



VIP MedSpa Clinic News

VIP MedSpa Clinic

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Medical News

Study: A Healthy Heart Means a Healthy Brain

A recent study examined the potential association between cardiovascular health and the risk of cognitive decline.

Fish Oil may Improve Symptoms of Depression

A new study investigated the effect of omega-3 polyunsaturated fatty acids on patients with major depressive disorder.

Study: Acetaminophen Ineffective for Osteoarthritis

A recent study analyzed the effectiveness of various non-steroidal anti-inflammatory drugs for the relief of pain in patients with osteoarthritis.



Message from Medical Director of VIP MedSpa Clinic

Maryam Hekmat, M.D, FACP

I am pleased to let you know that we are celebrating VIP MedSpa Clinic's 2 year anniversary this month. Please join us for our 2 week anniversary specials from April 11 through 22, 2016.

Our mission continues to guide and support your relentless pursuit of your medical and aesthetic needs. Cheers to 2 years and more to come!

Yoga May Improve Symptoms of Paroxysmal Atrial Fibrillation

A new study explores the healing power of yoga and whether practicing yoga once a week can lower heart rate and blood pressure in patients with paroxysmal atrial fibrillation.

Could Blueberries Help to Prevent Alzheimer's Disease?

Results from 2 recent studies examined the effects of the superfood blueberries on cognition and memory in older adults with mild cognitive impairment.

Common Diabetes Drug Linked to Vitamin B12 Deficiency

Results of a new study detail the health risks associated with long-term use of the diabetes drug Metformin.

Study: Waist Circumference a Strong Predictor of Heart Disease

Recent research compared the effect of apple and pear shaped obesity on the risk of heart disease in patients with diabetes.

Five Reasons Executives Should Schedule A Massage Today

Most people still view massage as a luxury item. They feel like they are spoiling themselves by booking a massage whether it's a 30 minute, one hour massage or a four-hour spa day. But some business leaders are starting to look at massage more as a necessity just like working out and eating healthy. Study after study keeps touting the benefits of massage. As a result, many executives are changing their mindset from thinking of massage as a nice treat to thinking of massage as an essential item in their routine that helps them perform at the top of their game. Here are five reasons why you should stop making excuses and book that massage today.

1. Massage can help spark creative ideas.

The business world is fast-paced and stressful. Sometimes people need to stop their mind and relax in order to solve problems and think of a better solution. Massage frees thoughts.

Massage lets executives calm down to think clearer and get a better picture-Its better than coffee.

2. Massage can help reduce pain and even boost your immune system.

Massage has been proven to be an effective

Treating Depression Could Reduce Cardiac Risk

A recent study examined how the treatment of depression can effect the risk of future cardiovascular events.

Statin Use Lined to Reduce Colorectal Cancer Risk

A recent study examined the potential role of statins as a chemopreventive agent against colorectal cancer in patients with inflammatory bowel diseases.

Eating A serving of Chickpeas a Day Could Benefit Weight Loss

New research quantified the effects of consuming dietary pulses, including chickpeas and lentils, on weight loss efforts.

Endometriosis Linked to Heart Disease Risk in Young Women

A new study explores how endometriosis affects the risk of developing heart disease among women.

Exercise Associated With Decline in Cognitive Performance

A recent study examined the effects of various levels of leisure time physical activity on the risk of cognitive decline in older adults.

treatment for reducing stress, pain and muscle tension. Some studies have also found that massage can help people suffering from anxiety, headaches, digestive disorder, sport injuries, joint pain, fibromyalgia and lower back pain.

Considering how many executives sit at their desks for long hours, suffering from neck and back pain, a therapeutic massage may be just what they need to feel better, think clearer and be more productive. A growing body of research now indicates that massage can help boost your immune system. If you want to avoid taking time off for being sick and stay healthy during cold and flu season, scheduling a weekly massage may help. Having a massage on a regular basis increases the activity level of the body's white blood cells that fight viruses.

3. Massage can help increase your productivity.

For the past 20 years, there have been studies linking massage to improved brainpower and productivity. That may explain why roughly 11% of companies offered workplace massages to employees in 2015 and why 3% of companies planned to add corporate massages in the next 12 months, according to a survey by the Society for Human Resource Management. Corporate massages typically involve having a massage therapist come to the office and provide 15-

minute or 30 minute chair massages for employees.

4. Massage can help you sleep better.

Studies have found that people who receive regular massages spend more time in deep sleep, which is the restorative stage of the sleep cycle. Want to avoid tossing and turning and not getting enough sleep the night before a big presentation or a day packed with back to back meetings? Try scheduling a massage on the way home from work the day before. It will help you relax, relieve work stress, reboot your mind and sleep better, so you are ready to tackle the next day feeling completely refreshed.

5. Massage can reduce stress symptoms.

Massage helps alleviate stress, but it's more than just the dim lights, calming music and healing touch helping the body to relax. Research suggests that frequent massages reduces cortisol, which is a major stress hormone, and high levels of cortisol have been linked to high blood pressure, suppressed immune system function and obesity. And you don't need an hour-long massage to reduce cortisol levels or lower stress. Studies have found that even a brief 15 minute chair massage once a week can reduce stress symptoms.

It is relatively easy to find massage services today— whether it's a chair massage, private massage, massage at the spa or even a massage at a hotel while traveling. Always make sure you have a credited masseuse, and even when it is recommended by someone you know, and if you feel uncomfortable at any point, stop the massage. You have to trust the person.

Massage may be the missing piece of the puzzle for many business leaders. When you get a massage, it is about you. It is not about anyone but you. We need to be nurtured.