



HOW TO GO FROM  
**MISERABLE**

TO

**MAGNIFICENT**



VIBRANCE FOR LIFE®  
www.vibranceforlife.com

# BE MAGNIFICENT

---

You were born to be magnificent and something happened along the way. You were under stress, exposed to toxins, ate an inflammatory diet, lost sleep and your hormones changed. These things can cause many unwanted symptoms and illness that masks your magnificence. By applying The Vitality Formula™, you can uncover that magnificence and wake up feeling boundless energy with a clear sharp mind and a slim, fit body. Add what is missing, subtract what is not working and multiply all of the good, healthy habits that will fuel you and help you feel magnificent.

## Manage Stress and Get Good Sleep

Stress can be physical, mental, toxic, hormonal, infectious or nutritional. Sleep is one of the most healing and restorative things you can do for yourself. Multiply or perform these habits on a regular basis.

- **Breathe Like a Baby** – take deep belly breaths allowing the belly to expand to a count of 5, then hold for a few seconds and exhale to a count of 5 or longer. Do this for several rounds until you feel calm.
- **Block Blue Light** – Blue light shuts off the sleep hormone melatonin. [Use blue light blocking glasses](#) when watching TV or using electronics that emit blue light such as phone, tablet or computer. Set your electronics on night shift which blocks blue light.
- **Brain Dump** – Put whatever is on your mind on a piece of paper, in other words, journal. I like to write down what I must do, what I can delegate, what can wait, and I ask for inspiration and guidance to get answers to the things I need help with.



## Put Out the Fires of Inflammation

Stress can be physical, mental, toxic, hormonal, infectious or nutritional. Sleep is one of the most healing and restorative things you can do for yourself. Multiply or perform these habits on a regular basis.

- **Subtract or reduce inflammatory foods** – The most inflammatory foods are sugar, wheat dairy and saturated fats such as meat, trans fats, hydrogenated oils While you need some of these fats, the Standard American Diet has too many, especially in processed foods.
- **Add anti-inflammatory fats** – I call them fats that flow. These foods can be made into an oil. Fish, olives, avocado's, nuts, seeds and any of their oils are healthier anti-inflammatory fats.
- **Subtract processed foods** – Most processed foods are laden with sugar, saturated fats and hydrogenated oils. Many are so refined they raise blood sugar which worsens inflammation and pack on the pounds.



## Remove toxins

Toxins cause inflammation and disrupt your hormones, immune system and nervous system. They are found just about everywhere such as your shampoos, soaps, lotions, hair products, cleaning fluids, clothing and plastics. Some have been found to cause cancer.

- **Subtract Chemicals** – sodium lauryl sulfate, parabens, phthalates, BPA in plastics, formaldehyde, fragrance are among the chemicals you should avoid.
- **Add Natural Products** – that have natural [essential oils](#) and are made with natural ingredients. Try all-natural, toxin free hair and skin care and cleaning products and use an organic dry cleaner. Many products I researched and tried are on my website under [Resources](#).
- **Detox to Reduce Inflammation** – Our signature [detox coaching program](#) or the do-it-yourself [Shake Bake and Salad Slimdown](#) were designed to reduce toxins and inflammation, heal the gut, which is the seat of your immune system and uncover food sensitivities. It can be modified if you don't want to lose weight.



## Balance Hormones

Your hormones control everything and YOU can control your hormones. Everything we mentioned so far can help your hormones. Reducing stress and getting a good night's sleep, as well as reducing sugar and inflammatory foods can lower cortisol the stress hormone. Removing toxins can decrease inflammation and lower xenoestrogens that make you gain weight. Men and woman need to get rid of hormones.

- **Subtract Hormones in Stool** – In order to rid your body of toxins, you must move your bowels at least daily. Stool should look like a snake. To have a smoother move, take magnesium citrate until you get the desired effect and be sure to get at least 25 grams of fiber in your diet. To get quality products at a discount, sign up for [Supplement Savvy](#). It is a free educational program that gives you access without any obligations.
- **Add Fiber and Flax** – Fiber binds toxins and the hormones you want to get rid of. It adds bulk to your stool and feeds the good bacteria. Make sure the flax is fresh ground since it goes rancid easily.
- **Add Testing** – Have someone measure your hormones. They will change at different stages of your life and in accordance with your lifestyle. What you eat, drink, how much you sleep and exercise, the toxins you are exposed to and the stress you are under will affect your hormones. Be sure to find a [functional medicine physician](#) well versed in hormones who will address all of the underlying factors to avoid any unnecessary hormone replacement.



## Supplement with Savvy

If you are not getting at least 10 servings of fruits and vegetable a day, you are most likely deficient in many vitamins and minerals. Food is not picked ripe, it is grown in nutrient depleted soil and it loses nutrients in shipping, storage and cooking. Chances are you are not absorbing all that you should. Eating more organic fruits and vegetables is the way to go but you may still be deficient. Eat high quality protein that has healthy fat such as wild caught fish or free-range chicken or grass-fed beef. You will still need high quality supplements to round out what is missing in your food. You can get access to top quality brands at a discount with no obligation by signing up for [Supplement Savvy](#).

- **Add a Multivitamin and Mineral Formula** – look for methyl folate and methylcobalamine (Vitamin B12), mixed carotenoids (Vitamin A) and mixed tocopherols (Vitamin E) as these are the natural forms that have the most benefit. Stay away from any supplement that does not list the form, if it just says Vitamin C and does not tell you the kind of Vitamin C or any other vitamin or mineral, it is probably a cheap, synthetic version.
- **Add EPA/DHA** – These make up fish oil. Beware of labels that list total fish oil. Add up the EPA and DHA because these are the most studied and beneficial forms. Make sure it says natural triglyceride on the label. The processed form is less stable, more easily oxidized and not well absorbed.
- **Add Vitamin D and K** – Vitamin K as MK7 menaquinone has been shown to enhance the absorption of Vitamin D and lessen its excretion in the kidneys. It increases bone density, bone strength and decalcifies arteries. Most people don't have optimal Vitamin D levels and would benefit from supplementing.





## Multiply Movement and Mindset

To truly have a well-rounded and healthy life, follow the advice from people in the Blue Zones who had the most people that lived to a hundred years and remained healthy. They had a sense of purpose, community, ate a Mediterranean diet, exercised daily and had an attitude of gratitude.

- EAT Well
- MOVE Daily
- SLEEP lots
- LOVE your body
- BREATHE deeply
- BE JOYFUL often
- ENJOY nature
- LIVE your purpose
- BUILD community
- BE grateful



Live healthy, love, laugh and stay in touch! If you want to work with me, [apply for a free, no obligation discovery call](#). Members of my team are also available for various programs and coaching.

**Lorraine Maita, MD | <https://howtoliveyounger.com> | [info@HowToLiveYounger.com](mailto:info@HowToLiveYounger.com) | (973) 218-1199**

