

MediSpa Menu



The Good Doctor - Dr. Wian Stander

Our concierge medical practice focuses on providing a personalized medical service to patients. Dr. Wian is known for being very inquisitive about every patient and keeps a close record of their medical history. We believe that every patient is unique and requires attention, care and a personalized treatment protocol. Our consultations are therefore often longer than regular doctors consultations.

Dr. Wian Stander

Short Biography

Doctor Wian Stander - The Good Doctor (TM) holds a MBChB (Bachelor of Medicine and Bachelor of Surgery) degree from the University of Pretoria (2000).

Dr. Wian Stander is the owner of Slimming Clinic South Africa since 2007 and has since helped tens of thousands of patients to successfully lose weight and improve their quality of life.

Dr. Wian presented and launched the very successful first season of Deur Dik En Dun that aired on Via TV Channel DSTV 147 in 2015.

He obtained the following:

- Diploma in Tropical Diseases and Travel Medicine from Wits in 2004.
- A Fellowship in Functional Medicine and Anti-ageing in 2009
- And he is a registered Fellow at MedMAPS (Medical Academy for Pediatrics Special Needs) in the United States. He is currently the only registered MedMAPS practitioner in SA.

Doctor Wian was one of the youngest doctors to attend the initial botox courses that were officially hosted in South Africa in 2003/4 and was invited to the Maexs 2014 conference in Istanbul as one of the most prestigious aesthetic practitioners in South Africa.

Doctor Wian is the SA chapter president for the American Academy of Orthopedic Medicine AAOM. A position he has held since 2017.

He has a special interest in Sports Medicine and looks after some of SA's most elite athletes.

During June 2022 Dr Wian hit the 10 000 professional hour mark in 3 areas: Regenerative Medicine, Functional Medicine and Aesthetic Medicine. While this adds to 30 000 professional hours, Dr Wian is also the first South African Medical Doctor to attain this trio of achievements.



Key Focus Areas

- 1. Functional Medicine & Anti-Ageing**
- 2. Slimming**
- 3. Regenerative & Sports Medicine**
- 4. Neurological Special Needs**
- 5. Aesthetic Medicine**
- 6. IV Therapy**

Regardless of your medical condition or treatment, every consultation will include a consultation fee of R1120. Treatments are charged additionally. Since our treatment protocols are extremely personalized, it is nearly impossible for us to estimate what your treatment will cost in total, however we can give some general information to prepare you for your visit.

THE GOOD MENU



● Functional Medicine & Anti-Ageing

Functional Medicine is aimed at personalizing medicine to find out WHY a person is ill, suffering pain, experiencing hormonal imbalances, weight gain or not functioning optimally. Typical causes could include poor nutrition, lack of sleep, lack of exercise, stress, food sensitivities, food quality, genetics or poor gut health.

Just as every patient is unique, we tailor our treatment protocols to tend to your individual needs. To effectively discover what the root cause of illness is, we consider lifestyle, environment and a comprehensive blood screening. This journey is life changing and we are excited to embark on it with you.

Treatment protocols provided by a functional practice will typically entail a list of curated supplements and lifestyle changes and involve commitment from the patient to relearn what they know about health. This is usually not a quick fix, but a lifelong journey. Blood tests could be done annually to track the progress of each patient.

For your appointment with Dr Wian, request your Blood Screening Form from Dr Wian Stander's practice. Have Fasting Blood tests done by Pathcare, Lancet or Ampath at least a week before your appointment. Supply the practice with your ID number so we can successfully retrieve your blood results 24h before your appointment.

Consultation fee: R 1120.00

Supplements: Individualized Protocol

● Slimming

Our Slimming programme stands on 4 legs.

1. Consultation & Accountability

A consultation before you start with the programme is vital to determine your current weight, what were the causes of weight gain & what we can do medically to aid your weight loss journey. During this consultation Dr. Wian might also prescribe medication & supplements as needed.

2. Gluten Free & Dairy (casein free) Diet

We recommend a very sustainable flexible diet with no gluten & dairy products. We recommend eating foods that are as natural and organic as possible. We do not recommend any processed foods. The ideal is buying non-processed ingredients such as vegetables, herbs and meat, and cooking a hearty meal at home with your loved ones.

Use this opportunity to explore your local farmer's market and eat fruits and veggies that are seasonal.

3. Lipo-Assist Injection

Dr Wian Stander has a brilliant formula that aids in weight loss. It is 100% homeopathic and even safe to use during breastfeeding. Every day the patient will inject 0.25ml or 25 iu into their stomach/legs until their goal weight is reached.

4. Adequate Water Intake

Dehydration can be detrimental to a weight loss journey. The adequate amount of water needed is determined by a formula:

300ml's for every 10kg of patient's weight + 250ml for every beverage that is not water.

Consultation fee: R 1120.00

Lipo-Assist Vial (30 Days supply) R 750.00

Supplements/Medication: Individualized Protocol



● Regenerative & Sports Medicine

Regenerative medicine is the branch of medicine that develops methods to regrow, repair or replace damaged or diseased cells, organs or tissues. The principle of regenerative medicine allows Dr Wian to practice in a wide spectrum of areas: From aesthetic medicine to sports medicine to neurological special needs. Our treatment protocols are uniquely developed to optimize the healing mechanisms in the body. Patients suffering from old injuries, new injuries, back pain, scars, chronic headaches, stroke patients and neurological special needs patients can all benefit from regenerative medicine.

