

A NOTE FROM DR. POWELL, MD

Opening Day is August 20, 2018!

Dr. Powell and his staff are excited to announce that we are MOVING our Redding office location and the CarbEssentials nutritional store into one location. Our opening day will be Monday, August 20th! We have been at our Larkspur location for over 6 years and it is time for an upgrade. The new location will house both the clinical office and our store in one place.

FEATURED PRODUCTS



SunWarrior

Meet our new slimming vegan nutritional shake! Cover your most important nutrition bases with superfoods like baobab, chia, flax, whole grain brown rice, kelp, holy basil, guava, and coconut, to name just a few. Clean protein, the best gluten free carbohydrates from, healthy fats, minerals, fiber, natural vitamins, enzymes, and probiotics, they all come together in Illumin8.



Quest Cold Brew Iced Coffee

Skip the coffee line and feed your cravings with the sippable Quest Cold Brew Coffee Latte Protein Powder. Quest Cold Brew Coffee Latte Protein Powder combines the timeless classic latte taste with strong coffee undertones. Enjoy the satisfaction and flavor of a creamy latte any time of day! With 24g protein, 3g Net Carbs and less than 1g sugar per serving.

WEIGH-IN ACCOUNTABILITY

Your accountability matters to us! Weigh-in for 4 consecutive weeks and get 10% off your CarbEssentials purchase at any location!



DATE: _____

WEEK: **1** **2** **3** **4**

EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



NARROW YOUR WORLD OF FOOD

'Stimuli Narrowing'

I have found that in order to affect a successful weight loss that is medically safe, aggressive, do-able and long-lived, you need to narrow your World of Food. It is called 'stimuli narrowing' we have to take your world and narrow it: either remove you from it by saying 'do this' or dramatically limit what you are doing with food. When we do this, people are very successful and burn energy (lose weight) very rapidly. When you have less exposure to large variety of foods, what they found is that people have fewer desires, less hunger, and they are very successful in losing

weight. The million dollar questions are how narrow we can go with your World of Food and for how long we can do that before you want to eat someone's arm off. The answers to those questions are totally dependent on your psyche. Based on my personal and professional experience, I limit my patients to no more than eight weeks of a low calorie/very narrow world in any one option. This is necessary even if they love what they are doing and it is working wonderfully for them. No ifs, ands, or buts; they need to change to a different options in their World of Food. This will keep you from getting dieter's fatigue, and you will be able to use each World of Food option again and again as a tool. In this way you will avoid falling back into what you have been doing that wasn't working.

BACK TO SCHOOL SNEAL® SAVINGS



The kids are going back to school. Kickstart your school year with our back to school sale on all your favorite sneals®! Enjoy **15% OFF** online at carbessentials.net, **Friday, August 17th** on your purchase of \$75 or more! Shop online with coupon code **BACK2SCHOOL** + enjoy free shipping!

Friday, August 17, 2018



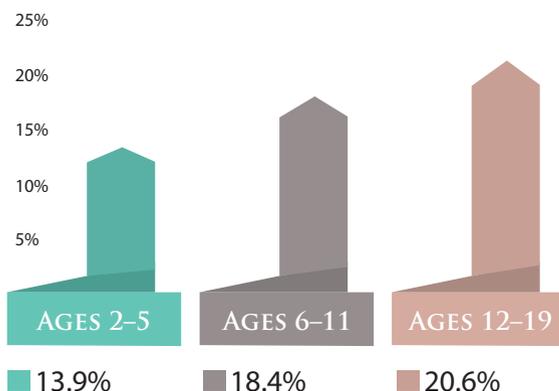
CHILDHOOD OBESITY

AN AMERICAN EPIDEMIC

Childhood obesity has immediate and long-term effects on physical, social, and emotional health.

Children with obesity are at higher risk of developing a range of health problems, at a higher risk of being bullied and teased; and are more likely to suffer from social isolation, depression, and lower self-esteem. In the long term, a child with obesity is more likely to have obesity as an adult; increasing their risk of developing heart disease, type 2 diabetes, metabolic syndrome, and many types of cancer.

WHAT AGES ARE BEING AFFECTED?



