



VIP MedSpa Clinic

VIP MedSpa Clinic News

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Medical News

Step it up with a pedometer

Want to get more active without overhauling your daily routine? Start using a pedometer. Set a goal, such as reaching 10,000 steps each day, and try to set new personal records. The simple process of counting and recording your steps can help you increase your physical activity.

Fit more fiber into your diet

Fiber can lower your risk of diabetes and heart disease. Get more fiber with these tips: Choose cereals with bran or fiber in the name. Switch to whole-grain breads and pastas. Use brown rice, barley and bulgur wheat instead of plain white rice. And mix chopped frozen broccoli into prepared spaghetti sauce.

Be Thankful

NOVEMBER 1-18, 2016

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 Purchase \$250 of SkinMedica & Biorace
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GIFT BAG IN THE GIVING

Message from Medical Director of VIP MedSpa Clinic

Maryam Hekmat, M.D, FACP

8 solutions to healthy-eating roadblocks

Don't like to cook? Can't resist junk food? Use practical strategies to overcome your biggest healthy-eating challenges.

Life doesn't follow a perfectly smooth course. You will inevitably run into obstacles on the journey to healthy eating. It's how you respond that makes the difference. For long-term success, you'll need strategies in place to solve problems as they arise. The first step is to identify and define potential roadblocks and

Is there any link between cellphones and cancer?

The possible connection between cellphones and cancer is controversial. After evaluating several studies on the possibility of a connection between cellphones and glioma and a noncancerous brain tumor known as acoustic neuroma, member of the International Agency for Research on Cancer— part of the World Health Organization— agreed that there's limited evidence that cellphone radiation is a cancer-causing agent (carcinogenic). The bottom line? For now, no one knows if cellphones are capable of causing cancer. Although long-term studies are ongoing, to date there's no convincing evidence that cellphone use increases the risk of cancer. If you're concerned about the possible link between cellphones and cancer, consider limiting your use of cellphones— or use a speaker or hands free device that places the cellphones antenna, which is typically in the cellphone itself, away from you head.

brainstorm solutions. Identify the barriers most likely to get in your way and plan ahead how you'll face those challenges.

Roadblock: "I don't have time to make healthy meals."

Healthy detours: If you use smart cooking strategies, creating a healthy meal doesn't have to take too much time. Planning ahead is a great time-saver.

For example, shop for several meals at one time, or prepare foods over the weekend and then freeze meal-sized portions to reheat during the week. You can also keep it simple with a fresh salad and low-calorie dressing, a whole-grain roll and a piece of fruit, or a healthy sandwich, soup or entree from a deli or grocery store.

Roadblock: "I don't like vegetables and fruits."

Healthy detours: You don't need to like all fresh vegetables and fruits. Just find some that you enjoy. Experiment by sampling produce you've never eaten before. Add fruits or veggies to your favorite recipes, or replace meat with vegetables when possible. Experiment with new ways to prepare produce, such as grilling pineapple or lightly cooking vegetables if you don't like them raw.

Roadblock: "I don't like to cook."

Healthy detours: Not interested in becoming a gourmet chef? No problem. Many cookbooks offer recipes for quick and easy healthy meals. Or you can use creative shortcuts that don't require a lot of cooking, such as prepackaged vegetables and lean meats. Also, remember that cooking is a skill: The more you practice, the better you will become.

Fuel your morning workout

If you exercise in the morning, get up early enough to eat breakfast at least one hour before your workout. Most of the energy you got from dinner the previous night will already be used up, and your blood sugar may be low, which could cause you to feel sluggish or lightheaded during your workout. If you plan to exercise within an hour after breakfast, have a small snack and then refuel afterward.

Eat more fiber for weight loss

High-fiber foods tend to be more satisfying, have fewer calories per volume and generally take longer to chew, which gives your body time to register when you're full. Choose whole grains and whole-grain products, fruits and vegetables, and beans, peas and other legumes.

Roadblock: "My family doesn't like to try new things, and it's too much work to make two different meals."

Healthy detours: You're right — you don't want to fall into the trap of making the "good" food for the family and the "diet" food for yourself. So instead, ask for your family's input — and help — on healthy foods they'd like to try, which may make them more willing to experiment.

