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Dietary Requirements & Weight Loss

October is **Vegetarian Awareness Month**, established by the North American Vegetarian Society to promote and raise awareness of the vegetarian lifestyle.

Many people who have unique dietary restrictions such as vegetarianism, religious observances of Kashrut or Halal food laws, or intolerances to gluten or lactose often experience difficulty finding a weight loss program compatible with their restrictions or laws.

The Bernstein Diet is suitable for people with various dietary restrictions. The diet consists of regular grocery store-bought foods, which allows patients to prepare their meals according to their own laws or restrictions. There is a wide variety of food to choose from in all four groups: vegetables, fruits, protein, and bread substitutes.

The Bernstein Diet caters to people with various dietary needs. There are a variety of proteins to choose from, such as lentils and beans, tofu, and processed protein brands like M&M, Yves, Zoglo's, etc. In addition, our Recipe Book has many appetizing recipes for vegetarians.

You can order Dr. B's Recipe Book from <http://store.drbdiet.com/>

For more information about Vegetarian Awareness Month, visit <http://www.worldvegetarianday.org/> ♦



Holiday Hints

When holiday times are approaching, thoughts of delaying your best dieting efforts may be entering your mind, and you may feel your motivation weakening.

A little planning and foresight will allow you to enjoy the holidays while keeping your diet and weight under control. You will be much happier after the holiday if you maintain your weight instead of gaining several pounds. The tips listed here have been helpful to our dieters exposed to holiday temptations.

- Perrier or soda water with lime or lemon in a wine glass will look appropriate and no one will push alcohol at you.
- If dining out to a prepared menu, eat some protein just before leaving home. A can of tuna or a protein pack will allow you to eat a salad and steamed vegetables at dinner and feel comfortable, not hungry.
- If dining at a friend's home, ask to have the salad and vegetables for you to be set aside before dressings and sauces are added.
- If dining at a restaurant, choose restaurants that feature seafood and fresh vegetables instead of exotic sauces and desserts.
- Safe choices are steamed or poached fish (with fresh lemon), lobster or shrimp (no sauces), grilled fish (without butter or oils).

- If you choose a steak and salad menu, a small filet is usually 3-½ oz. Order it grilled. Rare or medium-rare is juicy enough to need no sauces. Try a squeeze of lemon on steak or grilled fish.
- Do not announce "I'm dieting" to others. Some people will feel this as a personal challenge to tempt you to break the rules.
- Fresh fruit as dessert is usually readily available.
- Choose chicken or turkey breast instead of dark meat.
- Drink lots of water with your meal – it will curb your appetite. ♦



Preventing Cancer

October is **Breast Cancer Awareness Month**. 1 in 8 women are expected to develop breast cancer within their lifetime. While the vast majority of breast cancer patients are women, about 200 men per year in Canada are also diagnosed.

We know that obesity increases the risk of breast, colon and prostate cancers. The sooner you lose ALL the excess weight, the less probability you have of developing these deadly tumours.

Speak to your physician to discuss how your diet plan can reduce your risk of cancers.

For more information about cancer prevention, visit the Canadian Cancer Society at <http://www.cancer.ca/> ♦



Managing Depression

October 10 is **World Mental Health Day**. Depression is a mental illness that affects a person's mood, which can last for a long period of time.

Anyone can be affected by depression. 10% of Canadians will suffer a depressive disorder in their lifetime.

Symptoms of depression include:

- Feeling sad, hopeless, guilty, or anxious
- Feeling irritable or angry
- Losing interest in things you used to enjoy
- Withdrawing from others
- Difficulty focusing and recalling information

If you are showing signs of depression and suspect you may be suffering, it is probably NOT "all in your head." Speak to your doctor, early diagnosis and treatment can help slow its progression.

Proper dieting and proper blood sugar management helps control mood changes and depression associated with hormone imbalances. You should be able to reduce any antidepressant medications and you will feel normal again. Our patients marvel at the improvements they experience. Speak to your physician to discuss how your diet plan can help reduce your symptoms of depression.

For more information about depression and World Mental Health Day, visit the World Health Organization at <http://www.who.int/> ♦

Recipes of the Month

Herbs de Provence Turkey or Chicken

This Thanksgiving dinner idea is both delicious and healthy! (Author: D.R.)

Instructions:

1. Spray pan with PAM. Sprinkle sea salt and pepper on turkey/chicken breast and sear on both sides over medium high heat.
2. Turn temperature down to medium low and add slices of mushrooms, garlic, herbs, and $\frac{1}{2}$ cup of water. Cover and simmer for 5 to 6 minutes.
3. Add sour cream and stir through.
4. Sprinkle sea salt and cracked pepper to the pan and simmer for a couple of minutes or until everything is cooked.

Ingredients:

- 3.5 oz 100 g turkey or chicken breast
- 4 oz 110 g sliced mushrooms
- 4 cloves of garlic, crushed
- 1 tsp 5 ml Herbs de Provence (combination of rosemary, thyme, marjoram, savory, basil)
- 1 tbsp 15 ml Beatrice no fat sour cream
- $\frac{1}{2}$ cup 125 ml water
- Sea salt and fresh ground pepper to taste
- PAM



Recipes of the Month

Ground Round Super Veggie Oriental Stir Fry

A Vegetarian option for the season! (author: S.H.)

Instructions:

1. Place large pan or wok over high heat.
2. Spray with PAM and cook onions until clear.
3. Add remaining vegetables and cook over high heat until tender, adding PAM as needed to prevent sticking.
4. Season Ground Round to taste with Mrs. Dash and Dill Weed.
5. Add Ground Round to vegetables and reduce heat to medium high, cooking until Ground Round is evenly browned.
6. Add VH Soy Sauce and cook for 1 minute on low heat.

Ingredients:

- ½ cup 82.5 g Yves Veggie Ground Round Original
- ½ oz 15 g onion, sliced
- 7 ½ oz 215 g mushrooms, celery, broccoli, cauliflower, and bok choy, sliced
- Mrs. Dash Garlic & Herb Seasoning Blend to taste
- Dill weed to taste
- 1 tbsp 15 ml VH Soy Sauce



Featured Diet Product

Hot Cocoa

The weather is getting colder. Warm up your day with a comforting mug of cocoa while still keeping with your healthy food choices.

This delicious drink comes in convenient pouches you can enjoy anywhere. Just stir in hot water and enjoy. **15g** of high quality protein per serving!

You can purchase a box of cocoa mix from <http://store.drbdiet.com/> for just \$12 (sales tax included). 7 servings of protein per box.



We're Hiring!

Clinic Support & Administration

We are always looking for skilled people to join our team. Opportunities exist for personal and professional growth, in one of our administration and support team positions. Your chance to make a contribution to our patients' success range from entry level to management positions in areas such as: Finance; Human Resources; Contact Centre; Warehousing/Logistics; Operations & Nursing Support; & Information Technology.

Nurses & Medical Receptionists

Are you tired of working unstable shifts & weekends? Are you looking to improve the balance between your work and family life? If you answered YES then we have the opportunity for you! As part of our highly skilled team, you will be closely monitoring our patients' health, educating them on proper nutrition and motivating them to achieve their goals and maintaining their healthy weight for the rest of their lives!

Physicians

Are you ready for a rewarding change of pace? With our dedicated and streamlined approach to patient care and clinic operations, the convenience of regular day-time working hours and attractive compensation, we present a significant lifestyle opportunity for today's doctors. All while making a positive difference in so many of your patients' lives.

For a list of current openings, and to apply online, visit
<https://www.drbdiet.com/careers/>