



VIP MedSpa Clinic News

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Medical News

Why Do Carbs Cause Bloating?

You know too much causes you to feel bloated, but do you know why?

It is not just about the portion, although eating an overly large amount of any food can cause you to feel bloated. When it comes to carbohydrate, if you eat more of them than what you need for fuel, your body stores some in your muscle as glycogen. Your body then processes the rest through your liver and stores it as fat.

Glycogen attracts water, so large portions of carb-heavy foods cause you to retain fluid, and that is what gives you that bloated feeling.

Keep in mind that your stomach is only about the size of your fist. Although it's able to stretch to accommodate more food, eating excessively can also make you feel bloated.



Message from Medical Director of VIP MedSpa Clinic

Maryam Hekmat, M.D, FACP

October is National Breast Cancer Awareness Month.

Facts About Breast Cancer In The United States

- ◆ One in eight women in the United States will be **diagnosed** with breast cancer in her lifetime.
- ◆ Breast cancer is the most commonly diagnosed cancer in women.
- ◆ Breast cancer is the second leading cause of

The 4 Hormones of the Apocalypse (why you binge at night)

Ever wonder why you might crave snacks, sugar and junk food even after a big dinner?

1. Insulin: your body produces this to process sugar in your diet. Eating too much sugar or flour makes insulin spike, then crash even after a large healthy meal.
2. Leptin: This puts the brakes on your appetite, telling your brain, Oh, I'm full. I don't need anymore. Leptin won't work as well when you eat a lot of sugar, processed foods and flour.
3. Ghrelin: This hunger hormone produced in your stomach, helps regulate your appetite. It says, I should eat — I am hungry! and may spike when you're sleep deprived.
4. Peptides YY: This hormone made in your intestine, says, Hey, I'm full! I had enough to eat. I don't need anymore. Peptide YY levels may drop when you don't get sleep.

cancer death among women.

◆ Each year it is estimated that over 252,710 women in the United States will be diagnosed with breast cancer and more than 40,500 will die.

◆ Although **breast cancer in men** is rare, an estimated 2,470 men will be diagnosed with breast cancer and approximately 460 will die each year.

◆ On average, every 2 minutes a woman is diagnosed with breast cancer and 1 woman will die of breast cancer every 13 minutes.

◆ Over 3.3 million breast cancer survivors are alive in the United States today.

A Global Burden

According to the **World Health Organization**, breast cancer is the most common cancer among women worldwide, claiming the lives of hundreds of thousands of women each year and affecting countries at all levels of modernization.

Good News About Breast Cancer Trends

In recent years, perhaps coinciding with the decline in prescriptive **hormone replacement therapy** after menopause, we have seen a gradual reduction in female breast cancer incidence rates among women aged 50 and older. Death rates from breast cancer have been declining since about 1990, in part due to better screening and **early detection**, increased awareness, and continually improving **treatment** options.

Go lean with protein

Protein is an important part of a balanced diet. Choose breast meat or low-fat ground chicken or turkey, and ground beef that is 90 percent lean or more. Limit meat and poultry servings to 3 ounces — about the size of a deck of cards.

Manage stress with exercise

Physical activity can help you manage stress by:

1. Releasing feel-good brain chemicals that may make you feel more energetic.
2. Reducing harmful immune system chemicals.
3. Increasing body temperature, which may have calming effects and help you sleep better.
4. Providing a distraction to help take your mind off your worries. So what are you waiting for? Get moving!

Foods That Are Good For Your Skin

Sometimes my patients ask me what foods are good for their skin, to keep it firm and younger looking. I tell them whatever you eat that's good for you is good for your skin. Your skin is a reflection of your overall health. If you're healthy inside, you're healthy outside. You can't stop yourself from aging but here are some foods I recommend that can help firm and protect your skin.

Eat fish for firmer skin

Omega-3 fatty acids do a lot of good things, including lowering your triglycerides and battling inflammation but they also help preserve collagen in your skin and keep it firmer. These fishes are the best: Salmon, Tuna (Bluefin and Albacore), Lake Trout, Sardines and Anchovies, Mackerel, and Atlantic Sturgeon.

Try plant-based sources of skin-firming omega-3s

Though most plant-based foods—veggies, nuts and oils — don't provide as much omega-3s as fish, they're still a solid source. Flaxseed oil is particularly rich in the collagen-boosting fatty acid. Don't cook with flaxseed oil; mix it into smoothies or yogurt, or use it as a salad dressing. Chia seeds are another great source that you can sprinkle onto yogurt, cereal and salad, and into batter for muffins and pancakes. Other plant-sourced omega-3 foods that can benefit your skin: Walnuts and walnut oil, Soy foods and Soybean oil, Canola oil, Spinach,

Mustard greens, and Wheat germ.

Eat fruits and veggies — plus chocolate

Fruits, vegetables and dark chocolate supply antioxidants and vitamins that help protect your skin from free radicals and sun damage, which keeps the skin looking younger and more radiant.

These are among some of the best choices for better skin: Strawberries, Citrous (Oranges, Grapefruit, Lemons, Limes), Cantaloupe, Apricots, Broccoli, Sweet Potatoes, and Spinach.

As far as chocolate goes, dark chocolate contains flavonols that can reduce rough texture in the skin and protect against sun damage. Have a few ounces a day, but make sure it's made up of 60 to 70% cocoa.

Watch serving sizes and sugar

A lot of the things that help your skin are healthy for you to eat. Eat plenty of fruits and vegetables, but still watch your serving sizes. Fruit has a good amount of sugar and cut down on unhealthy junk. You'll feel better and look better and your skin will reflect it all.