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Get the Most from Your Program

Maintenance is really what losing weight is all about:

Maintenance is a lifestyle, not a diet or diet mentality, and it's essential to your ongoing success. Maintaining your healthy weight is as important as losing the weight in the first place. The Maintenance Program is designed for your specific metabolism to let you eat sensibly and normally for the rest of your life and to protect the valuable investment you have made in yourself.

Once you have reached your goal weight, we must properly reintroduce and add more regular foods back into your daily diet, while ensuring you remain at your Ideal Health Goal Weight. The objective is to find the exact amounts of healthy foods that you can eat, and to identify any in particular that may trigger weight gain or other health and digestive problems.

Benefits of the Maintenance Program

1. We are here to continue to support and coach you. Medical supervision continues on a weekly basis through our professionally trained staff.
2. Eat what you like in moderation and stop worrying about dieting all the time. You will eventually be allowed virtually any kind of food that you like.
3. Maintenance foods include all the protein and nutrients that you will ever need. As a result, you will look and feel better and enjoy increased energy levels
4. There are innumerable health benefits to maintaining a healthy weight, including:
 - o Enjoy a longer, healthier life.
 - o Early prevention of major killers such as sudden heart attack, congestive heart failure, angina, abnormal heart rhythm, and stroke.
 - o Reduced risk of developing high blood pressure and cardiovascular diseases.
 - o Achieve better control of blood sugar, reducing or eliminating the need for diabetes medications, including insulin.
 - o Reduced risk of developing certain forms of cancer.
 - o Prevent and control joint disorders such as arthritis and gout by reducing pressure and inflammation on weight bearing joints.
 - o Improve or eliminate symptoms of sleep apnea. Breathing becomes easier as oxygen delivery is improved.
 - o People suffering from fibromyalgia, chronic fatigue syndrome and post-polio syndrome have demonstrated remarkable improvement in their symptoms with the Dr. Bernstein Diet and B vitamins.
 - o Maintaining a healthy weight promotes good skin tone with a normal, healthy appearance.
 - o Achieve better focus at work, reduced sick days and absenteeism.
 - o Your ongoing success generates a sustained high level of motivation, higher self-esteem and a more positive outlook on life. ♦

Help send kids affected by cancer to Camp Ooch!

Camp Oochigeas (Ooch) provides children with and affected by childhood cancer with what they need most – the chance to be a kid. Ooch is the only residential camp in Ontario to offer on-site IV chemotherapy and blood transfusions providing access to campers in active treatment the friendship and fun of Camp. Operating 365 days a year, Ooch offers programs at a residential camp in Muskoka, at the Hospital for Sick Children (SickKids), three other regional cancer centres, and at Ooch Downtown in the heart of Toronto.

As a registered charity that receives no government funding, Camp Ooch relies exclusively on the generous support of fundraisers, individual and corporate donors like you. **Tamara's Angels is proud to participate in The Sporting Life 10K run to raise funds for Camp Oochigeas**, a camp for children living cancer and the after-effects of treatment. Please click on the link below to donate or join Tamara's Angels in our quest to make this dream come true for so many more kids who need their help. Thank you.

<https://raceroster.com/events/2017/6186/sporting-life-10k-toronto-2017/pledge/team?id=273> ♦



International Nurses Week

Nurses comprise the largest group of health care professionals within the healthcare workforce and therefore, play a pivotal role in provision of health service to community at large. International Nurses Day is celebrated around the world every May 12, the anniversary of Florence Nightingale's birth. This year's theme is:

Nurses: A Voice to Lead, Achieving the Sustainable Development Goals

We would like to commemorate International and National Nurses Week by saluting our nurses for their dedicated service to our organization. We would also like to acknowledge all staff for their commitment to their patients, whose lives they influence every day...

Each and everyone one of you in your own individual capacity, touch the lives of many patients who come to our clinics for their weight loss challenges. You are their strength, support and inspiration! You ignite a spark in patients to keep them motivated to achieve desire weight loss success in order to lead a balanced and healthy life-style.

We appreciate and value your commitment in helping the company achieve its vision for sustainable weight loss goals for our patients!

On May 12th please acknowledge staff at your clinic. ♦

Weight Loss Research News

Exposure to temperature variations could help tackle diabetes and obesity.

