



VIP MedSpa Clinic News

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Medical News

Do You Have Earwax Buildup?

You have heard it before: Never put anything, especially a cotton swab, in your ears.

Problems due to misuse of ear swabs includes:

- Ear canal trauma
- Ear drum rupture
- Infection
- Swab tips getting dislodged into the ear canal

Only the opening of the ear canal will make the wax. Therefore, the wax is likely to fall out on its own. We shouldn't stick anything in our ears because it's likely to push the wax in further.

The wax itself has a purpose. It has anti fungal and antibacterial properties while also helping waterproof the ear canal.



Message from Medical Director of VIP MedSpa Clinic

Maryam Hekmat, M.D, FACP

Break your sugar addiction in 10 days.

Do you have a sweet tooth? Most of us will overindulge at times. But the more sugar we consume, the more we want. However, the good news is that people can break the sugar addiction in 10 days.

Do this for 10 days for a quick, powerful detox.

Do's and Don'ts for wax build up

- **Do** contact a PCP if your ear feels plugged up, it hurts, or you can't hear. It is important not to assume the problem is ear wax unless you have been to the doctor before for this issue.
- **Do** try over-the-counter wax softener or baby oil at home, if you know you have tendency toward wax buildup.
- **Don't** use cotton swabs inside the ears
- **Don't** use hydrogen peroxide. If the problem isn't ear wax impaction (but something more serious like a hole in the eardrum or fluid behind the ear drum), you could cause further damage.
- **Don't** use ear candles. Studies show they do not work and can cause injury.
- **Don't** bother with contraptions for consumer use that claim to vacuum wax and dust from the ears.

I recommend a medical evaluation when there's any pain, hearing problems or it feels plugged up. It's important not to assume that earwax is the cause.

• Make The Decision

Commit yourself to this 10-days detox. These changes will reset your brain and body.

• Quit Cold Turkey

Stop all forms of sugar: white flour, artificial sweeteners, hydrogenated fats, MSG and pre-packaged foods.

• Don't Drink Your Calories

No sweetened teas and coffees, and no juices other than green vegetable juice.

• Add Protein To Every Meal

Only non-starchy veggies: asparagus, green beans, mushrooms, onions, zucchini, tomatoes, fennel, eggplant, peppers.

• Include Good Fats at Every Meal

Go for nuts and seeds, avocado and fish, which offer omega-3 fatty acids.

• Manage Your Stress

When you're stressed, your cortisol shoots up. This will drive up your hunger and fuel sugar craving.

• Quit Gluten and Dairy

It's not easy, but after two or three days, you will have more energy and fewer cravings.

6 Surprising Uses for Beet Juice

- Anti-aging potential
- Improves heart health
- Fights Acne
- Prevents Hair Loss or Breakage
- May fight cancer
- Improves energy

Simple meal planning

I don't have time to make healthy meals. If this sounds like you, take heart! Try shopping for several meals at one time. Prepare foods over the weekend and then freeze meal-sized portions to reheat during the week. Or keep it simple with a fresh salad and low calorie dressing, a whole-grain roll, and a piece of fruit. Even simpler, grab a healthy sandwich, soup or entree from a deli or grocery store.

• Sleep

If you get less than 8 hours a night, it can drive you to eat more calories.

You can break the sugar habit. Doing a detox doesn't mean you never eat another cupcake. But it does give you control over your cravings and your health.

Summer's Inflammation Fighting Foods

Fruits and vegetables, the stars of a healthy plant-based diet, have long been recognized as powerful weapons against inflammation, which underlies cardiovascular disease as well as cancer and many other chronic inflammatory conditions. Scientists credit bioactive compounds present in these plant foods, such as carotenoids and flavonoids, for the inflammation-quelling properties.

With the summer's bounty of fresh fruits and vegetables, the season is a great time to jumpstart a pattern of eating that keeps inflammation under control. These summer favorites offer a particularly tasty way to suppress destructive inflammation:

Tomatoes

Many studies have found an inverse relationship between tomato consumption and heart disease. One reason: tomatoes are an abundant source of carotenoid lycopene, which appears to help down-regulate inflammation by inhibiting pro-inflammatory cytokines. Cooked tomatoes contain even more lycopene than raw ones, so sauces may

be even more potent protectors of the heart. And adding olive oil— a common tomato sauce ingredient and inflammation fighter— creates a truly heart healthy concoction.

Strawberries

These bold-colored, delicious berries also seem to exert an effect on heart health. These effects are likely due to the effects of flavonoids known as anthocyanin and vitamin C. Strawberries seem to calm inflammation by down-regulating the activity of NF-kb, a protein that is involved in pro-inflammatory responses in the body.

Blueberries

Blueberries are another rich source of anthocyanin, which are credited for reducing the risk for many diseases, most famously cognitive degeneration. Blueberry extract inhibits the production of nitric oxide, prostaglandin E and interleukin-6, which are involved in or indicative of inflammation. Anthocyanin helps dilate arteries and prevent the build up of plaque.

Cherries

Eating cherries increase the level of interleukin-1 receptor antagonist (IL-1Ra) which has powerful anti-inflammatory properties, and decreases concentration of CRP. Anthocyanins, which are responsible for the berries deep red color, are probably behind these healthful changes. Cherry season runs from May until August so you can enjoy and reap the benefits of these sweet berries all summer.