



## New Year's Resolutions

Happy New Year!

Did you know that the #1 most popular New Year's resolution by North Americans is to lose weight?

Only about 8% of people successfully achieve their New Year's resolutions. Losing weight often seems like a daunting challenge.

At the Bernstein Diet & Health Clinics, we can help you stay motivated and reach your weight loss goals.

- We have made it easier than ever for former patients to restart by eliminating the reconsult fee.
- We guarantee you will lose at least 10 lbs every month or we will treat you for free until those 10 lbs are lost.\*
- You can lose up to 20 lbs every month without exercise, surgery or diet pills.

New Year's resolutions often fail when the person finds themselves in low spirits. However, with the Bernstein Diet, you will see results right away, keeping you in high spirits and motivated toward you goal. Our medical staff is there to support you.

Resolve to make this the last time you resolve to lose weight. Give us a call. We'll help you get there. ♦



## Dieting and IGT

A study conducted by the Diabetes Prevention Program Research Group found that a modest reduction in body weight can affect a patient's risk of developing diabetes.

Weight loss was the dominant predictor of reduced diabetes incidence compared to changes in diet or physical activity in the Diabetes Prevention Program (DPP). DPP results reported that losing 1 kg (1.1%) of body weight was associated with a 16% relative reduction in diabetes risk.

In patients with Impaired Glucose Tolerance or diabetes, modest weight loss can lead to meaningful outcomes;

A modest 5% to 10% body weight loss is achievable and can result in clinically meaningful outcomes with respect to the prevention of type 2 diabetes and improvements in glycemic control and cardiovascular risk factors in type 2 diabetes.

The available evidence strongly contends that once successfully shed, the weight loss must be maintained to ensure that the clinical benefits, such as the prevention of type 2 diabetes and improvements in glycemic control and cardiovascular risk factors in type 2 diabetes, endure.

For more information about this study, and for more interesting articles about weight loss and the Bernstein Diet and Health Clinics, visit <https://www.drbdiet.com/news/> ♦

## Preventing Alzheimer's

January is **Alzheimer's Disease Awareness Month**. Alzheimer's disease is the most common form of dementia, and the number of people suffering from Alzheimer's is expected to quadruple by 2050.

Obesity has been associated with an increased chance of developing this disease. The earlier you lose weight, the better your chances at prevention.

For more information about prevention and management of Alzheimer's Disease, visit the Alzheimer Society of Canada at <http://www.alzheimer.ca/>

Maintaining a healthy weight has been linked to the prevention and improved management of numerous diseases and chronic conditions. For more information about how our program can benefit your overall health and well-being, visit <https://www.drbdiet.com/dr-bernstein-your-health/> ♦

# Recipes of the Month

## Zucchini and Bell Pepper Cheese Dip

A tasty dipping sauce with a kick! (Author: F.N.)

### Instructions:

1. Whip greek yogurt in a medium size bowl, then set it aside.
2. Place all the other ingredients with the water in the blender and blend for 2-3 minutes or until blended thoroughly.
3. Combine blended mixture with yogurt and mix with spatula.
4. Divide mixture in half and enjoy.

### Ingredients:

- 4oz 110g zucchini, boiled
- 4oz 110g peppers (red, orange, yellow), chopped
- 2 green chilies
- 1tsp 5ml salt
- 1tsp 5ml Oregano
- 1tbsp 15ml fresh ginger
- 4 garlic cloves
- 1tbsp 15ml oregano
- 1tbsp 15ml cumin
- 1tbsp 15ml nutmeg
- 3/4 cup Liberte Greek Yogurt Plain 0%
- 1/3 cup Organic Meadow Low Fat Pressed Cottage Cheese
- 100ml filtered water

# Recipes of the Month

## Spaghetti with Chicken Meatballs

A classic favourite for any time of the year! (author: M.W.)

### Instructions:

1. Mix ground chicken breast with desired amount of garlic powder, onion powder and pepper. Roll mixture into balls approximately 2" wide.
2. Spray frying pan with PAM and cook chicken meatballs on medium/high heat for about 6 minutes per side or until they are cooked through.
3. In a small saucepan, combine tomato sauce, stewed tomatoes and bay leaf.
4. Simmer on medium heat until warmed and then add minced vegetables.
5. Turn sauce heat to medium low and add chicken meatballs. Simmer on medium low.
6. Prepare Shirataki noodles as per package instructions. Place on a plate.
7. Pour sauce & meatball mixture over Shirataki Noodles and sprinkle with parsley.
8. Serve and enjoy.

### Ingredients:

- 3.5 oz 100 g chicken breast, ground
- 4 oz 110 g green pepper, onion & celery, minced
- ¼ cup Aylmer Accents Stewed Tomatoes
- ¼ cup Hunt's Roasted Garlic Tomato Sauce
- 4 oz Shirataki Miracle Noodles (Angel Hair Pasta)
- Parsley, to taste
- Garlic powder, to taste
- Onion powder, to taste
- Black pepper, to taste
- Bay leaf

### Did You Know?

January 4 is "National Spaghetti Day" in the United States.

# Featured Diet Product

## Food Scale

Portion control can be difficult, especially right after the holidays when there's all those tempting leftovers.

This food scale is an important aid for proper portion control. Simply place your food on the scale before preparing, and portion accordingly!

You can purchase a scale from <http://store.drbdiet.com/> for just \$10 (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.**

## Refer a Friend, Earn Free Services!

Our patients frequently recommend the Bernstein Clinics to their friends and relatives.

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. Inquire at your clinic for more information!

# We're Hiring!

## 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.

## 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.

For a list of current openings, and to apply online, visit

<https://www.drbdiet.com/careers/>