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# Happy New Year!

It's well known that the most popular New Year's resolution by North Americans is to lose weight.

However, less than 5% of people successfully achieve their goal. Losing weight often seems like a daunting challenge. Many people abandon their New Year's resolutions within a few weeks because they don't see measurable results quickly and get discouraged.

At the Bernstein Diet & Health Clinics, our team of specially-trained nurses and doctors will help you to see results right away, keeping you in high spirits and motivated toward your goal.

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



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

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

## Weigh-In Day

Now that the holiday season is coming to a close, you are ready to face the challenges of the new year and start achieving your personal goals.

The habit of overeating during holiday festivities has existed for centuries, as people consume more fats, sugars, and alcohol than at other times of the year. Weigh-In Day has been established to motivate people to recover from holiday weight gain.

To observe Weigh-In Day on January 2nd, all you have to do is get on the scale, make note of your weight, and commit to your decision to get rid of it.

Bernstein Diet & Health Clinics is here to help. Our team of doctors and nurses can help you determine your ideal weight goal and how quickly you can get there with healthy, sustainable dietary habits that will allow you to keep the weight off.

Call your nearest clinic now and get started. Visit our [clinic locator](#) to find a location near you, or call us at [1-888-372-3438](tel:1-888-372-3438).

For more information about Weigh-In Day, visit <https://www.daysoftheyear.com/days/weigh-in-day/>

## 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-bernsteinyour-health/> ♦

# Recipes of the Month

## Zucchini and Bell Pepper Cheese Dip

(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.

Ginger contains chemicals that may reduce symptoms of various stomach problems, including nausea, gas, IBS, inflammation, motion sickness, and loss of appetite.

### 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

(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

# New Clinic Hours

## Ontario

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

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

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

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

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

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

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

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

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

## British Columbia

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

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

## Alberta

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

Sherwood Park 1020 Sherwood Drive,  
Monday to Friday – 6:00am - 2:00pm.



# 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/>