

A NOTE FROM DR. POWELL, MD



Weigh-In Wednesday's in Redding!

Don't miss out on earning and redeeming Sneal® points on Wednesday's! Come in to our Redding Office on Wednesday's to do your weekly weigh-in and earn Sneal® Points when you shop our CarbEssentials products! Being accountable to others can help you stay on track and has been shown to increase success! If you are not in the Redding area, you can earn and redeem Sneal® points every day online at carbessentials.net! In-store pickup is FREE!

PRODUCT INFORMATION

Kay's Naturals Line is Being Discontinued

It is with great sadness that our beloved Kay's Naturals line is being discontinued by the manufacturer. We are currently in search of some new and improved Sneals® you will be sure to love, keep a lookout for new products!



Monthly Sneal® Savings

10% OFF

Use code **FEBNEWS22** online at CarbEssentials.net or present this coupon at a CarbEssentials Store location near you for 10% off your next product purchase.

**Must present coupon to redeem 10% off. Cannot be combined with any other offers. Can only be used once per customer. Redeemable at the following locations; Redding (Wed, Sat) & Chico (Tues, Thurs, Fri) ONLY. Coupon Expires 2/28/22*

EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



LOSE YOUR LINES & PLUMP YOUR POUT!

Take advantage of our Aesthetics Day **Friday, February 18th**. You don't want to miss out on these amazing aesthetic deals! JUST \$11 per unit of BOTOX with a minimum of 25 units purchased. Purchase a full syringe of JUVEDERM at just \$550! Space is limited, call and schedule today at our Redding office 530-223-0216!

VALENTINE'S DAY SNEAL DEAL!

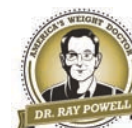
15% OFF sitewide!

Valentine's Day is celebrated with all sorts of decadent foods and loads of chocolate. This year instead save on your favorite sneals®! Enjoy **15% OFF** at online at CarbEssentials.net, Monday, February 14th on your purchase of \$75 or more! Shop online with coupon code **SNEALLOVE22** + enjoy free shipping!

The perfect gift this Valentine's Day is the gift of heart health. Along with Valentine's Day, February marks American Heart Month, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health.

It's long been known that when you're overweight, you're more apt to develop conditions like high blood pressure or diabetes that can lead to heart disease. Now Johns Hopkins researchers have shown that excess weight is more than an "accomplice" in the development of heart problems. The pounds themselves can cause heart muscle injury. "Basically, being obese seems to be a 'solo player' associated with heart injury—that is, regardless of high blood pressure, elevated cholesterol and diabetes. Down the road, this can lead to heart failure." The American Heart Association recommends obese patients participate in a medically supervised weight loss program to reduce the risk of heart disease.





WHY DO I EAT WHEN I'M NOT HUNGRY?!

BINGE EATING

Does this sound like you — able to control your portions sometimes but losing control and uncontrollably eating large amounts of food at other times? This is called "binge eating" and lots of people do it.

A binge is when you eat a lot of food in a short time and it's usually not healthy food. Binge eating is bad for you, especially if you have diabetes.

EMOTIONAL EATING

Many people eat when they are feeling upset, angry, stressed, sad, lonely or fearful. Emotions such as these can be powerful triggers to eat.

If you're an emotional eater, you can learn other ways to react to your emotions. Emotions usually don't last long — often just 10 minutes to an hour — so you only need to distract yourself from eating for a short time, until the emotion passes.

NIGHTTIME EATING

For many people, dinner is only the start of their nighttime eating. There's nothing wrong with a healthy snack sneal® after dinner. However, nighttime eating is a problem when you eat large amounts of food or foods high in saturated fat, sodium and calories like cookies, chips, full-fat ice cream, sandwiches or leftovers.

If nighttime eating is a problem for you, try and only reach for a light, healthy sneal® in the evenings.

TO HELP CONTROL BINGE, EMOTIONAL AND NIGHTTIME EATING:

Get into the habit of eating 5-6 healthy sneal® a day — so you never get too hungry. Small portions throughout the day. Don't keep binge foods at home. If you're a binge eater, you know which foods you usually reach for. Common binge foods are cookies, candy, ice cream or chips. Make a list of other things you'll do. Here are some suggestions: Talk to a friend who can help you get your feelings under control. Take a walk or enjoy another physical activity. Do something you enjoy, like reading, playing or listening to music, playing with pets or children, arts and crafts, or taking a relaxing bath. Do some physical work, such as gardening or housecleaning.

