

What our patients have to say:

Nothing has produced results like Dr. Bernstein's Diet & Health Clinic! I thank all of you from the bottom of my heart for your guidance and steadfast encouragement during the past 8 months. I am forever grateful!!!!!!!

I. L., Ottawa, Ontario

I have lost over 23 pounds in almost two months. I found the nurses and the doctor amazing. I found that the program is a lifelong change that I could make and keep the weight off.... I believe in your program and would stake my life on it.

D. V., Sarasota, Florida

As a client, I have lost almost 80 pounds in just under 11 weeks! I have started maintenance and anticipate that this success will translate into long-term weight stability. As a physician, I was skeptical starting the program, but my concerns were quickly put at ease by a professional and courteous staff. I have never seen such drastic results with any other bariatric program.

S. S., MD, Whitby, Ontario

I have a new lease on life and all thanks go to Dr. Bernstein! He has changed my life forever. He has taken the confusion out of eating healthy balanced meals and led me on a sensible path to maintaining my new body. I am eternally grateful! Thank you.

N.A., Ontario

Just lost 26 pounds and look 10 years younger. Blood pressure down, compliments up! Best investment of my life! Thank you.

J.B., Calgary, Alberta

Mike lost 196 lbs in 14 months and has kept it off since 2008.

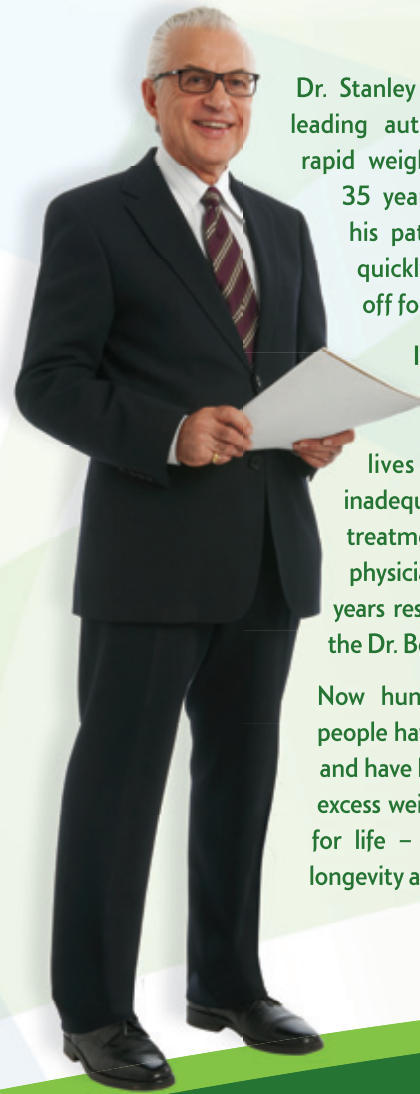
When Mike was overweight, he suffered from an array of illnesses – high blood pressure, high cholesterol, diabetes and sleep apnea – and had to take three different medications to control them. He always felt tired and was far too heavy to run and play with his boys.

Then he tried the Dr. Bernstein Diet and completely changed his life. In just 14 months, Mike lost 196 lbs and has kept it off since. His health has improved dramatically: his blood pressure and cholesterol are back at normal levels, and he doesn't suffer from diabetes anymore. With these kinds of results, it's no surprise that he always sleeps well and he no longer takes any medication.



But most importantly, Mike has plenty of rediscovered energy and enjoys an active life. He runs with his kids and even in marathons. If he can do it, you can too!

These results ARE typical.



“Even after decades of helping people lose weight, I continue to be inspired by the newfound confidence and health that my patients experience.”

– Dr. Bernstein

Dr. Stanley K. Bernstein, MD, is a leading authority on healthy and rapid weight loss. For more than 35 years he has been helping his patients lose their weight quickly and safely and keep it off for the long term.

Inspired by a passion to actively improve the quality of his patients' lives and frustrated by the inadequate standards of obesity treatment administered by most physicians, Dr. Bernstein spent years researching and developing the Dr. Bernstein Diet.

Now hundreds of thousands of people have come to Dr. Bernstein and have lost millions of pounds of excess weight, and have kept it off for life – improving their health, longevity and quality of life.

