



NainaMD Advanced Aesthetics & Integrative Medical Center

The Fusion of Science & Beauty

When it comes to the battle against aging, Dr. Naina is the secret weapon you want on your side. As an expert on anti-aging and regenerative medicine, Dr. Naina is widely sought after for her 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 at the Advanced Aesthetics & Integrative Medical Center in Lake Oswego.

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 imbalances, 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 imbalances.

Laser treatments are used in a way unlike that at other local medical spas and clinics. Using the most sophisticated laser system available, Dr. Naina and her staff of estheticians perform laser treatments with the highest possible standards, always under complete physician supervision. Dr. Naina has been featured in *Sayidaty* magazine for the month of October 2009.

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

Dr. Sachdev's services include:

- Premier Laser Therapy – Titan, Laser Genesis, and Limelight
- Hair removal on virtually all skin types
- Botox
- Dermal fillers – Restylane, Perlane, and Juvederm
- Vibraderm
- Detoxification regimens – light beam generator therapy
- Microdermabrasion
- Customized skin treatments using mineral oils
- Wellness interventions
- Full line of wellness, anti-aging products
- Appetite control/weight loss program
- Mineral make-up applications

Dr. Sachdev works with the following conditions:

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

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