Take it slow, and make a few small changes each week. You may be able to make some dishes healthier and tastier and your family won't even realize it. If you have a favorite dish that you don't want to abandon, prepare it with a different cooking method, such as baking rather than frying.

Roadblock: "I can't resist junk food!"

Healthy detours: As you prepare your healthy-eating plan, ask yourself how you can fit the occasional treat into the plan without derailing your overall weight-loss efforts. If you give up all your favorite foods, you'll feel deprived, which decreases your chances of successful weight management. Give yourself permission to eat them on occasion and in moderation. Find a happy medium for high-calorie foods. Could you take the kids out for ice-cream cones once a week or buy a small bag of chips for the Sunday-afternoon football game? That's better than buying a gallon of ice cream for your freezer, where it causes constant temptation.

You can also try healthier versions of your favorite snack foods, such as baked, rather than regular, potato chips. In addition, eat healthy foods before having your treat. It can help you eat less of your favorite treats.

Roadblock: "When eating out, I like to eat large portions of my favorite foods, not something healthy."

Healthy detours: It's OK to occasionally have your favorite foods if you do it healthfully. For example, when at a restaurant, eat half of your favorite meal and save the other half for the next day. Or, if you know you'll be eating extra calories, increase your exercise for the day. Explore ways to make your favorite dish healthier. If your meal contains a rich sauce, for instance, ask for it on the side so that you can control how much of it you eat. If you dine out often, however, it's best to make healthy choices part of your routine. You don't want a large indulgence to cancel out all your good efforts.

Roadblock: "I don't eat breakfast because I'm not hungry in the morning."

Healthy detours: Research shows that eating breakfast helps people better manage their weight, in part because it helps keep them from feeling ravenous and overeating later in the day. So, even if you're not hungry, try to eat a little something in the morning. Start gradually by planning to have breakfast twice a week and then work toward eating breakfast every day. Keep foods on hand that you can take with you on busy days, such as apples, bananas, whole-grain bagels and low-fat yogurt in single-serving containers.

Roadblock: "Keeping food records — measuring food, keeping track and figuring out calories — takes too much work."

Healthy detours: Losing weight does take time and effort. That will gradually lessen as you get used to knowing what serving sizes should look like and how many calories you should have each day. But, initially, keeping detailed records will help you work toward your main goal: reaching a healthy weight. Make these initial steps easier on yourself by keeping your food record and serving-sizes chart handy and logging your entries after each meal instead of at day's end.

6 tips to loving your body more

Don't like what you see in the mirror? Shape up your body image with these tips.

Do you despair when comparing the way you look with the way you feel you should look? Do you constantly pick yourself apart and dissect every imperfection? Many people struggle with a negative body image. This can

impact your mood, which in turn can trigger overeating episodes. Consider these tips for loving and accepting yourself more.

- Recognize that you are more than your body. Write a list of your strengths and best features, and add to it often. Put a few self-affirming messages ("I'm strong and resilient!") on your bathroom mirror. Having positive self-esteem can help us manage negative thoughts about our bodies.
- Make a list of people you admire — from your parents or children to political leaders or world figures. Do they have perfect bodies? Does it matter? Or are there other characteristics you admire in them? You probably have some of these same characteristics, so give yourself credit for them.
- Exercise regularly. You'll tone your body and boost your self-esteem. In fact, a study showed that women who worked out on a regular basis rated their bodies as more attractive and healthier than did women who weren't as physically active.
- Appreciate the body you have. Think of it as a gift. Recognize all the things your body can do. Show it some respect by eating well and getting enough rest.
- Focus on your health instead of thinking only about your appearance. If you'd like a healthier body shape or weight, set small, realistic goals and work to meet them.
- Surround yourself with friends who don't focus on body size or appearance. Encourage one another to focus on healthy habits instead of appearance.

Choosing to view your body in a positive light — no matter how flawed you're used to seeing yourself — is important to your weight-loss success. To feel good about what you're accomplishing by improving your health, it helps to feel good about your body.

A healthy diet in a plan that works for you— one that includes the right types of foods in right amount, in a way that you can enjoy and sustain long term.