

C.C. lost 78 lbs in 4½ months and has kept it off since 2004.

C.C. had been overweight her entire life and never tried dieting, thinking she would always be big. For her, that meant always wearing sweaters, jeans and long sleeves – even in the summer – and claiming she was “avoiding sunburns” when she wore a t-shirt over her bathing suit.

But once she learned about the Dr. Bernstein Diet and saw other patients losing weight quickly, she decided that was enough motivation for her and tried the Diet herself.

Now, C.C. is 78 lbs lighter – an achievement she reached in only 4½ months. She quickly realized, it’s not just about looks, it’s about confidence. With her success came a new positive outlook. She enjoys shopping and even wearing bathing suits. Plus, her health has improved and she’s lowered her chances of suffering from a family history of illnesses like diabetes and heart attack. She feels like a completely different person who is full of optimism.



These results ARE typical.

“Even after decades of helping people lose weight, I continue to be inspired by the newfound confidence and health that my patients experience.”

– Dr. Bernstein



Dr. Stanley K. Bernstein, MD, is a leading authority on healthy and rapid weight loss. For more than 35 years he has been helping his patients lose their weight quickly and safely and keep it off for the long term.

Inspired by a passion to actively improve the quality of his patients’ lives and frustrated by the inadequate standards of obesity treatment administered by most physicians, Dr. Bernstein spent years researching and developing the Dr. Bernstein Diet.

Now hundreds of thousands of people have come to Dr. Bernstein and have lost millions of pounds of excess weight, and have kept it off for life – improving their health, longevity and quality of life.

Call today to learn how you can lose up to 20 lbs every month!*

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1.888.DR.B.DIET (372.3438) DrBDiet.com

Lose the weight for life with Dr. BERNSTEIN Diet & Health Clinics



K.M. lost 55 lbs in 3½ months and has kept it off since 2009.

Dr. BERNSTEIN Diet & Health Clinics



Yes, you can.

1.888.DR.B.DIET (372.3438) DrBDiet.com

Lose up to 20 lbs every month.*

Medically Supervised Weight Loss. Guaranteed.

For over 35 years, Dr. Bernstein has been helping hundreds of thousands of patients to shed their excess pounds and teaching them how to maintain their ideal weight for life.



Our unique, medically supervised program will stimulate your body into breaking down fat faster than normal, allowing you to release stored energy and calories. This provides a consistent weight loss of 4 to 5 lbs every week, 16 to 20 lbs every month. Imagine losing 100 lbs in only 6 months!

We can ensure that you'll lose fatty tissue stored in problem areas like your waist, hips and thighs. Unlike other diets, you won't lose essential lean tissues, electrolytes or fluids. Losing weight properly eliminates hunger and cravings and prevents rebound weight gain. You'll feel more energetic and experience a greater sense of well-being.

Being overweight can create serious health problems, and losing weight safely is a complex medical issue. Whether you need to lose 10 lbs or 200, we will help make the process as quick, easy and safe as possible. If you have related medical issues like diabetes, hypertension, high cholesterol or thyroid problems, we can diagnose and treat your metabolic problems while reducing your weight, improving your health and reducing or eliminating your need for costly medications.

Our uniquely trained and dedicated team of doctors and registered nursing personnel will supervise you on your journey to good health. They will assess and monitor you 3 times each week to help keep you on track. You can rest assured knowing you're in good hands.



These results ARE typical.



Together, D.M. and K.M. lost 67.4 lbs in 7 weeks.

Best of all, we do this with a tasty menu of regular grocery store foods, healthy doses of vitamins and lots of education and support. We never use diet pills or surgery, and you don't have to exercise, unless you want to.

Once you reach your goal weight, we'll teach you how to enjoy the new 'you' for life with our unique and user-friendly Maintenance Program.

You'll lose the weight. Guaranteed.†

We guarantee you will lose a minimum of 10 lbs per month or we will continue to treat you free of charge until those 10 lbs are lost.

Dr. Bernstein Diet & Health Clinics make up the largest medically supervised weight loss organization in North America and are rapidly becoming a recognized clinical standard. We've built our reputation on achieving dramatic and healthy results in a short period of time – and we can do the same for you. People just like you achieve their goal every day, so what are you waiting for?

Why People Choose Dr. Bernstein:

- 1. HEALTHY AND SAFE.** You can achieve great results without exercise or the dangers of diet pills or surgery.
- 2. 100% MEDICALLY SUPERVISED.** Close constant supervision by the physician and nurses includes medical evaluation and laboratory analysis to ensure your weight loss is healthy and quick.
- 3. LOOK GREAT ALL OVER.** You'll take inches off your waist, hips and thighs, reshaping your whole body while maintaining a good skin tone.
- 4. ELIMINATE HUNGER AND CRAVINGS.** Our unique treatments eliminate those dreaded cravings and the feeling of abnormal hunger, the main reason why other diets fail.
- 5. PREVENT REBOUND WEIGHT GAIN.** Our patients lose only fatty tissue, so the body is not lacking any essential tissues or nutrients and therefore has no need to restore them, thus preventing rebound weight gain.
- 6. EASY TO FOLLOW.** Programs are individually prescribed for your specific needs with easy-to-follow guidebooks, diet and meal planners and recipe book.
- 7. REAL FOOD.** You'll enjoy nutritious, fresh grocery store foods at every meal. Say goodbye to frozen dinners, liquid lunches and tasteless 'preserved' foods.
- 8. GET IN CONTROL.** We will help reduce and stabilize your blood sugar, blood pressure and cholesterol levels.
- 9. RESTORE YOUR HEALTH.** We treat many patients with medical complications such as diabetes, heart disease and arthritis. We can reduce or eliminate your need for insulin, cardiovascular medications and numerous other inconvenient and expensive prescriptions.
- 10. LIVE LONGER. PREVENT DISEASE.** Maintaining a healthy weight helps prevent heart attacks, strokes, asthma, sleep apnea, arthritic complications and joint pain, and can reduce your predisposition to Alzheimer's disease and cancer of the breast, colon and prostate. Research shows that maintaining your ideal weight adds an average of 11 healthy years to your life.
- 11. AFFORDABLE.** Losing weight quickly means less time on the program. Pound for pound, we are significantly less expensive than most other commercial weight loss programs. And because we are a medical office, our services are tax-deductible and may be covered by your insurance.
- 12. LIFELONG RESULTS.** The Maintenance Program will help you incorporate new routines, improving your lifestyle so you can keep the weight off permanently. Plus, 4 weeks of Maintenance is included with your program at no extra cost.

DrBDiet.com
1.888.DR.B.DIET (372.3438)

Dr. BERNSTEIN
Diet & Health Clinics

*Individual weight loss may vary. Call for details. †Minimum weight loss of 10 lbs per month is guaranteed. Compliance with our program is required.