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Weight Loss is a Serious Matter

One of the most important factors in any weight loss program is to ensure that the entire process is a healthy one. Without proper medical supervision and close monitoring, there can be serious repercussions to your health.

Bernstein Diet & Health Clinics has over 50 dedicated weight loss clinics around Canada. We work with everyone who wants to lose weight. Your only problem may be 5 or 10 stubborn pounds. But, we also treat those who need to lose 200 pounds or more and, of course, everyone else in between.

Our doctors and nurses also work with patients who suffer from a wide spectrum of additional weight-related problems. So if you have diabetes, high blood pressure or cholesterol levels, hypoglycemia or osteo-arthritis - it won't prevent healthy weight loss. We treat these ailments concurrently with obesity. In fact, they can often be greatly improved by reaching and maintaining a healthy weight.

At the Bernstein Diet & Health Clinics, the only people who treat you are doctors and registered nursing personnel. With our frequent monitoring and 1-on-1 personal support, your life can change profoundly for the better. You will eat regular store-bought foods and delicious home-cooked meals and you'll learn a lot about nutrition and what you need to maintain a healthy weight and lifestyle.

Call us today. The Doctor is in. And welcome to your new life. ♦

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



“Tour For Kids” is Just Days Away... Help Us Spread the Magic of Camp

Between all of the hospital visits, tests, blood transfusions and exhausting rounds of chemotherapy, cancer makes life really tough for a child. This is why we believe that camp is so important for kids with and affected by childhood cancer.

Camp does more than just help these kids feel like kids again. When these children are removed from the frightening grownup issues they face every day, and bring them into a setting where they can laugh and play like any other kids, it lifts their spirits, boosts their mental recovery and greatly improves their quality of life.

When kids arrive at camp after months of lonesome seclusion, treatment and sickness, they are often shadows of their former selves. But as the camp experience unfolds, the tears dry up, the smiles come out and they regain the spirit and strength to push onward through the disease.

These camps rely solely on the generous donation of the public keep operating. They receive no government funding and never charge anything to the families of the children who attend. And every single dollar that is donated goes directly to the three cancer camps in Ontario – [Camp Oochigeas](#), [Camp Trillium](#) and [Camp Quality](#).

That’s why the Bernstein Diet & Health Clinics sponsors the amazing [Tour For Kids](#) cycling event put on by the [Coast To Coast Against Cancer Foundation](#).

Click [here](#) to read about Tamara Bernstein’s journey through cancer and what the camp experience meant to her and her family.

You can also help by making a donation into the drop box at any clinic, or support Tamara’s Angels team ride on August 12 – 14 by clicking [here](#).

On behalf of the children, Thank You!



High Cholesterol

Cholesterol is a soft, wax-like substance found in the bloodstream and in all of your body's cells. It is an essential building block for healthy new cells that is produced naturally in the liver.

The medical term for high blood cholesterol is hypercholesterolemia, or Lipid Disorder. Such a disorder occurs when you have too many fatty substances in your blood. These substances include cholesterol and triglycerides. High cholesterol can be inherited, but it's often the result of unhealthy lifestyle choices, so it can be effectively prevented and treated with a healthy diet and regular exercise. Medication may be required if lifestyle changes don't prove effective enough.

High cholesterol can lead to atherosclerosis (plaque buildup in the arteries), coronary artery disease, stroke, heart attack, and death. Risk factors include obesity, genetic disorders, diets that are high in saturated fats (found in red meat, egg yolks, and dairy) and trans fatty acids (found in processed food), a sedentary lifestyle, excessive alcohol consumption, smoking, and some medications.

The best preferred treatment for high cholesterol is to eat properly and get to a healthy, normal weight. Over 90% of our patients with high cholesterol can achieve and maintain normal cholesterol levels without medications as a result of losing their excess weight with our healthy diet. You may not need to take cholesterol lowering pills ever again.

When cooking, follow these best practices:

- Use a rack to drain off fat when you broil, roast or bake.
- Broil or grill instead of pan-frying.
- Cut off all visible fat from meat before cooking, and take all the skin off poultry pieces.
- Use a vegetable oil spray to brown or sauté foods.
- Make recipes or egg dishes with egg whites or egg substitutes, not yolks.
- Instead of regular cheese, use low-fat cheeses.

[Contact us](#) for more information on how our diet program can help you manage chronic health problems. ♦

PMS & Menopause

Weight loss is linked to proper hormone regulation. Patients often report less severity of symptoms of pre-menstrual syndrome and menopause while on the Bernstein Diet.

Losing weight properly and eating properly along with vitamin supplements will help treat and eliminate these symptoms without hormone supplementation.

[Contact us](#) for more information on how our diet program can help you manage chronic health problems. ♦

Recipe of the Month

Zucchini Ravioli

Instructions:

1. Peel zucchini using a carrot/potato peeler, then slice into thin planks (lengthwise). Make sure to have an equal amount of slices.
2. Place 2 slices of zucchini on a baking sheet in an "X"-like shape.
3. Repeat Step 2 until all slices have been used.
4. Combine cream cheese, spinach and mushrooms in a food processor and blend together.
5. Using a spoon, place an equal amount of the mixture into the centre of all the zucchini "X's".
6. Pre-heat oven to 375°F.
7. Fold each bottom slice of zucchini over the top, then repeat with the other slice. Hold in place with a wet toothpick.
8. Repeat step 7 until all raviolis are folded over.
9. Spray a non-stick baking sheet with PAM and place all raviolis on the sheet.
10. Bake in the oven for 18 minutes.
11. Remove from oven, add salt and pepper and enjoy!

Ingredients:

- 3.5 oz 100 g shrimp, cooked
- 6 oz 170 g zucchini, peeled
- 1 oz 30 g mushrooms
- 1 oz 30 g spinach
- 1 tbsp 15 ml Kraft Philadelphia Low Fat - 95% Fat Free Cream Cheese
- Salt and pepper to taste
- Toothpicks
- PAM

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.

Get Started Today!

Find a Clinic Near You and Start Your Weight Loss Journey Today!

We have 53 clinics conveniently located across Canada in Toronto, GTA, Mississauga, Brampton, Scarborough, Woodbridge, Thornhill, Richmond Hill, Barrie, Newmarket, Whitby, Oshawa, Ajax, Markham, Oakville, Burlington, Hamilton, St. Catharines, Windsor, Kitchener, Cambridge, Ottawa, Calgary, Edmonton, Vancouver, Richmond, Delta, Surrey, Coquitlam, Burnaby, Langley, Victoria.

Use our [clinic locator](#), or [contact us](#) to find the clinic closest to you.

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/>