

A hand is shown in the bottom left corner, holding a puzzle piece. The puzzle piece is part of a larger assembly that includes a pair of glasses and a syringe, all rendered in a faded, grayscale style. The puzzle piece being held has the SOLAL logo and text on it.

**SOLAL**  
TECHNOLOGIES  
ANTI-AGING SPECIALISTS™

PRESCRIBED BY DOCTORS  
RECOMMENDED BY PHARMACISTS™

# Integrative Medical Centre

**SOLAL**  
TECHNOLOGIES  
ANTI-AGING SPECIALISTS™



**IMC**  
Integrative Medical Centre



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e-mail: imc@imcmed.co.za  
20 Ballyclare Drive, Bryanston, Sandton, 2191  
Tel: 011 463 0036 Fax: 011 463 9832

## Integrative Medical Centre (IMC)

Based in Bryanston, the Integrative Medical Centre ([www.imcmed.co.za](http://www.imcmed.co.za)) works according to the philosophy of keeping patients healthy (and not merely treating disease), by preventing the degenerative processes of aging and disease thereby extending lifespan and increasing quality of life for patients.

The IMC offers anti-aging and regenerative medical consultations, specialising in the early detection and reversal of age-accelerating degenerative processes in your body. Therapy is individualised and comprehensive. Our doctors focus on treating the underlying causes of diseases, not their symptoms, thereby making you truly healthy, not merely keeping your diseases under control.

At the IMC we believe in a new medical approach, by integrating scientifically researched natural medicines, nutraceutical supplements, natural bio-identical hormones and dietary modifications -to provide healing and restore balance. Essential to this wellness based, preventive model of health, is the detection, as early as possible, of the signs and symptoms of disease processes, before disease manifests. Disease is far easier to prevent, than to treat. Our philosophy is rather to pay for your health now, and prevent disease, than wait to pay more for your disease later, often with less favourable outcomes. All the experts are under one roof.

### Services offered:

- Full anti-aging consultations
- Executive wellness comprehensive physical assessments
- Diagnosis and personalised treatment recommendations
- Full blood testing through lancet and ampath laboratories
- Anti-aging diagnostic laboratory (all laboratories are on the premises)
- Aesthetic anti-aging skin treatments and dermaceuticals
- Customised bio-identical hormone replenishment
- Chelation therapy
- Intravenous nutrient therapies
- Phospholipid exchange for chronic medical conditions
- Nutraceutical supplements
- Brain chemical (neurotransmitter) assessment and normalisation.

### Specialised testing is available and includes:

- Genetic/DNA testing that describe the cumulative risks of developing diseases/disorders for which there are well-established underlying genetic causes.
- Saliva testing on steroid hormones, which is the truest reflection of your tissue levels of the steroid hormones
- Sonar testing: abdominal/pelvic ultrasound; uterine/pelvic ultrasound (for females) and pelvic/prostate ultrasound (for males); carotid ultrasound and cardiac ultrasound.



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## Doctors and Pharmacist at IMC



### Dr. Craige Golding

Specialist Physician - IMC CHIEF MEDICAL ADVISOR AND MEDICAL DIRECTOR:

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. Dr Golding graduated cum laude from Pretoria University in 1993 as a medical doctor, and was awarded the Akromed prize for the best student of Pharmacology, the Horace Wells medal for the best Anaesthetics student, and the Maybaker prize for the best undergraduate student in Psychiatry. Dr Golding qualified as a specialist physician in 1999. 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.

