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Bernstein Diet App Now Available!

The Bernstein Diet app is officially available for iOS and Android on the [Apple App Store](#) and [Google Play Store](#). Now you can get lots of info at your fingertips!

Patients actively on the program will now be able to access and search the complete food list from their device, as well as many recipes. The food list and recipes will be updated regularly with any changes.

Patients and Guest Accounts can also set up their own private portal where they can:

- create a personal profile page
- track and chart their weight loss progress over time
- find a clinic using the geo-targeted clinic locator tied to Google Maps
- calculate their BMI, recommended healthy weight range, amount of weight to lose and the approximate time needed to reach their goal weight while following the program.

Future updates are planned to include features like a meal planner and food and recipe filters for special dietary restrictions and allergies.

Registered users can log into the app using their username and password from their account on [DrBDiet.com](#).





Food List

Never again worry about relying on memory or carrying a booklet when grocery shopping or dining out. The Bernstein Diet App offers the convenience of the entire food list, always available in your pocket.

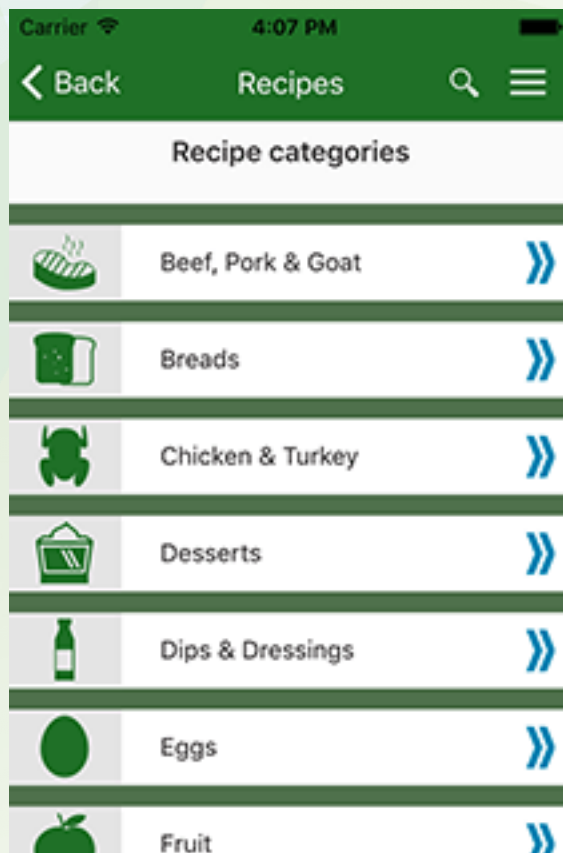
Not sure if a food item is allowed? You can have your answer within seconds. You can browse the food list by category, just like on the DrBDiet.com patient portal, or you can use the Search button to search the entire food list (with the ability to narrow by subcategory).

Recipes

Planning your meals for the week is easy with the Bernstein Diet App's Recipes!

Featuring all of the recipes available on the DrBDiet.com patient portal, patients can browse recipes by category, or use the Search button to find a recipe by name or by ingredient.

Each recipe comes with a portion calculator, which you can use to scale the ingredients to however many servings you like, making it much easier to ensure you don't go over your limit for the day.





According to this BMI calculator, your BMI is 40.7, which is in the very severely obese weight range.

Dr. Bernstein's suggested healthy goal weight for a male of your height is between 200-210 lbs, requiring a loss of 90 lbs. On the Bernstein Diet, you can expect to get there in as little as 18 weeks*.

Your Body Mass Index or BMI is a ratio

Healthy Weight & BMI Calculator

Dr. Bernstein's Healthy Weight Calculator is designed to give you an accurate and realistic idea of the suggested normal, healthy weight range for most individuals. If you need to lose weight, it will show you how long we think it should take for you reach your suggested healthy goal weight on our program.

The calculator included in the app is the same calculator that is used on our website, and is the standard calculator used within our clinics.

If you are not currently a patient at the Bernstein Diet & Health Clinics, our BMI Calculator includes a contact form. You can fill this out to have a representative call you as soon as possible.

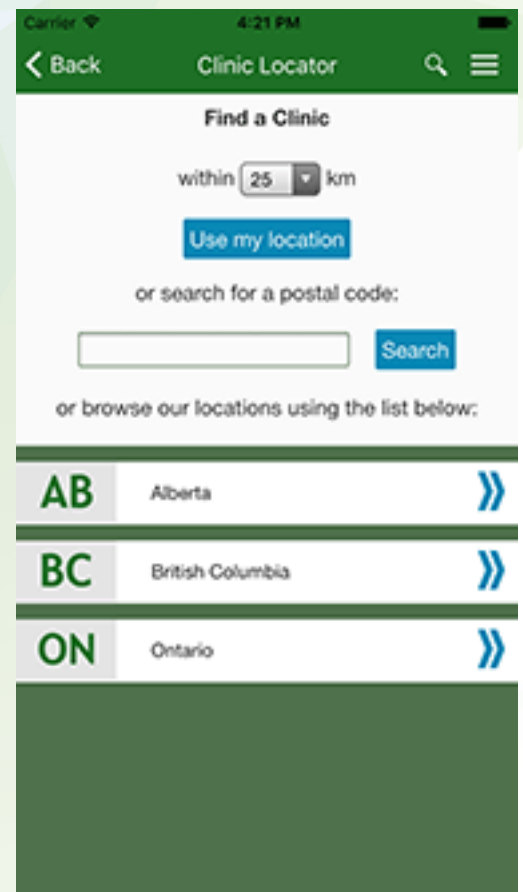
Get started today and watch the pounds slip away!

