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Look Your Best For The Holidays

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. We would like to wish you a safe and happy holiday season with your family, friends and co-workers.

Are you a former patient of the Bernstein diet, interested in returning to the program for a Tune-Up? Just call us at 1-888-372-3438 or use our [E-mail Contact Form](#) and we'll get you started as quickly as possible. ♦



*Individual weight loss may vary. Call for details. Compliance with our program is required.

The Bernstein Diet & Health Clinics is a Proud Sponsor of the Camp Oochigeas Imagine the Magic Gala



FROM ALL OF US AND CAMP OUCH

★ **THANK YOU** ★

FOR SHARING THE MAGIC!



Thanks to your generosity and the support of our donors, sponsors, volunteers, paddle artists and guests, the 2016 Camp Ooch Imagine the Magic Gala and #PaddleProject raised an exceptional \$1.2 million (net)! This means 334 kids with and affected by childhood cancer will have the opportunity to experience the Magic of Camp Ooch.

In 1983 an ambitious group of volunteers banded together to form a summer camp unlike any other in Canada. Exclusively serving children with cancer, it would be privately funded, staffed entirely by volunteers and completely free. A camp where every child, no matter how debilitating their illness, would be provided an opportunity to explore enriching, challenging, fun experiences through what is fondly referred to today as the Magic of Ooch.

Thirty years later, Ooch has experienced exponential growth. Serving over a thousand children with and affected by cancer each year, various programs now serve siblings, bereaved siblings and parents. Ooch continues to be the only residential camp in Ontario to offer onsite chemotherapy IV treatment and blood transfusions. Often referred to as the social cure for cancer, we have expanded programs year-round in Muskoka, at the Hospital for Sick Children (SickKids), Ooch Downtown and various other cancer centres across Ontario.

With over 450 annual volunteers, 41 full-time staff and a culture that was voted one of Canada's top 10 most admired cultures by Waterstone in 2012, we continue to recruit loyal talent. Building programs to meet the ever-changing landscape of paediatric healthcare, Ooch relies on the generous support of foundations, donors and volunteers. Ooch does not receive government or hospital funding.



WHERE CANCER DOESN'T DEFINE ME

Help Support Your Local Food Bank

Bernstein Diet & Health Clinics is asking for your support to help those in need. This year in particular, more families than ever are having a difficult time making ends meet, so we would like to draw upon the strength of our staff and patient networks to make a difference in our local communities.

We are encouraging all of our patients to bring in a donation of any size at their next visit. All donations go directly to the food bank supporting people in your community who need help.

We will accept donations of all nutritious, non-perishable food items, but these items are the most needed:

FOOD ITEMS

Baby formula & food
Beans & lentils
Toothpaste and Toothbrushes
Oatmeal Rice
Canned fruits & vegetables
Cereals
Canned fish & meat
Cans of soup or hearty stew
Dried pasta & tomato sauce
Macaroni & cheese
Peanut butter
Tetra Pak, canned or powdered milk
Bottled, canned or Tetra Pak juice

HEALTH & PERSONAL CARE

Deodorant
Toothpaste and Toothbrushes
Soap and Shampoo
Feminine Products
Baby Diapers

We are looking forward to helping our food banks make this the most successful year ever!

From all the staff at Bernstein Diet & Health Clinics and your local food bank,

Thank You

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 long-term, 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!♦



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/> ♦

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

New Clinic Hours

We have just added 3 more clinics to our extended hours list.

Ontario

Mississauga Clinic 4557 Hurontario St.,
Monday to Friday – 6:00am to 8:00pm
Effective Monday Nov 14

Oakville Clinic 300 North Service Rd. West,
Monday to Friday – 6:00am to 8:00pm
Effective Monday Nov 14

Scarborough 4651 Sheppard Ave. East,
Monday – Friday – 6:00 am – 8:00 pm.

Burlington 2000 Appleby Line,
Monday – Friday – 6:00 am – 2:00 pm.

Etobicoke 170 N Queen St,
Monday – Friday – 6:00 am – 2:00 pm.

Hamilton 1024 Upper Wentworth
Monday – Friday – 6:00 am – 2:00 pm.

Woodbridge Clinic 200 Whitmore Road,
Monday to Friday – 6:00am to 8:00pm

Yorkdale Clinic at Yorkdale Mall,
Monday to Friday – 6:00am to 8:00pm

British Columbia

Langley Clinic at 20159-88th Avenue,
Monday to Friday – 6:00am - 8:00pm

Alberta

Sherwood Park 1020 Sherwood Drive,
Monday to Friday – 6:00am - 8:00pm
Effective Monday Nov 14



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/>