

Lé Santha Naidoo, DO, DABFM, DABIHM, DABOM: A Transformative Force in Concierge Medicine and Wellness

Dr. Naidoo Launches Avyanna Wellness Institute, A Unique and Avant-Garde Concierge Medical Practice Focused on Personalized Wellness and Community Empowerment through the 100 Club



New York City, New York Mar 17, 2025 ([Issuewire.com](https://www.issuewire.com)) - Lé Santha Naidoo, DO, DABFM, DABIHM, DABOM, an award-winning concierge physician, is proud to announce the launch of The 100 Club, a community within her elite concierge medical practice that redefines healthcare through a personalized approach to wellness and vitality. With a focus on prevention, longevity, and cellular health optimization, Dr. Naidoo offers her patients an unparalleled level of care, tailored specifically to meet their unique health needs and goals.

Dr. Naidoo, who holds triple board certifications in Family Medicine, Integrative and Holistic Medicine, and Obesity Medicine, believes that true health is a holistic journey that encompasses physical, mental, and emotional well-being. “By limiting my practice to less than 100 patients, I can now offer the time, care, and expertise needed to transform your health and life—while upholding the gold standard of care

I've always aspired to achieve" she states.

The 100 Club: A Community of Wellness and Connection

The 100 Club is not just a medical practice; it is a carefully curated community dedicated to achieving extraordinary lives through shared commitment and mutual support. With a philosophy centered around creating a "Blue Zone," The 100 Club aims to foster health, longevity, and joy among its members, for each member to reach 100% of their potential. Through enhanced one on one care, bespoke physicals, cutting-edge diagnostics, telehealth, office visits, and forthcoming home visits, Dr. Naidoo ensures that each patient receives care that aligns with their health aspirations. "My mission is to help you live with harmony, vitality, and purpose—perhaps to 100 and beyond," she affirms. Her goal is to take Medical Care outside of the office, and integrate it into her patient's lives.

Dr. Naidoo's approach extends beyond traditional healthcare; she is deeply passionate about mentoring others and inspiring them to thrive in every stage of life. Her belief in the transformative power of mentorship drives her to guide professionals, inspire young minds, and support individuals navigating life's challenges. "Everyone has untapped potential and a unique purpose to fulfill," she emphasizes, aiming to help others unlock their strengths and achieve their aspirations.

Awards and Recognition: A Testament to Commitment and Impact

Recognized for her unwavering dedication to health and wellness, Dr. Naidoo is a three-time recipient of the President's Volunteer Service Award, awarded by Presidents Clinton and Bush, and the Prudential Spirit of Community Award. She has also been honored in Marquis Who's Who of Top Doctors in America. Her impactful work has led her to share her insights on prominent platforms, including NASA, NASDAQ, and the New York Academy of Medicine, where she has inspired audiences alongside notable figures such as astronaut Brigadier General Jean-Loup Chrétien and Dr. Jocelyn Elders, the 15th U.S. Surgeon General.

Dr. Naidoo is committed to elevating global health awareness and believes that service is the heartbeat of a thriving community. "It is through uplifting others that we create a ripple effect of hope and resilience," she notes, emphasizing that her mission is not just to provide medical care but to cultivate a community where everyone can flourish.

Empowering Communities Through Education and Engagement

This year, Dr. Naidoo embarks on a heartfelt mission to create a transformative impact in the Dallas-Fort Worth Metroplex and beyond. Through community events aimed at raising funds for initiatives that uplift individuals and help them discover their purpose, she is determined to bring vital resources and knowledge to those in need. "I want to ensure that my work leaves a lasting legacy of hope and opportunity," she states. She was recently awarded the Women's Day Community Impact award for her leadership and dedication toward her community.

In her empowering memoir, *Fat to Fabulous*, Dr. Naidoo shares her personal journey of reclaiming health, confidence, and purpose, offering readers actionable insights on how to transform their lives. "Health and wellness are not exclusive privileges of the wealthy but rights that everyone deserves," she asserts. This philosophy resonates deeply with her audience, challenging them to prioritize their well-being and live authentically.

A Vision for the Future

As a best-selling author, media personality, and philanthropist, Dr. Naidoo embodies her values of love, joy, vitality, and purpose. Her motto, “You don’t have to be wealthy to be healthy,” serves as a guiding principle in her community engagements. Whether mentoring others, appearing on major networks such as ABC, NBC, CBS, and FOX, or engaging with communities, Dr. Naidoo is committed to redefining what it means to live well.

Exceptional care for exceptional people—that’s the hallmark of Dr. Lé Santha Naidoo. With her revolutionary approach to concierge medicine, she is not only transforming individual lives but also creating a lasting impact in her community.

Learn More about Dr. Lé Santha Naidoo:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/82219102-L-Santha-Naidoo-Family-Practitioner> or through her website, <https://lesantha.com/>

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