Clinic Locator

Thinking about visiting a clinic to learn more about the Bernstein Diet? Need directions to your first appointment? Or are you a patient unable to make it to your home clinic?

Our list of 50+ clinics across Canada can be browsed by province and city. Or, if you prefer, use your device's current location to find the closest clinics to you. You can also search for the closest clinics to a certain postal code.

You can see a road map, clinic hours, and an exterior photo for each clinic. You can call the clinics right from the App, and get directions from the location you searched for. ♦



Fatty Liver Disease

March is **Liver Health Month**. Fatty liver disease occurs when a person's diet exceeds the amount of fat their body can handle, and fat builds up in the liver (comprising at least 5% of the liver). When there is this buildup of fat, the liver becomes vulnerable to further injury, which may result in inflammation and scarring and overall damage to liver function.

Fatty liver disease is often caused by excess alcohol consumption, but Non-Alcoholic Fatty Liver Disease (NAFLD) is strongly associated with metabolic syndrome (obesity, insulin resistance, dyslipidemia).

NAFLD can affect anyone. Almost 10% of children may have NAFLD, partially due to an increase in childhood obesity.

People with fatty liver disease often show no symptoms, but sometimes may experience fatigue, abdominal discomfort, and a general feeling of being unwell.

Our physicians will test for fatty liver disease when indicated. Our clinical experience has shown that patients on our diet reduce fatty liver storage and improve liver cell function.

Speak to your physician to discuss how your diet plan can prevent the onset of fatty liver disease.

For more information about liver disease, visit the Canadian Liver Foundation at <http://www.liver.ca/> ♦

Lactose Intolerance

"Lactose intolerance" means the body cannot easily digest lactose, which is a type of natural sugar found in dairy products. This happens when the body does not produce enough lactase, which is needed to break down lactose.

Lactose intolerance is very common in adults, although it seems to vary greatly by ethnicity. People of Asian or African descent are much more likely than those of European descent to be lactose intolerant.

Symptoms of lactose intolerance include pain or cramps, bloating, gas, rumbling sounds in the stomach, and indigestion.

Stomach cramps, loose bowel movements, and mucous in the stool all improve with our diet. We recommend avoiding all dairy products along with the fat restrictions. Our patients get long term relief and comfort by following these food restrictions into the Maintenance program and beyond.

For more information about lactose intolerance, visit the Canadian Digestive Health Foundation at <http://www.cdhf.ca/> ♦

Recipes of the Month

Hot Sauce Dip

Add some exciting flavour to your next meal! (Author: A.S.)

Instructions:

1. Mix all ingredients together and enjoy.

Recommended as a tangy dressing or a dip for steak or chicken.

Ingredients:

½ cup 125 ml lemon Juice

¾ tsp salt

½ tsp chili pepper powder

1 tsp tomato paste

Spicy Scallops

Bite-sized seafood with a kick! (author: L.B.)

Instructions:

1. Pat scallops dry.

2. Crush Melba toast and combine with Lawry's Seasoning Salt.

3. Dip the scallops into the crumb mixture so that they are lightly breaded on both sides.

4. Spray a non-stick pan with PAM and heat over medium-low heat.

5. When the pan is heated, place the scallops in the pan.

6. Cook for approximately 1 minute then flip and cook for 1 minute on the other side.

7. Remove scallops from pan and sprinkle with Frank's Red Hot Sauce.

8. Serve and enjoy.

Ingredients:

3.5 oz 100 g fresh sea scallops

1 slice Grissol Melba Toast (plain)

½ tsp 2.5 ml Lawry's Seasoning Salt

½ tbsp 7.5 ml Frank's Original Red Hot Sauce

Did You Know?

March 12 is "National Baked Scallops Day" in the USA.

Featured Diet Product

Protein Bars Variety Pack

Whether you're on the go and need a quick & healthy serving of protein, or if you just want a tasty treat, our protein bars are ready to satisfy you at any time.

With **15g** of high quality protein and ready-to-eat convenience, these protein bars make it easy to stick to your healthy routine.

The Variety Pack includes Peanut Butter & Caramel Crisp, Peanut Butter Crisp, Peanut Butter & Jam, Supreme Chocolate, Strawberry & Yogurt, Hazelnut, and Crunchy Cereal Chocolate.

You can purchase a box of protein bars from <http://store.drbdiet.com/> for just \$16 (sales tax included). 7 servings of protein per box. Available in 14 flavours!



Restarting the diet is quicker than ever before.

Are you a former patient of the Bernstein Diet? Are you interested in starting again?

Now you can come in anytime during our clinic hours or call us at [1-888-372-3438](tel:1-888-372-3438) or [Let us Contact You](#) and we will get you restarted as quickly as possible.

Patients who have been away for more than four years are no longer required to attend a consultation.

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/>