Call today to learn how you can lose up to 20 lbs every month!*

ONTARIO Administrative Office 21 Kern Rd. Toronto, ON M3B 1S9 (416) 447-DIET (3438)	HAMILTON 50 Dundurn St. S. (905) 972-0333 1024 Upper Wentworth (905) 318-3379	THORNHILL 7700 Bathurst St. (905) 881-7366	LANGLEY Thunderbird Village 20159 – 88th Ave. (604) 455-0636
TORONTO North York Empress Walk 5095 Yonge St., 2nd Floor (416) 229-6166	KINGSTON 645 Gardiners Rd. (613) 389-1919	WHITBY 1801 Dundas St. E. (905) 434-2525	BURNABY Highgate Village Shopping Centre 7155 Kingsway (604) 524-DIET (3438)
Yorkville 11 Yorkville Ave. (416) 922-9777	KITCHENER 500 Fairway Rd. S. (519) 893-4620	WINDSOR 300 Tecumseh Rd. E. (519) 971-7756	VICTORIA 901 Gordon St. (250) 384-DIET (3438)
Etobicoke 190 Sherway Dr., Suite 109 (416) 621-7333	LONDON 765 Exeter Rd. (519) 681-5081	WOODBRIDGE 200 Whitmore Rd. (905) 265-1075	ALBERTA CALGARY McKenzie Towne 4916 - 130 Ave. S.E. (403) 726-0909
First Canadian Place 77 Adelaide St. W. (416) 869-3118	MARKHAM 4261 Highway 7 E. (905) 305-9951	OTTAWA Hunt Club 2430 Bank St. (613) 521-DIET (3438)	Bonavista Square Plaza 12100 MacLeod Trail S.E. (403) 271-THIN (8446)
Scarborough 4651 Sheppard Ave. E. (416) 297-7001	MISSISSAUGA 801 Dundas St. E. (905) 848-DIET (3438)	L'Esplanade Laurier 181 Bank St. (613) 244-DIET (3438)	Brentwood Village Mall 3630 Brentwood Rd. N.W. (403) 210-DIET (3438)
Yonge-Eglinton Centre 2300 Yonge St. (416) 484-1440	4557 Hurontario St. (905) 501-9911	Shoppers City East 1401 Blair Place (613) 742-DIET (3438)	Crowfoot Corner Shopping Centre 150 Crowfoot Cres. N.W. (403) 241-3802
Yorkdale Mall West Offices (416) 789-0595	6465 Millcreek Dr. (905) 813-4001	Kanata 420 Hazeldean Rd. (613) 836-4774	Scotia Centre 225 - 7th Ave. S.W., Suite 375 (403) 266-DIET (3438)
AJAX 100 Westney Rd. (905) 428-8084	NEWMARKET 130 Davis Dr. (905) 853-5535	Nepean 1400 Clyde Ave. (613) 727-7444	London Town Square Plaza 3545 – 32 Ave. N.E. (403) 286-DIET (3438)
BARRIE 74 Cedar Pointe Dr. (705) 735-4211	NIAGARA FALLS 3770 Montrose Rd. (905) 371-DIET (3438)	BRITISH COLUMBIA VANCOUVER 1038 West Georgia St. (604) 684-DIET (3438)	EDMONTON Christy's Corner 13651 St. Albert Trail (780) 732-0002
BELLEVILLE 365 North Front St. (613) 967-2228	OAKVILLE 300 North Service Rd. W. (905) 844-DIET (3438)	1558 West Broadway Ave. (604) 736-DIET (3438)	City Centre East 10205 101 Street, 3rd Floor (780) 428-THIN (8446)
BRAMPTON 20 Gillingham Dr. (905) 456-DIET (3438)	OSHAWA 1414 King St. E. (905) 743-0090	RICHMOND Coppersmith Corner Plaza 11380 Steveston Hwy. (604) 271-DIET (3438)	South Edmonton Common 10020 21 Ave. N.W. (780) 462-DIET (3438)
BURLINGTON Millcroft Shopping Centre 2000 Appleby Line (905) 319-3886	PETERBOROUGH 815 High St. (705) 742-2112	DELTA/SURREY Delta Shoppers Mall 8077 120 St. (604) 598-1231	Terra Losa Centre 9762 170 St. (780) 481-7244
CAMBRIDGE 600 Hespeler Rd. (519) 624-9887	RICHMOND HILL 9325 Yonge St. (905) 770-DIET (3438)	COQUITLAM 1175 Johnson St. (604) 472-1005	Sherwood Park 1020 Sherwood Dr. (780) 417-9750
	ST. CATHARINES 436 Vansickle Rd. (905) 938-5551	NORTH VANCOUVER Pemberton Plaza 1270 Marine Dr. (604) 988-DIET (3438)	Clareview Point Shopping Ctr. 4121 - 139 Ave. N.W. (780) 473-DIET (3438)

1.888.DR.B.DIET (372.3438) DrBDiet.com

Lose the weight for life with Dr. BERNSTEIN Diet & Health Clinics



Katherine lost 55 lbs in 3½ months and has kept it off since 2009.

Dr. BERNSTEIN Diet & Health Clinics



Yes, you can.

1.888.DR.B.DIET (372.3438) DrBDiet.com

Lose up to 20 lbs every month.*

Medically Supervised Weight Loss. Guaranteed.

For over 35 years, Dr. Bernstein has been helping hundreds of thousands of patients to shed their excess pounds and teaching them how to maintain their ideal weight for life.



Our unique, medically supervised program will stimulate your body into breaking down fat faster than normal, allowing you to release stored energy and calories. This provides a consistent weight loss of 4 to 5 lbs every week, 16 to 20 lbs every month. Imagine losing 100 lbs in only 6 months!

We can ensure that you'll lose fatty tissue stored in problem areas like your waist, hips and thighs. Unlike other diets, you won't lose essential lean tissues, electrolytes or fluids. Losing weight properly eliminates hunger and cravings and prevents rebound weight gain. You'll feel more energetic and experience a greater sense of well-being.