Aging medicine



### Dr Corne Brink

MBChB (Pretoria);FCOG & MMed (O&G) Pretoria Dr Brink graduated from Pretoria University in 1996 as medical doctor and completed her internship at Kalafong Hospital. After a 3 month period working in surgical ICU she started specializing as an obstetrician and gynecologist. After completing the degree in 2002 she started in private practice in Potchefstroom where she practiced for 5 years. Dr Brink is dedicated to women's health, and finds the holistic approach most beneficial. She works from the belief that each woman has a responsibility towards her own health and well-being, both on physical and emotional level. She sees her own role as source of professional experience, information

and guidance focused on the individual. This is done through the analysis of the clinical history together with the risk factors and chemical balance of in order to design a unique management plan for each woman. This involves full gynecological examinations and blood tests which assist in the identification of the bioidentical hormones, nutraceuticals and allopathic medicines needed to obtain an optimum balance. Where necessary the need for surgical management of gynecological disorders will be discussed and offered (at Life Fourways Hospital). Rates: First visit 30 minutes FULL examination and history. Will discuss your concerns and symptoms, as well as the need for bioidentical hormones.



### Dr. Pascale Henquin

MBBCh Dr Henquin qualified as a Medical Doctor in Belgium where she attained her MBBCh and has vast experience in conventional and integrative medicine and wellness. Dr Henquin utilizes familial predispositions, work and family environment, medical examinations, blood tests, nutritional supplements and allopathic medicine, where required, as well as bio-identical hormone replacement therapy, diet and nutritional advice. Dr Henquin's philosophy is to treat weight loss safely and naturally. Dr Henquin has joined the Integrative Medical Centre to focus on weight loss, anti-aging preventive medicine and health preservation.



### Dr. Annelaine Grobler

MBChB Dr Grobler studied at the University of Pretoria where she attained her MBChB degree. Community service led her to Phalaborwa and Knysna, after which she bought a general medical practice in Sasolburg. While practicing as a general practitioner she noticed the universal harmful effects of modern day stress and pollution on our health, and came to realise the importance of a holistic and preventive approach to healthcare. This led Dr Grobler to introduce a weight management program, which soon evidenced the benefits of lifestyle changes on disease management and general wellbeing.



### David Arthur

Pharmacist - B.Pharm (Wits), MPS, ABAAHP Diplomate  
Board Certified (American Board of Anti-Aging Healthcare Practitioners)

David practices at the Integrative Medical Centre where his main focus is to get to the root causes of disease and illness. He looks beyond superficial physical symptoms, focusing also on the relationship between emotional and physical health. David has a strong medical education and understands the benefits and damage that conventional medicines can do to the body. He knows how to use natural supplements as alternatives to prescription medicines, and how to combine natural and prescription medicines together, to reduce side-effects often associated with conventional therapy. David also

works as a life coach, teaching his patients the skills they need to overcome personal barriers, and to make the changes in their lives that they seek. David is currently completing a fellowship in Anti-Aging and Regenerative Medicine with the American Academy of Anti-Aging Medicine. In July 2008 David became a diplomat with the American Academy of Anti-Aging Medicine, after successfully passing a board examination with the Academy. This stands David in an elite group of medical professionals in South Africa who have successfully passed this examination.



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## **Integrative Medical Centre**

**The Integrative Medical Centre in Bryanston, established in conjunction with Solal Technologies, offers comprehensive anti-aging health solutions:**

- Innovative & integrative specialist physicians.
- Doctors & health care practitioners.
- Full anti-aging consultations.
- Executive wellness - comprehensive physical assessments.
- Diagnosis and personalised treatment recommendations.
- Full blood testing through Lancet & Ampath laboratories.
- Anti-Aging diagnostic laboratory.
- All laboratories are on the premises.
- Aesthetic anti-aging skin treatments & dermaceuticals.
- Customised bio-identical hormone replenishment.
- Chelation therapy.
- Other intravenous nutrient therapies.
- Phospholipid exchange for chronic medical conditions.
- Compounding of individualised bio-identical hormones in our pharmacy.
- On-site supply of nutraceutical supplements.
- Brain neurotransmitter assessment and normalization.

