VIBRANCE FOR LIFE®

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 anf 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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