



VIP MedSpa Clinic News

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Medical News

Could Coffee Prevent Breast Cancer Recurrence?

Researchers evaluated data from 1090 breast cancer patients to determine the impact of coffee consumption on tumor prevention and recurrence.

Sugar Vs. Inactivity: Which Causes Obesity?

A new editorial refutes the myth that physical inactivity, not a diet high in sugar and carbs, causes obesity.

Could Dietary Supplements Increase Your Risk of Cancer?

While many Americans look to over-the-counter dietary supplements to improve their general health, they may actually be increasing their cancer risk if they exceed the recommended dietary amount.



Message from Medical Director of VIP MedSpa Clinic

Maryam Hekmat, M.D., FACP

Celebrate Mom

Treat her to must have beauty

The miracle of life nurtured by a woman who gave us love and sacrifice... Mother

Happy Mother's Day

Gift certificate can be issued for any amount you wish!! Please ask us about them!

Could Broccoli Help Prevent Oral Cancer?

Researchers evaluated the impact of sulforaphane-rich broccoli sprout extract on the risk of recurrent oral cancer in healthy volunteers.

Smokers Who Vape Are Less Likely to Quit Smoking

While some recent studies have touted e-cigarettes as an effective aid to smoking cessation, a new study suggests that these increasingly popular devices may actually be a hindrance to quitting.

Snoring, Apnea Linked to Earlier Memory Decline In Elderly

Researchers suggest that sleep apnea could possibly be linked to cognitive decline.

Insomnia, Depression Increase Risk of Nightmares

New research suggests that depression and insomnia may be linked to recurring nightmares.

Could Naps Aid Memory?

Napping throughout the day could improve memory retention.

Reduce Risk of Cancer

In the United States, men have nearly a 1 in 2 lifetime risk of developing cancer; for women, the risk is closer to 1 in 3.

Lifestyle changes, along with early detection, can help prevent nearly half of the most common cancers, according to the American Institute for Cancer Research.

Your diet is one of the most important factors under your control that can reduce your risk. In fact, nutrition guidelines for cancer prevention are similar to those for preventing other diseases including heart disease and diabetes. Here are some general diet guidelines to help reduce your cancer risk.

- **Keep a healthy weight.** Limit foods with added sugars and fats that provide a lot of calories but few nutrients.
- **Eat vegetables, fruits, whole grains and beans.** Fill half your plate with fruits and vegetables and make at least half your grains whole grains.
- **Limits your meat portions.** Choose a variety of protein foods, including seafood, poultry, lean meat, beans, eggs and nuts.
- **Limit alcohol.** If consumed at all, limit alcoholic drinks to no more than one drink daily for women and two for men.

Could Gestational Diabetes Increase Autism Risk?

Researchers evaluated autism prevalence among children born after exposure to gestational diabetes to examine a possible relationship between the 2 conditions.

Could Marijuana Benefit Patients With Epilepsy?

Researchers evaluated 213 patients with severe epilepsy to determine the impact of cannabidiol, a marijuana extract, on seizure manifestations.

Short People at Higher Risk of Heart Disease

A new study may provide insight into the underlying mechanisms that explain the relationship between height and heart disease.

Could Caffeine Treat or Prevent Alzheimer's?

Researchers conducted a review of medical literature examining the link between beta amyloid plaque reduction and caffeine consumption.

• **Consume less salt (sodium).** Read food labels to learn exactly how much sodium is in a product.

5 Incredible Cancer Fighting Foods to Add to Your Plate

Cancer is among the top killers of the world today, likely affecting every single one of us, whether we know someone with cancer or who has dealt with it, or if we've struggled with it personally. Though none of us can be 100 percent safe from any health concern, we do have substantial research showing us foods that can help us fight the disease everyone wants to avoid. Many natural foods have certain nutrients shown to help us fight the ongoing war with this disease.

Let prevention begin with the very next bite!

