



VIP MedSpa Clinic News

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Medical News

Moderate Physical Activity Reduces Parkinson's Risk by 45%

New research examined the impact of different levels of physical activity on the risk of developing Parkinson's disease.

Acupuncture of No Benefit To Chronic Knee Pain

A new study examines the impact of acupuncture treatment on pain reduction in patients with chronic knee pain.

Mood, Anxiety Affect Alzheimer's Risk for Women

New research evaluated the relationship between anxiety and moodiness in middle-aged women and Alzheimer's risk later in life.



Message from Medical Director of VIP MedSpa Clinic

Maryam Hekmat, M.D, FACP

Sandy Teichert, Office Manager

We wish you a Merry Christmas and a very Happy New Year. We thank you for your confidence and support which you have shown us during this past year and we look forward to the opportunity to continue serving your needs in 2015!!

Could Grapes Help Fight Acne?

Researchers examined the potential use of antioxidants found in grapes for the treatment of acne.

US Life Expectancy At A Record High

Researchers from the Centers of Disease Control and Prevention evaluated the effect of lower rates of death from chronic illness on life expectancy in the United States.

Can Olive Oil and Nuts Reverse Metabolic Syndrome?

Researchers evaluated the impact of the Mediterranean diet on participants with metabolic syndrome through a large, randomized clinical trial.

Could Anxiety Increase The Risk of Developing Alzheimer's Disease ?

New research evaluated a possible association between anxiety in patients with amnesic mild cognitive impairment and the progression to Alzheimer's disease.

Foods To Fight Aging

Blueberries

One serving of this superfood provides more antioxidant activity than most fruits and veggies. Antioxidants fight the free radicals that cause wrinkles.

Beans

They are high in protein, promote hair growth and help thicken hair cell by making the fibers stronger.

Cranberry Juice

This fruit juice disrupts the formation of plaque and thereby prevents yellowing of teeth. The flavonoids in cranberry juice also counteract the damaging effects of bacteria that cause tooth decay. Be careful that you aren't drinking a sugar-laden cranberry juice cocktail.

Blood Oranges

A bit more exotic than a traditional orange, blood oranges contain anthocyanins, antioxidants that combat free-radical damage and UV rays.

Carrots

This vegetable is an excellent source of vitamin A. The nutrient is essential for a healthy scalp and youthful, shiny hair.

Brazil Nuts

Selenium, a powerful mineral that aids in the production of the antioxidant glutathione, can be found in Brazil nuts. This mineral repairs cell damage and slows down the skin's aging process. Just two nuts a day will help you stop the aging process in its tracks.

Dark Chocolate

This decadent treat will help curb your sweet tooth and is rich in flavonoids.

How Do Genetics and Gut Bacteria Affect Weight Gain?

New research examined how genetics affects the makeup of our gut micro biomes and how the micro biomes, in turn, are associated with weight gain.

Diet, Activity, and Blood Pressure Control Can Reduce Risk of First-Time Stroke

An updated guideline issued by the American Heart Association and the American Stroke Association offers tips for lowering the likelihood of experiencing a first stroke.

Can Walnuts Slow the Progression of Alzheimer's ?

A new study examined the effects of a walnuts-enriched diet on learning skills, memory, anxiety, and motor coordination in Alzheimer's disease.

Study: 12 oz of Daily Soda Consumption Ages Cells 4.6 Years

Researchers measured the effects of sugary soda consumption on the rate of cell aging in a new study.

Red Wine

Heart-healthy red wine made with the dark skin and seeds of grapes, is rich in polyphenols, a type of antioxidant that includes resveratrol. If you don't drink alcohol, opt for grape juice.

Cod

Fish can be great for your health, but cod is especially good for its anti-aging properties. It contains selenium, which safeguards your skin from sun damage and cancer.

Cucumbers

This salad favorite is great for skin. Cucumbers have the highest water content of any foods, and the silica in the peel helps reduce wrinkle and boost collagen. Buy them unwaxed if possible.

