

NainaMD

Advanced Aesthetics & Integrative Medical Center

When it comes to the battle against aging, Dr. Naina Sachdev, affectionately known as “Dr. Naina”, is the secret weapon you want on your side. As an Anti-aging, Functional, and Aesthetic Medicine Specialist she is widely sought after for anti-aging knowledge, and she is frequently asked to speak internationally. As such, it’s not uncommon for Dr. Naina’s patients to travel from cities such as Los Angeles and Dubai to visit her, where she serves as Medical Director at the Advanced Aesthetics & Integrative Medical Center in Lake Oswego.

Most recently she has been named the Olay ambassador for the Olay Regenerist skincare line launched in the Middle-East. This gave her a status as a public figure and she has appeared as an anti-aging expert in numerous television and radio interviews, as well as magazines including Harpers Bazaar. She is also an experienced speaker for many Anti-Aging and Age Management organizations that are on the forefront of teaching this cutting edge medicine.

Her dedication is evidenced by her commitment to her patients. In order to care for her patients in the most effective way, Dr. Naina treats the whole body from the inside out using “functional medicine” which is a unique blend of medical disciplines that draws from conventional, nutritional, biochemical and aesthetic treatments.

“We look at the different processes that age the skin, such as hormone imbalance, and we correct them. From there, we can effectively reduce inflammation, which is the key to reversing the aging process and fighting illness,” she explains.

Patients will also benefit from Dr. Naina’s profound knowledge of nutrigenomics; the fascinating field that helps determine how nutrition and genetics affect one another. An evaluation uncovers a person’s individual genetic vulnerabilities, and Dr. Naina prescribes a nutritional plan to combat that unique set of weaknesses and imbalance.

Laser and Body Sculpting treatments are used in a way unlike that of other local medical spas and clinics. Using the most sophisticated laser, anti-cellulite and fat reduction systems available, Dr. Naina and her medical staff perform treatments with the highest possible standards, always under complete physician supervision. She has a unique medical weight loss program that has been highly successful in fat reduction with long term results.

When it comes to aging, time may not be on your side, but Dr. Naina is.



Photo Courtesy of P&G

Dr. Sachdev’s services include:

- Premier Laser Therapy- Titan, Laser Genesis, and Limelight
- Laser Hair Removal on virtually all skin types
- Acupuncture
- Zerona
- SmoothShapes
- Botox
- Bioidentical hormones replacement therapy
- Dermal fillers- Juvederm
- Vibraderm exfoliation
- Detoxification regimens
- Medical weight loss
- Wellness interventions
- Full line of wellness and anti-aging products

Dr. Sachdev’s works with the following conditions:

- Chronic fatigue
- Fibromyalgia
- Neurotransmitter imbalances
- Athletic endurance protocols
- Appetite control
- Male/Female hormone balancing
- Thyroid problems
- Food allergies
- Gastrointestinal detoxification regimens
- Cancer prevention protocols

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