

VIP MedSpa Clinic News



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Medical News

What's the relationship between vitamin B-12 and depression?

Vitamin B-12 and other B Vitamins play a role in producing brain chemicals that affect mood and other brain functions. Low levels of B-12 and other B Vitamins such as Vitamin B-6 and folate may be linked to depression. Low levels of a Vitamin can result from eating a poor diet or not being able to absorb the vitamins you consume. Older adults, vegetarians and people with digestive disorder such as Celiac disease or Crohn's disease may have trouble getting enough B-12. Sometimes a Vitamin B-12 deficiency occurs for unknown reasons. Your doctor may order a blood test to check levels of B-12 or other vitamins if a deficiency is suspected.

NATIONAL GRAB SOME NUTS DAY - August 3



VIP MedSpa Clinic

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Message from Medical Director of VIP MedSpa Clinic

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It is our great pleasure to welcome you to our **blog page** on **VIP MedSpa Clinic** website. We will be providing you with important, factual and interesting medical Spa information to assist you in maintaining your natural, healthy look. So please watch for this new and exciting addition to our website!

Eat whole grains for a healthy heart

Increase your whole-grain consumption with these simple substitutions:

1. Choose breads made from 100 percent whole grains.
2. Opt for whole-wheat over white pasta.
3. Select brown rice instead of white.
4. Trade sugar-sweetened cereals for high-fiber cereals, such as bran flakes, oats or shredded wheat.
5. Bake with whole-wheat flour instead of white flour.

Eggs: Are they good or bad for my cholesterol?

According to the U.S. Department of Agriculture, one large egg has about 186 mg of cholesterol – all of which is found in the yolk.

When deciding whether to include eggs in your diet, consider the recommended daily limits on cholesterol in your food: If you are healthy, consume no more than 300 mg of cholesterol a day.

If you have diabetes, high cholesterol or heart disease, limit the daily cholesterol intake to no more than 200 mg a day. If you like eggs but don't want the extra cholesterol, use only the egg whites which contain no cholesterol.

Weight-loss plateau: Now what?

Has the same number been popping up on the scale week after week? Don't be discouraged — that's common. A weight-loss plateau eventually happens to most people trying to lose weight, even if they continue with the same exercise routine and healthy-eating habits. Reassess your habits and get moving in the right direction again with these tips.

- **Reassess your habits.** Look back at your food and activity records. Make sure you haven't loosened the rules, letting yourself get by with larger portions or less exercise.

- **Cut more calories.** your daily calorie intake by 200 calories — provided this doesn't put you below 1,200 calories. Fewer than 1,200 calories a day may not be enough to keep you from feeling hungry all the time, which increases your risk of overeating. In addition, this reduced calorie intake should be sustainable. If not, you'll regain the weight you've lost and more.

- **Rev up your workout.** Increase the amount of time you exercise by an additional 15 to 30 minutes. You might also try increasing the intensity of your exercise if you feel that's possible. Additional exercise will cause you to burn more calories. Consider adding resistance or muscle-building exercises. Increasing your muscle mass will help you burn more calories.

The power of Blueberries

July was National Blueberry Month. Often labeled a superfood, this little berry is bursting with vitamins and minerals— many of which are classified as antioxidants.

Much of the power of blueberries lies in their colors. The deep-blue hue comes from anthocyanin, an antioxidant that could help protect the body from heart disease and cancer, as well as reduce inflammation and increase immune function. Research also suggests the compounds found in blueberries may delay the effects of vascular dementia or Alzheimer's disease.

A half-cup serving of blueberries contains 25 percent of the recommended daily value for Vitamin C and 3 grams of dietary fiber and only 30 calories. In addition, blueberries are a juicy fruit, which means they contain mostly water. Juicy fruits are great for weight loss or weight maintenance, because they fill you up quickly with their high water content and minimal calories.

• **Pack more activity into your day.** Think outside the gym. Increase your general physical activity throughout the day by walking more and using your car less, or try doing more yard work or vigorous spring cleaning. Focus on your weight-loss victories, and recognize that plateaus are just part of the journey. Continue your healthy eating and exercise habits, knowing that will help you sustain the success you've had.

Today's Healthy-Eating Tip

Save calories with meatless meals

One easy way to reduce calories is to eat more plant-based foods, such as fruits, vegetables and whole grains. Try salads that include apples, blueberries, strawberries, pears or other fruits. Focus dinners around veggies, such as stuffed peppers, spaghetti squash, salads or vegetable stir-fries. And if you're ordering pizza, skip the meat and pile on the veggies!

Go nuts for good health

The word is out. Nuts are good for you. A growing body of research supports their role in weight control, heart health and decreasing death from all causes. In addition, most nuts are good sources of fiber, potassium, zinc and iron. So what is the best nut? That depends on your personal preference as well as any health concerns you have. Here are some nutrient highlights to help you choose.

- Weight loss or maintenance. Almonds might be a good choice for you. The combination of protein, fiber and fat is the trifecta of satiety. Add almonds to your breakfast cereal or yogurt, or sprinkle some on your salad later in the day.
- Weight gain. Looking for a healthy way to gain weight? Pecans and Macadamia nuts have the most calories in an ounce (that's a handful). Most of these calories come from the abundance of healthy, monounsaturated fats.
- Fuel for athletes. Cashews have more carbohydrates and iron than other nuts. They are good sources of protein and zinc — key nutrients for cell growth and repair. Throw them in your gym bag for a quick snack.
- Blood pressure control. Sodium, calcium, potassium and magnesium are major players in blood pressure control. Pistachios and brazil nuts have higher amounts of these heart healthy nutrients. Make a fruit and nut salad.
- Pregnancy. A small handful of nuts when you're not feeling well or feel full too soon is a great source of calories and key nutrients for a growing baby. Among nuts, hazelnuts have the most folate. They also have iron and zinc.
- Healthy aging. Ongoing research on omega-3 fatty acids and their role in brain and heart health should help keep nuts on your radar. Nuts, especially walnuts, are high in polyunsaturated fats. Walnuts, like most nuts, are versatile and can be added to cereal, ground into a butter, or used as a crust or topping on meat, fish, pilafs and vegetables.
- The nutrients you get from a small amount of nuts is impressive. Perhaps even more convincing is how easy it is to add these nutrient powerhouses to your diet. It doesn't get much easier than packing a bag in your purse, briefcase or backpack. Just keep an eye on portion size.