



# JAIWANT RANGI, MD, FACE

Board-Certified Endocrinologist | Hormone & Metabolic Health Expert | Speaker

PROACTIVE & PERSONALIZED HEALTH FOR LIFELONG VITALITY

- **Prevent & Reverse** Diabetes, Obesity & Heart Disease
- **Optimize Hormones** for Balance, Longevity & Peak Performance
- **Reclaim Energy & Resilience** with Science-Backed Strategies

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**RANGI, MD** 

## MEET THE EXPERT WHO INSPIRES HEALTH TRANSFORMATION

What if you could prevent diabetes, balance hormones, and reclaim your energy—before health issues even start?

Dr. Jaiwant Rangi is a board-certified endocrinologist with over 25 years of expertise in Diabetes Care, Cardiometabolic Health, and Hormone Optimization. As the founder of Upstream Health, she is dedicated to proactive, personalized care that empowers individuals to prevent, reverse, and thrive despite diabetes, prediabetes, and metabolic challenges.

She began her career as an Assistant Professor at the University of California, where she developed a passion for education and patient-centered care. In 2008, she transitioned to private practice, refining her transformative approach using cutting-edge solutions

The COVID-19 pandemic reinforced the vulnerabilities of reactive healthcare, strengthening her commitment to Upstream Health—bridging gaps in conventional care and offering science-backed tools for resilience, longevity, and vibrant living.

As a speaker and educator, Dr. Rangi empowers audiences to take charge of their health and embrace transformation at any stage of life

## RE+SET: THE FOUR PILLARS OF TRANSFORMATION

Dr. Rangi uses the Re+SET framework—a proven, science-backed approach—to help individuals reclaim energy, optimize health, and build resilience.

Her **Four Pillars of Transformation**—Realign, Simplify, Energize, and Tune In—offer a clear roadmap to overcoming burnout, poor health, anxiety, toxic relationships, and stress, paving the way for lasting well-being

# SIGNATURE TALKS

## THE TRANSFORMATION EQUATION: MASTERING THE MIND-BODY CONNECTION

Discover how past experiences shape physical health—and how aligning mind and body can restore well-being

- ✓ Uncover the hidden "echoes" of stress, grief, and burnout—and transform them into fuel for resilience
- ✓ Optimize hormones and nervous system balance to restore energy, clarity, and vitality
- ✓ Master the mind-body connection using meditation, breathwork, and intentional living for long-term health

## THE BURNOUT SOLUTION: RE+SET FOR SUSTAINABLE ENERGY & RESILIENCE

Burnout isn't just about exhaustion—it's about disconnection. Learn how to reset your mind, body, and energy using the 4 Pillars of Transformation.

- ✓ Recognize early warning signs of burnout and chronic fatigue
- ✓ Implement strategies to realign, simplify, and energize daily life
- ✓ Use mindfulness and lifestyle shift to prevent and reverse burnout

## THE DIABETES EQUATION: METABOLIC & HEART HEALTH

A proactive, root-cause approach to managing and reversing diabetes. Discover how insulin resistance, inflammation, and lifestyle impact your long-term health.

- ✓ Understand how diabetes is more than just blood sugar—it's a metabolic disease
- ✓ Learn the connection between diabetes, heart disease, and longevity
- ✓ Implement science-backed strategies for blood sugar balance and metabolic health

## TESTIMONIALS

"Dr. Rangi's motivational talk was truly transformative. Her ability to blend personal experience with medical expertise made for an engaging and deeply impactful session. Her insights on hormone health and metabolic wellness provided our audience with practical strategies that could be applied immediately. I highly recommend her as a speaker for any medical or wellness-focused event."

— **Dr. Sarah L., Internal Medicine Physician**

"Dr. Rangi's motivational speaking on diabetes and wellness is nothing short of extraordinary. Her passion, expertise, and genuine dedication to making a difference shine through in every presentation. The impact of her talks on our audience has been profound."

— **Mark, Physician Assistant, University of California, Davis**

"Dr. Rangi has been the catalyst for transforming my journey with diabetes. As a nurse, I'm discerning about my healthcare choices, and Dr. Rangi has far exceeded my expectations. If I could, I'd give her 100 stars."

— **Rhonda R.**

## BOOK DR. RANGI FOR YOUR NEXT EVENT



For Event Organizers: Bring an engaging, science-backed talk to your audience. For Medical Professionals: Empower your patients with practical, actionable health insights. For Individuals: Learn strategies to take control of your hormones, energy, and metabolism.

"Health is not about managing symptoms—it's about solving the equation for true vitality and longevity." — **Dr. Jaiwant Rangi**



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