



## Free Re-Consult for Returning Patients

Are you a former patient of the Bernstein diet, interested in starting again? Patients returning after more than four years are required to attend a consultation.

**Consultation appointments are now free of charge for patients returning after 4 years or more!**

(Patients returning within under four years are not required to attend a consultation.)

There is no better time than the present to take advantage of this promotion - the holiday season is fast approaching, and all of the associated social functions are right around the corner.

By committing yourself to The Bernstein Diet today, you can shed as much as 30 pounds by the holidays. Imagine how good you'll feel after shedding those pounds and all the extra energy you'll have to participate in holiday activities. ♦



# Survey Says...

A recent survey conducted with current and former Bernstein Diet patients revealed some interesting statistics about the program.

- **98.7% of respondents reported losing weight on the Bernstein diet.**

We so strongly believe in the Bernstein Diet that we guarantee that you will lose 10 lbs every month if you fully comply with the program, or we will treat you for free until those 10 lbs are lost.

- **83.2% of respondents said that their weight loss either met or exceeded their expectations.**

Many of our patients have struggled with weight their whole lives, and believed they would always be overweight. The Bernstein Diet is based on sound, proven medical principles, exceeding expectations and improving the patient's quality of life.

- **92.5% of respondents had tried other weight loss methods without success** (including competing diet programs as well as self-directed attempts at weight loss).



The Bernstein Diet only targets stored fat instead of muscle or electrolytes, and the program teaches healthy eating habits for life, making it easier for patients to maintain their success. Unlike many other weight loss methods, the Bernstein Diet is structured to prevent rebound weight gain.

- **58.7% of respondents were referred via word of mouth from other successful patients.**

The diet's good reviews and high success rate were two of the most popular factors that prompted patients to join the program.

- When asked about their most favourite aspect of the Bernstein diet, patient responses included "quick and healthy weight loss", "program structure", "support and motivation", "medical basis", "regular foods", and "no hunger or cravings".

There are many benefits to being on the Bernstein Diet, and good results are typical. If you're considering joining or restarting, call now and look forward to your success! ♦

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## Brentwood Clinic Re-Opened

Our Brentwood Village Mall Clinic in Calgary has re-opened at 3630 Brentwood Rd N.W. Unit 313B, and is open Monday to Friday from 6:00am - 2:00pm.

Click [here](#) for contact information and directions. ♦

## Managing Diabetes

November is **Diabetes Awareness Month**. Diabetes Mellitus is a group of diseases characterized by high blood sugar levels that develop when your body does not produce enough insulin, or when your body does not effectively use its insulin.

Type 2 Diabetes often develops in overweight adults and is primarily caused by insulin resistance. 90% of people with diabetes have Type 2, and obesity is a leading cause of insulin resistance. A family history of Type 2 diabetes also is shown to increase the chances of getting it. People with high blood pressure, high cholesterol, or whom are 40 years of age are at an increased risk.

If you have Diabetes and lose the extra weight, you can achieve better control of your blood sugars and reduce or eliminate your need for diabetic medications, including insulin. Our expertly-trained doctors and nurses monitor you throughout the program and can help you prevent the very serious complications of diabetes, such as blindness, amputations, heart attacks, impotence, etc. as you lose weight.

Blood tests may show your diabetes no longer exists. Imagine no longer needing to do finger-prick blood sugar tests!

Speak to your physician to discuss how your diet plan can help you manage diabetes.

For more information about diabetes, visit the Canadian Diabetes Association at <http://www.diabetes.ca/> ♦

## Managing Crohn's Disease

November is also **Crohn's and Colitis Awareness Month**. Crohn's disease inflames the lining of the gastrointestinal tract, disrupting the body's ability to digest food, absorb nutrients, and eliminate waste healthily.

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 Crohn's Disease, visit Crohn's and Colitis Canada at <http://www.crohnsandcolitis.ca/> ♦

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## Ulcers and Hyperacidity

**GERD Awareness Week** is November 23-29. Gastroesophageal reflux disease is very common. Anyone can be affected by it.

The most common symptoms of GERD are heartburn and reflux of fluid into the mouth.

Following The Bernstein Diet contributes to a reduction in the amount of stomach acid produced. Our patients notice quick relief and can stop using antacids within days.

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

# Recipes of the Month

## Filling Fish Chowder

Warm up with a hot bowl of healthy chowder. (Author: R.G.)

### Instructions:

1. Combine and cook celery, cauliflower, onion powder, chicken stock, water, salt, and pepper in a saucepan or microwave until vegetables are soft. When done, puree the vegetables until smooth.
2. Chop mushrooms, green beans, pepper into medium chunks, and sauté with PAM in a separate pan (or microwave without PAM).
3. When ingredients from step 2 are soft, add to cauliflower mixture.
4. Add fish and shrimp to the vegetable mixture, and microwave for 5 to 7 minutes until fish and shrimp are cooked.

### Ingredients:

- 1 oz 28.75g celery
- 3 oz 86.25g frozen or fresh cauliflower
- 1 oz 28.75g mushrooms
- 2 oz 57.5g frozen green beans
- 1 oz 28.75g green pepper
- 1.75 oz 50g white fish
- 1.75 oz 50g shrimps (peeled)
- ½ tsp 2.5ml onion powder
- ¼ cube Knorr chicken bouillon cube
- 1 ½ cup water
- Salt & pepper to taste
- PAM

# Recipes of the Month

## Chicken Nachos

Perfect for sharing! (author: R.S.)

### Instructions:

1. Preheat oven to 400°F.
2. Cut tortilla into wedges about 1½ inches wide at the base with a pizza wheel.
3. Place cut pieces on a baking sheet in a single layer, and place in the oven. Bake wedges until lightly browned (around 5-10 minutes) and remove from oven.
4. Allow chips to cool.
5. Put a small bit of salsa on each chip and top salsa with a piece of cheese, and sprinkle the chips with chicken, pepper and onion.
6. Place the baking sheet with the tortilla chips back in the oven and bake until cheese is melted.
7. Remove from the oven and enjoy.

### Ingredients:

- 1 Dempster's Bakery Thins Tortilla 100% Whole Grain
- 2½ oz 75 g roasted chicken breast, chopped
- 1 oz 30 g green pepper and/or onion, finely chopped
- 2 tbsp 30 ml Tostitos salsa
- 1 Kraft fat free cheese slice, cut into small pieces

### Did You Know?

November 6 is  
"National Nachos Day"  
in the United States.

# Featured Diet Product

## Tomato Basil Soup

Enjoy a heart-warming and satisfying bowl of this rich and flavorful soup with lunch or dinner. 15g of high quality protein in a convenient go-anywhere pouch. Just mix with hot water in a bowl or cup and enjoy. **15g** of high quality protein per serving!

You can purchase a box of Chicken Noodle, Tomato Basil, or Corn Chowder soup mix from <http://store.drbdiet.com/> for just \$16 (sales tax included). 7 servings of protein per box.



## Refer a Friend, Earn Free Services!

Our patients frequently recommend the Bernstein Clinics to their friends and relatives. We warmly welcome these new patients and expend every effort to offer them the same outstanding personal care that is the Bernstein hallmark.

If you know anyone who could possibly benefit from our weight loss program, we'd like to make you an appreciative offer.

**For every new patient you refer to us, you will receive 1 week of free services or 6 free weeks of the maintenance program!**

There is no cap or limit on the number of weeks you can obtain from this offer.

Simply have your friend or relative tell us your name and your home clinic, and you will be credited for free services as soon as they start treatment.

# 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/>