



# Getting the most from your program

## Consistency is Key:

Whether you're just starting out on the Bernstein Diet as a first-time New Year's Resolution or you've been at this for a while, it's our goal to make sure that you reach your goal as efficiently as possible.

The Bernstein diet program encompasses a number of factors all working together to create an effective fat-burning process. We know that consuming the right amount of the right foods, combined with the right vitamins and minerals and the right motivation and medical oversight creates an efficient chemical reaction to release the body's fat stores. But this process has to keep happening all of the time in order for you to get the best results and avoid problems. The key to keeping this going is to be consistent with your visits to the clinic.

Our standard protocol is to have you come in at least 3 times each week, though you are welcome to attend more frequently if you need the additional support and accountability. It can be most helpful, especially for those new to the program, to come in every day until you are comfortably "in the groove". Remember, there is no additional cost to come in more often.

Here's why it pays to be consistent:

- Our research shows that patients who attend the clinic more frequently follow the program more diligently and lose weight faster than those who attend less frequently.
- More frequent attendance helps to break your old bad habits faster while reinforcing your new healthy habits and keep you on track to long-term success.
- Receiving the injections at least every other day keeps your B-vitamins at the optimal level.
- More frequent attendance means we have the opportunity to catch problems earlier so you don't waste any time getting to your goal.
- All of this results in a faster, more efficient weight loss, less overall time on the program and ultimately less cost.



Our dedicated team of nurses and doctors is looking forward to seeing you tomorrow!

Please inquire about our Distant Patient Program in case you cannot attend 3 times per week. ♦





**Feb 3 - 5, 2017**  
**ENERCARE CENTRE**

**Come Visit Us at Booth 605**



## National Bridal Show

You've finally met your soulmate. You've shared your big dreams for the future together and you've started planning for what is sure to be one of the happiest days of your life; the ring, the venue, the photographer, the dinner party and the table linens, the band, the party, and of course, the honeymoon. Everything is going to be just perfect, just the way you imagined it. And you think about how that dress couldn't be more stunning... unless it was a few sizes smaller.

Everyone has their own moments of motivation that inspire them to lose weight, and a wedding is certainly one of the most popular. But with the whirlwind of work to do around planning your perfect day, it's no surprise that many newlyweds-to-be have a hard time focusing on their personal goals.

But just like a trusted event planner can help pull off the perfect wedding with a lot less stress than doing it all by yourself, the specially-trained doctors and nurses at the Bernstein Diet & Health Clinics can help you look and feel your best on your special day – and long afterwards.

Even if your Happily-Ever-After is just a short time away, we can help you lose up to 20 pounds in just one month – and every month after that.

So give us a call and get started now on your way to looking and feeling your best. Or visit us at the National Bridal Show at the Enercare Centre in Toronto this weekend. We are looking forward to help you.

# Recipe of the Month

## Apple Cinnamon Crepe

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

Author: A. Frey Calgary, Alberta.

### 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.

### Ingredients:

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

# New Clinic Hours

## Ontario

Hamilton Clinic 1024 Upper Wentworth Street,  
Monday to Friday – 6:00am - 8:00pm.  
**Effective Monday Feb 13, 2017**

Huntclub Clinic 2430 Bank Street,  
Monday to Friday – 6:00am - 8:00pm.

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/>