



Integrative Medical Centre

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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) 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 that integrates 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 for you to pay for your health now and prevent disease, than to wait to pay more for your disease later. All the experts are under one roof.

Doctors and Pharmacists at the IMC



Dr Craigie 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.



Dr Hein Badenhorst

MBChB MPraxMed

Dr Badenhorst graduated as a medical doctor from Pretoria University in 1983 and as a family physician in 1995. He spent most of his career as a family physician in private practice, but became increasingly more interested in preventing and reversing disease rather than just treating it. In 2003 he became involved in nutritional genetics, serving as medical advisor for two genetics companies. Currently, he is the most experienced medical doctor in South Africa in the field of applied nutrigenetics. This approach marks a new era in individualised health management. Patients receive bio-genetic screening profiles and personalised treatment to reduce the risk of chronic disease. Dr Badenhorst counsels clients as a genetic wellness coach and uses treatments that include lifestyle modification, nutritional advice and supplementation with nutraceuticals and bio-identical hormones, tailored to a patient's unique genetic blueprint.



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 utilises 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.



David Arthur

Pharmacist - B.Pharm (Wits), MPS, ABAAHP Diplomate, Board Certified (American Board of Anti-Aging Healthcare Practitioners) David practises 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, 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 diplomate with the American Academy of Anti-Aging Medicine. This places David in an elite group of medical professionals in South Africa.



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

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

- Innovative and integrative specialist physicians
- Doctors and health care practitioners
- 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
- 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 normalisation.

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 and 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 programme, to support your condition.
- Regular follow-up visits may be required depending on your condition and the doctor's evaluation.



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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 dermaticals 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-damaged aged skin, pigmentation problems, skin irregularities, skin renewal, softening of acne scars, reducing pores and fine lines, wrinkle reversal, and improvement of skin tone and smoothness.



Aesthetic Practitioner

Denise "Dee" Harley. Dee is actively involved in the paramedical skincare 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 dermaticals 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 dermaticals offer more than merely a superficial cosmetic effect. They reverse the underlying causes of skin aging by regenerating the skin's collagen matrix, resulting in a truly more youthful and healthier skin. Our dermatical 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, they can be overcome. Your genetic profile predisposes you to certain diseases (loading the gun as it were), but it's incorrect lifestyle, or nutrition 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 personalised nutritional supplement programme and lifestyle change, these genetic SNPs can be overcome. The Integrative Medical Centre will offer you a tailored nutritional/nutraceutical supplementation advice programme, depending on the results of the genetic tests.

The following genetic panels are 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.