



VIP MedSpa Clinic News

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Medical News

Obesity Can Reduce Life By Up To 8 Years

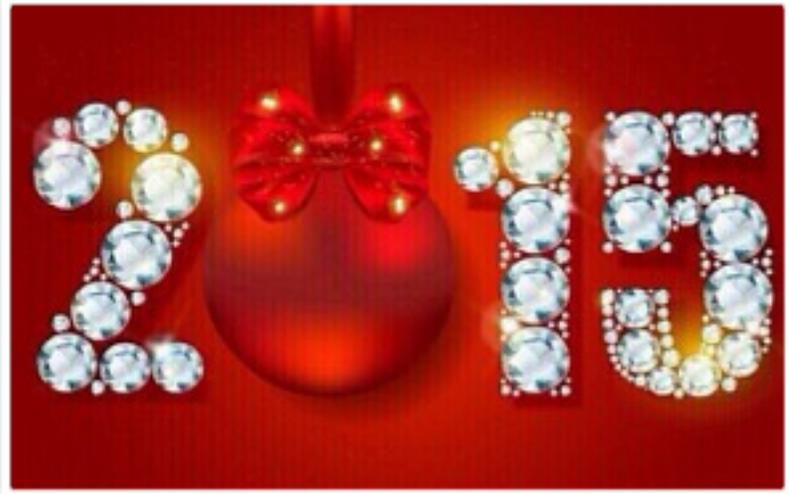
A new study examined the loss of life and healthy life years associated with excessive body weight.

Could Metabolic Syndrome Increase The Risk of Urinary Tract Syndrome?

New research monitored patients with metabolic syndrome to determine the condition's impact on the risk of developing lower urinary tract symptoms.

How Do Genetics and Gut Bacteria Affect Weight Gain?

Genetics influence our body make-up and weight by determining which microbe-types flourish in our body independent of environmental factors, according to a recent study.



Message from Medical Director of VIP MedSpa Clinic

Maryam Hekmat, M.D, FACP

As we start the year 2015, I would like to announce that we are going to possibly have a monthly VIP event in my office . We invite you to join our exciting events to get the most information in the field of skincare and rejuvenation. We are also offering Gift Certificates to treat your loved one for any special occasion and they can be issued for any amount you wish !! We are looking forward to your love and support in coming months and years.

Could Regular Exercise Cause ALS?

The viral popularity of the “ALS Ice Bucket Challenge,” in which people are challenged to either donate money to the ALS foundation or to dump a bucket of ice water over their heads on video, brought awareness of the neurodegenerative disease into the spotlight. It also reinvigorated a long-held debate over the possible link between contact sports, physical exercise, and the risk of ALS.

High-Dose Flu Vaccine Better for Some Elderly Patients

A new study examined options for a more effective flu vaccine dosages in residents of long term care facilities.

Diet Rich in Tomatoes May Lower Breast Cancer

Eating plenty of tomatoes and tomato-based products may help protect at-risk postmenopausal women from breast cancer, according to a new study in the Journal of Clinical Endocrinology and Metabolism.

How Much Sleep Is Enough?
7 hours of sleep seems to be an optimal amount.

Food As Medicine

You already know you are what you eat. But what if you could eat for who you are? By studying how genes and nutrients interact, scientists are looking for ways to use DNA-based diets as a prescription to improve health and prevent disease.

People are obsessed with food.

We love to eat it and to cook it. We also love to worry about how much of it we are eating and little of it we are cooking. We love to tinker with our diets, too, eliminating gluten or red meat, eating less trans fat or more omega-3.

As our diets shifts along with our attention from one vilified or exalted ingredient to another, there are simple rules to fall back on. Every five years since 1980s, the U.S. Department of Agriculture and Health and Human Services have issued dietary guidelines, meant for everyone over the age of 2, including those at increased risk for one chronic disease or another. The most recent recommendations announced in 2010, offered simple and surely good advice: Drink more water and less soda, pay attention to the salt in the package foods, fill half of your plate with fruits and veggies, use low fat or skim milk instead of whole.

These guidelines are based on a review of the scientific evidence, but to a large extent, they have very little to do with you specifically, your lifestyle and food preferences, your genome, your metabolism, or the way your body reacts to particular foods. Of course, our genetically encoded preferences for certain foods play a role in our diets: our sensitivity to the bitter taste of greens, for example, or our insensitivity to salt.

What if we had more to go on? We’ve all heard that we are what we eat, and surely that’s in many respects true. But what if the reverse were also possible? What if we could find a path to better health by eating some foods and avoiding others based meaningfully on who we are as individuals, all the way down to our DNA? In the other words, what if we could eat for who we are, not the other way around?

Nutrients have faced a problem that there is a lot of conflicting information in the public. That’s where

Study: Migraines May Double the Risk of Bell Palsy

A new study evaluated the association between migraine and Bell palsy.

Study: Alcohol Does Not Aid Sleep, Causes Nighttime Disruption

Researchers examined the relationship between alcohol consumption and sleep homeostasis in a new study.

Can Sleep Apnea Lead to Dementia?

A new Study examined the possible association between sleep apnea and the risk of developing dementia.

Higher Insulin Dosage Associated With Increased Risk of Death

Researchers analyzed data from patients with type 2 diabetes to determine how levels of daily insulin dosage impacted risk of death.

25% of Obese Individuals Have No Metabolic Complications

New research finds that for a subset of obese individuals, obesity does not translate to metabolic problems such as diabetes, heart disease and stroke.

nutrigenomics can help us shift through conflicting data. Many studies don't consider that not all people are the same and will respond differently to foods. The idea that everyone will respond positively to any type of nutrient is probably incorrect. While tailoring dietary advice to individuals or, perhaps more realistically, to particular subsets of people is still very much a work in progress. Some people are genetically programmed to digest milk all throughout their lives, making dietary products a good source of calcium and protein. Others, especially those from Asian countries, are lactose intolerant and can't really stomach the stuff once they graduate from toddlerhood. Although the underlying genetics are much more unclear and complicated, Celiac disease is another high-profile case in which a dietary change to eliminate gluten – a protein found in wheat and related grains – can resolve intestinal symptoms.

Nutrigenomics studies showed individuals carrying a particular genetic variant have healthier blood lipid profiles and lower stroke risk than other people do, especially when they follow a Mediterranean diet rich in grains, beans, nuts, fruits, and vegetables. Another recent study indicates that higher-fat dairy foods will lead some to be overweight but not others, depending on which versions of the functional apolipoprotein A2 gene they carry.

We shouldn't forget that other factors, such as beneficial gut microbes, also play an important part in questions of nutrition and the delicate balance between health and disease, which explains the rising popularity of probiotics. A healthy microbiome is perhaps best encouraged by diets including plenty of plants.

Emerging science and the use of nutrigenetic testing to provide dietary advice is not ready for routine dietetics practice for now. Nevertheless, many U.S.-based companies are offering nutrigenomic tests or products of one kind or another.

No one really knows how many "essential nutrients" there are, but scientists are working to develop the capability to capture profiles representing 100 important nutrients.

Simple advice: Get all the processed junk and chemicals out of our lives.