

Advanced Diabetes & Endocrine Care

Rejuvenate Skin & Wellness Center; Newsletter 5-2017

Don't **microanalyze** every nice breeze  
that comes **your way**.

***Overwhelming evidence indicates that physical inactivity is the strongest predictor of death, greater than obesity, hypertension, and diabetes***

Effective weight management includes counting carbohydrates, watching sugars, and eating foods that are immune friendly, specific to your lifestyle needs.

**Nutrition & Diet; An easy helpful Handout for better Diabetes control and weight Loss:**

**Vegetables;**

Eat 4 -5 servings of green vegetables daily. These include Spinach, Broccoli, Cabbage, Kale, Green leafy vegetables, Salads, green beans, Peas are examples of green vegetables Amongst Vegetables avoid Potatoes, and Onions fried Vegetables also lose their benefits. Raw vegetables are always better as they add fiber.

**Fruits:**

Eat 2 servings of fruits with low glycemic index These include Pears, Blackberries, Blueberries strawberries, Cherries. *Frozen Berries are available all year round*

Medium glycemic index foods/ Fruits include apples, one at a time, Orange 1 at that time, green or red apples, Cantaloupe Watermelon and pineapple one serving of these at the time is appropriate

**High glycemic index fruits:** Please avoid these include Grapes, Bananas, Mangoes

**Grains;** Try to use whole grains, more flax, ancient grains, quinoa, whole-grain breads, whole grain pasta, you can also find quinoa pasta on line or at Safeway, and Big Lots. **Trust me it tastes good.**

Avoid white bread, white pasta, White Rice, White Sugar, Fruit juices, boxed cereals, desserts, Regular Soda. These raise Triglycerides another fat in your blood and make you feel more hungry.

Substitute white rice with Quinoa .Cook quinoa with veggie broth or chicken broth . You can put bag of frozen vegetables or frozen peas with ta drizzle of olive oil a teaspoon of herbs. This makes the quinoa more interesting, and gives it a better taste

**Exercise; Start** 30 minutes a day, in a long-term trial on Diabetes prevention, A trial for type II diabetics 30 minutes of exercise helped prevent progression of Type-2 diabetes in 60% of individuals. This was about 150 minutes a week. . I recommend 30 minutes every day. Advance exercise slowly as you tolerate it to 45 Minutes and then 1 hour.

Weight loss 1 lb per week requires restriction of 500 KCAL/DAY

Add total Caloric intake per day for 1 week, using My Fitness pal or Calorie King.com. After you know your average Caloric intake per day subtract 500/day to start losing weight. These apps are free to download on your smart phone or tablet.

*The small changes in diet will make you lose weight, and improved glycemic control help bring year hemoglobin A1c down*

## **Bio-identical Hormones; We offer BI in women with menopause What are BI Hormones**

Defined as hormones atom for atom identical to endogenous hormones

They can improve;

- Improve Quality of Life
  - Decrease Chronic Inflammation
  - Do not increase cancer risk
  - Are cardioprotective
  - Are a matter of personal choice
  - Must be given by the correct route
  - Are a “work in progress
- ▶ Painful intercourse ▶ Panic attacks ▶ Weird dreams  
▶ Urinary tract infections ▶ Vaginal itching  
▶ Lower back pain ▶ Bloating ▶ Depression

### **Functions of Estrogen;**

- ▶ Stimulates the production of choline acetyltransferase, an enzyme which

prevents Alzheimer's disease

- ▶ Increases metabolic rate
- ▶ Improves insulin sensitivity
- ▶ Regulates body temperature
- ▶ Helps prevent muscle damage
- ▶ Helps maintain muscle
- ▶ Improves sleep

### Functions of Estrogen; Cont.

- ▶ Reduces risk of cataracts
- ▶ Helps maintain the elasticity of arteries
- ▶ Dilates small arteries
- ▶ Increases blood flow
- ▶ Inhibits platelet stickiness
- ▶ Decreases the accumulation of plaque on arteries
- ▶ Enhances magnesium uptake and utilization
- ▶ Maintains the amount of collagen in the skin
- ▶ Decreases lipoprotein(a)
- ▶ Acts as a natural calcium channel blocker to keep arteries open
- ▶ Enhances energy
- ▶ Improves mood
- ▶ Increases concentration
- ▶ Maintains bone density

### Estrogens Bioidentical

Natural estrogen means that it is the same chemical structure that the patient is born with 3 forms available. We determine the combination based on your needs and Lab results.

· Estradiol · Estriol · Estrone

Estrogen can be given as patches or skin cream

### Symptoms of Menopause;

- ▶ Hot flashes ▶ Night sweats
- ▶ Osteoporosis, bone loss
- ▶ Aching ankles, knees, wrists, shoulders, heels
- ▶ Hair loss ▶ Frequent urination ▶ Snoring

- ▶ Sore breasts ▶ Vaginal dryness
- ▶ Anxiety ▶ Mood swings ▶ Irritability
- ▶ Insomnia ▶ Loss of sexual interest ▶ Hair growth on face

### Symptoms of Progesterone Deficiency:

- ▶ Anxiety ▶ Depression ▶ Irritability ▶ Mood swings
- ▶ Insomnia ▶ Pain and inflammation ▶ Osteoporosis ▶ Excessive menstruation

### Causes of Low Progesterone

- Stress ▶ Antidepressants ▶ Excessive arginine consumption ▶ Sugar
- ▶ Saturated fat ▶ Deficiency of vitamins A, B6, C, zinc ▶ Decreased thyroid hormone

### Progesterone Bioidentical.

Progesterone capsules or cream, Prometrium Capsules

Progesterone capsules not synthetic progesterone helps with sleep if taken at bedtime.

Skin preparations of Progesterone do not help with sleep but with all other symptoms of Progesterone deficiency.



The following are nutrients that are important for hormone production in women and men.

- Boron
- Vanadium
- Zinc
- Vitamin C
- Vitamin A
- Vitamin E
- Vitamins B6

**We Offer Chemical Peels.**

**VI PEELS**

Lactic Acid Glycolic Acid Peels  
Salicylic Acid Peels excellent for Acne

**We Offer Collagen Fillers Injectable**

Juvederm, Juvederm XC, Voluma, Botox from Allergan

**We Offer Hair Removal and Skin rejuvenation with IPL; Intense Pulse Light**

SHEERWAVE  
**IPL360<sup>o</sup>**

***Painless,  
Safe & Fast***

### **1. PHOTO REJUVENATION**

- Vascular lesions
- Hyper pigmentation
- Acne
- Collagen rejuvenation

### **2. HAIR REDUCTION**

- Variety of skin types
- Variety of hair colors

WRINKLES & FINE LINES



Before

After

ACNE



Before

After

VISIBLE RESULTS

HYPERPIGMENTATION



Before

After

LASER HAIR REMOVAL



Before

After

- Photorejuvenation
- Wrinkles & fine lines
- Permanent hair reduction
- Acne
- Redness
- Hyperpigmentation

**Latest Innovative IPL Technology** [iplactiveoptimalsystem.com](http://iplactiveoptimalsystem.com)