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Valentines Day Activities

With Valentine's Day around the corner here are some ideas to share with that special someone on this big day.

Showing that special someone that you are sweet on them doesn't have to revolve around chocolates and candy. With the emphasis on the heart on this special day, try celebrating with fun activities instead. Spend the afternoon ice-skating together or dance the night away at a fun night club. Building a snowman together is a great way to feel like a kid again, too. If you've got the time and the terrain, plan a weekend getaway to the hills for some skiing or snowshoeing together. Physical activity, especially fun ones, is proven to have many happy side effects – it's great for your cardiovascular and muscular health, improves self-esteem, and who knows where all those freshly-released endorphins might take the two of you!

World Cancer Day

World Cancer Day is marked on February 4 to raise awareness of cancer and to encourage its prevention, detection, and treatment. There has been enough research to validate that a healthy lifestyle and food acts as the most promising ammunition to fight the battle against cancer.

Foods which are rich in Vitamin C, Beta-carotene and Lycopene are known to protect DNA from damages. Some foods that fall under these categories are Broccoli, Brussels sprouts, Green Cabbage, Cauliflower, White Turnip, Kale, Green Collard, Apple, Blueberries, etc. Find the perfect way to include these foods in your meals through our list recipes.

For more information about World Cancer Day visit: <http://worldcancerday.org>

Fee Increase Coming Feb 22

At Dr. Bernstein Diet & Health Clinics, we strive to deliver the best service and the best value possible to our patients. We have worked hard to control our costs, and we have been able to keep our fees unchanged for the past 11 years. However, costs have been increasing steadily every year and we can no longer ignore the fact that our fees must change to keep pace.

As of Monday, February 22, the price of our most popular 4-Week Service Package will increase. Other service packages will have similar increases. As an added value, we continue to offer progressive discounts for purchasing larger packages of services. The fees for the Initial Consultation and Maintenance Packages remain unchanged.

Please note that services can only be purchased at the clinics. Friday, February 19 is the last day to purchase services at the current prices. You can purchase as many services as you want before the price increase goes into effect.

As always, you can be confident that we remain committed to providing you with the best possible weight loss results, customer service experience and value that you have come to expect from us. Pound for pound, we are significantly less expensive than most other commercial weight loss programs. And because we are a medical office, our services may be tax-deductible and may be covered by your insurance.

If you have any questions or feedback, please contact us at:

1.888.DR.B.DIET or Mail@DrBDiet.com

Thank you for trusting us to help you achieve your personal weight loss and health goals.

Sincerely,

Dr. S. K. Bernstein, M.D.

The Importance of Medical Supervision

Studies show that as little as 10 lbs. of extra weight can lead to increased health risks. The Dr. Bernstein Program is 100% MEDICALLY SUPERVISED.

We invite you to watch the following video by **clicking here** in which Dr. Bernstein himself talks about how the diet is medically supervised. While on our program, the only people who treat you are specially trained doctors and nurses. We can perform treatments that other non-medical centres aren't qualified to do – such as blood tests, diagnosing and treating illness and disease, and prescribing, administering and adjusting medications.

Featured Diet Product

Apple - Cinnamon Oatmeal

A delicious bowl of hot oatmeal is an ideal way to start your busy day, and it's so easy to prepare when you've got to get on your way. And each serving has 15g of high-quality protein to keep you going. NOW available in 4 delicious flavours: Cinnamon & Spice, Apple & Cinnamon, Maple & Brown Sugar and Banana Nut.

7 servings per box.

Restarting the Diet

Are you a former patient of the Bernstein Diet? Are you interested in starting again?

Call us at 1-888-372-3438 or Let us Contact You and we will get you restarted as quickly as possible back on the path to success.

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. 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. Inquire at your nearest clinic location for more details.

Recipe of the Month

Apple Cinnamon Crepe

YIELDS: 1 bread, 1 fruit, 1 1/2 misc. garnish servings

Author: Angela Frey Calgary, Alberta.

Ingredients:

- 1 tbsp 15ml Walden Farms Pancake Syrup
- 1 La Tortilla Factory 100% Whole Wheat Tortilla (36g)
- 1 Baked Apple (look at the recipe)

Instructions:

1. Prepare Baked Apple (as per baked apple recipe).
2. Spread hot baked apple in middle of tortilla.
3. Wrap as you would a crepe.
4. Place in microwave for 10 – 15 seconds to soften tortilla.
5. Top wrap with pancake syrup.

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/>