



DR XENEPHIN LUDICK

Xenephin Ludick qualified as a doctor in 2004 and spent a year in Cape Town. On his return to Johannesburg, he joined a practice in Melrose Arch and developed a deep passion for preventive and anti-aging medicine. He joined the Skin & Body Renewal team in 2010. He enjoys speaking on TV and radio, and does health presentations for different institutions.

I chose to work in the health industry because I was a keen sportsman at school level. In a rugby game, an opponent was tackled and sustained a severe collarbone fracture. I was the first person to get to him and didn't know what to do. I promised myself then that the day would come when I would be able to handle those situations expertly.

My greatest health asset is my fitness. I love exercise and I supplement well. I have played touch rugby for South Africa as a senior at the World Cup. Sport is a serious passion.

The piece of life-changing health advice I can give others is to prevent, prevent, prevent. Do not wait for illness to come. A colleague at Skin Renewal always says: "If you don't make time for wellness today, you will have to make time for illness tomorrow." I share this sentiment. Oh, and try not to believe everything Google tells you. ■