



# VIP MedSpa Clinic News

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[VIPMedSpaClinic.com](http://VIPMedSpaClinic.com)

858-451-6500

11665 Avena Place, Suite 104 San Diego, CA 92128

## Aesthetic News

### Something subtle that's proven to last

Some women may wish to add volume to their lips; others may want to soften the appearance of the vertical lines above them. Lines such as these are often caused by factors such as sun exposure or repeated muscle movement. Fortunately there's Juvederm Volbella XC the first and only FDA-approved filler proven to increase lip fullness and soften the appearance of vertical lines for up to 1 year.

Juvederm Volbella XC maybe right for you if:

- You would like to add subtle volume to your lips
- You would like to soften the appearance of your vertical lip lines
- You want natural looking, long-lasting results



## Message from Medical Director of VIP MedSpa Clinic

*Maryam Hekmat, M.D, FACP*

### **Nutrition and healthy eating**

#### **Tips to make healthy snacks enjoyable**

Snacking is not a bad thing as long as you are making nutritious choices and taking your daily caloric needs into consideration. Here are some tips to make healthy snacks enjoyable.

**HALT** before you snack

Before reaching for a snack, **HALT** and ask

### Do your lashes say wow?

Latisse is the first treatment approved by the FDA to grow fuller, longer, lashes for people who don't have enough lashes. With 16 weeks of daily application, you can see results— with or without mascara.

- Longer lashes as soon as week 4
- Fuller, darker lashes at week 8
- Full results at week 16

Individual results may vary.

Only apply at base of upper lashes. DO NOT APPLY to lower lid. Common side effects include itchy and red eyes.

If discontinued, lashes gradually return to previous appearance.

Remove contact lenses prior to applying Latisse solution. Contact lenses may be reinserted 15 minutes after application.

yourself: Am I Hungry? Angry? Lonely? Tired? Are you eating because of emotions? Are you eating out of habit? If you're snacking for a reason other than hunger, try a different activity first.

Consider a short walk, deep breathing for three minutes or a brief social visit with a work colleague.

If you really are hungry, keep your snacks simple by using this list:

- Fresh or dried fruit
- Nuts or nut butter
- Whole-grain crackers or cereal
- Vegetable sticks
- Hummus or cheese
- Plain Greek yogurt

Change up your snack staples with these ideas:

- Sliced apple with cashew butter and raisins
- Whole grain crackers with peanut butter and sliced banana
- Fruit or veggie toothpick kebabs such as cherry tomatoes with feta cheese, strawberries and grapes, or a mix of your favorite melons
- Trail mix — nuts , dried fruit and whole grain cereal

Remember, in a typical meal plan snacks account for 100 to 300 calories for the day (depending on

## Lytera 2.0 pigment correcting serum

Lytera 2.0 correcting serum is formulated to address even the most stubborn discoloration, regardless of skin type or genetic make up.

- Improvements seen in as early as 2 weeks with progressively dramatic results at 12 weeks and beyond.
- Help optimize results of multiple treatment approaches, including chemical peel, laser therapy and prescription skin care products, such as hydroquinone.
- Works well with all skin tones and types, including sensitive skin:
  - ◆ Soothing properties help minimize the chances of developing prominent dark spots or redness caused by skin injury.
  - ◆ Non-hydroquinone, retinol-free, paraben-free, fragrance-free, and non-comedogenic formulation which makes it safe during pregnancy, lactating, or planning to become pregnant.

your specific calorie needs). Be sure to keep portion size appropriate and not overindulge with mindless munching.

Set yourself up for success by stocking up on healthy items you enjoy. Then prep them for the week. Cut celery or carrots into sticks, take the tops off strawberries, slice up fresh pineapple, pre-portion nuts into small containers. If everything is cleaned, prepped and portioned out, it can be grabbed quickly and eaten before you're even tempted by unhealthy fare. Consider dedicating one shelf in your fridge to these grab-and-go snacks.

## 10 great health foods

**1. Almonds** are packed with nutrients — fiber, riboflavin, magnesium, iron, and calcium. A 1-ounce portion also provides over 30 percent of the Recommended Dietary Allowance (RDA) of vitamin E. And most of the fat in almonds is monounsaturated fat — a healthier type of fat that may help lower blood cholesterol levels.

**2. Apples** are a good source of soluble fiber, which can lower blood cholesterol and glucose levels. Fresh apples are also a good source of vitamin C — an antioxidant that protects your body's cell from damage. Vitamin C also helps form the connective tissue collagen, keeps your capillaries and other blood vessels healthy, and aids in the absorption of iron.

**3. Blueberries:** Scientists have shown that

blueberries are loaded with compounds (phytonutrients) that may help prevent chronic disease, such as heart disease, diabetes and some cancers. Blueberries may also improve short-term memory and promote healthy aging. Blueberries are a low-calorie source of fiber and vitamin C.

4. **Broccoli** : Besides being a good source of folate, broccoli is also an excellent source of vitamin C. It is also an excellent source of vitamin A, and is linked to preserving eye health.
5. **Red beans** — including small red beans and dark kidney beans — are a good source of iron, phosphorus and potassium. They're also an excellent low-fat source of protein and dietary fibers. Red beans also contain phytonutrients. Don't like red beans? Substitute another kind to enjoy beans' health benefits.
6. **Salmon** contains omega-3 fatty acids — a type of fat that makes your blood less likely to form clots that may cause heart attacks. Omega-3s may also protect against irregular heartbeats that may cause sudden cardiac death, and they help decrease triglyceride levels, decrease the growth of artery-clogging plaque, lower blood pressure and reduce the risk of stroke. In addition to containing omega-3s, salmon is low in saturated fat and cholesterol and is a good source of protein.
7. **Spinach** is high in vitamin A, C, and folate. It's also a good source of magnesium. The plant compounds in spinach may boost your immune system. The carotenoids found in spinach — beta carotene, lutein and zeaxanthin — also are protective against age-related vision diseases, such as macular degeneration and night blindness, as well as heart disease and certain cancers.
8. **Sweet potatoes**: The deep orange-yellow color of sweet potatoes tells you that they're high in antioxidant beta carotene. Food sources of beta carotene, which is converted to vitamin A in your body, may help slow aging process and reduce the risk of some cancers. In addition to being an excellent source of vitamins A and C, sweet potatoes are a good source of fiber, vitamin B6 and potassium.

Like all vegetables, they're relatively low in calories — one-half of a large sweet potato has just 81 calories.

9. **Vegetable juice** has most of the vitamins, minerals and other nutrients found in the original vegetables (except some of the fibers) and is an easy way to include vegetables in your diet. Tomato juice and vegetable juices that include tomatoes contain lycopene, an antioxidant that may reduce the risk of prostate cancer. Some vegetable and tomato juices are very high in sodium, so be sure to select the low sodium varieties.
10. **Wheat germ** is the part of the grain that's responsible for the development and growth of the new plant sprout. Although only a small part, the germ contains many nutrients. It's an excellent source of thiamin and a good source of folate, magnesium, phosphorous and zinc. The germ also contains protein, fiber and some fat. Try sprinkling some on your hot and cold cereal.