91% OF AMERICAN CHILDREN HAVE POOR DIETS

1 IN 5 SCHOOL AGE CHILDREN AND YOUNG ADULTS (6 TO 19 YEARS) IN THE US HAS OBESITY

3 TIPS TO PROMOTE PHYSICAL ACTIVITY IN CHILDREN:

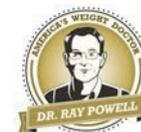
LIMIT SCREEN TIME
(OF ALL TYPES)

GET THEM OUTSIDE TO PLAY

MAKE IT FUN!

LESS THAN 45% OF CHILDREN GET THE RECOMMENDED 60 MINUTES OF DAILY PHYSICAL ACTIVITY.

Improving the entire family's diet and exercise habits is one of the best ways to achieve a healthy weight in the child. A healthy diet and physical activity in childhood is associated with better mental health.



IT'S ALL ABOUT THE MEAT...

After you decide how many calories you need to eat per day and which foods you're going to eat, don't let super-sized portions ruin your good plans. Try to visualize the items when you're planning a meal, ordering food out, or grabbing a sneal®. For example, 3 ounces of meat, poultry, or fish is about the size of a deck of cards. Studies have found that the typical portion size is 2 to 8 times as large. Reducing your portion size is a

good step toward a healthy diet. Here are three recipes that call for 3 oz. of meat. ENJOY!

RANCH PORK CHOPS & VEGGIES



Ingredients:
3 oz. pork chop
3 oz. baby red potatoes, halved
3 oz. green beans, trimmed
1/4 tbsp. olive oil
1/2 tbsp. ranch seasoning
1 garlic clove, minced
salt & pepper to taste
2 tbsp chopped fresh parsley

Lets Cook :

Preheat oven to 400 °F. Lightly coat baking sheet with nonstick spray. Place pork chop, potatoes and green beans in a single layer onto the prepared baking sheet. Drizzle with olive oil and sprinkle with ranch seasoning and garlic; season with salt and pepper, to taste. Place into oven and roast until the pork is completely cooked through, reaching an internal temperature of 140 degrees F, about 20-22 minutes. Then broil for 2-3 minutes, or until caramelized and slightly charred. Garnished with parsley, if desired.

Serves 1: Per Serving : Cal: 295 | Protein: 31g | Carbs: 15.5g | Fat: 3.5g

CALIFORNIA GRILLED CHICKEN



Ingredients:
1 (3oz) boneless skinless chicken breast
1/4 c. Walden Farms balsamic vinaigrette*
dash of garlic powder
1/2 tbsp. honey
1/2 tsp. Italian seasoning
1 slice slim cut mozzarella
1 slice avocado
1 slice tomato
1/2 tbsp. sliced basil
Balsamic glaze, for drizzling

Lets Cook:

In a small bowl, whisk together balsamic vinegar, garlic powder, honey, and Italian seasoning. Pour over chicken breasts and marinate 20 minutes. Heat grill to medium high. Grill chicken until internal temperature reaches 170°F. Top chicken with mozzarella, avocado, and tomato and cover grill to melt, 2 minutes. Garnish with basil and drizzle with balsamic glaze.

Serves 1: Per Serving : Cal: 251 | Protein: 29g | Carbs: 13g | Fat: 3g | Fiber: 2.5g

SURF 'N TURF FOIL PACKS



Ingredients:

1.5 oz. sirloin steak, cut into 1" cubes
1.5 oz. shrimp, cleaned and deveined
1/2 ear of corn, each cut into 2 pieces
1/4 c. grape tomatoes
1/4 small red onion, cut into thick slices
1/4 lime, sliced into wedge
1/2 garlic cloves, thinly sliced
1 tsp. Old Bay Seasoning
1 tsp. of fresh thyme leaves
dash of. cumin

Lets Cook :

Preheat grill over high heat. Cut 1 sheet of foil (12 inches long). Put steak, shrimp, corn, tomatoes, red onion, lime wedge, and garlic into foil pack. Drizzle with olive oil and sprinkle with Old Bay, fresh thyme, cumin, and black pepper. Fold the foil packet crosswise over mixture to completely cover the food. Roll top and bottom edges to seal.

Place foil packet on the grill for about 6 to 8 minutes per side.

Serves 1: Per Serving: Cal: 217 | Protein: 24g | Carbs: 14g | Fat: 8g | Fiber: 2.5g

*Products that can be purchased at Carbesentials