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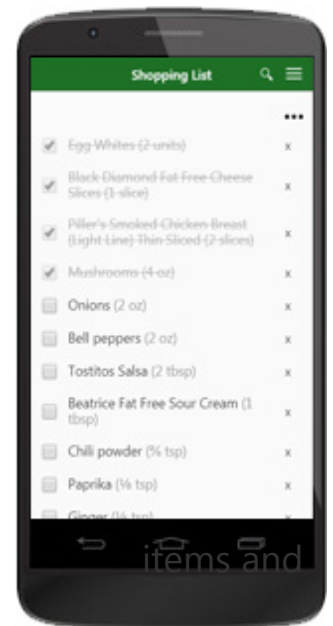
Bernstein Diet App Update

Great new features at your fingertips!

The Bernstein Diet App has been upgraded for iOS and Android.

Registered patients can now;

- Create a shopping list of allowed food items.
- Check off items you've purchased,
- Save and edit your shopping list to use again later.
- The shopping list is synchronized across all devices you use and can be managed on your tablet or your smartphone.
- Create a Favourites list to bookmark favourite food list recipes.
- Hide food list items or recipes that you don't like from browsing or searching.
- These options are available any time you are viewing a food list item or recipes
- Hidden items can be managed in your Settings.



The app update can be downloaded from Google Play or the iTunes Store. ♦

Recipes of the Month

October is Vegetarian Awareness Month and was established "to promote the joy, compassion and life-enhancing possibilities of vegetarianism." It brings awareness to the ethical, environmental, health, and humanitarian benefits of a vegetarian lifestyle.

Reasons people choose to be vegetarian: (from Livestong.com and NatualNews.com)

Health

You might choose to follow a vegetarian diet because you believe it will improve your health. Diets rich in plant foods, such as grains, beans, fruits and vegetables, reduce the risk of many chronic diseases. Animal products, especially fatty cuts of meat and full-fat dairy products, are linked to clogged arteries, heart disease, stroke and certain cancers, according to the Center for Science in the Public Interest.

Ethics

Concern for the welfare of animals is a reason some people choose vegetarianism. Nonviolence, a reverence for all life or an opposition to killing animals for food are some ethical positions that support a vegetarian diet.

Religion

Practicing a religion that advocates vegetarianism is a reason some people follow a vegetarian diet.

Economics

Animal products are expensive compared with foods of plant origin. It takes many pounds of grains to produce a pound of meat, and factory farming requires the use of pesticides, antibiotics and the use of computer-controlled feeding, lighting and air circulation.

Environment

Excessive amounts of water are used in raising beef and other livestock, water that could be used for other purposes. Meat-eating diets also indirectly contribute to deforestation. Furthermore, cattle that are raised for consumption produce large amounts of methane, and methane is a greenhouse gas that contributes to global warming.

Vegetarian Spicy Lentil Burgers

Ingredients

10.4 oz	300 g	green lentils
4 oz	110 g	onion, finely chopped
4 oz	110 g	sweet red pepper, de-seeded and chopped
1		garlic clove, crushed
½ tsp		ground coriander
		salt and freshly ground pepper

Tangy Tomatoe Chutney

2 oz	60 g	tomatoes, sliced or chopped
1 oz	30 g	onion, sliced (from small onion)
1 tbsp		chopped fresh coriander (cilantro)

Method

- 1 Cook lentils as per package directions.
- 2 Preheat oven to 400°F (200°C).
- 3 Put the onion and sweet pepper into a non-stick saucepan and cook without adding fats or liquid, for 6 to 7 minutes, until they are tinged with brown. Stir often to prevent sticking.
- 4 Stir in the garlic and coriander and cook for a further minute, then remove from heat.
- 5 Mash lentils and add to vegetable mixture with some salt and freshly ground black pepper.
- 6 Form the lentil mixture into 4 equal sized burgers, pressing them well.
- 7 Put them on a non-stick baking tray and bake for 20 to 30 minutes, turning them over after about 15 minutes, cooking both sides.
- 8 Serve hot or warm.

Yield

4 serving of burgers (4 proteins, 1 vegetable serving).
Each burger yields: 1 protein, ¼ vegetable serving.



CDC: 40 percent of cancers linked to obesity, overweight

Published October 04, 2017

FoxNews.com

An unhealthy diet may affect more than just your waistband, a new Centers for Disease Control and Prevention (CDC) 'Vital Signs' report shows. In a recent press release, the CDC stated that 40 percent of all U.S. cancer diagnoses can now be linked to overweight and obesity.

The study presents daunting results, as nearly two-thirds of American adults are currently defined as overweight or obese.

"A majority of American adults weigh more than recommended – and being overweight or obese puts people at higher risk for a number of cancers – so these findings are a cause for concern," said Brenda Fitzgerald, CDC director. "By getting to and keeping a healthy weight, we all can play a role in cancer prevention."

Many Americans are unaware of the connection between obesity and cancer, despite findings that link nearly 630,000 of the 2014 cancer diagnoses to obesity. And while these cancers increased by 7 percent from 2005 to 2014, the rates of non-obesity related cancers dropped.

Out of all cancer diagnoses, nearly 55 percent of female cases and 24 percent of male cases were linked to overweight and obesity. These cases statistically affect older adults, mostly between the ages of 50 and 74-years-old.

The International Agency for Research on Cancer (IARC) has identified specific types of cancers that are related to obesity and overweight: meningioma, multiple myeloma, adenocarcinoma of the esophagus, and cancers of the thyroid, post-menopausal breast, gallbladder, stomach, liver, pancreas, kidney, ovaries, uterus, colon and rectum (colorectal).

Many of these, including colon and rectal, pancreatic, breast, liver, and ovarian are amongst the deadliest types of cancers.

The CDC is urging health care providers to fight these statistics by helping patients manage their weight and by encouraging healthy lifestyles.

Clinic Hours Update

Our clinics with extended hours.

Ontario

Monday to Friday – 6:00am - 8:00pm.

[Etobicoke](#) 170 N Queen St
[Barrie Clinic](#) 74 Cedar Pointe Dr.
[Erin Mills Clinic](#) 6465 Millcreek Drive
[Pickering Clinic](#) 1899 Brock Road
[Hamilton Clinic](#) 1024 Upper Wentworth Street,
[Hunt Club Clinic](#) 2430 Bank Street,
[Mississauga Clinic](#) 4557 Hurontario St.,
[Oakville Clinic](#) 300 North Service Rd. West,
[Scarborough](#) 4651 Sheppard Ave. East,
[Woodbridge Clinic](#) 200 Whitmore Road,
[Yorkdale Clinic](#) 3240 Dufferin Street

Monday to Friday – 6:00am - 2:00pm.

[Burlington](#) 2000 Appleby Line,
[Etobicoke](#) 170 N Queen St,

British Columbia

Monday to Friday – 6:00am - 2:30pm.

[West Broadway Clinic](#) at 1558 West Broadway,

Monday to Friday – 6:00am - 8:00pm.

[Langley Clinic](#) at 20159-88th Avenue,

Alberta

Monday to Friday – 6:00am - 8:00pm.

[Calgary South](#) 12100 Macleod Trail SE -
Re-opening Monday October 23rd.
[Crowfoot](#) 150 Crowfoot Cres. N.W.

Monday to Friday – 6:00am - 2:00pm.

[Christy's Corner](#) 13651 St. Albert Trail
[Sherwood Park](#) 1020 Sherwood Drive,

Monday to Friday - 6:30am - 2:30pm.

[McKenzie Towne](#) 4916 - 130th Ave SE



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/>