Consultation fee: R 1120.00

Prolotherapy

Prolotherapy is a highly effective regenerative injection treatment protocol where a hypertonic dextrose solution is injected into the affected area, causing acute inflammation.

Let's first understand inflammation: Inflammation refers to your body's process of fighting against things that harm it, like infections, injuries, and toxins, in an attempt to heal itself. This is the very first step to initiate healing. When something damages your cells, your body releases chemicals that trigger a response from your immune system.

The norm of taking anti-inflammatories may affect the body's natural healing process and focus on lowering the inflammation, thus will not tackle the injury at its root. When we treat a patient with prolotherapy we induce controlled and regulated inflammation in the specific area of injury to alert the body to send healing signals to that particular place.

This treatment is ideal for pain caused by old or new injuries in the muscles, ligaments, tendons and joints, back and neck pain, osteoporosis or tension headaches.

Back C-Spine	R 2050.00
Back T-Spine	R 2400.00
Back L-Spine	R 1250.00
Ankle	R 1640.00
Shoulder	R 1640.00
Hip	R 1640.00
Knee	R 1050.00
Jaw	R 750.00
Wrist	R 830.00
Elbow	R 830.00
Hand/Foot	R 830.00



Platelet Rich Plasma Therapy

The body has the ability to heal itself. Platelet-rich plasma therapy is a form of regenerative medicine that can harness those abilities and may amplify the natural growth factors your body uses to heal.

PRP injections are prepared by taking your own blood and running it through a centrifuge to concentrate the platelets. These activated platelets are then injected directly into your injured or diseased body tissue. This releases growth factors that stimulate and increase the number of reparative cells your body produces.

This treatment can be used additionally to Prolotherapy to accelerate the body's ability to heal.

PRP Prolo area + R1500.00

● Neurological Special Needs

Symptoms of Neurological Special Needs can differ, but still be very challenging to live with. Dr. Wian can improve the quality of life through various treatment protocols incorporating Functional & Regenerative Medicine. He can treat conditions including Autism, ADHD, ADD, Cerebral Palsy and Stroke.

Consultation fee: R 1120.00

Supplements: Individualized Protocol



● Aesthetic Medicine

Aesthetic medicine is a broad term for practices that focus on altering cosmetic appearance by means of botox, fillers, threads, vampire facials, chemical peels and skin care protocols.

Consultation fee: R 1120.00

Plasma Rich Platelet Treatments

Vampire or PRP Facial (Face, Neck & Decollete)
PRP Hair Follicle Stimulation & Rejuvenation

R 7500.00
R 6090.00



Radiance Chemical Peels

Chemical Peel for Dull Complexion R 1070.00

Botox Treatments (Per Area)

Botulinum toxin treatments like Botox are magic bullets when it comes to preventing wrinkles. They temporarily inhibit muscle movement, stopping the constant motions that become etched on your face as a wrinkle. Dr Wian is a highly trained and very experienced injector that knows exactly how to make you look younger, fresher, and more relaxed – never frozen!

Forehead	R 1815.00
Crow Feet - Next To Eyes	R 1361.00
Frown Area Between Eyes	R 2269.00
Bunny Lines	R 907.50
Gummy Smile	R 907.50
Upper Face	R 4537.50
Under Arms	R 9075.50
Brow Lift	R 635.20



Soft Tissue Dermal Fillers

Each time we use a facial muscle, a groove forms beneath the surface of the skin, which is why we see lines form with each facial expression. As skin ages and loses its elasticity, the skin stops springing back to its line-free state, and these grooves become permanently etched on the face as fine lines and wrinkles. Fillers are a great minimally invasive way to reduce deep lines for a more youthful and fresh appearance.

Fillers are not only great to combat wrinkled skin, we can also plump your lips or reshape your nose.

Nasolabial Folds per 1ml	R 3262.50
Lip per 1ml	R 3262.50
Deep Lines per 1ml	R 3952.50
Hydration per 1ml	R 2687.50
Non Surgical Nose Job	R 3262.50
3D Hand Rejuvenation/hand	R 3952.50
Liquid face Lift	R 10750.00



PDO Facial Threading

Thread lift is a cosmetic procedure that offers a minimally invasive alternative to facelift surgery.

Thread lifts will tighten your skin by gently inserting medical-grade threads into your face and then "pulling" your skin up by suspending it onto very specific ligaments.

Jowel Lift (4x Threads)	R 7725.00
Double Chin (8x Threads)	R 14 825.00
Brow Lift (2x Threads)	R 2400.00
Neck	R7725.00



● IV Therapy

With a nutrient Infusion your body receives nutrients directly into the bloodstream. This bypasses the digestive system, which would otherwise lower the amount of vitamins your body can absorb. With drip hydration, nutrients are instantly available, so your body can absorb 100% of what it needs before passing along the rest to your kidneys to be flushed out. Our IV's are tailored to your specific needs. Every patient is unique and should be treated accordingly.

