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Dr Craigie Golding, a specialist physician in anti-aging medicine admits that the term 'anti-aging medicine' is perhaps not the best description of his field of interest. "It tends to suggest a focus on the exterior, giving the impression that it's all about wrinkles and Botox treatments. But the focus is much broader than that. Anti-aging medicine is really about the prevention, early detection and reversal of the chronic diseases that become more common with age, and which constitute nearly 90% of the illnesses doctors treat on an ongoing basis. It truly is the medicine of the new millennium, advocating that people actively take control of their health rather than simply waiting for diseases to develop. People want to spend a longer time living healthily and a shorter time dying."

Golding qualified as a specialist physician in 1999 and quickly found that much of the time he was treating the symptoms of conditions like diabetes, cancer, dementia, heart disease, osteoarthritis and osteoporosis, rather than addressing the causes. "And yet many of these degenerative diseases of aging are largely preventable or reversible, if one can intervene early enough using anti-aging treatments, like vitamins, minerals, amino acids, essential fats, nutraceuticals, herbal extracts, intravenous nutrients and other intravenous treatments such as glutathione, hydrogen peroxide, phospholipid exchange, and measures like lifestyle modification. Hormone balancing and neurotransmitter assessment and normalisation are also offered in anti-aging medicine. However, conventional practice didn't give me the tools to practice this kind of preventive medicine. Anti-aging medicine addresses the cause of the underlying problem, rather than merely treating the symptoms."