



VIP MedSpa Clinic News

VIP MedSpa Clinic

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Aesthetic News

What a Long, Hot Shower Can Do to Your Skin

Oh, nothing feels better than a long, hot shower on a cold morning. However, the hot water can strip away your skin's natural oil—leaving your skin dry and itchy.

There are some simple ways you can safeguard your skin, including:

Run the water warm. Avoid hot water keep skin from getting dry.

Keep your shower time short. Limit 5-10 minutes.

Use gentle soap. Try a formula for sensitive skin or a moisturizing cleanser.

Don't apply soap everywhere. Only certain areas of the body really need soap, such as armpits, groin, feet, hands and face. Water should work for the rest.



Message from Medical Director of VIP MedSpa Clinic

Maryam Hekmat, M.D, FACP

Don't let these 4 myths interfere with your weight loss

4 Big Fat Food Lies: Why You Shouldn't Believe Them

Most of the health and weight loss advice out there is misguided, outdated and scientifically inaccurate.

Apply moisturizer. After cleaning, apply lotion to your skin right after you towel off to help your skin stay healthy. Experts recommend products that contain ceramide.

HA5 Rejuvenating Hydrator

HA5 Rejuvenating Hydrator immediately reduces the appearance of fine lines and wrinkles, and supports the skin's natural ability to replenish its own hyaluronic acid (**HA**) for overall skin health.

- . Instantly smoothes the appearance of fine lines and wrinkles
- . Immediately hydrates the skin
- . Improves the appearance of skin texture and roughness
- . Supports overall skin health with continued use

Don't let these myths, debated endlessly in the media, create road blocks for your weight loss and overall health.

Myth 1: All calories are created equal

A calorie is a calorie is a calorie, right? Wrong this myth just refuses to die.

The current thinking is that you'll lose weight by burning more calories than you consume. This calories in-calories out theory vastly oversimplifies the truth. Your body is much more complex than a simple math problem.

When you eat, your food interacts with your biology, a complex system that transforms each bite and tells your cells what to do. This affects your hormones, brain chemistry and metabolism.

Sugar calories cause fat storage and spike hunger. Calories from fat and protein promote fat burning.

You'll find the highest-quality calories in whole foods, which are lower in calories than processed foods:

+ **Quality proteins:** Grass-fed animal products, organic eggs, chicken, small wild fish, nuts and seeds.

+ **Good fats:** Avocado, extra-virgin olive oil, coconut butter and omega-3 fats from fish.

+ **Goods carbs:** Brightly colored vegetables, fruit like wild berries, apples, and kiwis.

. Contains 5 different forms of HA that work together to provide instant smoothing results and continuous hydration throughout the day.

. Powered by VITISENSCE technology– an exclusive formulation that supports your skin’s ability to stay hydrated and healthy looking.

Just 15 minutes after application, you’ll see the smooth difference.

At 8 weeks, you’ll see a dramatic improvement in the appearance of skin texture, fine lines, and wrinkles.

+ **Super foods:** Chia, hemp seeds and more.

Myth 2: Your genetics define you

Conventional wisdom says you’re predisposed to weight gain because of your family history. In other words, you’re heavy because your mom and grandma are heavy. That was the card you drew in the genetic lottery. But in functional medicine, we do not believe your genetics dictate your future health. We believe food is medicine and information for your cells.

Consider this: Today, about 35 percent of Americans are obese. Yet by 2050, that number will exceed 50 percent.

What accounts for this drastic change? It’s not our genes, which evolve at a snail’s pace over very long periods of time. It’s that we went from eating about 10 pounds of sugar, per person, per year in 1800 to eating 152 pounds of sugar (plus 146 pounds of flour) per person, per year today.

That amount of sugar and flour will hijack your metabolism, make your weight skyrocket and invite chronic disease.

A number of factors contribute to obesity, but genetics is the least of them. You’ve got more power than you think.

Myth 3: You can out-exercise a bad diet

The belief that you eat whatever you want and burn calories off with exercise is completely false. When

you treat yourself to a sugar-laden smoothie or a healthy muffin, or suck back Gatorade after 30 minutes on the treadmill, you've set yourself up for failure.

That's not how the human body works. If you change your diet, you can lose weight. If you exercise and keep your diet the same, you may gain in muscle, endurance and overall health. But you won't lose many pounds.

Put it into perspective: To burn off one 20-ounce soda, you'd have to walk four and a half miles. To burn off one super-sized fast food meal, you'd have to run four miles a day for a whole week. If you ate one every day, you'd have to run a marathon every day to burn it off.

Yes, exercise is extremely important. But to lose weight and keep it off, you need to couple exercise with a healthy diet, filled with plenty of plant foods, good fats and protein.

Myth 4: Fat makes you fat

This is a major pet peeve. Fat is not a four-letter word. Eating fat not only doesn't make you fat, it is critical for health and weight loss.

Dietary fat actually speeds up your metabolism, while sugar slows it down. The right kinds of fat cool down inflammation, while sugar fuels it.

Studies comparing high-fat to high-sugar diets —with the same number of calories —had totally different effects on metabolism. The higher fat diet caused people to burn an extra 300 calories a day. That's the equivalent of running for an hour (without doing any exercises)!

In studies of animals fed the two different diets with the exact same number of calories, the diets higher in fat and protein led to fat loss and more muscle mass. But the diet low in fat and high in sugar led to more fat deposition and muscle loss.

Yes, stay away from trans fats. But the right fats are the preferred fuel for your cells: extra-virgin olive oil, avocado, nuts, seeds, nut butters, and coconut oil and butter (both of which contain nutritious medium-chain triglyceride).

These fats will keep you full and lubricate the wheel of your metabolism.

Don't let the poor advice found in these myths keep you from successful weight loss and vibrant health.

Secrets to Smooth Skin

BOTOX +

VITISENSCE™ TECHNOLOGY

- Vitis Flower Stem Cell Extract**
Proprietary, potent, antioxidant
- Peptide Complex**
Supports rejuvenation and hydration
- Polysaccharides from French Polynesia & Plankton Extract**
For healthy skin

SkinMedica
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