

GERALDINE MITTON
(Class of 1953)



MB Ch B, DCH, Dip TCM

Matric 1953:

- Cape Town University and Medical School 1954- 60. (MB Ch B)
- College of Medicine . Diploma in Child Health 1973, (DCH)
- Royal Geographical Society.: elected Fellow 1978
- Shaanxi University, Xian China: Diploma in Traditional Chinese Medicine 1987.
(Dip TCM)
- President Cape Town Rotary 2003-2004.

Geraldine is grateful for the excellent tuition received at Epworth. Mrs Bayer and her teaching of Biology enabled Geraldine to sail through 1st year medicine zoology and botany . Piano lessons and music in general encouraged a passion for classical music and opera. The variety of sporting activities encouraged a life long enjoyment of exercise. Overall the Epworth experience contributed to and nurtured the discipline of learning, and continuing education.

Geraldine started her medical career in Child Health then had a very tough 7 years as head of Emergencies At Groote Schuur Hospital in Cape Town. During this time she realised that instead of treating heart attacks one should prevent them, and fate intervened by giving her the opportunity to move into the health resort (now called Spa) industry and to initiate the Saporetto Foundation . This was funded by the Italian philanthropist Cleto Saporetto. For 14 years she was able to implement community outreach projects, in addition to studying natural health and complementary therapies globally. During this time she travelled to China to study Traditional Chinese medicine. Saporetto was the founder of the High Rustenberg Hydro in Stellenbosch, where she was able bring medical diagnostics into what was previously a nature cure resort. Hence the first Medical Spa in South Africa.

Her second spa was developed in the Cape Winelands where she designed a Vinotherapy programme using grapes from nearby vineyards.

In 1977 she was invited by the Royal Geographical Society to be their medical doctor caring for scientists taking part in the Mulu Expedition, in Sarawak. She spent 6 months in and unexplored rain forest, with many wild adventures. Subsequent expeditions took her to Papua New Guinea and the Philippines.

Geraldine has been attending conferences and lecturing internationally for the past 20 years. Her recent activities involve consulting in Singapore China and Japan. She has a continuing interest in preventive health, nutritional medicine, women's health, corporate wellness, mind body health. and the development of medical spas.

Geraldine married Nicandro Ciolli and has twin sons. She has continued her community work through Rotary, specifically through projects for Aids Orphan.