



VIP MedSpa Clinic News

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VIPMedSpaClinic.com

858-451-6500



11665 Avena Place, Suite 104 San Diego, CA 92128

Medical News

Study: Sugary Drinks Responsible for 184,000 Deaths a Year

New estimates assessed the global impact of sugar-sweetened beverages on cardiovascular disease, cancer, and diabetes-related mortality.

Could Eating Oranges and Grapefruit Increase Melanoma Risk?

Recent research evaluated the risk of developing cutaneous melanoma associated with the consumption of citrus.

Study: PTSD Raises CVD Risk in Women Up to 60%

New research examined how a history of trauma exposure and post-traumatic stress disorder affected women's risk of developing cardiovascular disease.



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Study: High Blood Pressure Early in Life Linked to Heart Failure Later On

A recent study assessed how elevated blood pressure levels early in life affect cardiovascular health during middle age.

Can Eating Vegetables Before Carbs Lower Glucose Levels?

Using a typical Western meal, new research examined the effects of food consumption order on postprandial glucose and insulin excursions in obese adults with type 2 diabetes.

Study: Over 2/3 of Americans Are Overweight or Obese

Researchers collected data from the National Health and Nutrition Examination Survey to estimate the prevalence of obesity and overweight in the United States.

Study: Eat More Nuts to Ward Off Certain Cancers

A recent meta-analysis sought to clarify the association between nut consumption and the risk of cancer and type 2 diabetes.

Today's Weight Loss Tip

When you are designing your weight management plan, do an inventory of your strengths and challenges. Write down what you do well, such as eating plenty of vegetables. Recognizing your strength will give you confidence and help you carry out your plan.

Write Down your motivators

Make a list of the reasons for losing weight that are important to you. Do you want to be a healthy role model for your family? Fit into an old favorite dress? Lower your cholesterol? Keep that list of motivators in front of you, specially at moments of decision (do I really want that candy bar?). It's a great way to find the strength to get through challenging moments.

Put exercise and stress relief to work for you

A successful exercise program begins with a few simple steps.

- **Consult with your doctor.** If you haven't exercised for some time and you have health concerns, you may want to talk to your doctor before starting a new exercise routine.
- **Walk before you run.** Build up your fitness level gradually. Excitement about a new program can lead to overdoing it and possibly even injury.

For most healthy adults, the Department of Health and Human Services recommends getting at least 150 minutes a week of moderate aerobic activity

Extreme Exercise Could Lead to Blood Poisoning

Extreme endurance events like ultra-marathons and Ironman triathlons seems to be growing in popularity, but new research suggests this type of exertion could potentially have some serious health consequences for participants.

FDA Bans Partially Hydrogenated Oils

The FDA has finalized a decision first discussed in 2013, when the agency tentatively determined that partially hydrogenated oils were not generally recognized as safe.

48.5% of Deaths from 12 Major Cancers Are Caused by Smoking

Results of a new study estimate the proportion of deaths from 12 major cancers that can be attributed to cigarette smoking.

Study: Yoga & Weight Training Improves Sleep Habits

A new study examined the influence of different types of physical activity on healthy sleep habits.

(such as brisk walking or swimming) or 75 minutes a week of vigorous aerobic activity (such as running). You also can do a combination of moderate and vigorous activity. Also incorporate strength training exercise at least twice a week.

- **Do what you love.** Virtually any form of exercise or movement can increase your fitness level while decreasing your stress.

The most important thing is to pick an activity that you enjoy. Example includes: walking, stair climbing, jogging, bicycling, yoga, tai chi, gardening, weightlifting and swimming.

- **Pencil it in.** Although your schedule may necessitate a morning workout one day and an evening activity the next, carving out some time to move everyday helps you make your exercise program an ongoing priority.

Stick with it

Starting an exercise program is just the first step. Here are some tips for sticking with a new routine or reinvigorating a tired workout:

- **Set SMART goals.** Write down SMART goals—Specific, Measurable, Attainable, Relevant and Time-limited goals.

If your primary goal is to reduce stress in your life and recharge your batteries, your specific goals might include committing to walking during your lunch hour three times a week.

- **Find a friend.** Knowing that someone is waiting for you to show up at the gym or the park can be a powerful incentive. Working out with a friend, co-worker or family member often bring a new level of motivation and commitment to your workouts.
- **Change up your routine.** If you've always been a competitive runner, take a look at other less competitive options that may help with stress reduction, such as pilates or yoga classes.
- **Exercise in increments.** Even brief bouts of activity offer benefits. For instance, if you can't fit in one 30 minute walk, try three 10-minute walks instead. Interval training, which entails brief (60 to 90 seconds) bursts of intense activity at almost full effort, is being shown to be safe, effective and an efficient way of gaining many of the benefits of longer duration exercise. What's most important is making regular physical activity part of your lifestyle.

Whatever you do, don't think of exercise as just one more thing on your to-do list. Find an activity you enjoy— whether it's an active tennis match or a meditative meander down to a local park and back — and make it part of your regular routine. Any form of physical activity can help you unwind and become an important part of approach to easing stress.

Today Healthy-Eating Tip

Follow these tips before you dig into your next meal: 1. Read nutrition labels to determine accurate serving sizes. 2. Drink sparkling water instead of soft drinks. 3. Don't force yourself to clean your plate. It's ok to stop when you're full.

