

# Leading causes of death of South African women

Are you just waiting for a heart attack to strike, or a stroke, or cancer, or deadly diabetes? These diseases mean the difference between living well into your 90's, or dying in your 50's, 60's, or even younger.

You have a much greater risk of developing these diseases if you are on an oral contraceptive, take synthetic HRT, smoke, drink too much alcohol, eat too many refined carbohydrates and not enough fibre, don't get enough exercise, sleep less than 6 hours on most nights, are overweight, or experience stress regularly. You are also at risk if a parent or sibling has ever suffered from one of these diseases, since there is a strong genetic link to all of them.

If any of these risks apply to you, then the degenerative and damaging processes are already happening inside your body – increasing your risk of major diseases. Each and every one of the above risk factors increases the risk of ALL four of the **biggest preventable killers** of South African women: Heart attack, Stroke, Cancers and Diabetes.

There is a new paradigm of medicine known as **preventive medicine**, which focuses on reducing the risk of developing chronic diseases and preventing them from ever developing in the first place. The key to this type of medicine is to begin early, while you're healthy, to prevent health problems happening later. **Prevention is always better than cure.** In fact prevention is the medicine of the millennium! This is particularly important if you already are at risk, because of your life-style, diet, medication or family history.

Preventive medicines are also known as **nutraceuticals** because they are nutrients like omega 3 fats, antioxidants, or plant components that have a pharmaceutical like effect. Their main pharmaceutical effect however, is something that **prescription medicines can't do**: reduce the risk of disease, preventing it from ever occurring -before the disease even begins to manifest.

**So then, what over-the-counter nutraceutical preventive medicine supplements should South African women be taking, on a daily basis, to help stop them from being victims to heart attacks, strokes, cancers and diabetes?**

**Fish Oil Omega 3 Extract:** Fish oil omega 3's reduce the risk of dying from a heart attack or stroke, by 30-40%. They also reduce cancer and diabetes risk, have mood boosting effects and are essential for proper brain function. Flaxseed oil is also a source of omega 3 fats, but they don't offer nearly the same protection for the heart, as the omega 3's found in fish oil do. Solal's Fish Oil omega 3 extract is the best on the market because it is filtered to remove heavy metal toxins, and is obtained from wild fish, not farmed fish (farmed fish have a lower omega 3 content). Solal's Fish Oil Omega 3 is made from small anchovy fish, not larger fish like salmon, which contain poorer quality omega 3 fats. Take 2x 1000mg capsules after supper.



**Vitamin D3:** A powerful anti-cancer protector. It also reduces the risk of heart attack and stroke, by keeping calcium in the bones, and out of the arteries, where it causes damage and increases the risk of heart attack and stroke. Vitamin D also reduces the risk of diabetes. Most South Africans don't get enough vitamin D, because, although its produced when our skins are exposed to sunlight, one needs to expose almost the entire body to sun, without sunscreen on, every day. Furthermore glass windows filter out the UV rays needed to produce vitamin D. The result is that up to 80% of South Africans are deficient in Vitamin D. Solal's Vitamin D is the only product that contains optimal amounts of vitamin D, in the correct D3 form, not D1 or D2. Take 2 tablets daily after a meal.



**Stress Damage Control™:** The damage that stress causes is another preventable killer. Stress increases the risk of deadly heart attack by 300-600% (in both men and women), according to a December 2004 report in the New Scientist magazine. Stress Damage Control™ contains herbal extracts, Rhodiola and Ashwagandha which protect the heart and brain against the damage that stress causes. It should be taken by everybody who has a stressful job or life. Take 1 capsule after breakfast.



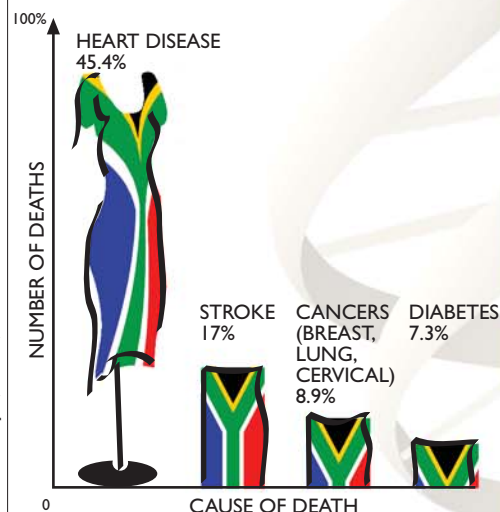
**I3Complex™** A combination of cancer risk-reducing and protecting nutraceuticals, like I3C extracted from broccoli, curcumin from turmeric, quercetin from apples, and others. This is a particularly important product, since a report published in the medical journal *Toxicology Letters*, in March 2008, reported that a chemical called Bisphenol-A, found in many of the plastics that we are exposed to (such as the plastic coating on the inside of tinned foods), increases the risk of breast and other cancers. Take 1 capsule twice daily after meals.



**Ubiquinol Co-Q10** is probably the most important heart-protector after fish oil omega 3's. It keeps the heart muscle strong, and helps prevent heart failure and elevated blood pressure. There are two types of co-enzyme Q10, ubiquinone and ubiquinol. Both are good, but the ubiquinol form is better because it is 8 times better absorbed and is 66% better at protecting the heart than the ubiquinone form. Solal Technologies is the only company that supplies the Ubiquinol form of co-enzyme Q10 in South Africa. Take 1 capsule twice daily after meals.



## LEADING CAUSES OF DEATH OF SOUTH AFRICAN WOMEN (EXCLUDING THE INFECTIVE DISEASES: HIV/AIDS/TB)



source: Burden of Disease Research Unit, Medical Research Council (MRC), South Africa

**SOLAL TECHNOLOGIES**  
**PRESCRIBED BY DOCTORS**  
**RECOMMENDED BY PHARMACISTS™**

[www.solaltech.com](http://www.solaltech.com) ♦ Tel: 011 783 3939 ♦ Fax: 011 783 3399 ♦ email: [solal@solaltech.com](mailto:solal@solaltech.com)

Available from Doctors, Dis-Chem, Leading Pharmacies, Health Shops and SOLAL Technologies

Visit SOLAL's Website to:

- ▶ View/download Solal "Product Information and Health Solutions Guide" for protocols on what to use for most medical conditions and product summaries
- ▶ 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™**

South African Pharmacy Council reg nr Y52793