



VIP MedSpa Clinic News

VIP MedSpa Clinic

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Aesthetic News

Growth Factor: The Science Behind Skin Rejuvenation

Growth factors play a pivotal role in maintaining firmness and elasticity in your skin. Daily use of skin care products containing growth factors are known to help reduce the appearance of fine lines, wrinkles and improve skin tone and texture.

What are Growth Factors and why do we need them in skin care products?

Growth factors are natural substances made by skin cells to maintain healthy skin. They are responsible for supporting the repair of damaged skin, making components that provide firmness and elasticity to the skin while helping skin's protective functions. They are not growth hormones!



Message from Medical Director of VIP MedSpa Clinic

Maryam Hekmat, M.D, FACP

Why a Sweet Tooth Spells Trouble for Your Heart.

For decades, research singled out saturated fat and cholesterol as the prime dietary villains in heart disease. Following a report that the sugar industry quietly funded much of that research, sugar has found itself in the spotlight.

Sugar has deleterious effects on the heart, and it is

Aging and sun-damaged skin require growth factors to maintain itself. However cells in aging skin makes less growth factors than cells in youthful skin.

One approach to support the level of skin rejuvenation is to regularly use skin care products with high concentration of stable growth factors.

To maintain optimal skin health, ideally, growth factors would be produced by skin cells called fibroblasts, whose main function is to produce the component to support the skin.

The studies show that, depending on quality of skin, good results take 6-12 weeks of twice a day use.

Combinations of growth factors with strong antioxidants tend to show results sooner, typically within 4-8 weeks.

TNS Essential Serum provides a combination of stable growth factors (TNS Recovery Complex) with strong antioxidants (APS Corrective Complex™) designed to provide this rapid effect.

important to be aware of them. It has a negative impact on your lipids, your weight and your risk of diabetes. And it provides calories with no nutritional benefits.

Diet high in sugar makes your liver synthesize more bad LDL (low-density lipoprotein) cholesterol.

A sugary diet lowers your good HDL (high-density lipoprotein) cholesterol.

Excess sugar profoundly raises your triglycerides (a type of blood fat). At the same time, it inhibits an enzyme that breaks triglycerides down.

How sugar affects your metabolism

Sugar's impact extends beyond the bloodstream.

When you eat sugar, your blood glucose level quickly rises. This causes an immediate spike in insulin, the fat storage hormone. The more sugar you eat, the more insulin you secrete, and more fat you build up.

When you have more fat, you become more resistant to insulin. So you secrete more insulin, which leads to more fat storage. This vicious cycle results in pre-diabetes and diabetes, weight gain, and metabolic syndrome.

Weight gain worldwide

Over the past 20 years in developed and developing countries, weight has gone up, along with the incidence of obesity and diabetes.

Over 11 clinical studies have been conducted looking at cosmetic efficacy with TNS Essential Serum with results showcasing its ability to improve the overall appearance of skin. These are more studies than any other topical cosmetic growth factor product in the markets today.

Carefully selected antioxidants and peptides present in TNS Essential Serum complement the benefits of growth factors.

Who should use Growth Factor products?

Clinical result shows that growth factor products benefit anyone with visible signs of aging. While women with early signs of aging may benefit by using growth factors, most significant visible improvements in skin are seen in women with greater photo damage and mature skin. Twice a day use with diligence is the key to maximizing benefits from growth factors products. Your skin care professional can advise whether or not products contain growth factors are right for you.

In the 90s, the bottom layer of the food pyramid was all cereals, breads and pastas. Those were the foods we were supposed to eat more of and collectively, as a society, we gained a tremendous amount of weight.

Because low fat foods were supposed to be heart healthier, manufactures added sugar as high-fructose corn syrup to make their product more appealing.

In 2015, recognizing that sugar has become a problem, the US Food and Drug Administration revised its dietary guidelines. Now, it says added sugars should make up no more than 10 percent of our total calories. And at least half of our complex carbohydrate should come from whole grains.

Carb quality, not quantity

The sugar in fresh fruit is packaged with beneficial fibers, vitamins and minerals. Many large studies show that fresh fruit consumption lowers blood sugar, and the risk of death from heart disease and stroke.

A half-cup orange juice and an orange may have 20 grams of carbohydrate. The juices are absorbed right away, spiking your blood sugar so that your pancreas wants to rapidly secrete insulin. But the fibers in the orange delay its absorption, so your blood sugar doesn't spike as much.

Foods with a low glycemic index — like fresh fruits and veggies, and whole grains— help to stabilize

blood sugar. Foods with high glycol index— like punch, pizza, potatoes and pancakes— spikes blood sugar, inviting insulin resistance and weight gain.

The world's best eating style

Dietary studies have produced conflicting data. But one diet has proven over and over again— in large scale, high quality, randomized, controlled trials— to significantly lower the risk of heart disease and to help people live longer with less dementia. That's the [Mediterranean diet](#)

Focusing on healthier fat sources like fish, nuts and olive oil, the diet is heavy on veggies, beans and legumes, favors white meat over red, and includes low fat dairy. And, needless to say, sugary desserts are scarce.

It's not really a diet, it's more of a style of eating. It's easy, anyone can do it, and you're not starving yourself or limiting calories. So it's sustainable. And it's filled with stuff we all love to eat.

All the data shows that crash diets can be effective in the short term, but people quickly regain those lost pounds and, over time, put on even more weight.

None of which is good for your heart.

A word about artificial sweeteners

If sugar can harm your heart, are artificial sweeteners the answer for a sweet tooth?

I am not a fan of artificial sweeteners. Lots of studies show that diet beverages don't help people lose weight. And drinking more than two artificially sweetened beverages a day may increase your risk of heart disease.

Researchers have a few theories about this:

Imaging studies show that eating sugar activates your brain's reward centers. Artificially sweetened drinks do not activate these centers, so you may not feel satisfied and want to keep eating.

When you drink sugary soda, your body secretes insulin, peptides and other hormones to help maintain its biological balance. When you drink diet cola, it tastes sweet to the tongue but won't restore the balance.

When you drink diet versus regular soda, you may feel to reward yourself for being good by eating something high in calories or carbs.

Neither artificial sweeteners nor sugar are a good idea for most people. If you want to quench your thirst, it is best to drink unsweetened seltzer or water. The only time an artificially sweetened beverage is better is when you have diabetes and have to prevent blood sugar spikes.

National Winter Skin Relief Day – Jan 8th

TNS Ceramide Treatment Cream™
Hydrates and helps restore your skin's barrier function and balance.
Appropriate for dry or post-procedure skin.

JANUARY

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