

# Joyful LIVING

## **Anti-aging Expert Lorraine Maita, MD provides Transformative Tips on How to Age with Vigor and Vitality**

### **“Vibrance for Life: How to Live Younger and Healthier”**

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New York - According to the Center for Disease Control and Prevention, the life expectancy is currently 77.9 years of age. Dr. Lorraine Maita, President and Medical Director of How to Live Younger wants to teach everyone to age with vigor and vitality: she shares tips to tackle menopause, weight gain, nutritional deficiencies and other ailments. “Many people visit their doctor and are told that nothing can be done about their health issues because it is something that comes along with age. Instead of being defined by this, preventive measures can be taken to age gracefully and prevent or reverse degenerative diseases,” says Maita. Drawing upon her experience as a Board Certified Internal Medicine Physician, her fellowship in anti-aging and regenerative medicine and experience as chief medical officer/director of Fortune 100 companies, Maita provides insightful information, methods and tips in her new book “Vibrance for Life: How to Live Younger and Healthier” (Vibrance for Life, May 2011, ISBN 978-0-9833148-0-6, Price: \$14.95), which is available on Amazon.com.

Maita offers the following tips to create natural hormone harmony, balance your food portions and achieve optimal nutrition:

“To avoid the hormone rollercoaster that damages your health, keep cortisol and insulin low by limiting processed and white food, use adaptogenic herbs such as ashwaganda, rhodeola and/or ginseng to manage cortisol and fish oil, chromium and alpha lipoic acid to help with insulin sensitivity.

Maintain your weight by balancing your plate: 2/3 non-starchy vegetables, 1/3 lean protein and a small amount of fat provided by condiments (oil, cheese, nuts, avocado, etc.).

Understand that not all supplements are created equally. Buy brands that are ‘pharmaceutical or clinical grade.’ These products are made using Good Manufacturing Processes (GMP) and tested for potency and purity and are free of contamination throughout the manufacturing process.”

More tips can be found in Maita’s book, which answers some of the most frequently asked questions she has received from her patients. Maita harnesses the synergistic power of a comprehensive approach that incorporates diet, exercise, supplements and hormones and stress management to provide the greatest effects. Her quick, easy guide empowers readers to make lifestyle changes that will make them feel better and younger.

During Maita’s work in various hospitals and clinics, she saw patients return repeatedly with the same ailments despite superior medical care. This perpetual cycle continued due to the poor lifestyle choices of her patients. Since then, Maita has pledged to educate, motivate and inspire people to prevent illness or catch it in its infancy. Today, the skilled doctor blends functional, traditional and anti-aging medicine and combines it with fitness, nutrition, supplements, lifestyle and bioidentical hormones to transform those that are faced with deteriorating health and energy loss into vibrant, energetic and healthy individuals.

In Maita’s private practice, she offers individualized personal care which consists of comprehensive executive health programs, bio identical hormone replacement therapy, metabolic makeovers, skin rejuvenation, weight loss, advanced scientific testing and more. For more information, to register for a consultation with Maita or to buy her new book, visit [www.vibranceforlife.com](http://www.vibranceforlife.com).