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## Getting the most from your program

### Get to your goal weight:

Every patient has their own unique motivations for wanting to lose weight. Likewise, every patient comes in with their own ideas of how much weight they want or need to lose. But often, this amount is different from what we recommend to our patients as their Ideal Healthy Goal Weight, and they may fear that they cannot achieve that goal.

You can feel rest assured though, that our experienced team of nurses and doctors will work with you, one-on-one at every visit to keep you on track, feeling well, and motivated all the way to your Ideal Healthy Goal Weight.

Medically speaking, your Ideal Healthy Goal Weight is that weight at which your body has lost all of its excess fat. There are numerous benefits to reaching and maintaining your ideal healthy goal weight;

- Without any excess fat, your body's organs and processes are operating optimally.
- Maintaining a healthy weight reduces your risk of developing weight-related health complications.
- It is easier to maintain your ideal healthy weight over the long term and prevent rebound weight gain.
- Preventing rebound weight gain saves the stress and expense of repeated weight loss attempts.

Keeping these important benefits in mind, do not settle for "almost" getting to your goal, and do not sell yourself short on what you think you can or cannot accomplish. Most of our patients are astonished at how much better they look and feel as they progress through the program, and periodically re-evaluate their goal as they see how easy it is, and build confidence that they really can do it.



# Administrative Professionals' Day

"Administrative Professionals' Day" is observed around the world on the last Wednesday of April to recognize the work of secretaries, administrative assistants, receptionists and other administrative support professionals.

On this day, employers show their appreciation of the work carried out by the administrative professionals and highlight their importance to the organization.

At Bernstein Diet and Health Clinics, we would also like to take this opportunity to recognize and show our sincere appreciation to all our Administrative staff and Medical Receptionists at our clinics and at the head office. Let us all combine forces and rejoice on this happy occasion.

You are our frontline key players! We appreciate all that you do for our patients, clients, customers. Keep the team spirit alive!

## Weight Loss Research News

### Intensive medical treatment can reverse type 2 diabetes

March 15, 2017

Canadian researchers studied the effects of intensive medical intervention on patients with type 2 diabetes by randomly divided 83 type 2 diabetes patients into 3 study groups, 1 being a control group, the other 2 having medical intervention.

The intervention consisted of calorie reductions, medications to manage their blood glucose levels, and regular meetings with medical personnel and dietitians. All participants received blood glucose monitoring as well as tolerance tests.

It was found that of those in the 16 week intervention, just under half of them met the criteria for complete or partial diabetes remission, compared to 1/7th of the control group meeting the same criteria.

Read more about the study here:

<http://www.endocrine.org/news-room/current-press-releases/intensive-medical-treatment-can-reverse-type-2-diabetes>

The study, "Piloting a Remission Strategy in Type 2 Diabetes: Results of a Randomized Controlled Trial," will be published online at <https://academic.oup.com/jcem/article-lookup/doi/10.1210/jc.2016-3373>, ahead of print.

# World Health Day

April 7 is **World Health Day**. Every year, the World Health Organization establishes a theme for World Health Day to raise awareness and provide resources on a food-related topic.

Themes of the past have included food safety, healthy blood pressure, ageing and health, mental health, polio eradication, among others.

Weight loss helps prevent and alleviate symptoms of many illnesses like hypertension, depression, post-polio syndrome, and diseases like diabetes and arthritis where age is a significant risk factor. Weight loss affects your overall health by reducing your risk of lifethreatening illnesses related to obesity.

On the Bernstein Diet, most of our patients notice a general improvement in their health within a week of starting the program. Patients experience improved metabolism and nutrition as well as stabilized blood sugar, and some pre-existing problems begin reversing.

Patients feel energized and healthy overall. Additionally, patients sometimes report sleeping better and having less frequent nightmares.

Dieting results in the body no longer reacting to sugars at night, improving your overall health with better sleep.

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

For more information about World Health Day, visit the World Health Organization at <http://www.who.int/>

# Irritable Bowel Syndrome

April is **IBS Awareness Month**. IBS is a very common gastrointestinal disorder that affects how the bowel moves contents through our bodies, and how the brain interprets sensations in the bowel. Approximately five million Canadians currently live with IBS.

The most common symptoms of IBS are recurrent abdominal pain and irregular bowel patterns that are often painful. Some patients report stool mucus, heartburn, and nausea. Symptoms can sometimes last for months or even years.

Diet improvement is a known method of managing IBS symptoms. The Bernstein Diet can help provide relief for symptoms of IBS. Stomach cramps, loose bowel movements, and mucous in the stool all improve with our diet. We recommend avoiding all dairy products, and enforce restrictions on fat intake. Our patients get long term relief and comfort by following these food restrictions into the Maintenance program and beyond. Contact us for more information on how our diet program can help you manage chronic health problems.

For more information about irritable bowel syndrome, visit the Canadian Digestive Health Foundation at <http://www.cdhf.ca/>



# Recipes of the Month

## Breakfast BELT Sandwich

Start your day off with a filling sandwich. (author: C.M.)

### Instructions:

1. Slice tomatoes and lettuce.
2. Spray pan with PAM and cook the Lilydale turkey bacon as per instructions on package, then place off to the side.
3. Spray pan with PAM and cook egg whites.
4. Toast pita for about 40 seconds in a toaster.
5. Spread mayonnaise on pita.
6. Place cooked egg whites, bacon, lettuce and tomato on pita.

### Ingredients:

- ¼ cup 60 ml Naturegg Simply Egg Whites
- 1 slice Kraft Fat Free Mozzarella Cheese
- 1 ½ slices Lilydale Cooked Turkey Slices
- 3 oz 90 g sliced tomato
- 1 oz 45 g chopped lettuce
- 1 serving of pita bread
- 1 tsp 5 ml Hellman's Half the Fat Mayonnaise

## Omelet in a Bag

It's springtime! Enjoy a fun egg dish. (Author: S.E.)

### Instructions:

1. Place the egg whites in a medium Ziploc freezer bag and squish.
2. Add remaining ingredients, then squish and mix.
3. Squeeze all the air out of the bag, then seal.
4. Place in the pot of slow boiling water for 15 minutes.
5. Open the bag and pour out the omelet onto a plate.
6. Discard the water and the bag.

### Ingredients:

- 4 oz 110 g chopped pepper
- 2 oz 60 g sliced mushrooms (cooked in microwave, then drained)
- 2 oz 60 g chopped green onions
- 4 slices chopped Ziggy's Extra Lean Black Forest Ham
- 2 Egg whites
- Salt and pepper to taste

# Clinic Hours Update

We have extended the hours at five more clinics

## Ontario

**Monday to Friday – 6:00am - 8:00pm.**

Effective Monday April 10, 2017

Barrie Clinic 74 Cedar Pointe Dr.

Erin Mills Clinic 6465 Millcreek Drive

Ajax Clinic 100 Westney Rd. S

Hamilton Clinic 1024 Upper Wentworth Street,

Huntclub 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 **Temporarily Closed**

**Moving soon** from: Yorkdale Mall,

To: 3240 Dufferin Street, Toronto, ON

M2A2T3 (Orfus Rd & Dufferin St.)

**Monday to Friday – 6:00am - 2:00pm.**

Burlington 2000 Appleby Line,

Etobicoke 170 N Queen St,

## 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

Calgary South 12100 Macleod Trail SE  
Monday to Friday – 6:00am - 2:00pm.  
**Effective Monday April 10, 2017**

Crowfoot 150 Crowfoot Cres. N.W.  
Monday to Friday – 6:00am - 2:00pm.  
**Effective Monday April 10, 2017**

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/>