### **What to expect when you visit the IMC:**

- At your first visit we will take down your full medical history, your current medications and, if need be, examine you. We will review any recent medical or blood tests that you may have. If you have these, please bring them with you.
- Your doctor will then determine which blood tests you need. These will be performed by our on-site Ampath or Lancet laboratory. We perform a wider range of blood tests than normal, to assist the doctor to accurately identify any underlying health problems and age-accelerating conditions.
- If required, you may also be tested in our on-site anti-aging laboratory, to determine bone density, heart health, kidney and liver function etc. These tests include urine tests, ECG and heart sonar etc.
- On the return of your blood & other relevant tests, a follow up visit will be arranged where the doctor will discuss the results with you, diagnose your condition and prescribe the best treatment, diet and lifestyle program, to support your condition.
- Regular follow up visits may be required depending on your condition and the doctor's evaluation.

### **Skin Clinic - Integrative Medicine for the Skin**

The Integrative Medical Centre also houses our Skin Clinic. Here we offer anti-aging medical peels and other age-reversing skin treatments. Our highly trained aesthetician will also analyse your skin and recommend nutraceutical products for your skin's specific needs, to synergistically treat your skin from the inside and the outside. Nutraceuticals play a vital role in skincare and, when used in conjunction with topical dermaceuticals and treatments, provide all the nutrients you need to grow a youthful skin from within.

Anti-aging treatments available for the face, décolletage (neck), chest, shoulders, neck and hands. The Skin Clinic can assist with photo damage aged skin, pigmentation problems, skin irregularities, skin renewal, softening of acne scars, reducing pores & fine lines, wrinkle reversal, and improvement of skin tone & smoothness.



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### **Aesthetic Practitioner**

Denise "Dee" Harley. Dee is actively involved in the paramedical skin care industry, having worked with the pioneers of micro-dermabrasion and cosmeceuticals in South Africa. She has been trained by, and worked with, respected leaders in the skincare industry.

### **Dermaceuticals – medicine for the skin**

Solal's range of dermaceuticals include state-of-the art skin-regenerative peptide facial creams, as well as oral capsules and beauty shakes, to grow a youthful skin from within. All of these contain effective high doses of the latest, most innovative and effective ingredients such as alpha lipoic acid, DMAE, glyconutrients and patented peptides. Solal's dermaceuticals offer more than merely a superficial cosmetic effect. They reverse the underlying causes of skin aging by regenerating the skin's collagen-matrix, resulting a truly more youthful and healthier skin. Our dermaceutical creams reverse wrinkles, fine lines and sagging, by boosting new collagen and elastin growth. They also improve skin tone, hydrate and strengthen the skin.

### **Genetic testing/SNPS (single nucleotide polymorphisms)**

The Integrative Medical Centre also offers genetic testing / SNPS (single nucleotide polymorphisms). These SNPS are a single gene mutation that predispose you to the development of chronic diseases such as cardiovascular disease, osteoporosis, diabetes, obesity, cancer, inability to detoxify, etc. Once these SNPS are identified, with lifestyle change, and the correct supplements for your genetic profile, these SNPS can be overcome. Your genetic profile predisposes you to certain diseases (loading the gun as it were), but it's incorrect lifestyle, or not the correct supplements that pull the trigger. The testing is very simple and involves a simple non-invasive cheek swab and you can know your risk status within a few weeks. The good news, is that with the correct personalized nutritional supplement program and lifestyle change these genetic SNPS can be overcome. The integrative medical centre will offer you a tailored nutritional/nutraceutical supplementation advice program depending on the results of the genetic tests.

