

## Dr. Elaine S. Dembe

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Dr. Elaine Dembe... also known as The L.I.F.E. Doctor™ (Love, Inner Being, Fitness, Energy)... is a celebrated **chiropractor** in private practice for 33 years in Toronto, a sought-after keynote **speaker**, **media personality**, and author of 2 best-selling books; [Passionate Longevity – The 10 Secrets to Growing Younger](#) and [Use The Good Dishes™ – Finding Joy in Everyday Life](#). A former Canadian-ranked marathon runner (17 marathons to her credit) she is now an enthusiastic adventure hiker who recently reached the summit of Mount Kilimanjaro to celebrate her 60th birthday. Dr. Dembe is also a life coach helping individuals find strategies to reach optimal **health** and **wellness**. With her prescription for a personal and work life filled with passion, purpose and joy, this ‘**cheerleader for life**’ will inspire you to be your best.

A compelling speaker, Elaine brings clarity to confusing times. Dr. Elaine Dembe is one of Canada’s outstanding authorities on stress resiliency, longevity and motivation. Known as the **L.I.F.E Doctor®** she has extraordinary ability to focus on the current issues blocking the path of the way we live and work, and to inspire and re-energize her audience to live and work with purpose, passion and productivity. Elaine’s current speaking engagements motivate individuals and employees to strengthen their mental and physical resiliency against multiple stresses and unpredictable times and to find joy in everyday living and working.

A sought-after public speaker, media personality, best-selling author, celebrated chiropractor, and life coach, Elaine has helped movie stars, pop stars, politicians, and professional athletes to work out their kinks – physically and mentally – with her dynamic presentations. She has presented to over 400 leading corporations, associations and charitable organizations in Canada and the United States of America.

Elaine’s blending of chiropractic expertise with professional speaking and motivational skills, is unique. “Individuals want to feel better at work and in daily life. Management needs to rely on employees who are motivated, alert, healthy and functioning at their peak,” says Elaine.

Her high-energy performances are laced with good humour and audience participation and are loaded with achievable, goal-oriented concepts that regularly bring standing ovations and inspire audiences to face their challenges. Because of her irrepressible personality, she has been called a ‘cheerleader for life.’

A professional speaker since 1978 – delivering powerful presentations to leading Canadian and U.S. companies, associations and charitable organizations. Represented by many nationwide speakers’ bureaus and listed in Who’s Who of Canadian Women.

Author of two best-selling books, ***Passionate Longevity: The 10 Secrets to Growing Younger***, and ***Use The Good Dishes: Finding Joy in Everyday Life***. Also a leading authority and contributor to *Aging Smart: Strategies to Live Happier and Healthier, Longer*.

Dr. Dembe attended McMaster University. She graduated as a Doctor of Chiropractic Medicine from the Canadian Memorial Chiropractic College in 1978.

Dr. Dembe specializes in the care and prevention of back and neck problems, sports injuries and stress-related complaints. She has had her own private practice for 33 years.

She has run 17 marathons and ranked 11<sup>th</sup> in Canada for her 1982 performance of 2 hours, 53 minutes. She is an adventure hiker, completing the grueling high-altitude, 26 mile hike of the “Inca trail” to Machu Picchu, Peru, in December 2005 and in 2008, reached the summit of Mount Kilimanjaro in Tanzania.