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Extended Clinic Hours To Serve You Better

We are now offering extended clinic hours at select locations across Canada!

The following clinics will operate from **6:00 a.m. to 8:00 p.m.**, Monday to Friday:

Effective June 20

Woodbridge 200 Whitmore Rd, Vaughan ON [905-265-1075](tel:905-265-1075)

Effective July 4

Yorkdale Mall 3401 Dufferin St, Toronto ON, West Offices [416-789-0595](tel:416-789-0595)

More to come!

You can find the hours for each of our 53 clinics in our [clinic locator](#). ♦



Help Us Spread the Magic of Camp

Between all of the hospital visits, tests, blood transfusions and exhausting rounds of chemotherapy, cancer makes life really tough for a child. But as much as cancer does to affect a child's life, there is a lot that it cannot do. Cancer doesn't laugh, swim, or sing songs and roast marshmallows around a campfire with friends. This is why we believe that camp is so important for kids with and affected by childhood cancer. Camp offers kids the opportunity to realize that they don't have to be limited or defined by their diagnosis.

Camp does more than just help these kids feel like kids again. When a child goes to camp, the prognosis of their disease doesn't change, but when these children are removed from the frightening grownup issues they face every day, and bring them into a setting where they can laugh and play like any other kids, it lifts their spirits, boosts their mental recovery and greatly improves their quality of life.

When kids arrive at camp after months of lonesome seclusion, treatment and sickness, they are often shadows of their former selves. But as the camp experience unfolds, the tears dry up, the smiles come out and they regain the spirit and strength to push onward through the disease.

These camps never charge the families anything. They receive no government funding and rely solely on the generous donation of the public. That's why we are asking for your help.

July is Camp Month, and during this special time, the Bernstein Diet & Health Clinics will donate a portion of every treatment package sold to the [Tour For Kids](#) cycling event hosted by the [Coast To Coast Against Cancer Foundation](#) in support of these magical camps. Every dollar that is donated goes directly to the three cancer camps in Ontario – [Camp Oochigeas](#), [Camp Trillium](#) and [Camp Quality](#).

You can also make a donation into the drop box at any clinic, or make a donation to Tamara's Angels by clicking [here](#).



Childhood Obesity

Obesity in children and adolescents is a serious issue with considerable health and social consequences. More teens suffer from diabetes and heart disease than ever before, and as many as 10% of kids over the age of 4 are suspected to have fatty liver disease.

It's caused by a combination of excessive sedentary behaviour (computer games, TV, videos) and an over-consumption of high calorie foods, and habitual snacking.

The time to treat childhood obesity is now. The sooner children have their weight and eating habits under control, the healthier they will be for the rest of their lives. As a parent, you can prevent them from developing terrible complications as they grow into adulthood.

The Bernstein Clinics are committed to treating the causes and problems of youth obesity, and we offer lower fees for children. Call today, and we'll guide you through the first steps to help them achieve all the same healthy, rapid results as our adult patients.

For more information about childhood obesity, visit the Childhood Obesity Foundation at <http://childhoodobesityfoundation.ca/>

[Contact us](#) for more information on how our diet program can help you manage chronic health problems. ♦

Managing Sleep Apnea

Sleep apnea is a serious disorder that causes your breathing to stop repeatedly while you sleep. These pauses last 10 to 30 seconds and can happen many times through the night.

The most common type of sleep apnea is **Obstructive Sleep Apnea**, which happens when the upper airway becomes blocked during sleep. Relaxed throat muscles, a narrow airway, a large tongue or extra fatty tissue in the throat can also block the airway. Men are affected by sleep apnea at approximately 4 times the rate of women.

Symptoms of sleep apnea include daytime sleepiness, loud snoring followed by silent pauses, gasping or choking during sleep, morning headaches, irritability or mood changes, and poor concentration or memory loss.

Being overweight is a risk factor for sleep apnea. Losing as little as 20 lbs can greatly reduce the number of sleep apnea episodes that happen each night.

Do you need a CPAP machine to help you breathe at night? Almost every one of our patients who suffer from sleep apnea has been able to eliminate the use of this device as a result of using our diet and achieving their healthy weight goal. Another benefit is that many of these patients stop snoring too!

For more information about sleep apnea, visit the Lung Association: <https://www.lung.ca/>

[Contact us](#) for more information on how our diet program can help you manage chronic health problems. ♦

Recipes of the Month

Fruit Smoothie

Instructions:

1. Add water to blender, then add all other ingredients.
2. Blend until smooth.

Ingredients:

- ½ medium apple (approx. 2oz)
- ½ medium orange (approx. 2oz)
- 1/8 cantaloupe (approx. 2oz)
- ½ medium peach (approx. 2oz)
- 1 cup water
- Ice cubes
- Pinch of cinnamon



Recipes of the Month

Frozen Yogurt Drops

Instructions:

1. Place yogurt in a bowl.
2. Stir in blueberries, making sure they are fully coated.
3. Place wax paper on a cookie sheet.
4. Place each coated blueberry on the cookie sheet.
5. Place cookie sheet in the freezer.
6. Once frozen, pop coated blueberries off the wax paper and eat!

Ingredients:

- 2.5 oz 75 g blueberries, fresh
- 1 container (100 g) Danone Silhouette 0% Stirred Greek Yogurt: Strawberry Kiss

Get Started Today!

Find a Clinic Near You and Start Your Weight Loss Journey Today!

We have 53 clinics conveniently located across Canada in Toronto, GTA, Mississauga, Brampton, Scarborough, Woodbridge, Thornhill, Richmond Hill, Barrie, Newmarket, Whitby, Oshawa, Ajax, Markham, Oakville, Burlington, Hamilton, St. Catharines, Windsor, Kitchener, Cambridge, Ottawa, Calgary, Edmonton, Vancouver, Richmond, Delta, Surrey, Coquitlam, Burnaby, Langley, Victoria.

Use our [clinic locator](#), or [contact us](#) to find the clinic closest to you.

Featured Diet Product

Chocolate Pudding Mix

Looking for a guilt-free sweet treat? This tasty pudding has **15g** of high quality protein, making it easy to stick to your healthy routine. Sold in boxes of 7 easy-to-prepare packages, just add water and enjoy!

You can purchase a box from <http://store.drbdiet.com/> for just \$16 (sales tax included).



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/>