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Successful Dieting During the Holidays



During the holidays, it may be tempting to take a small break from your diet and cave in to fatty, starchy, and sugary foods. Even if for just one meal, making exceptions to your diet can make you feel tired and hungry, since the body will begin to crave more calories. Here are some tips to prevent this from happening:

- Perrier or soda water with lime or lemon in a wine glass will look appropriate and no one will push alcohol at you.
- If dining out: Choose restaurants that offer seafood such as steamed or poached fish, lobster, or shrimp. If you opt for a steak, order a small grilled 3-½ oz fillet, rare or medium rare (so it is juicy enough to not need sauces). You could also eat some protein before leaving home, so you can eat a salad and steamed vegetables and feel full. Fresh fruit as dessert is usually available.
- If dining at a friend's home, ask to have the salad and vegetables for you to be set aside before dressings and sauces are added. Choose chicken or turkey breast instead of dark meat.
- Do not announce "I'm dieting" to others. Some people will feel this as a personal challenge to tempt you to break the rules.
- Drink lots of water with your meal – it will curb your appetite.

Temptation can be tough, but sticking to the diet is worth it. You will feel better and have lots of energy for holiday activities. ♦



Holiday Hours

Applicable to all Bernstein clinics in Canada:

Fri	Dec 23	Closed
Mon	Dec 26	Closed
Tues	Dec 27	Regular Hours
Wed	Dec 28	Regular Hours
Thur	Dec 29	Regular Hours
Fri	Dec 30	Regular Hours
Mon	Jan 2	Closed

Need to lose a few pounds before your beach trip?

Restarting the diet is quicker than ever before. Are you a former patient of the Bernstein Diet? Are you interested in starting again? Come in anytime during our clinic hours or call us at 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.



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

Disability and Dieting

December 3 is the International Day of Persons with Disabilities. The International Day of Persons with Disabilities is observed to draw attention to the difficulties that persons with disabilities face.

Persons with physical disabilities sometimes have more difficulty maintaining healthy lifestyles due to limited options for physical activity, which can lead to obesity, and the myriad health issues related to obesity.

The Bernstein Diet accommodates persons with different physical abilities. The diet does not require exercise to succeed.

Anyone on our program can avoid obesity and the onset of its related health problems.

Although patients are encouraged to exercise if they are able to do so, those who are not able to exercise will still enjoy all the benefits of weight loss.

For more information about the International Day of Persons with Disabilities, visit the United Nations at <http://www.un.org/>



Fibromyalgia, CFS, & PPS

Fibromyalgia is a disease caused by the impairment of pain processors within the body, and is also known as "chronic widespread pain". About 2% of Canadians live with fibromyalgia.

Chronic Fatigue Syndrome is a disease characterized by excessive tiredness, loss of memory or concentration, unexplained muscle pain, joint pain without swelling or redness, and unprecedented headaches. The cause of CFS is not known.

For more information about Fibromyalgia and Chronic Fatigue Syndrome, visit FM-CFS Canada at <http://www.fm-cfs.ca/> ♦

Post-polio syndrome is a condition that affects polio survivors many years after recovering. PPS is characterized by muscle weakness, fatigue, muscle atrophy, joint pain, shortness of breath, and weakness in swallowing.

Along with weight loss, we use extra vitamins for patients with these conditions. Without exception, there is significant improvement. These patients experience less pain and better energy levels.

For more information about Post-Polio Syndrome, visit Post-Polio Health International at <http://www.post-polio.org/> ♦

Recipes of the Month

Slow Cooker Roast

A healthy holiday meal for the whole family! (Author: P.C.)

Instructions:

1. Place the sirloin, chopped tomatoes and onion in a covered slow cooker.
2. Cook on low heat for 8 - 10 hours, or on high heat for 4 - 5 hours.
3. Remove from slow cooker, cut into thin slices and serve.

Ingredients:

- 32 oz 900 g sirloin tip roast (with all fat removed)
- 28 oz 790 g canned Unico diced tomatoes
- 4 oz 110 g onion, coarsely chopped

Easy Apple Crumble

A great idea for dessert! (Author: A.G.)

Instructions:

1. Crush the melba toast into crumbs and set aside.
2. Peel the apple and cut into thin slices.
3. In a small dish, empty the Mott's apple sauce.
4. Add cinnamon and/or sweetener for added taste.
5. Mix in the apple slices.
6. Sprinkle the melba toast crumbs on top.
7. Bake at 375°F for about 20 – 30 minutes or until apples are tender and crumbs are golden brown.

Ingredients:

- 4 slices Grissol Multi-Fiber or Whole Wheat Melba toast
- 1 cup 111g Mott's Healthy Harvest No Sugar Added Apple Sauce Cup
- 1 medium apple (approx. 4 oz)
- Cinnamon and sweetener for taste

New Clinic Hours

Ontario

Huntclub Clinic 2430 Bank Street,
Monday to Friday – 6:00am to 8:00pm.
Effective Tuesday Jan 3 2017

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

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

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

West Broadway Clinic at 1558 West Broadway,
Monday to Friday – 6:00am - 2:30pm.
Effective Monday Dec 12

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

Alberta

Christy's Corner 13651 St. Albert Trail
Monday to Friday - 6:00 am - 2:00 pm.
Effective Monday Dec 5

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



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/>