

Dr. Craige Golding

Specialist Physician & Anti-Aging Physician

MBCChB (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

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CV OF DR CRAIGE GOLDING

Dr. Golding is a specialist physician, and chief medical advisor, in private practice at the Integrative Medical Centre in Bryanston, Johannesburg, where he practices integrative medicine, combining natural medicines, nutraceuticals, bio-identical hormones, intravenous treatments and allopathics (where needed) and many other medical biotechnologies to enhance the health of his clients.

Dr. Golding believes in the wellness model of medicine whereby we endeavour to get people well with lifestyle modifications, stress management, exercise, and dietary changes in conjunction with treatments prescribed. Dr. Golding has moved away from the conventional model of medicine where chronic diseases are managed with drugs. Instead of masking symptoms with drugs, Dr. Golding looks for the root cause of the medical problem and addresses this.

Dr. Golding qualified as a medical doctor 1993 Cum Laude. He is a fellow of the South African College of Physicians and qualified as a specialist physician in 1999. For eight years Dr. Golding practiced as a specialist physician at the Rosebank Clinic, running the Intensive Care unit there as well for many years. Over the years though, he realized that simply managing disease was not enough, and not making people well, and so his interest in integrative, functional and anti-aging medicine arose about 5 or 6 years back. Dr. Golding over the last 4 years has been travelling extensively to the United States to obtain qualifications in this new model and specialty of medicine known as integrative medicine, anti-aging medicine and/or functional medicine.

Dr. Golding has board certification from the American Board of Anti-Aging and Regenerative Medicine (ABAARM). He has completed his advanced fellowship in anti-aging, functional and regenerative medicine with the American Academy of Anti-Aging Medicine (FAARM). Dr. Golding is the only doctor in Africa to have attained these qualifications.

Dr Golding has recently (april 2010) completed a certification in chelation therapies with ACAM (American college for advancements in medicine) and is also a member of their organisation. Dr Golding is completing a masters program in metabolic and integrative medicine with the university of South Florida (completing in November 2010) and has completed a 6 module fellowship program in integrative cancer treatments in the USA in august 2010.

Dr Golding is also completing a certification course in nutrigenomics (NUGO in Europe).

Prior to completing his fellowship as a specialist physician, Dr. Golding was awarded the Akromed prize for the best student in Psychiatry, Horrace Wells medal for the best student in Anaesthetics, and the Maybaker prize for the best progress in pharmacology as an undergraduate student.

Dr. Golding is also the medical director of Solal Technologies, the leading anti-aging and preventive medicine company in south africa.

Dr. Golding is also the fellowship in integrative medicine (south African academy of antiaging and integrative medicine) program co-ordinator