4 HEALTHY DESSERT ALTERNATIVES

MICROWAVED BAKED APPLE W/ YOGURT & GRANOLA

Ingredients:

- 2 medium apples peeled and cored
- 1 teaspoon ground cinnamon
- 5.3 ounces (1 Container) Yoplait Greek 100 vanilla yogurt
- 1/2 cup ProGranola Vanilla Cinnamon Cluster*



Lets Cook : Peel and core apples, and slice the bottom off each one. Sprinkle each with cinnamon, and rub it all over the outside and inside. Place apples in microwave-safe bowls, and heat in microwave on full power for three minutes. Scoop half of the yogurt into the center of each apple, and top with granola. Enjoy!

Serves 2: Per Serving: Cal: 169 | Protein: 25g | Carbs: 13g | Fat: 2.5g | Fiber: 6g

BANANA & PEANUT BUTTER CHOCOLATE CHIP ICE CREAM BITES

Ingredients:

- 6 very ripe bananas
- 1/2 cup mini chocolate chips
- 2 scoops Quest Peanut Butter Protein Powder*



Lets Cook: Line a baking sheet with parchment paper. Slice the bananas into 1/2-inch slices and lay flat on the parchment-lined baking sheet. Cover with plastic wrap and place in the freezer for 1-1/2 hours. Remove frozen bananas from the freezer and let set out for about 5 minutes while you set up your food processor or blender. You want the bananas to softened just a bit, but still be frozen. Place the bananas in the food processor and pulse/blend until smooth and creamy. Stir in 1/4 cup mini chocolate chips and protein powder. Grease a mini muffin pan with non-stick cooking spray. Scoop the banana ice cream into each cup, filling each one almost full, then sprinkle the top of each cup with a few more mini chocolate chips. Place the muffin pan in the freezer for an hour. Remove the pan from the freezer and pop each bite out with a knife. Stack the banana ice cream bites in a freezer safe container with a lid, placing parchment paper between each layer of bites to keep them from sticking together. When ready to eat, remove however many bites you want from the freezer container and let set out for a few minutes before eating.

Serves 12: Per Serving (2 Ice Cream Bites): Cal: 116 | Protein: 6g | Carbs: 18g | Fat: 3g | Fiber: 2g

*Can be purchased at any of our carbessentials locations and online at carbessentials.net

FROYO BERRY BITES



Ingredients:

- 1/2 cup ProGranola*
- 4 tablespoons Splenda
- 4 tablespoons coconut oil melted
- 1.5 cup Greek yogurt, non-fat, plain
- 4 tablespoons honey
- 3 cups strawberries and/or raspberries fresh chopped

Lets Cook: Line a 6-cup muffin tin with silicone or parchment cupcake liners, or add directly to

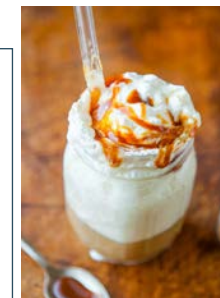
nonstick muffin tin. In a small bowl, stir together ProGranola, splenda, and coconut oil. Spoon a small amount into the bottom of each muffin cup. In a medium bowl, mix together yogurt and honey. Spoon 2 tablespoons into each muffin cup, covering the crust. Top with fresh chopped berries. Freeze until firm, about 6 hours. To serve, remove from silicone wrapper and allow to set at room temperature for 8-10 minutes. Enjoy!

Per Serving (2 bites): Cal: 153 | Protein: 8g | Carbs: 12g | Fat: 9g | Fiber: 3.5g

SKINNY CARAMEL FRAPPUCCINO

Ingredients:

- 3 cups ice cubes
- 1 cup of strong cold coffee
- 1 cup Core Power vanilla*
- 2 tablespoons fat-free whipped topping
- 1 tablespoon Walden Farms caramel syrup*



Lets Cook : Simply combine all the ingredients (minus the syrup & whipped topping) in a blender and blend until smooth. Give it a taste and adjust the flavors as needed, adding more Core Power or coffee as you see fit. Pour your frappuccino into a large glass and dollop whipped topping on top, followed by a drizzle of caramel syrup. This caramel frappuccino is best enjoyed right away, but it's still delicious even after it melts a bit.

Serves 1: Per Serving: Cal: 90 | Protein: 13g | Carbs: 4g | Fat: 2g | Fiber: 0g