1. Cabbage

From sauerkraut to boiled cabbage, to soup and raw dishes, cabbage is an incredible food to help fight disease. In terms of fighting off cancer, cabbage contains many antioxidants, one that is known as sulforaphane that helps to fight the multiplication of cells and thus prevents cancer cell growth. Cabbage also contains a powerful fermentable bacteria that acts as a probiotic known as lactobacilli. Lactobacilli is one of many powerful disease-fighting types of good bacteria that occurs in several natural foods. This bacteria comes from the soil and increases our gut health. This is one reason cabbage is used to make fermented

vegetables like sauerkraut and kimchi, two probiotic stars in a natural, plant-based kitchen. Taking care of your gut is crucial to a healthy immune system which fights cancer from the inside out. Cabbage is also an incredible source of vitamin C, an antioxidant that improves immunity.

2. Broccoli

Another cruciferous veggie everyone should be eating a few times a week is broccoli. It's an incredible source of sulforaphane as well as anti-inflammatory properties. Broccoli also helps the body flush out excess estrogens we encounter from the environment, animal foods (if they're eaten), and even natural skin-care and household products that disrupt healthy endocrine function. Excess estrogens have been linked to increasing abnormal cell growth (cancer), making cruciferous veggies like broccoli one of the best ways to keep your body healthy naturally. Cooked or raw, it's all good! Also don't forget broccoli sprouts and stems, which can all be used in many of your dishes and contain all the benefits of this powerful veggie.

3. Berries

Berries' cancer fighting powers largely come from the antioxidants they're so well known for: anthocyanins. Anthocyanins are the antioxidants that give berries and other dark purple, red and blue fruits and veggies their colorful hue. They help slow down the growth of premalignant cells and also fight free radicals that can weaken the immune system that increase cancer risk as a result. Berries also a well-known source of vitamin C that provides enhanced and immunity protection, and their fiber content keeps digestive system healthy to fight colon and bowel cancer. All berries are a good source of these nutrients, so try them all in a variety of ways. Whether you eat them in your morning porridge , in a smoothie, as a snack, or on top of a salad, they're a great choice for your health (and taste buds!).

4. Walnuts

A nut you might know for its high omega 3 content and filling factor is walnuts. These nuts don't just offer a buttery flavor and meaty texture— they also help fight

estrogen dominance in the body linked to cancer cell growth. Estrogen dominance often occurs in individuals with an intake of red meat and other animal products, processed foods, and a diet low in fruits and vegetables. Walnuts contain special types of beneficial cholesterol molecules that not only improve heart health and lower bad cholesterol in the body, but that also help block estrogen receptors in breast cancer cells. So eat a small handful (about 1/4 cup) as a snack, add them to your oatmeal, puree them and make Walnut 'Meat' Tacos, or add a few to your smoothie each day. Not only will you get a brain boost from those omegas, but you'll also be reducing your risk for heart disease and cancer at the same time.

5. Garlic

Garlic is another smart choice that has been shown to fight cancer, specifically stomach cancer due to the way it protects the body's immune system, digestive tract (where most of your immune system is found). Garlic's a member of the allium family of plants (as are onions), that have powerful detoxifying benefits in a small serving. These foods help keep the blood, joints, liver and heart healthy. Need more reasons to eat garlic? Researchers have found that women who consume garlic on a regular basis have a 50 percent lower risk for developing breast cancer, and garlic has been shown to halt the formation of carcinogens in the stomach linked to cancer (which are largely found in processed foods and meats with nitrates or cooked meat).

What About Other Foods? The truth is, almost every single fruit and vegetable out there come with antioxidants that have been shown to fight cancer. Tomatoes have lycopene, linked to preventing cancer, coffee has been shown to decrease uterine cancer, leafy greens are powerhouse foods to eat daily to fight cancer and multiple types of disease, and winter squash, carrots, cilantro and mushrooms have also been shown to fight multiple types of cancer too. Beans, whole grains, nuts, seeds and legumes are some others with proven benefits. As you see, a whole foods, plant-based diet is the easiest way we can all improve our ability to fight off cancer naturally. When we fill up on these foods daily, we naturally crowd out the unhealthier choices that don't serve us well.

