



Board-Certified Family Physician, Stress Expert and Obesity Medicine Specialist

www.drtyffanylowepayne.com

THE NATION'S LEADING EXPERT TO DE-STRESS FOR SUCCESS

Dr. Tiffany Lowe-Payne ("Dr. Tiffany") is a highly respected board-certified family physician of over 16 years. She is also a national speaker, best-selling author and an assistant professor at one of America's prestigious medical universities. As a consummate teacher at heart and noticing how stress affected the health of many of her patients, Dr. Tiffany founded The Institute of Transformational Health & Wellness, Inc. which facilitates a series of trainings and seminars utilizing holistic principles to help others achieve a state of optimal health.



www.drtyffanylowepayne.com

As a weight loss specialist and the Nation's Leading Expert to De-Stress For Success, Dr. Tiffany has been sought out for her expertise to discuss various health topics in primary care. She is passionate about changing the lives of millions and does this by using her lighthearted and energetic personality to connect with audiences as she educates them on relevant health issues in ways that are clear and easy to understand.

In addition, as a health correspondent, Dr. Tiffany has been featured in various media platforms. From health segments in both television and radio to printed articles in the likes of Shape Magazine, Men's Fitness and The Atlanta Journal Constitution, Dr. Tiffany is frequently asked to lend her years of experience to help others live healthy and whole.

Her Mission: To help you master the 3 essential aspects of healthy living: Mastering Your Mindset, Restoring Your Body and Replenishing Your Spirit. ***As Seen On:***





DYNAMIC SPEAKER

Master Your Mindset

Recognizing that chronic stress is a major underlying factor in over 60% of medical illnesses, and understanding that our thoughts are a predominate reason for why we develop stress in our lives, Dr. Tiffany teaches a series of methods that will make you think about healthy living in a whole new way ~from the inside out! She does this in part, by utilizing the guiding principles from her best-selling book, *A Woman's Guide to De-Stress For Success: 10 Tips to Conquer Stress & Live at Your Best*. This training will equip you with the keys needed to master a state of mindfulness to help you completely rejuvenate, refocus and ultimately de-stress.

RESTORE YOUR BODY

No matter what age you are, it's never too early (or too late) to develop habits that will help you stay healthy and on top of your game –after all, prevention is still the best medicine! Regardless of whether you are looking to lose weight, improve your chronic medical conditions or simply grow older gracefully, Dr. Tiffany utilizes this series of training sessions and discussions to provide an overview of preventive and restorative medicine, including teaching you the essential elements necessary to maintain your health through each stage of adult life and dispel the myths that may be keeping you from living at your best.

TRANSFORMING YOUR LIFE

It is a well-known scientific fact that there is a strong relationship between spirituality and wellness. As a result, Dr. Tiffany strongly believes that the path to living healthy and whole must incorporate tips which strengthen the inner you. By combining evidence-based knowledge from her years of experience as a physician with her core faith-based principles, Dr. Tiffany empowers her audiences to experience total transformation as she touches the hearts of all who are receptive to embracing real change, absolute healing, and amazing breakthroughs. Let Dr. Tiffany transform you!



Follow Me On Social Media

@drlowepayne

www.drtyffanylowepayne.com