Lead author, Professor Wouter van Marken Lichtenbelt from Maastricht University, studied how temperature variances inside buildings affect metabolism and energy expenditure. This may help to tackle obesity. For those with type 2 diabetes, exposure to mild coldness influences glucose metabolism and after 10 days of intermittent cold, patients had increased insulin sensitivity by more than 40%. These results for diabetes treatment are comparable with the best pharmaceutical solutions available. As a result of the positive benefits, the authors advocate that living conditions in modern buildings, such as homes and offices, should be dynamic and incorporate drifting temperatures in order to support healthy human environments.

Journal Reference:

Wouter van Marken Lichtenbelt, Mark Hanssen, Hannah Pallubinsky, Boris Kingma, Lisje Schellen. Healthy excursions outside the thermal comfort zone. *Building Research & Information*, 2017; <http://dx.doi.org/10.1080/09613218.2017.1307647> ♦

Asthma Relief

May 3 is World Asthma Day. Every year, the Global Initiative for Asthma (GINA) organizes this day to raise awareness for asthma care around the world.

Asthma is very common and very complex, and anyone can be at risk. Symptoms vary from person to person, including regular coughing, shortness of breath, wheezing, and a feeling of tightness in the chest. Symptoms may fluctuate from appearing frequently to rarely.

People with asthma either have inflamed airway lining and produce more mucous, or sensitive muscles surrounding the airways which twitch and tighten. In either case, breathing is substantially more difficult.

Losing extra stored fat will result in your lungs not having to work so hard to supply oxygen to your tissues. On our program, you can look forward to breathing easier and reducing or eliminating your need for puffers and other medications.

Contact us for more information on how our diet program can help you manage chronic health problems.

For more information, visit the Asthma Society of Canada's website at <http://www.asthma.ca/> ♦

Autoimmune Arthritis

May 20 is World Autoimmune Arthritis Day. This day is observed to promote awareness about arthritis.

Rheumatoid arthritis is an autoimmune disease where the body attacks normal joint tissues, typically in the hands and wrists, but can also cause stiffness and inflammation on other areas of the body.

If you have persistent discomfort related to suspected arthritis symptoms, speak to your doctor. Early diagnosis and treatment can help slow disease progression.

Losing even 15 pounds can produce significant benefits. Losing weight removes stress from joints to achieve better mobility and much less pain. Swelling of arthritic joints reduces with weight loss, which reduces pain and improves movement range, significantly improving quality of life.

Contact us for more information on how our diet program can help you manage chronic health problems. For more information about arthritis, visit the Arthritis Society at <http://www.arthritis.ca/> ♦

Recipes of the Month

Cinnamon Flax French Toast

Instructions:

1. In a shallow dish, whisk together egg whites, milk, flaxseed, cinnamon and orange zest until frothy.
2. Meanwhile, heat skillet over medium heat and spray with PAM.
3. Dip bread into egg mixture and place in hot skillet.
4. Cook over medium heat until lightly brown, turning once.

Ingredients:

- 2 servings of low carb bread
- 3 egg whites
- 1 tbsp 15 ml skim milk
- 1 tbsp 15 ml flaxseed, ground
- 1 tsp 5 ml cinnamon
- 1 tsp 5 ml orange zest
- PAM

Canadian Banquet Burger

Instructions:

1. Combine beef, egg whites, garlic powder and crumbled Melba toast and form into a patty.
2. Spray pan with PAM and cook the burger on both sides until well done.
3. Add cheese and bacon to burger.
4. Garnish with tomato and sliced dill pickles.

Ingredients:

- 2 oz 60g sliced tomatoes
- 1.50oz 45g extra lean ground sirloin
- 1 slice Maple Leaf Canadian Bacon (precooked)
- 1 Kraft Fat Free Cheese slice
- 1 egg white
- 2 dill pickles, sliced (no sugar added)
- 1 slice Grissol Melba Toast (multi-fiber or whole wheat)
- Dash of garlic powder
- PAM

Clinic Hours Update

Our clinics with extended the hours.

Ontario

Monday to Friday – 6:00am - 8:00pm.

[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](#)
Moved 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 - 8:00pm.

[Crowfoot](#) 150 Crowfoot Cres. N.W.
Monday to Friday – 6:00am - 8:00pm.

[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/>