



VIP MedSpa Clinic News

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Medical News

Higher Fruit and Vegetable Intake Linked With Mental Health

Researchers evaluated data from 14,000 participants to gauge how mental wellbeing is impacted by daily fruit and vegetable consumption.

Mid-Life Migraines Linked to Higher Risk of Parkinson's Later in Life

New research explores whether having migraine in middle age is related to late-life Parkinsonism and restless legs syndrome.

Dry-Roasted vs Raw Peanuts: Which Causes A Worse Allergic Reaction ?

A new study explored how the chemical changes that occur in peanuts when they are dry-roasted effect the likelihood that they will trigger an immune response.



Treat yourself to younger looking skin with SkinMedica GRASS regimen, clinically proven to turn back the hands of time.

Maryam Hekmat, M.D, FACP

7 foods with Special Health perks

You might be surprised to hear that some items you keep stocked in your refrigerator or kitchen pantry also pack some phenomenal health benefits. Here are seven examples, plus tips on how to incorporate

ADVANCE-ON Study: Lowering BP Improves Mortality in Patients with Type 2 Diabetes

New research further explores the effects of strict control of blood pressure and blood glucose levels on cardiovascular-related mortality rate.

Can A Healthier Diet Reduce Your Risk for MS ?

Researchers examined the effect of adherence to a healthy diet on women's risk of developing multiple sclerosis.

Food Addiction More Likely in Women With PTSD

New Research explored the relationship between post-traumatic stress disorder and obesity.

Sitting Too Long Counteracts Cognitive Benefits of Exercise in Older Adults

A new study examines how cognitive function in older adults is influenced by the time spent exercising and sedentary.

them into your diet deliciously.

1. A RED BELL PEPPER contains more vitamin C than an orange. Most people associate immunity-boosting vitamin C with citrus fruit. But, one cup of chopped red bell pepper has more than twice the amount of vitamin C of a medium-sized orange. Use it: Slice into rings; sauté each ring in a pan with olive oil and crack an egg into the middle. Cook for 3 minutes per side.

2. POTATOES can lower blood pressure. Those starchy veggies get a bad rap because of their high carbohydrate content. But, purple and white potatoes, rich in the minerals magnesium and potassium, can help to lower the risk of hypertension, according to a 2013 review in the *Annals of Medicine*. Use them: Toss cubed potatoes with olive oil, lemon juice, and thyme, and roast at 375 F for 45 minutes or until golden brown (toss every 10 minute).

3. RASPBERRIES have more fiber than most other fruit. A cup of raspberries has 8 grams of digestion-aiding, fill-you-up fiber. A cup of apple slices has only about 3 grams. Use them: Layer with Greek yogurt and high-fiber cereal for a tasty parfait.

4. PARSLEY has a lot of vitamin K. A quarter-cup of this chopped garnish packs 246 micrograms of bone-building vitamin K, almost three times the amount you need in a day. Use it: Sprinkle parsley on eggs, pasta, and soups, or process it with olive oil, garlic, walnuts, and parmesan cheese for a fresh

Can Artificial Sweeteners Cause Glucose Intolerance?

Researchers conducted several new experiments to determine the effects of artificial sweeteners on gut bacteria and glucose tolerance.

Working Longer Hours Increases CHD Risk

A new study evaluated the association between long working hours and risk of coronary heart disease in adults.

Walking 12,000 Steps a day Neutralizes Negative Effects of Fructose

A new study examined whether increased physical activity altered glycemic control affected by a high-fructose diet.

5-Minute Walk Can Reverse Effects of Prolonged Sitting

Researchers explored the effect of short walks on leg arteries harmed by long-term sitting, in a new study.

Can an Extra 5 Pounds Raise Blood Pressure?

Researchers examined the impact of a 5 to 11 pound weight gain on blood pressure levels of otherwise healthy adults.

twist on pesto.

5. **POPCORN** is a whole grain. This snack food is one of the most nutritious ones around, because it is a fiber-rich, heart-disease-preventing whole grain. Just be careful what you put on it. Loads of butter or movie theater “buttery topping” can pile on empty calories. Use it: Toss air-popped popcorn with olive oil and antioxidant-rich dried spices such as oregano and rosemary.

6. **PEAS** are a good source of protein. You may have added tofu or beans to your diet as sources of protein. But, green peas are also a great source of the nutrient, which builds muscle. One cup has 8 grams of protein, 2 grams more than you will find in a large egg. Use them: Whirl peas in a food processor with olive oil, garlic, lemon juice, and parsley for a healthful, hummus-like spread.

7. **SAUERKRAUT** is probiotic-packed. You probably think of yogurt as the go to source for healthy bacteria to keep your gut in balance. But pickled foods such as kimchee and sauerkraut can also be rich in probiotics. Use it: Look for refrigerated sauerkraut that has not been pasteurized to gain the full benefits. (But young children, people older than 75, and those with compromised immune systems should avoid unpasteurized foods.)

