



## **Defne Nayman**

Dr. Defne started her medical career in Emergency Medicine in the 1990s in New York.

For 25 years, she worked in a variety of Emergency Departments including Montefiore Health System in the Bronx and Metropolitan Hospital- a teaching hospital for NY Medical College.

Working in the Emergency Departments and seeing what she calls the shortcomings of conventional medicine and the current health system, ignited a passion to help people reclaim their health, energy, vitality and the quality of their lives.

As a heartfelt provider, she pursued further training in Antiaging, Functional and Metabolic Medicine, acquiring board certification and fellowship degree in this newly emerging world of medicine. She also holds IIN health coaching degree as well as Board Certification in Advanced Esthetics.

She states she is a mom first, then a doctor and that her vision has evolved and transformed since she became a mom. Cooking is a recreational activity for Dr. Defne. She finds tranquility in her kitchen, akin to meditation. She enjoys jogging and she likes to express herself through painting and dancing.

Her signature program “Age Reset with Dr. Defne” is a precisely individualized program that has foundational pillars of nutrition, detoxification, hormonal balancing, mind body healing and reversal of rapid aging along with weight loss.