

Optimal Health: A Preventive Approach

By Lorraine Maita, MD

What would you do to maintain or restore the energy, vitality, strength and clarity of youth? Aging is inevitable but how you age is largely dependent on your lifestyle and choices. As you get older your environment and lifestyle has the greatest influence on your health and wellbeing. The media is exploding with information on Anti-Aging remedies, often-



times with outrageous claims that cannot be substantiated. Dr. Maita can break through the media clutter and provide you with a clear path through this often-confusing maze. The end result will be looking and feeling your best, improved health, reduced stress and enhanced ability to participate more fully in your life's activities.

After years of working in hospitals, clinics and as a Medical Director in 3 Fortune 100 companies running Health and Wellness Departments, Dr. Maita knew that many diseases could be prevented or reversed. After researching the field of preventative aging at premier spas and health facilities around the world, she completed a fellowship in Anti-Aging and Regenerative Medicine. The Living Younger Program, an evidenced based approach that

Dr. Maita selected is designed to slow the aging process and to prevent or in some cases reverse the degenerative diseases of aging. "I saw many people who had thorough "Executive Physicals" and after having every scope and scan, were told they didn't have cancer or heart disease. They were left with a false sense of security about their health and still didn't know how to care for

themselves or why they weren't functioning optimally. Many of these executives then came to me for my perspective, ongoing coaching and support, as well as a practical approach they could easily implement. The rest was dramatic changes in their health and productivity."

"I inspire people to live healthier lives so that they can achieve their health and life goals. Issues such as energy, mental clarity, high blood pressure, high cholesterol, diabetes, weight gain, fatigue, muscle and joint aches as well as inflammatory and other disease can be better managed with less medication or perhaps none at all. My approach is to harness the synergistic power of good nutrition, supplements, exercise, hormonal and metabolic balance, preventative strategies, stress management and lifestyle. My strategies are customized in a holistic approach to each individual's needs. Early intervention before permanent damage occurs can often

mean the reversal of an illness. "

Dr. Maita offers a variety of options, in a comprehensive, full-day and in depth analysis and plan to jump-start your health with a customized program. It's an investment and a workshop that focuses on your individual needs and goals. Of course, some people prefer to start slowly focusing on their most pressing problem rather than beginning with a full assessment. She also offers several structured weight loss programs to suit an individual's lifestyle as well as prescription skin care because patients want to look as well as feel their best.

You will always guide your treatment. Dr. Maita sees her practice as a partnership with her patients as she offers her personal touch to each treatment plan. "I am there to listen and help and not to judge, my role is to advise and educate. My excitement about the dramatic improvements my patients experience and how much better they feel keeps me going."



Whether your goals are basic or complex, the time to start is now and the place to start Living Younger is with Dr. Maita at The Office Center at Short Hills on 51 JFK Parkway. Visit her website www.howtoliveyounger.com for information, journal articles and upcoming events. Then, call Dr. Maita's office (973) 218-2610 for a consultation. You CAN live younger.