcohol use.
 - Excessive alcohol use is responsible for 88,000 deaths in the United States each year, including 1 in 10 deaths among working-age adults.^{14,15} In 2010, excessive alcohol use cost the US economy \$249 billion, or \$2.05 a drink, and \$2 of every \$5 of these costs were paid by the public. Binge drinking is responsible for over half the deaths and three-quarters of the costs due to excessive alcohol use.¹⁶

<https://www.cdc.gov/chronicdisease/about/index.htm>

90% of the nation's \$3.3 trillion in annual health care expenditures are for people with chronic and mental health conditions.

Heart Disease and Stroke

- Nothing kills more Americans than heart disease and stroke. More than 810,000 Americans die of heart disease or stroke every year—that's one-third of all deaths. These

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diseases take an economic toll, as well, costing our health care system \$190 billion per year and causing \$126 billion in lost productivity on the job.³

Cancer

- Each year in the United States, more than 1.7 million people are diagnosed with cancer, and almost 600,000 die from it, making it the second leading cause of death. The cost of cancer care continues to rise and is expected to reach almost \$174 billion by 2020.”⁴

Diabetes

- More than 29 million Americans have diabetes, and another 86 million adults in the United States have a condition called prediabetes, which puts them at risk for type 2 diabetes. Diabetes can cause heart disease, kidney failure, and blindness, and costs the US health care system and employers \$245 billion every year.⁵

Obesity

- Obesity affects almost 1 in 5 children and 1 in 3 adults, putting people at risk for chronic diseases such as diabetes, heart disease, and some cancers. Over a quarter of all Americans 17 to 24 years are too heavy to join the military. Obesity costs the US health care system \$147 billion a year.⁶

Arthritis

- Arthritis affects 54.4 million adults in the United States, which is more than 1 in 4 adults. It is a leading cause of work disability in the United States, one of the most common chronic conditions, and a common cause of chronic pain. The total cost of arthritis and related conditions was about \$304 billion in 2013. Of this amount, nearly \$140 billion was for direct medical costs and \$164 billion was for indirect costs associated with lost earnings.⁷

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<https://www.cdc.gov/chronicdisease/about/costs/index.htm>

Recommendations by the National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP)

- Quit Smoking
- Eat Healthy
- Get Regular Physical Activity
- Get Screened
- Get Enough Sleep
- Know Your Family History
- Make Healthy Choices in School, at Work and in the Community

<https://www.cdc.gov/chronicdisease/about/prevent/index.htm>

Functional Medicine: A Better Solution for Chronic Disease

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Testimony of Dr. Mark Hyman, MD to the United States Senate

Effective Health Care Reform: Addressing the Drivers of Costs and Chronic Disease

- • The current medical and scientific paradigm of acute care medicine has been unable to effectively address the epidemic of chronic disease and its associated costs.
- • There is a new paradigm which addresses the fundamental underlying causes of chronic disease, and can form the basis for a more effective model of medical education, practice, and research that over time will generate dramatic cost savings.
- • There are specific initiatives and strategies based on this new paradigm that can help transform our sick care system into a health care system.

The Right Solution for the Problem of Chronic Disease

- • This new paradigm is personalized, preventive, participatory, predictive, and patient centered. It is proactive rather than reactive. It is based on addressing the causes of disease and optimizing biologic function in the body's core physiologic systems, not only treating the symptoms.
- • It based on systems biology or medicine. That model exists today, and is called *Functional Medicine*.
- • Functional medicine is a system of personalized care, a **new “operating system”** that directly addresses **how environment and lifestyle influence our genes to create imbalances in our core biologic systems that, over time, manifest as disease**. It is this kind of medicine that is needed to create real successes in 21st century medicine.
- • Even if we get everything else right in health care reform, it won't matter unless we address the underlying causes of illness that drive both costs and the development of chronic disease.

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Facts: Autoimmune Disease is a major health problem according to the American Autoimmune Related Diseases Association and the National Institutes of Health

- NIH estimates up to 23.5 million Americans* have an autoimmune disease (AD). In comparison, cancer affects up to 9 million and heart disease up to 22 million.
- Autoimmune disease is one of the top 10 leading causes of death in female children and women in all age groups up to 64 years of According to the Department of Health and

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Human Services' Office of Women's Health, autoimmune disease and disorders ranked #1 in a top ten list of most popular health topics requested by callers to the National Women's Health Information Center. age.

- NIH estimates annual direct health care costs for AD to be in the range of \$100 billion (source: NIH presentation by Dr. Fauci, NIAID). In comparison, cancers costs are \$57 billion (source: NIH, ACS), and heart and stroke costs are \$200 billion (source: NIH, AHA).
- The NIH Autoimmune Diseases Research Plan states; "Research discoveries of the last decade have made autoimmune research one of the most promising areas of new discovery."

Facts: According to the American Thyroid Association: More than 12 percent of the U.S. population will develop a thyroid condition during their lifetime.

- An estimated 20 million Americans have some form of thyroid disease.
- Up to 60 percent of those with thyroid disease are unaware of their condition.
- Women are five to eight times more likely than men to have thyroid problems.
- One woman in eight will develop a thyroid disorder during her lifetime.
- Most thyroid cancers respond to treatment, although a small percentage can be very aggressive.
- The causes of thyroid problems are largely unknown.
- Undiagnosed thyroid disease may put patients at risk for certain serious conditions, such as cardiovascular diseases, osteoporosis and infertility.
- Pregnant women with undiagnosed or inadequately treated hypothyroidism have an increased risk of miscarriage, preterm delivery, and severe developmental problems in their children.
- Most thyroid diseases are life-long conditions that can be managed with medical attention.

Facts: According to Health.gov The Current Eating Patterns in the United States Needs to be Shifted to Align with Health Eating Patterns

The typical eating patterns currently consumed by many in the United States do not align with the *Dietary Guidelines*.

- About three-fourths of the population has an eating pattern that is low in vegetables, fruits, dairy, and oils.

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- More than half of the population is meeting or exceeding total grain and total protein foods recommendations, but, as discussed later in the chapter, are not meeting the recommendations for the subgroups within each of these food groups.
- Most Americans exceed the recommendations for added sugars, saturated fats, and sodium.

In addition, the eating patterns of many are too high in calories. Calorie intake over time, in comparison to calorie needs, is best evaluated by measuring body weight status. The high percentage of the population that is overweight or obese suggests that many in the United States overconsume calories. More than two-thirds of all adults and nearly one-third of all children and youth in the United States are either overweight or obese.

<https://health.gov/dietaryguidelines/2015/guidelines/chapter-2/current-eating-patterns-in-the-united-states/>

Facts: CDC's Second Nutrition Report

The *Second Nutrition Report* found less than 10% of the U.S. population had nutrition deficiencies for selected indicators. However, for most nutrition indicators, deficiencies varied by age, gender, or race/ ethnicity and could be as high as nearly one third of certain population groups. For example, non-Hispanic black (31%) and Mexican-American (12%) people were more likely to be vitamin D deficient compared to non- Hispanic white people (3%).

- Percent of People with Nutritional Deficiencies
- Vitamin B6 10.5%
- Iron 9.5 %
- Vitamin D 8.1 %
- Vitamin C 6%
- Vitamin B12 2%
- Vitamin A, E and Folate < 1%

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