



# Renew Your Life

IT'S TIME TO TAKE CHARGE OF YOUR BODY AND SOUL,  
WRITES PETA LEE

**H**allo summer, and oops! Hallo dimpled thighs, saggy flesh and dehydrated winter skin.

Time waits for no woman, or man for that matter, and if you've swapped long sleeves and trousers for revealing summer clothes, you're probably also alarmed by



what winter outfits have been hiding.

Of course, there's always New Year . . . when we love to resurrect and renew those resolutions.

But it might not be soon enough. "Mid-summer's too late for miraculous transformations," says Dr Albert Niemann of Renew Time Restoration™ at Umhlanga Centre. But, he adds reassuringly, even at short notice, you can improve your looks and confidence, and begin a regime to take charge of your body and health and improve your quality of life.

It's good news from this popular local family physician, who is well qualified to

offer the advice: he's been doing aesthetic medicine for nearly two decades, and expanding into time restoration technology was almost a natural progression for him. His wife Buddy is the brains behind (and MD of) Renew, and both epitomise glowing good health and vitality.

Says Dr Niemann: The average international life expectancy has increased dramatically, so people want to try to look good for as long as they can. Combining good dietary advice, a healthy lifestyle and an exercise programme can certainly help get you in shape for summer, but leaving it until the last minute won't work. There's no

magic pill that works overnight! There's a simple equation of intake and burn-off: you need several months with a combination of regimes to transform your body."

But even better is that although it might take longer to improve the old bod, you can certainly hold age at bay, and look younger, very quickly, without resorting to invasive, painful, surgery.

About 15 years ago, Dr Niemann started doing Botox injections, and in those days, "we'd have four patients a month". This developed into treatments to complement the use of Botox and enhance skin conditions in the medical aesthetic field.

The demand has become enormous in South Africa, and Dr Niemann is now recognised as one of the most able and qualified in the field: he is a director of the very reputable AAMSSA (Aesthetic and Anti-ageing Medicine Society of South Africa), which is affiliated to the European and American bodies and which ensure doctors using these treatments are properly trained and qualified. He also recently returned from an aesthetics congress at the CSIR in Pretoria, after training 40 new doctors in the field.

Proof of the popularity of these non-invasive techniques, he adds, is that at the international Monaco anti-ageing congress this year, "95 countries were represented".

He attends three or four congresses a year, held mainly in Europe, but also in Dubai, the States and the East, and says AAMSSA has just won the bid to host the world congress in Cape Town in 2013, a massive coup.

"South African treatments and technology are on a par with any other country, and certainly, Renew's equipment includes some of the best in the world."

He says the demand for invasive treatments, like cosmetic surgery, has decreased internationally since the advent of Botox, Fillers and skin rejuvenation treatments. "The focus now is on the non-invasive, because it's less painful, there's no downtime and it's safe."

However, he cautions, problems can arise if treatment is carried out by anyone not properly trained. "It's not the product that's dangerous, it's the (unqualified) person using it." And failure, incidentally, to adhere to post-treatment advice.

People's biggest fears about the treatments stem from ignorance. "Take Botox. It's a toxin and people are scared to put a toxin in their bodies . . . bad publicity has led to incorrect perceptions. In fact, only a minute amount is used in an injection and the area into which you inject it covers only a centimetre or two. This specific neurotoxin does NOT spread into the cells,

unlike other neurotoxins. It stays exactly where you put it."

It's not just a more youthful face you're offered by Renew. "We definitely CAN help you to lose weight," says Dr Niemann, "by offering dietary advice combined with an excellent exercise programme and certain technologies for fat reduction and treatment of cellulite." Apart from being your ultimate source of effective medical anti-ageing treatments, like Botox and Fillers, there are other therapies on offer, like ActiveFx™ & DeepFx™ laser, skin tightening, VelaSmooth® and UltraShape®, and even vein and leg vein removal - just some of Renew's secrets to non-invasive youthful ageing of the face and body.

But book soon, because remember, Rome wasn't built in a day!

**Useful contacts:** Renew Time Restoration™, Suite 4, 2nd floor, Umhlanga Centre, Umhlanga Rocks. Phone 031 561 1277 or e-mail info@renewclinics.co.za



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