

# Make your patients healthy, not just less diseased

Preventive medicine is all about improving the health of your patient, through the very early detection, prevention, and reduction in risk of age-related diseases, and therefore is sometimes also called anti-aging medicine. All diseases fall into four categories: the first three - inherited genetic disease, infectious disease and trauma, account for only 10% of cases, and normally require intervention *after* disease manifestation. However, the fourth category, the degenerative diseases of aging, accounts for 90% of all disease, and best outcomes are achieved using preventive medicine *before* disease manifestation, to reduce risk, rather than intervention after the fact. Degenerative diseases of aging include heart disease, cancers, diabetes, inflammation, auto-immune states and other chronic age-related diseases, resulting in increased poor quality of life and mortality.

## Curcumin

### – one of nature's most powerful anti-aging food extracts



- An extract from Turmeric, -standardised to 95% curcuminoid content.
- Broad spectrum cancer-protective effects.
- Stimulates phase II liver metabolism to rid the body of toxins, including metabolically active carcinogenic hormone metabolites.
- Helps protect against damage to the lungs, caused by smoking; and alcohol's systemic and CNS toxic effects.
- Has anti-inflammatory effects: inhibits lipooxygenase and cyclooxygenase 1&2. Reduces formation of Interleukin 1&8, Leukotriene B4&C4, Prostaglandin E2 (PGE2) and Thromboxane A2 (TXA2).
- Especially important for all smokers, drinkers, women on HRT or oral contraceptives, cancer patients, or men & women with high cancer risk, as well as for inflammatory, liver and cardio-vascular diseases.
- Dose: 1 capsule twice daily.

## Melatonin-SR (Slow Release) 3mg

### – for insomnia



- Melatonin is a neurohormone produced by the pineal gland. It is responsible promoting not only sleep, but also proper sleep-architecture (REM & sleep stages 1-5), essential for quality restorative sleep. Melatonin is also the brain's primary anti-oxidant protector.
- Melatonin levels drop to 20% of youthful levels by age 50, manifesting in, not only insomnia and poor sleep quality, but also compromised immune function and increased cancer risk.
- Melatonin is not addictive and does not exhibit tolerance at normal dosages (up to 3mg). Melatonin can also be used in benzodiazepine withdrawal. For benzodiazepine withdrawal protocol, email our pharmacist: [pharmacist@solaltech.com](mailto:pharmacist@solaltech.com)
- Dose: 1 tablet at night

## Prostate Protection Formula™

### – prostate cancer risk-reducer



- Prostate cancer is the most commonly occurring cancer in men, accounting for one-third of all cancers. Yet there is a wealth of research showing how nutrients & plant extracts such as curcumin, contained in Prostate Protection Formula™, when used from the age of forty onwards, significantly help reduce the risk of developing prostate cancer & BPH.
- Also contains I3C, DIM, lycopene, selenium, betasitosterol and Pygeum africanum which work via multiple mechanisms: blocking 5-alpha-reductase and aromatase enzymes, reducing the formation of the cancerous 16-hydroxyestrogen & DHT in men, apoptosis, anti-angiogenesis, alleviating prostate inflammation, and providing anti-oxidant effects.
- Dose: 1-2 capsules twice daily.

## Vitamin D3

### – the anti-cancer bone building vitamin



- 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 (glass windows block UV rays that stimulate Vitamin D production) & the use of sunscreen, which reduces Vitamin D production by approximately 90%.
- Vitamin D deficiency results in weakened bones, some cancers (especially breast cancer), insulin resistance, diabetes, cardiovascular disease and depression.
- Research published in August 2007 shows that 600 000 cases of cancer can be prevented EVERY YEAR through regular supplementation with Vitamin D. Optimal Vitamin D consumption should be at least 1000-2000IU daily. It is impossible to obtain this from diet, since dietary sources of Vitamin D contain very little Vitamin D.
- It is especially important for pregnant women to supplement with at least 1000IU Vitamin D daily.
- The safest and most effective type of Vitamin D is the D3 form, not the D1 or D2 form.
- Dose: 1-2 tablets (1000-2000IU) daily.



health  
preventive  
medicine

**Dr. Craige Golding** – Specialist Physician & Anti-Aging 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  
 Head of SOLAL Technologies Medical Advisory Board

## SOLAL Fish Oil Omega 3 Extract™

### – your brain and heart's best friend.



- Although diet supplies enough omega 6's (too much in most cases), most diets are hugely deficient in Omega 3 fats, unless you eat oily fish 4 times a week (tinned tuna doesn't count because all of the fish oil has been removed from it).
- These omega 3 fats are essential for protecting the brain, heart and immune system. They are also vital for correct hormone metabolism, helping to relieve depression and PMS in women. Fish Oil Omega 3's reduce cardiovascular mortality by 30-40% (that's better than all cardiovascular medicines, which reduce cardiovascular mortality 20-30%)
- SOLAL Fish Oil Omega 3 Extract™ is concentrated and purified to remove all possible mercury, heavy metals and toxins, a problem with some other fish oil supplements.
- Dose: take 2 capsules once daily after supper.

