



# VIP MedSpa Clinic News

VIP MedSpa Clinic

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

858-451-6500

11665 Avena Place, Suite 104 San Diego, CA 92128

## Medical News

### Colorectal Cancer Often Diagnosed Before Recommended Screening Age

A new study examined the rates of colorectal cancer diagnoses that occurred outside of the recommended screening age groups.

### Walnut-Rich Diet Significantly Benefits Lipid Levels

A recent study examined the effects of insulin resistance status and healthy fat consumption on lipid levels in women

### Bariatric Surgery Contributes to Diabetes Remission

A new study investigated the mechanism responsible for the link between bariatric surgery and diabetes remission.



## Message from Medical Director of VIP MedSpa Clinic

*Maryam Hekmat, M.D., FACP*

In honor of February being American Heart Month, take steps to lower your risk of heart disease when preparing meals!

To lower your risk of heart disease or to manage your existing disease, try these tips in preparing meals.

### Heart-Healthy Cooking Tips

### **High BMI, Poor Aerobic Fitness Increases Risk of Hypertension**

A new study examined the effects of a high body mass index and low aerobic capacity in adolescence on risk of hypertension in later life.

### **Even Small Amounts of Exercise Cuts CVD Mortality Risk**

A new clinical perspective paper examined a link between small amounts of physical activity and a lower risk of cardiovascular disease.

### **Could Garlic Reduce Coronary Plaque?**

A new study shows aged garlic extract affects coronary plaque in patients with metabolic syndrome.

### **Low Fiber, High Fat Diets Associated With Sleep Quality**

A recent study examined how certain dietary components can influence both how restorative sleep is, and how often it is disrupted.

## **Limit Saturated and Trans Fat**

- Select lean cuts of beef and pork, especially cuts with “loin” or “round” in their name.
- Cut back on processed meats high in saturated fat, such as hot dogs, salami and bacon.
- Bake, broil, roast, stew or stir-fry meats, fish or poultry.
- Drain the fat off of cooked, ground meat.
- When you make a stew or soup, refrigerate leftovers and skim off the fat with a spoon before reheating and serving.
- Eat fish regularly. Try different ways of cooking such as baking, broiling, grilling and poaching to add variety.
- Include plant foods as sources of protein, including soybeans, pinto beans, lentils, and nuts.
- Replace higher-fat cheese with lower-fat options such as reduced-fat feta and part-skim mozzarella.
- Thicken sauces with evaporated fat-free milk instead of whole milk.
- Move toward using lower-fat milk and yogurt. Start with 2% products, then move to 1% and finally to fat-free to adjust to the new taste.
- Use liquid vegetable oils and soft margarine instead of stick margarine or shortening.
- Limit trans fats often found in foods such as cakes,

### **Study: Sugary Drinks Raise Risk of Visceral Fat and Diabetes**

A new study explained the connection between the intake frequency of sugary drinks and the development of visceral fat.

### **A Diet High in Fruit Lowers Erectile Dysfunction Risk by 14%**

A new study explains the connection between a flavonoids-rich diet and the risk of experiencing erectile dysfunction.

### **Sugars in Western Diets Increase Breast Cancer Risk**

A new study finds that the amount of dietary sugar in an average western diet may raise the risk of breast cancer and metastasis.

### **Asthma Increases Shingles Risk by 70%**

New research examined the relationship between a history of asthma and the risk of developing herpes zoster in adults.

cookies, crackers, pastries, pies, muffins, doughnuts and french fries. Many food manufacturers have removed trans fats from their foods. Check the Nutrition Facts panel on food labels to see if trans fats are listed.

- Use a small amount of oils such as canola, olive and soybean in recipes and for sauteing.
- Make salad dressing with olive, walnut or pecan oil.

### **Eat Foods Containing Omega-3 Fatty acids**

- Select oils that provide omega-3 fatty acids, such as canola, flaxseed or soybean oil.
- Add walnuts to cereal, salads or muffins. Try walnut oil in salad dressing, too.
- Eat two 4-ounce portions of fatty fish each week, such as salmon, lake trout, albacore tuna (in water, if canned), mackerel and sardines.
- Some chickens are given feed that is high in omega-3s, so their eggs will contain more as well. When buying eggs, check the package label.

### **Reduce Salt (sodium)**

- Prepare foods at home so you can control the amount of salt in your meals.
- Use as little salt in cooking as possible. You can cut at least half the salt from most recipes.
- Add no additional salt to food at the table.

- Select reduced-sodium or no-salt-added canned soups and vegetables.
- Check the Nutrition Facts Panel for sodium and choose products with lower sodium content.
- Season foods with herbs, spices, garlic, onions, peppers and lemon or lime juice to add flavor.

## **Learn How to Burn Belly Fat FAST!**

Did you know that there are foods with powerful fat-burning properties that can help you in your weight loss goals? Yes, you read right, you can eat and lose weight and burn belly fat at the same time.

Some of those foods are useful in reducing your appetite, increasing your thermic temperature, and rev up your metabolism.

### **1. Pine nuts**

If you want to burn belly fat and lose weight, you should definitely reach for pine nuts. These delicious and crunchy delights are full of heart-healthy fatty acids that promote your body's production of satiety hormones. The pinolenic acid in pine nuts helps you feel full and resist the temptation to make unhealthy diet derailing food choices. They also have the highest protein content of any nut.

### **2. Garbanzo beans**

Beans are fiber-rich and a wonderful source of protein. Garbanzo beans are fabulous when it comes to losing weight. These low-glycemic legumes stabilize blood sugar levels, curb your appetite, and ward off intense hunger. Their dietary fiber lowers the amount of glucose your blood stream absorbs, which keeps blood sugar low and makes it harder for your body to store fat.

### **3. Eggs**

Burn belly fat with eggs! Studies show that people who eat eggs in the morning feel fuller longer. Eggs help limit your calorie intake by up to 400 calories. In addition to packing in loads of essential nutrients, an egg has only 75 calories and a whopping 7 grams of protein. Your body burns calories digesting eggs. Their filling protein and low-glycemic index will keep cravings at bay.

### **4. Oranges**

Lose weight with oranges, one of them has merely 59 calories. Oranges rank high on the satiety index scale thanks to their high fiber content. High fiber foods like citrus fruits take longer to chew and digest. They take up lots of space in your stomach and help you feel full.

Oranges also have a low energy density, meaning fewer calories per gram than your average fruit, a quality we look for in fat-blasting foods.

### **5. Cinnamon**

For centuries, this superfood has been widely acknowledged for its powerful weight loss effects and impressive nutritional profile. The savory spice has a stabilizing effect on blood sugar levels, helping to curb your appetite and control hunger hormones. Nutrients like manganese, calcium, and dietary fiber can block your body accumulation of harmful fat, preventing weight gain while battling the annoying pounds.