



# VIP MedSpa Clinic News

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[VIPMedSpaClinic.com](http://VIPMedSpaClinic.com)

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## Medical News

### Do You Sit Too Much?

Sitting for long periods of time has been linked to a number of health concerns. According to one study, people who spend more than four hours a day in front of a screen have higher risk of early death in general and higher risk of events related to heart disease, such as chest pain or heart attack.

### Easy Ways to Cut Calories

You don't have to go to drastic measures to decrease your calorie intake. Try these tips: Skip one fatty, high-calorie item a day, and keep an eye on portion sizes. Stop eating before you get full, and always aim to leave food – even a couple of bites – on your plate. These small changes will add up to big results!



## Message from Medical Director of VIP MedSpa Clinic

*Maryam Hekmat, M.D, FACP*

### Is your skin aging?

### 7 ways to prevent wrinkles.

#### 1. Avoid Sun

It is the No.1 way to prevent wrinkles. Want color? Try spray tan or a bronzer. “Apply sunscreen every single day as part of your morning routine.” You need it even walking to your mailbox, or from your car into the store (90% of the signs of skin aging

## **Eat Breakfast for a Workout Boost**

If you exercise in the morning, get up early enough to eat breakfast – ideally one hour before your workout. Most of the energy you got from dinner the previous night will already be used up, and your blood sugar may be low, which could cause you to feel sluggish during your workout. No time for breakfast? Have a small snack and then refuel after your workout.

## **What Are Your Exercise Obstacles?**

You already know that physical activity and good health go hand in hand. But if you have a medical condition, aches, pains or a lot of weight to lose, you may be hesitant to get started on a fitness routine. That's understandable. But here's a very personal, worthwhile reason to move more – you deserve to feel good. The trick? Don't think about exercise as a chore. Instead, focus on how good it can make you feel.

are due to the sun).

## **2. Maximize your moisturizer**

Avoid fragrances and any products that aren't gentle on your skin. Irritation causes dryness and more damage. Instead, find moisturizers with ceramides that replenish your skin and alpha-hydroxy acids (AHAs) that exfoliate and soften it.

## **3. Pack in that pastry**

Have a sweet tooth? Sugar and refined carbs will spike your blood sugar, triggering the release of insulin. Insulin causes inflammation in your skin and all over your body.

## **4. Find fresh air**

Environmental pollutants— like car soot and car exhaust fumes— can also damage your skin. If you're exposed to pollutants every day, walking down your street, look for parks and green spaces to stroll.

## **5. Catch 40 winks**

Over the years, not getting enough sleep can damage your skin. Again, you want to avoid the inflammatory bomb caused by insulin. Do your best to get six to eight hours of sleep per night. Try getting up early every day and going to bed at the same time every night. (Not getting enough sleep increases cortisol and that causes more insulin release).

### **Don't Make This Common Mistake**

If your stomach is growling when you enter the store, you're more likely to reach for junk food, such as potato chips and chocolate chip cookies. Avoid unhealthy choices by eating a healthy snack before you leave the house. If you find yourself getting hungry while you're grocery shopping, drink some water or buy some nuts to munch on.

### **Are You Working Out Hard Enough?**

Aim for at least moderate intensity when you exercise, which can be indicated by faster breathing and breaking into a light sweat after 10 minutes of activity. If you're still not sure you're working hard enough, try the talk test: if you can carry on a conversation but you can't sing, you're probably exercising in the moderate intensity range.

## **6. Smash the ash**

Smoking causes havoc beyond heart and lungs, damaging your skin, too. Smoking makes the little blood vessels in skin constrict. Over time, the collagen and elastic fibers are damaged and your skin gets more wrinkled. It's not just the cigarette smoke. Pursing your lips to inhale also creates fine lines around your mouth.

## **7. Feast on good fats**

Eating a good diet with lots of healthy fats from olive oil, avocado and nuts will nourish your skin. Your skin loves antioxidant-rich fruits and veggies, and lean proteins, too. Be sure to hydrate your skin with lots of water. The Mediterranean diet is good not just for your heart, lungs and brain, but great for your skin too.

## **Want Healthy Skin? Limit These 5 Types of Foods.**

There are plenty of foods — rich in Vitamin A, Vitamin C, Vitamin D, omega-3 and Zinc — that will help prevent inflammation, reduce acne breakouts and leave your skin looking its best. Unfortunately, there are also culprits in our daily diets that do the opposite. Many trigger acne, a skin disease that results from clogging of the oil glands at the base of hair follicles. Others affect collagen formation, a process that is critical to keeping your

skin healthy and elastic. If you deal with skin irritations, breakouts or other concerns, take a look at your diet. Are the following foods culprits?

### **1. Sugar**

Add one more strike against eating too much sugar. Studies have found that diets high in glucose or fructose affect what's called skin collagen cross linking. That sounds complicated, but it breaks down like this: Collagen is responsible for your skin's strength and elasticity. Too much sugar can disrupt the balance in your body's proteins, including collagen. When that happens, your skin's softness and elasticity go downhill — leading to stiff, rigid skin and ultimately, wrinkles.

### **2. Foods with a high glycemic index**

That means white bread, white pastas and potatoes, as well as sugary drinks and snacks. Preliminary research suggests foods with a high glycemic index cause acne breakouts for many people — and keep in mind acne isn't just a problem for adolescents. When you eat a diet rich in these foods, your body produces a higher level of insulin. Insulin spikes can set off a chain reaction associated with developing acne. On top of that, an insulin spike inevitably leads to an insulin crash — leaving your skin and rest of you looking and feeling drained.

### **3. Salt**

Salt and other forms of sodium may add flavor to your food — but too much sodium can sap the life out of your skin. This occurs in a couple of different ways. For one, too much sodium dehydrates you, which means it sucks vital moisture from your skin. Too much sodium can cause you to retain water, resulting in bags under your eyes and other visible signs.

### **4. Dairy**

The typical western diet includes many dairy sources that contain hormones, including certain types of steroids and growth hormones. Unfortunately, these stimulate acne, too. The same has been found for protein powder shakes that

contain casein and whey, as well. If acne is a concern for you, organic dairy products may offer a better alternative.

## **5. Saturated Fats**

Red meats, cheese, butter and hydrogenated oils — all are high in saturated fats and foods that are high in saturated fat are associated with high concentrations of insulin like growth factor. Unfortunately, insulin like growth factor stimulates the production of the sex hormones that increase acne production. On the flip side, plant-based diets, low fat diets, high fiber diets and vegetarian diets reduce blood concentrations of insulin like growth factor.