



Lorraine Maita, MD

you can live younger

About Lorraine Maita, MD, Author of *Vibrance for Life: How to Live Younger and Healthier*



Lorraine Maita, MD is the President and Medical Director of How to Live Younger, a captivating speaker and author of “Vibrance for Life: How to Live Younger and Healthier.” Dr. Maita is Board Certified in Internal Medicine with over 20 years of experience in preventive health and wellness, internal, occupational and travel medicine and executive health at Fortune 100 companies. The award-winning physician completed a 2-year fellowship in anti-aging medicine, has visited age management clinics and spas both nationally and internationally and trained under three different anti-aging philosophies to develop her own customizable anti-aging program. In her new book she shares the answers to the most frequently asked questions she has received from her patients. Dr. Maita harnesses the synergistic power of a comprehensive approach incorporating diet, exercise, supplements and hormones, and stress management. This approach provides the greatest effects. Her quick and easy guide simplifies the complex metabolic process and empowers readers to change their lifestyle.

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 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.

The health programs Dr. Maita created and implemented have gained national recognition and have won awards such as The Pfizer Consumer Healthcare President’s Innovation, The New Jersey Psychological Association Healthy Workplace, Outstanding Office Ergonomics from The Center for Office Technology, The New Jersey Heartsavers and The New Jersey Governors Safety Awards.

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. Today, she treats individuals with vague to severe health complaints or those who simply feel a loss of self and deteriorating health.



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Many of her clients have been told by doctors that their health issue comes with 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 Medicine, and a member of the Age Management Medical Group. She also has an appointment at Atlantic Health System's Morristown Memorial Hospital. The 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.

The anti-aging expert resides in Basking Ridge, New Jersey. In her spare time she enjoys yoga, Pilates, hiking, cycling, swimming, cooking, entertaining and traveling.

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