Being overweight can create serious health problems, and losing weight safely is a complex medical issue. Whether you need to lose 10 lbs or 200, we will help make the process as quick, easy and safe as possible. If you have related medical issues like diabetes, hypertension, high cholesterol or thyroid problems, we can diagnose and treat your metabolic problems while reducing your weight, improving your health and reducing or eliminating your need for costly medications.

Our uniquely trained and dedicated team of doctors and registered nursing personnel will supervise you on your journey to good health. They will assess and monitor you 3 times each week to help keep you on track. You can rest assured knowing you're in good hands.



Best of all, we do this with a tasty menu of regular grocery store foods, healthy doses of vitamins and lots of education and support. We never use diet pills or surgery, and you don't have to exercise, unless you want to.

Once you reach your goal weight, we'll teach you how to enjoy the new 'you' for life with our unique and user-friendly Maintenance Program.

You'll lose the weight. Guaranteed.†

We guarantee you will lose a minimum of 10 lbs per month or we will continue to treat you free of charge until those 10 lbs are lost.

Dr. Bernstein Diet & Health Clinics make up the largest medically supervised weight loss organization in North America and are rapidly becoming a recognized clinical standard. We've built our reputation on achieving dramatic and healthy results in a short period of time – and we can do the same for you. People just like you achieve their goal every day, so what are you waiting for?

Together, David and Kathleen lost 67.4 lbs in 7 weeks.



These results ARE typical.

Why People Choose Dr. Bernstein:

- 1. HEALTHY AND SAFE.** You can achieve great results without exercise or the dangers of diet pills or surgery.
- 2. 100% MEDICALLY SUPERVISED.** Close constant supervision by the physician and nurses includes medical evaluation and laboratory analysis to ensure your weight loss is healthy and quick.
- 3. LOOK GREAT ALL OVER.** You'll take inches off your waist, hips and thighs, reshaping your whole body while maintaining a good skin tone.
- 4. ELIMINATE HUNGER AND CRAVINGS.** Our unique treatments eliminate those dreaded cravings and the feeling of abnormal hunger, the main reason why other diets fail.
- 5. PREVENT REBOUND WEIGHT GAIN.** Our patients lose only fatty tissue, so the body is not lacking any essential tissues or nutrients and therefore has no need to restore them, thus preventing rebound weight gain.
- 6. EASY TO FOLLOW.** Programs are individually prescribed for your specific needs with easy-to-follow guidebooks, diet and meal planners and recipe book.
- 7. REAL FOOD.** You'll enjoy nutritious, fresh grocery store foods at every meal. Say goodbye to frozen dinners, liquid lunches and tasteless 'preserved' foods.
- 8. GET IN CONTROL.** We will help reduce and stabilize your blood sugar, blood pressure and cholesterol levels.
- 9. RESTORE YOUR HEALTH.** We treat many patients with medical complications such as diabetes, heart disease and arthritis. We can reduce or eliminate your need for insulin, cardiovascular medications and numerous other inconvenient and expensive prescriptions.
- 10. LIVE LONGER. PREVENT DISEASE.** Maintaining a healthy weight helps prevent heart attacks, strokes, asthma, sleep apnea, arthritic complications and joint pain, and can reduce your predisposition to Alzheimer's disease and cancer of the breast, colon and prostate. Research shows that maintaining your ideal weight adds an average of 11 healthy years to your life.
- 11. AFFORDABLE.** Losing weight quickly means less time on the program. Pound for pound, we are significantly less expensive than most other commercial weight loss programs. And because we are a medical office, our services are tax-deductible and may be covered by your insurance.
- 12. LIFELONG RESULTS.** The Maintenance Program will help you incorporate new routines, improving your lifestyle so you can keep the weight off permanently. Plus, 4 weeks of Maintenance is included with your program at no extra cost.

Christina lost 78 lbs in 4½ months and has kept it off since 2004.

Christina had been overweight her entire life and never tried dieting, thinking she would always be big. For her, that meant always wearing sweaters, jeans and long sleeves – even in the summer – and claiming she was “avoiding sunburns” when she wore a t-shirt over her bathing suit.

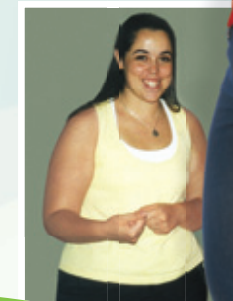
But once she learned about the Dr. Bernstein Diet and saw other patients losing weight quickly, she decided that was enough motivation for her and tried the Diet herself.

Now, Christina is 78 lbs lighter – an achievement she reached in only 4½ months. She quickly realized, “It's not just about looks, it's about confidence”.

With her success came a new positive outlook. She enjoys shopping and even wearing bathing suits. Plus, her health has improved and she's lowered her chances of suffering from a family history of illnesses like diabetes and heart attack. She feels like a completely different person who is full of optimism.



These results ARE typical.



1.888.DR.B.DIET (372.3438) DrBDiet.com

*Individual weight loss may vary. Call for details. †Minimum weight loss of 10 lbs per month is guaranteed. Compliance with our program is required.

Dr. BERNSTEIN
Diet & Health Clinics