## Are your patients' statin medicines damaging their hearts?

Research published in the Feb 2006 edition of the Journal of Cardiology<sup>1</sup> reported that, although they are important weapons to reduce cholesterol, many statin cholesterol lowering medicines (HMG-CoA reductase inhibitors) can damage heart function, by depleting the body of an essential heart-protective nutrient called co-enzyme Q10.

This and other research<sup>2</sup> also showed that by supplementing with co-enzyme Q10, this risk is prevented, as is the muscle pain<sup>3</sup>, a common side-effect of statin medications.

There are two forms of co-enzyme Q10: ubiquinone and ubiquinol. The **best form is ubiquinol** because it is 8x better absorbed and 66% more effective at protecting the heart than the ubiquinone form<sup>4</sup>.

**UBIQUINOL Co-Q10 by SOLAL Technologies is the ONLY brand in South Africa that contains the ubiquinol form.**

**Heart disease is the number one cause of deaths in South Africa after HIV/AIDS. Yet it is a completely preventable disease.**

For complete cardiovascular protection, no-one can refute this wise approach to heart-disease preventive health. The following should be taken for heart protection, even in the young and apparently healthy:

1. **Ubiquinol Co-Q10™** – The most important heart protective nutrient known. Take 2 capsules after supper.
2. **Magnesium Glycinate** – The most absorbable and effective form of magnesium. Take 2 capsules twice daily.
3. **Fish Oil Omega 3 Extract™** – The purest omega 3, filtered to remove all toxins. Take 2 capsules after supper.



[References: (1)M. Silver et al, *Effect of atorvastatin on left ventricular diastolic function and ability of coenzyme Q to reverse that dysfunction*. The American Journal of Cardiology, Volume 94, Issue 10, Pages 1306 – 1310, 2006; (2)Bargossi, A. M., et al; *Exogenous CoQ10 supplementation prevents plasma co-enzyme Q10 reduction induced by HMG-CoA reductase inhibitors (statins)*. Mol Aspects Med. 15(Suppl.):S187-S193, 1994; (3)Kelly, P. *Coenzyme Q10 Improves myopathic pain in statin-treated patients*. Abstract 1001-1117. American College of Cardiology 54th Annual Scientific Session, Orlando Florida, 2005; (4)Hosoe K, Kitano M, Kishida H, et al. *Study on safety and bioavailability of ubiquinol after single and 4-week multiple oral administration to healthy volunteers*. Regul Toxicol Pharmacol. 2006 Aug 17.]

many statin cholesterol lowering medicines can damage heart

# You don't have to take hormones to be exposed to hormones!

Everybody is exposed to environmental hormones, called xenoestrogens: The January 2008 edition of *Toxicology Letters*<sup>1</sup>, published a report that showed that a type of plastic called polycarbonate, when heated, releases an environmental xenoestrogen called bisphenol-A. This xenoestrogen causes brain damage<sup>1</sup> and hormone sensitive cancers (especially breast<sup>2,3,4</sup> and prostate cancer<sup>5</sup>). This type of plastic is contained in baby's bottles<sup>1</sup> and the inside-coating of every can of tinned food you eat<sup>6</sup> (By the way, tinned food is cooked inside the tin, so there is plenty of heat to release biphenol-A from the inner-coating, into the food, as was reported by the Environmental Working Group<sup>6</sup> in the USA in March 2007). As a result of this report, the Canadian government has already banned polycarbonate from baby's bottles and is investigating banning its use in tinned foods. No such ban exists in South Africa where polycarbonate is still used in baby's bottles, and still coats the inside of every single can of food.

**You are also exposed to hormones in the food we eat.** Most cows and chickens are given growth and sex hormones to make them grow faster and bigger. These are stored in the fat of the animal for its entire life. You then consume these when you eat meat or drink milk. **Pollution** from exhaust fumes, as well as **pesticides** used on fruits and vegetables, and in your home, **also all contain a type of estrogenic substance** that increases cancer risk in both men and women.

This risk of cancer is greatly increased if you have a family history of cancer, are on hormone replacement therapy (even the oral contraceptive), or if you smoke, or if you are overweight.

**There are known plant extracts that help protect men and women from cancer.** There include two cruciferous vegetable extracts (found in broccoli, cauliflower and brussels sprouts), known as I3C (indole-3-carbinol) and DIM (di-indole-methane). These help block the effects of cancerous estrogens and xenoestrogens in your body. Another nutrient known as curcumin (obtained from turmeric spice) stimulates phase II liver metabolism. This means it flushes these estrogens and xenoestrogens from your body. There are other cancer protective nutrients too, such as quercetin, selenium, resveratrol, EGCG (from green tea), lycopene, co-enzyme Q10 and folic acid.

**DON'T LET YOUR FAMILY OR YOUR PATIENTS BE AN ACCIDENT WAITING TO HAPPEN.**

**I3Complex™** is a healthy new phyto-nutraceutical that combines **I3C, DIM, curcumin, quercetin, resveratrol, EGCG, lycopene, co-enzyme Q10, selenium and folic acid**, in optimal effective doses, to reduce the risk of getting cancer. It is important for every male and female to be using I3Complex™ as a preventive cancer risk-reducing measure.