Eggs

Your favorite breakfast food just got a little bit better! Eggs are rich in iron and biotin, which help your skin and hair healthy and full.

Tomatoes

Tomatoes provide Lycopene, which helps prevent heart disease, elevated cholesterol and cancer. Lycopene acts as natural sunblock, preventing the UV damage that causes sun spots, dryness and wrinkles. Remember to cook tomatoes for maximum anti-aging effect.

Avocados

Avocados are one of the richest sources of monounsaturated fats and contains biotin for healthy skin.

Pomegranate Seeds

Pomegranate seeds contains juice rich in ellagic acid and punicalagin- two agents that fight damage from free radicals and preserve the collagen in your skin.

Spinach

Spinach is an excellent source of vitamin C, which the body needs to manufacture sebum, an oily substance produced by the sebaceous glands. Sebum is the body's "natural conditioner," and keeps hair shiny and smooth, while preventing dryness.

Sunflower Seeds

Sunflower seeds contain lignin phytoestrogens, which prevents collagen breakdown and boost the skin's lipid barrier.

Tuna

Tuna contains omega-3 fatty acids that fight UV-related cell damage and are a rich source of niacin, a deficiency of which causes skin rashes.

Pumpkin Seeds

Zinc, which is found in pumpkin seeds, may help to decrease overall inflammation inside the body and help relieve acne. Eat 1/4 cup to get your daily dose of zinc. To get the most bang for your buck, buy the unshelled kind.

Salmon

Eat between four to six ounces of salmon three times a week to get the amount of healthy omega-3s boost elasticity and are great at moisturizing your hair to help keep it shiny.

Wheat Germ

Wheat germ is rich in Zinc which plays a crucial role in the production of new skin cells. It also has anti-inflammatory properties to help prevent eczema. Recent studies even indicate that wheat germ can help reduce acne. Get half a cup of wheat germ per day for your daily dose of zinc. Try sprinkling it over salads and yogurt or adding it to smoothies.

Sardines

Sardines, rich in omega-3 fatty acids, promote hair growth and shine to keep your locks looking healthy.

Romaine Lettuce

Romaine lettuce is a leafy green vegetable high in vitamin A, a vitamin that helps revitalize skin by increasing cell turnover and encouraging new cell growth. Add six leaves to your salads or as a side with dinner for your daily dose of vitamin A.

Red Peppers and Brussels Sprouts

Red peppers and brussels sprouts are rich in vitamin C, which help build collagen and fight off free radicals. Eat eight strips of yellow peppers per day to get the recommended daily dose of vitamin C.

Oysters

Oysters are an excellent source of zinc, which aids in protein synthesis and collagen formation.

Foods of the Mediterranean

Try fennel, an anti-inflammatory herb that can help lower your cholesterol, kick constipation to the curb and even relieve a dry scalp! Then there's octopus, a rich source of omega-3 fatty acids, B12, Iron and Zinc. In the legume family: Gigantes beans, or giant lima beans, are rich in potassium.

Mangos

One mango provides 96 percent of your daily vitamin C needs and helps prevent periodontal disease.

Guava

This exotic fruit is packed with vitamin C, which boosts collagen production to smooth skin. Two cups of guava per week is the perfect dose of this anti-aging powerhouse.

Low-Fat Cottage Cheese

Cheese isn't always off limits! Low-fat cottage cheese is full of protein, and also promotes hair health (since hair is mostly protein). Just be wary of high sodium levels when incorporating this into your diet.

Kelp

This sea-dwelling plant contains vitamins C and E, which protect fats in the skin's moisture barrier from free-radical damage.

Oatmeal

Oatmeal is high in soluble fiber, which reduces LDL cholesterol (the bad kind).

Pure Noni Juice

Noni, a small evergreen tree found in southeast Asia, Australia and surrounding areas, is known for its anti-inflammatory properties. Pure noni juice can help fight the formation of tumors and wrinkles. High in antioxidants and polyphenols, noni can also help build collagen.