Consultation fee: R 1120.00

Cell Healing Wellness Cocktails:

Immuno Booster	R 1650.00
Meyers	R 1320.00
Macular	R 1407.00
Iron	R 1580.00
Heavy Metal Chelation	R 1670.00
Detox	R 1450.00
Pain Drain	R 1450.00
Fertility Boost	R 1508.00
Vit C	R 1644.00
Antiviral	R 1850.00
Cel Renewal	R 1790.00
Skin Whitening & Brightening	R 1690.00
NAD Rejuvenation	R 2130.00
Brain Boost	R 2590.00
The Jet Setter	R 1460.00



● Supplements

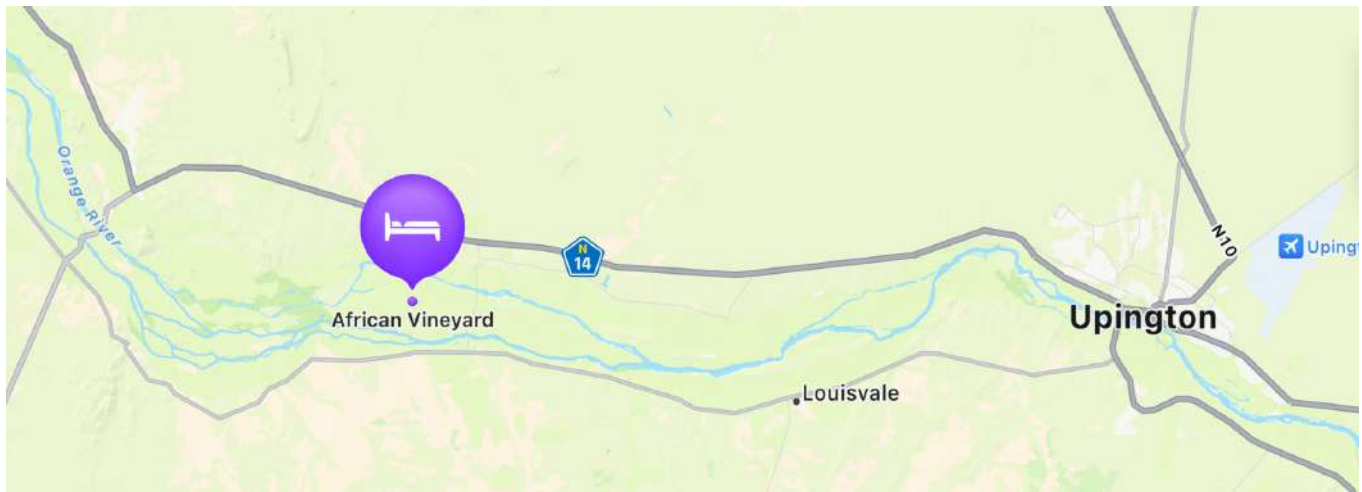
7 Keto DHEA 50mg caps	R 155.00	Lithium Orotate 5mg	R 200.00
Alpha Lipoic Acid	R 210.00	Melatonin 3mg	R 110.00
Beta-Sitosterol 100mg	R 250.00	Melatonin 6mg	R 140.00
Butyrex	R 900.00	Metformin + Vit B12	R 250.00
Chromium Picolinate	R 250.00	NAD +50mg	R 500.00
Curcumin	R 325.00	Naltrexone 1mg	R 310.00
De-Age Collagen	R 850.00	Naltrexone 3mg	R 320.00
DHEA 10mg	R 105.00	Naltrexone 4.5mg	R 340.00
DHEA 25mg	R 140.00	Neurolinx	R 500.00
EstroGel	R 600.00	N-Acetyl-L-Cysteine 500mg	R 220.00
Fatigue Assist	R 500.00	Phosphatidylserine 100mg	R 265.00
Ferrous Plus Capsules	R 190.00	Pregnenolone 30 mg	R 120.00
Finasteride 1mg SR	R 150.00	Progesterone 25mg	R 130.00
Flexofend	R 325.00	Progesterone 100mg	R 180.00
Folate Plus Capsules	R 140.00	Serapeptase	R 250.00
GABA 500mg	R 145.00	Sildenafil 5mg	R 175.00
i3C & DIM Complex 100mg	R 380.00	T3	R 170.00
IsoL	R 155.00	Testo 10% + Chrysin 10% Cream	R 600.00
Iodised Throat Lozenges	R 50.00	Trimethylglycine	R 140.00
L-Carnitine 200mg	R 150.00	VitD3 5000 IU	R 160.00
L-Glutathione 10% Cream	R 600.00	VitD3 10 000 IU	R 180.00
L-Methionine 100mg	R 200.00	Vit B12	R 150.00
Lipo Assist	R 750.00	Water Retention	R 100.00



Contact Details

APPOINTMENTS AT AFRICAN VINEYARD

Call: 083 4611 724
Whatsapp: 083 4611 724
Address: African Vineyard - Plot 79, Kanoneiland.
(15km from Keimoes and 25km from Upington)



SUPPLEMENT ORDERS

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