

# Africa's First Board-certified Anti-aging Physician

## NEW APPOINTMENT:

Solal Technologies appoints Dr Craige Golding, specialist physician, as Medical Director.

Dr Golding graduated *cum laude* from Pretoria University in 1999, and was awarded the Akromed prize for the best student in Pharmacology, the Horrace Wells medal for the best Anaesthetics student, and the Maybaker prize for the best undergraduate student in Psychiatry. In 2007, Dr Golding completed his Fellowship in Anti-Aging Medicine (FAAFM) and also obtained Board Certification in Anti-Aging Medicine (ABAARM) from the American Board of Anti-aging Medicine.



**Dr. Craige Golding – Specialist Physician**  
MBChB (Cum Laude)(Pretoria); FCP(SA)  
ABAARM: Board Certified Anti-Aging Physician – American Board of Anti-Aging and Regenerative Medicine  
FAARM: Fellowship in Anti-Aging and Regenerative Medicine  
Solal Technologies Medical Director

## The most important anti-aging nutraceuticals to keep you well and disease-free are:

- ▶ **Advanced Cellular Anti-oxidant™** Free radicals cause cancer, arthritis, auto-immune diseases, brain nerve damage, skin wrinkles and accelerated aging of the entire body. Free radicals are produced in our bodies, especially when we drink alcohol, smoke cigarettes, or are exposed to sun UV rays or air-pollution. There are 12 types of free radicals. Advanced Cellular Antioxidant™ is then ONLY anti-oxidant formula that neutralizes all 12 types of free radicals. Dosage: take 1 capsule twice daily.
- ▶ **Resveratrol and Grape seed extract™** -helps reduce the risk of many cancers, protects the heart, and slows skin aging. Resveratrol also protects DNA, thereby slowing the rate at which the body ages. Dosage: take 1 capsule once or twice daily.
- ▶ **Ubiquinol Co-enzyme Q10** -the most absorbable and effective form of co-enzyme Q10 (it is absorbed 8x more effectively than regular co-enzyme Q10). It is essential for a healthy heart and significantly reduces the risk of a heart attack. Additionally, most cholesterol medicines (known as "statins") cause a co-enzyme Q10 deficiency. This deficiency can damage the heart. Therefore Ubiquinol-co-enzyme Q10 should also always be taken if you are on statin cholesterol medication. Dosage: take 1 capsule twice daily.
- ▶ **SolOil™ Omega 3&6** Unless you eat fresh fish five times a week, you are deficient in omega 3 fats, essential to protect your heart and boost cognitive function. A lack of omega 3 fats also shortens lifespan. SolOil™ Omega 3&6 supplies the best purified fish oil omega 3 concentrate, filtered to remove all heavy metals and toxins (unlike many other fish oil supplements), obtained from wild fish (farmed fish have a much lower omega 3 content because they are fed with low omega 3 fish-food). SolOil™ Omega 3&6 also contains the richest source of the immune protective GLA-type of omega 6, unlike most other products which use the less healthy LA-type omega 6. Dosage: take 2 capsules after supper.
- ▶ **Stress Damage Control™** (contains Rhodiola Rosea and Ashwagandha) The June 2004 journal of epidemiology reported that continuous stress at work increases the risk of having a heart attack by 300-600%. Studies also show that Rhodiola and Ashwagandha provide significant protection for the heart during times of stress. Stress Damage Control™ also enhances cognitive ability, especially under stressful situations. Dosage: take 1-2 capsules after breakfast.
- ▶ **Spin Trap™** is a new generation free-radical neutraliser that improves the effectiveness of antioxidants. SpinTrap™ also protects the mitochondria in our cells from damage. Mitochondrial damage is one of the main causes of the aging process and chronic fatigue. SpinTrap™ also helps prevent age-related memory decline, protects the liver, reduces blocked arteries and enhances cognitive function. It is still important to continue taking your normal anti-oxidants (such as Advanced Cellular Antioxidant™), but to make them more effective, take SpinTrap™ capsules also. Dosage: take 1 capsule once or twice daily.
- ▶ **Aminoguanidine** is a smart nutrient that enhances brain function. It also retards the progression of the aging process by inhibiting a process known as glycation. Glycation occurs when the enzymes of the body become damaged and stop working, thereby starving the cells of the body of oxygen and food. Aminoguanidine also reduces the formation of wrinkles and helps to remove a skin waste by-product called lipofuscin, which contributes to age & liver spots. Dosage: take 1 capsule twice daily.
- ▶ **R-Alpha-Lipoic Acid** -the universal antioxidant. It retards aging, protects the brain, reduces age related memory loss, hearing loss, reduced eye sight, hardening of the arteries, and protects the immune system. It is not possible to include enough R-Alpha-Lipoic Acid in a combined antioxidant product. Therefore it must be taken separately. There are 2 forms of alpha-lipoic acid: the R-form and the S-form. R-Alpha-Lipoic acid is the naturally occurring form, whereas S-Alpha-Lipoic acid is synthetic and counteracts the beneficial effects of the R-form. Therefore it is important to take the R-Alpha Lipoic Acid form. Dosage: take 1 capsule once or twice daily.
- ▶ **Vitamin D3** Up to 80% of South Africans are deficient in Vitamin D because they are not exposed to adequate sunlight, due to office-bound jobs, indoor lifestyles & the use of sunscreen which reduces Vitamin D production by approximately 90%. Vitamin D deficiency commonly results in, not only weak, brittle bones, but also cancer, insulin resistance, diabetes, heart attacks, obesity and depressed moods. Optimal Vitamin D consumption should be 2000IU daily. It is impossible to obtain this from diet. The safest and most effective type of vitamin D is the D3 form, not the D1 or D2 form. Only Solal supplies this D3 form, in the correct dose of 2000IU per day. Dosage: take 2 tablets once daily.

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### Free Consultation

For a free consultation with one of our experienced natural health advisors or one of our doctors or pharmacists, contact Solal Technologies: 011 783 3939. If you would like a specialist consultation with Dr Craige Golding, these will be charged for.

Download the *Solal Health Guide* from our website, for details on more than 200 Solal products, as well as protocols on what products to use for any health condition. Visit [www.solaltech.com](http://www.solaltech.com) or phone (011) 783 3939.

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