### **There are the following genetic panels offered at the Integrative Medical Centre:**

- Cardiovascular panel
- Bone health/risk for osteoporosis
- Cancer panels
- Prostate cancer
- Colon cancer panel
- Breast cancer
- Insulin resistance panel
- Inflammation, anti-oxidation, detoxification panel
- Thrombosis/thromboembolism panel
- Obesity panel

# Integrative Medical Centre

**Dr. Craige Golding Specialist Physician and Chief Medical Director of The Integrative Medical Centre (IMC) in Bryanston, welcomes *Dr. Annelaine Grobler* and *Dr. Pascale Henquin* who practice Anti-Aging and Integrative Medicine to the IMC.**



Anti-Aging and Integrative Medicine focuses on balancing the entire endocrine (hormone) system and balancing all brain neurotransmitter (brain chemicals). This new speciality of medicine focuses on the early detection and reversal of age-accelerating degenerative processes in the body and provides individualised and comprehensive testing and assessments. The IMC doctors are trained to treat the underlying causes of diseases, not their symptoms. Whether you are struggling to contain a specific medical condition or experiencing the side effects of pharmaceutical medications, there are options to use natural medicines and diagnose the root cause of the disease rather than merely treating the symptoms.

At the IMC the doctors integrate scientifically researched nutraceutical supplements and bio-identical natural hormones. The IMC has doctors, specialists, consulting pharmacists, diagnostic & pathology laboratories, as well as an expert skin and cosmetic anti-aging therapist. IMC also has the first compounding pharmacy in South Africa located in the centre. The Compounding Pharmacy compounds patient-specific medicines, bio-identical natural hormones according to the patient's individual blood results and health needs.

Services offered include: full anti-aging consultations, executive wellness - comprehensive physical assessments, full blood testing, anti-aging diagnostic laboratory tests, aesthetic anti-aging skin treatments & dermaceuticals, customised bio-identical hormone replenishment, brain chemical (neurotransmitter) assessment and normalization, DNA testing, chelation therapy and other intravenous nutrient therapies.



**Dr. Craige Golding**  
Specialist Physician  
MChB (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



**Dr. Pascale Henquin**  
MChB



**Dr. Annelaine Grobler**  
MChB

■ **“Prevention is the medicine of the millennium”**  
■ — *Dr Ronald Klatz – President of the American Academy of Anti-Aging Medicine Inc.*

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## Are fat hormones preventing you losing weight?

- Do you struggle to lose weight, even though your diet is not unhealthy?
- Does fat in certain areas (eg around your tummy) refuse to budge, even though you exercise?
- Has weight-loss become increasingly difficult as you've gotten older?
- Are you noticing any other symptoms such as constant tiredness, hair-loss (or brittle hair), low libido or poor sleep?

If you have answered yes to any of the questions on the left, then it is likely that your body is producing excessive fat-storage hormones, that fight your attempt to lose weight, despite your best efforts.

Your body normally produces fat-storing hormones, such as cortisol and insulin, as well as fat-burning hormones, such as estrogen, DHEA, thyroid hormones, growth hormone and testosterone (even women produce testosterone). As one ages, or through disease, after pregnancy, or even from stress, these hormones can become unbalanced, resulting in excessive fat-storage hormones, and too little fat-burning ones. Some common disorders that you may be unaware you have, such as metabolic syndrome (pre-diabetes), auto-immune disease, or polycystic ovarian syndrome, can further complicate things, by making your body unresponsive to fat-burning hormones. In such cases trying to lose weight through diet and exercise alone, without first correcting any underlying hormonal or biochemical imbalances, is like trying to pick yourself up by your shoe stings: 100% unsuccessful.



Dr Henquin is a medical doctor who specialises in getting to the root cause of difficult weight loss. She has over 20 years of experience, working in weight loss clinics in Belgium and South Africa. Dr Henquin's weight loss program includes blood tests, to determine



levels and ratios of fat-storage and fat-burning hormones. After reviewing your blood test results, Dr Henquin will prescribe individualised treatment, using nutraceuticals (natural medicines) to suppress any fat-storage hormones and to improve your body's sensitivity to fat-burning hormones. She will also prescribe bio-identical fat-burning hormones to restore any underlying thyroid, adrenal, sex or growth hormone deficiencies revealed by your blood results. She will also help you achieve a sustainable healthy lifestyle, exercise and dietary program, to maintain your new weight.

*To make an appointment with Dr Henquin, phone the Integrative Medical Centre in Bryanston on 011 463 0036.*

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