#### Dosage:

- To reduce risk in people without cancer: 1 capsule twice daily.
- As part of therapy in cancer patients: 2 capsules three times daily.

#### What makes I3Complex™ unique?

- The first and only product in South Africa that combines all natural medicines, from herbal and vegetable extracts, scientifically proven to provide protection from the risks that promote cancer-cell formation and growth.
- Supplies extracts in the same concentrated forms and doses as used in clinical trials.
- Safe, and has additional non-cancer health benefits (such as anti-oxidant, heart and immune system health benefits). It is therefore excellent for healthy people to use as a preventative daily supplement to protect their health.



[References: (1)Hoa H. Lea, Emily M. Carlsons; Bisphenol A is released from polycarbonate drinking bottles and mimics the neurotoxic actions of estrogen in developing cerebellar neurons.; *Toxicology Letters*; Volume 176, Issue 2, 30 January 2008, Pages 149-156; (2)Ter Veld MG et al.; Food-associated estrogenic compounds induce estrogen receptor-mediated luciferase gene expression in transgenic male mice.; *Chem Biol Interact.* 2008 Apr 10.; (3)Champion S et al; Bisphenol A induces a profile of tumor aggressiveness in high-risk cells from breast cancer patients.; *Cancer Res.* 2008 Apr 1;68(7):2076-80.; (4)Buteau-Lozano H et al.; Xenoestrogens modulate vascular endothelial growth factor secretion in breast cancer cells through an estrogen receptor-dependent mechanism.; *Endocrinol.* 2008 Feb;196(2):399-412.; (5)Hess-Wilson JK et al.; Unique bisphenol A transcriptome in prostate cancer: novel effects on ERbeta expression that correspond to androgen receptor mutation status.; *Environ Health Perspect.* 2007 Nov;115(11):1646-53.; (6) Environmental Working Group; *A Survey of Bisphenol A in U.S. Canned Foods*; March 5, 2007.]

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- ▶ View/download Solal chart titled "Correcting Pharmaceutical Induced Nutritional Deficiencies". If you are taking the contraceptive pill, pharmaceutical hormone replacement therapy or any other medication, these may be depleting your body of important nutrients.
- ▶ Download comprehensive product information & a pricelist of our full range of 200 nutraceuticals, dermaceuticals and bio-identical hormones for men and women.

**SOLAL**  
TECHNOLOGIES  
ANTI-AGING SPECIALISTS™

PRESCRIBED BY DOCTORS  
RECOMMENDED BY PHARMACISTS™  
South African Pharmacy Council reg nr Y52793

# Bio-Identical Hormones – a safer option

–for men & women



- ✓ **safer<sup>1-5</sup> HRT option** for the management of menopause, andropause, PCOS, adrenal and immune disorders, reduced libido, and osteoporosis
- ✓ **occur naturally in the human body** and have low cancer risk<sup>2-5</sup>, unlike non-naturally occurring (non bio-identical) hormones<sup>6-8</sup>
- ✓ **no one-size fits all:** patient individualised doses and hormone-combinations are compounded by our pharmacy, based on symptoms and blood results
- ✓ **full-spectrum total HRT:** any combination and concentration of estriol, estradiol, estrone, DHEA, pregnenolone, progesterone & testosterone
- ✓ **effectively delivered** in a highly bio-available<sup>9,10</sup> transdermal liposomal gel
- ✓ **avoids first pass metabolism**, minimising blood clotting risk<sup>11,12</sup>

#### What are compounded medicines?

Compounded medicines are unique pharmaceutical products formulated & adjusted according to a patient's specific needs, symptoms or blood results. They allow for flexible dosages, concentrations, combinations & numbers of actives to be incorporated.

#### What is bio-identical hormone replacement?

Bio-identical hormones are identical to the hormones produced naturally in the body and include progesterone, estradiol, estriol, DHEA and testosterone. Non-bio-identical hormones do not occur naturally in the body and include medroxyprogesterone acetate, conjugated estrogens & equilin derived from horses urine. Bio-identical hormones are significantly safer than non bio-identical hormones in terms of cancer and blood clotting risk. Bio-identical hormone replacement therapy offers a safer and more individualised alternative to conventional HRT.

#### Why transdermal gels and not oral route?

Transdermal gels avoid first pass liver metabolism. Oral hormones are first metabolised by the liver which produces significant quantities of blood clotting factors as a result. Recent studies have shown that transdermally administered hormones are safer than orally administered ones because they do not pose nearly the same blood clotting risk.

#### References:

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## AVAILABLE FROM THE COMPOUNDING PHARMACY OF SOUTH AFRICA

For more information on how to prescribe Bio-Identical Hormones from anywhere in the country, via The Compounding Pharmacy of SA, contact our head pharmacist Wayne Carson at 011 463 0310 or email [wayne@compounding.co.za](mailto:wayne@compounding.co.za)

 **The Compounding Pharmacy of SA**

BIO-IDENTICAL HORMONES & PATIENT INDIVIDUALISED MEDICINES