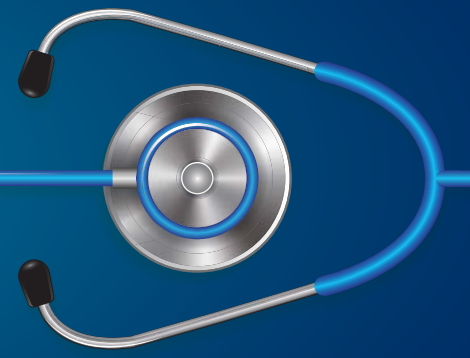


Platinum Health Page



MANAGING FAMILY LIFE

The family is the most important organisation in the world. Family life creates an environment, which human beings love and serve one another so that they can grow and flourish together. Successful families don't just happen; it results from a passionate commitment to shared values and from family members who invest their love, time, and energy into helping each other.

To find out how to manage a successful family life,

[Click here](#)



VAGINAL BIRTH BENEFITS for BABY AND MOTHER

A natural birth or vaginal delivery is when a woman gives birth through their vagina. Vaginal deliveries are the most common and most preferred method of delivery, accounting for 80% of births worldwide. This is because they are typically low-risk and carry the most benefits to the birthing mother and baby.

To learn more about the benefits of vaginal birth,

[Click here](#)



WORLD CANCER DAY 4 February 2023

Cancer is a complex, life-threatening disease which affects millions of South Africans. Cancer is any malignant growth or tumour caused by abnormal and uncontrolled cell division. If not stopped, it may spread to other parts of the body through the lymphatic system or blood stream. While scary, we must not lose hope! Cancer survival is improving and has doubled in the last 40 years.

To learn more about the types of cancer,

[Click here](#)



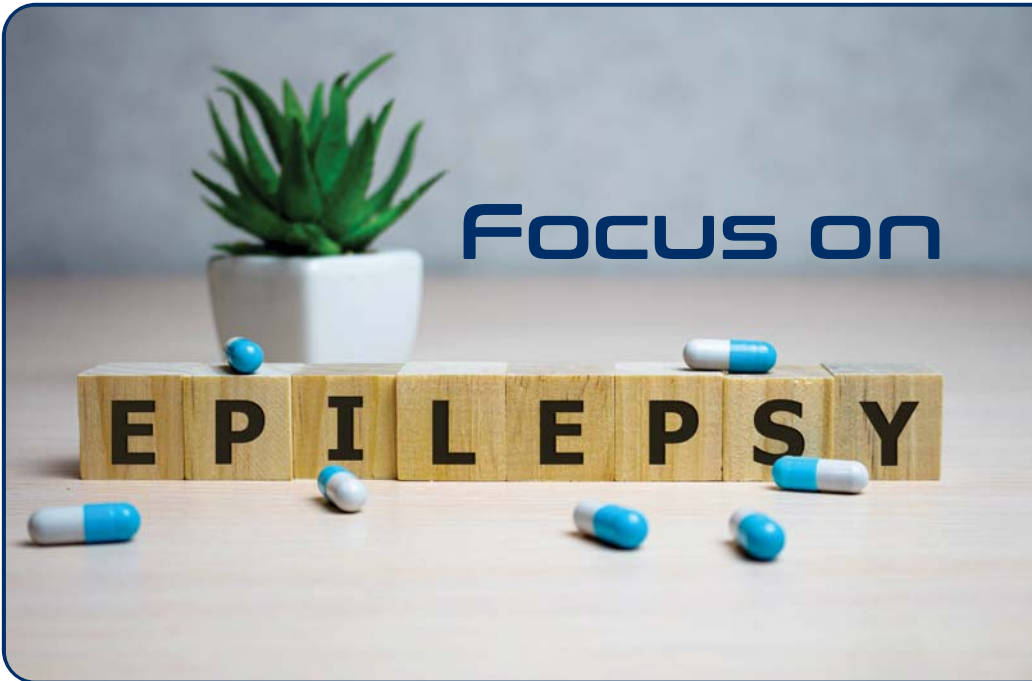
Focus on

EPILEPSY

Epilepsy is a condition which is caused by abnormal electrical activity in the brain, and these electrical activities can lead to changes in mental and bodily functions, causing a type of a 'fit.' Epilepsy affects both males and females of all races, ethnic backgrounds and ages. Epilepsy is not infectious and it is not contagious!

To find out more about Epilepsy and how you can help someone who's having an epileptic fit,

[Click here](#)



Turmeric: Spice up your life

Turmeric has long been used for cooking and traditional medicine, but this relative of ginger with its vivid yellow orange colour has emerged as a highly popular natural supplement to promote health and wellbeing.

To learn more about the benefits of Turmeric,

[Click here](#)



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