



VIP MedSpa Clinic News

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Medical News

The right way to hydrate workouts

The American College of Sports Medicine recommends drinking 2 to 3 cups of water during the two to three hours before your workout, and at least 1/2 to 1 cup of water every 15 to 20 minutes during your workout. Continue to hydrate after your workout to replenish lost fluids.

Does drinking water during or after a meal disturb digestion?

There's no concern that water will dilute the digestive juices or interfere with digestion. In fact, drinking water during or after a meal actually aids digestion. Water and other liquids help break down food so that your body can absorb the nutrients. Water also softens stool, which helps prevent constipation.

FEBRUARY IS NATIONAL AMERICAN HEART MONTH



Message from Medical Director of VIP MedSpa Clinic

Maryam Hekmat, M.D, FACP

Beat your cravings: 8 effective techniques

Don't let a sweet tooth or carb craving prevent you from reaching your goals. Keep cravings in check with these practical methods.

The foods you crave are likely to be high in sugar, fats and carbohydrates — such as pizza, chocolate, cake, chips and ice cream. Cravings

3 ways to avoid overeating

Follow these tips before you dig into your next meal: 1. Read nutrition labels to determine accurate serving sizes. 2. Drink sparkling water instead of soft drinks. 3. Don't force yourself to clean your plate. It's OK to stop when you're full.

Boost flavor, cut fat

Braising, broiling, grilling and steaming can make your food taste great without adding lots of fat, oil or sodium. Baste meat or vegetables in wine, vegetable juice or fat-free vegetable broth instead of oil or drippings. Your taste buds and your waistline will thank you!

can derail your efforts at weight control and may lead to binge eating, but you can learn how to manage them and stay on course with these tips.

◆ **Enjoy a small portion.** Don't give up these foods. In your overall healthy diet, include a small portion of the less healthy foods you crave. Better to enjoy a square of chocolate than to avoid it altogether.

◆ **Eat something healthy first.** It's often easier to eat less of the food you're craving if you're not ravenously hungry.

◆ **Keep the food you crave out of the house.** Buy the item only when you plan to eat it, or order it at a restaurant.

◆ **Change your mental picture.** When you experience a craving, replace the image of the food with a picture of yourself doing your favorite activity or some other pleasant image.

◆ **Distract yourself.** Food cravings usually pass after 20 minutes. Try taking a walk or talking to a friend.

◆ **Chew gum.** Chewing sugarless gum reduces hunger and cravings for sweet and salty snacks.

◆ **Get enough sleep and exercise.** These habits help lower your levels of the hormone ghrelin, which stimulates appetite. Lack of sleep can lead to food cravings and overeating.

◆ **Substitute a healthier option.** Satisfy your craving for something smooth and creamy with something low-fat or fat-free, such as yogurt, pureed fruit or buttermilk. Eat a piece of fruit as a healthy sweet snack.

Incorporate more coconut oil into your diet

Coconut oil is packed with healthy cholesterol boosting saturated fats. Find out how to incorporate coconut oil into your diet and lower your risk of heart disease, boost your energy, improve your memory, and aid digestion in the process.

1. Cook with coconut oil
2. Toss Coconut oil in smoothies
3. Make popcorn with coconut oil
4. Try coconut oil candy
5. Add coconut oil to your coffee
6. Bake with coconut oil

Are you Vitamin B12 Deficient?

Worry and anxiety don't just stem from stress—lacking vitamin B12 in your body could also be the reason for these feelings. Without the necessary amount of this vitamin in your system, red cell formation cannot happen, potentially leading to neurological issues such as anxiety. B12 also improves your memory, and increases your energy.

Experiment to see which strategies work best for you so that you can control your cravings — not the other way around.

Today's Healthy-Eating Tip

Try these 100-calorie snacks

Healthy snacks can satisfy hunger and keep you from overeating at meals, which can lower total daily calories. Try these 100-calorie ideas: 1 cup sliced bananas and fresh raspberries; 2 cups of carrots; 3 1/2 cups air-popped popcorn; 5 Melba toast crackers or rye or pumpernickel crackers; 2 tablespoons of peanuts; or 2 domino-sized pieces of low-fat colby or cheddar cheese.

Today's Fitness Tip

How much cardio do you need?

Aim for 150 minutes a week of moderate cardio activity, such as brisk walking or even mowing the lawn, or 75 minutes a week of vigorous cardio, such as running. You can also combine the two and eventually work your way up to 300 minutes a week, the amount recommended to lose weight and keep it off!