



VIP MedSpa Clinic

# VIP MedSpa Clinic News

[VIPMedSpaClinic.com](http://VIPMedSpaClinic.com)

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## Medical News

### Eat healthy fats for a balanced diet

Add a serving of walnuts to your morning oatmeal, a few avocado slices to your spinach salad at lunch and roasted veggies with a drizzle of olive oil to your dinner. Why? Not only does fat add flavor to meals, but your body needs to function normally.

### Do you have a healthy BMI?

You may have an image in your mind of what you want to look like, a number on the scale you're aiming for or just a sense of how you want to feel in your body. But how do you know for sure whether you're at a healthy weight? Your body mass index (BMI) number is a starting point for understanding what a healthy weight means for you.

**VIP MedSpa Clinic's TRICK OR TREATMENT**  
October 24-31, 2016

**"TRICK" your LINES:**  
Purchase 50 units of Botox (\$550) + 2 Latisse Smil Kit (\$318) & Receive 1 TNS Eye Repair FREE (\$102 Value)

**"TREAT" your SKIN:**  
Purchase 1 Lytera Brightening System (\$206) & Receive a FREE Illuminase or Vitalize Peel (\$120/\$175 Value)

**"SMOOTH-CRAWLING" LIPS:**  
Purchase 1 Syringe of Juvederm Ultra XC (\$585) & Receive 1 TNS Lip Plumper System FREE (\$60 Value)

**"BATTY" LASHES:**  
Purchase 2 Latisse Smil Kits (\$318) & Receive 1 Latisse Smil Kit FREE (\$120 Value)

**"SPELLBINDING" SKIN:**  
Purchase \$300 of SkinMedica & Be entered to win a BOO-tiful Gift Basket worth over \$600

## Message from Medical Director of VIP MedSpa Clinic

*Maryam Hekmat, M.D, FACP*

### Friends and family: How to deal with diet saboteurs

Don't let those closest to you unravel your weight-loss plan. Stay on course in any situation with this advice.

Often, the people you spend the most time with — your family, friends and co-workers — may create high-risk eating situations for you. This could be an intentional attempt to undermine your weight-loss effort from a jealous friend or sibling, or it could be unintentional because

### **Stay on track over the weekend**

The weekends aren't an excuse to abandon healthy habits. Some indulgence is OK, but going overboard may leave you feeling depressed and guilty. Plan ahead to better manage temptation.

### **Higher Caffeine Intake Is Associated With Reduced Risk of Dementia**

A new study investigated the relationship between caffeine intake and incident of cognitive impairment or probable dementia in women aged 65 years and older.

### **In Older Age, Sex May Be Good For Women, Less So For Men**

Among people in their mid-50s or older who report having frequent, enjoyable sex, women are likely to have better than average heart health while men are more likely to have heart attacks and other problems, a U.S. study suggests.

many people don't understand how difficult it is to eat healthy on a consistent, ongoing basis. To stay focused on your goals, you need to know how to manage negative influences in your social circles. Review these scenarios and make a plan for the next challenge a potential saboteur presents.

### **Scenario: Your spouse surprises you by bringing home your favorite dessert.**

**Your response:** Stay cool. Thank your spouse for thinking of you, and then remind your loved one that you are adopting healthier eating habits and don't need any food treats right now. Ask that the dessert be put somewhere you won't see it. If you can work it into your meal plan, divide the treat into multiple portions. If this scenario happens more than once, throw away the food treats — and be sure to tell your spouse that inedible gifts, like flowers, are the appropriate surprises for you.

### **Scenario: Friends expect you to continue with the group's eating traditions, such as beer and appetizers after work, junk food while watching sporting events together or regular stops at your favorite ice-cream shop.**

**Your response:** Take the lead in scheduling nonfood activities, such as a game of badminton or bocce ball. Invite your friends to your house so that you can serve some of your favorite healthy foods. Ask for their help as you lose weight, and make it clear that your decision to change eating habits is not meant as a criticism of them. Let

## Seniors Who Feel 'OLD' More Likely To Have Memory Problems

The older that seniors feel relative to their actual age, the greater their odds of cognitive decline in the coming years, a recent study finds.

Among nearly 6,000 U.S. seniors followed for two to four years, those who felt older than their years at the start were 18 percent more likely to develop cognitive impairment and 29 percent more likely to develop full-blown dementia, compared with peers who felt younger.

## Car Door Windows Don't Stop UV Rays

Car windows don't protect against harmful sun exposure, so it might be a good idea to wear sunglasses and sun block even while driving, a new study suggests.

While windshields blocked the vast majority of ultraviolet (UV) radiation from the sun, car door windows offered varying levels of protection from the rays that are tied to cataracts and skin aging.

them know that you value their friendship and that their support for your healthy lifestyle changes is very important to you.

## Scenario: Your family refuses to eat the new, healthier meals you're preparing.

**Your response:** First, take it slow. Don't change the whole menu overnight. As you introduce new foods, remind your family how important it is for all of you to take better care of yourselves. Healthy eating is more than weight management; it can improve the energy level and quality of life for everyone. Tell your family that you're managing your weight in part for them, so you can be a healthier, happier person. Invite them to suggest some healthy foods or recipes to try.

## Scenario: Your best friend surprises you with a birthday party, complete with a table of tempting treats.

**Your response:** Express your amazement and pleasure at the thoughtful gesture. Comment on the visual appeal of some of the foods (you're giving praise without taking a bite). Slowly sip a glass of water with a lemon slice. Then, before visiting the food table, decide what and how much you're going to eat. Keep portions small, nibble slowly and occupy yourself with something else — chatting with friends, introducing people who don't know one another or getting groups together to take photos. Finally, congratulate yourself on managing a high-risk situation! After the event is over, talk to your best friend about ways to truly support you.

Your turn! Think of how your support people can help you in your journey: Can they provide emotional support by simply letting you vent or offering encouragement? Or can they provide practical support and go for a walk with you? Talk to your friends and family and ask for their help. Then identify your most-challenging scenarios with family and friends. Think through your best responses and strategies, and store them for future use. We can all benefit from support in our weight-loss journeys.

### **Today's Healthy-Eating Tip**

#### **Make a shopping list**

Being prepared with a list makes your shopping trip more efficient and helps you avoid impulse purchases. When writing your list, use your meal plans as your guide, and be sure it includes healthy snacks, such as fruit and raw veggies, and pantry staples such as whole grains and legumes.

### **Today's Mind-Body Tip**

#### **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!