



VIP MedSpa Clinic News

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Medical News

Is it possible to take too much vitamin C?

Vitamin C (ascorbic acid) is an essential nutrient. Still, it's possible to have too much vitamin C.

Vitamin C is a water-soluble vitamin that supports normal growth and development. Vitamin C also helps your body absorb iron. Because your body doesn't produce or store vitamin C, it's important to include vitamin C in your diet.

For most people, a large orange or a cup of strawberries, chopped red pepper or broccoli provide enough vitamin C for the day. Any extra vitamin C will simply be flushed out of your body in your urine.

For adults, the recommended dietary reference intake for vitamin C is 65 to 90 milligrams (mg) a day, and the upper limit is 2,000 mg a day.

Although too much dietary vitamin C is unlikely to be harmful, megadoses of vitamin C supplements may cause:



Message from Medical Director of VIP MedSpa Clinic

Maryam Hekmat, M.D, FACP

"Focus on what has helped you overcome challenges in the past and find ways to use these strategies every day as you address challenges and stress."

Are you ready to lose weight?

Want to make real, sustainable changes in 2017? Before you start tackling your goals,

- Diarrhea
- Nausea
- Vomiting
- Heartburn
- Abdominal bloating and cramps
- Headache
- Insomnia
- Kidney stones

Remember, for most people, a healthy diet provides an adequate amount of vitamin C.

Olive oil health benefits

Some fats are good for you, and olive oil is a prime example. By replacing the type of fat that you usually cook with — or spread on or pour over food — with olive oil, you're making a good decision. In the right amounts and in place of other fats, olive oil can enhance your healthy-eating plan.

Physical activity vs. exercise

Physical activity is any movement you do that burns calories — from gardening or walking to stretching during a work break. Exercise is a planned, repetitive form of physical activity that improves fitness — such as swimming laps, bicycling, brisk walking and lifting weights.

Remember, exercise doesn't have to be all or nothing — any movement throughout the day helps you get closer to your goals!

assess where you are mentally and emotionally. Your weight-loss success depends largely on your willingness to take on the challenge, so if you jump in before you're ready, your plan might buckle after the first obstacle. Is now the right time for you to try to lose weight?

The key to weight loss: Make a mental shift

The internal dialogue you have with yourself can make or break your weight-loss success. Watch out for these negative thinking patterns.

Sure, you want to lose weight, but are you in the right mindset to make it happen? Stop sabotaging your efforts with a self-defeating outlook and stay motivated to reach your goals with these effective techniques.

Negative beliefs and self-talk

The internal dialogue you have with yourself influences your actions. Thoughts such as “I’ll never lose weight” or “I’m no good at exercising” can weaken your self-esteem and stall your progress. Replace these thoughts with positive statements. Instead of: “I can’t stick with an exercise program,” tell yourself: “I can meet one realistic goal today.”

Unrealistic expectations

Many people imagine that losing weight will solve all their problems. Your life will likely change with weight loss — but probably not in all the ways you imagine. Losing weight doesn’t guarantee a

Why eat a high-fiber diet?

A high-fiber diet has many benefits, including normalizing bowel movements, helping maintain bowel integrity and health, lowering blood cholesterol levels, and helping control blood sugar levels. A high-fiber diet may also aid in achieving and maintaining a healthy weight.

How much fiber do you need to achieve these results? The chart below shows the recommendations for adults from the Institute of Medicine.

Recommended daily fiber intake

Age 50 or younger

Men 38 grams

Women 25 grams

Age 51 or older

Men 30 grams

Women 21 grams

better social life or more satisfying job. Keep your expectations focused on those very real benefits like more energy and higher self-esteem.

Inflexibility

Words such as always, never or must place undue pressure on you. Telling yourself you'll never eat chocolate again or you must walk two miles a day can lead to guilt-ridden lapses. Instead, treat yourself now and then in ways that make sense — when you're out to dinner with friends, not when you're feeling sad.

All-or-nothing thinking

One setback doesn't mean failure. If you eat too much one day, you haven't blown your plan. Counteract this kind of thinking with moderation — no "good" and "bad" foods, for example, and it's OK to have dessert once in a while. Remind yourself you can get back on track tomorrow. Be flexible on your weight-loss journey. Don't expect perfection. If you have a slip-up, learn from it and move on.

Healthy cooking techniques: Boost flavor and cut calories

Healthy cooking doesn't mean that you have to become a gourmet chef or invest in expensive cookware. You can use basic cooking techniques to prepare food in healthy ways.

By using healthy-cooking techniques, you can cut fat and calories. Consider, for instance, that each tablespoon (about 15 milliliters) of oil you use

when frying adds more than 100 calories. To put it in perspective — adults should limit fat calories to no more than 20 to 35 percent of total daily calories. For a 2,000-calorie diet, that means no more than 400 to 700 calories from fat a day. By switching to roasting, you not only eliminate added fat but also allow any fat in the food to drip away.

The healthy cooking methods described here best capture the flavor and retain the nutrients in foods without adding excessive amounts of fat or salt. Use them often to prepare your favorite dishes.

Baking

Besides breads and desserts, you can bake seafood, poultry, lean meat, vegetables and fruits. For baking, place food in a pan or dish surrounded by the hot, dry air of your oven. You may cook the food covered or uncovered. Baking generally doesn't require that you add fat to the food.

Braising

Braising involves browning (searing) the ingredient first in a pan on top of the stove, and then slowly cooking it partially covered with a small quantity of liquid, such as water or broth. In some recipes, the cooking liquid is used afterward to form a flavorful, nutrient-rich sauce.

Broiling and grilling

Both broiling and grilling expose food to direct heat. To grill outdoors, place the food on a grill rack above a bed of charcoal embers or gas-heated rocks. If you have an indoor grill, follow the manufacturer's directions. For smaller items, such as chopped vegetables, use foil or a long-handled grill basket to prevent pieces from slipping through the rack. To broil, place food on a broiler rack below a heat element. Both methods allow fat to drip away from the food.

Poaching

To poach foods, gently simmer ingredients in water or a flavorful liquid, such as broth, vinegar or wine, until they're cooked through and tender. The food retains its shape during cooking. For stove-top poaching, choose a covered

pan that best fits the size and shape of the food so that you need a minimal amount of liquid.

Roasting

Like baking, but typically at higher temperatures, roasting uses an oven's dry heat to cook the food. You can roast foods on a baking sheet or in a roasting pan. For poultry, seafood and meat, place a rack inside the roasting pan so that the fat in the food can drip away during cooking. To maintain moisture, cook foods until they reach a safe internal temperature but don't overcook them.

Sauteing

Sauteing quickly cooks relatively small or thin pieces of food. If you choose a good-quality nonstick pan, you can cook food without using fat. Depending on the recipe, use low-sodium broth, cooking spray or water in place of oil.

Steaming

One of the simplest cooking techniques is steaming food in a perforated basket suspended above simmering liquid. If you use a flavorful liquid or add seasonings to the water, you'll flavor the food as it cooks.

Stir-frying

A traditional Asian method, stir-frying quickly cooks small, uniform-sized pieces of food while they're rapidly stirred in a wok or large nonstick frying pan. You need only a small amount of oil or cooking spray for this cooking method.

Using herbs and spices

Creating meals using spices and herbs is one of the best ways to add color, taste and aroma to foods without adding salt or fat. Choose fresh herbs that look bright and aren't wilted, and add them toward the end of cooking. Add dried herbs in the earlier stages of cooking. When substituting dried herbs for fresh, use about one-half the amount.