



A NOTE FROM DR. POWELL, MD

Team Powell is Back!

Team Powell is back! There have been rumors that we moved away, sold the practice and/or retired, none of these are true, they are just that, RUMORS! We have owned and operated Physician's Plan for over 23 years and still continue to do so, I am back in the office seeing patients full-time again!



It's The Accountability Factor

"Oh, I can weigh myself at home or at the gym, I don't need to come and weigh-in weekly." With the "Accountability Factor," patients doing weekly weigh-ins consistently see an additional 2 to 4 pounds of weight loss per month. When someone else has to weigh you and write it down on a piece of paper (your chart), it means more. You are not waiting a month to weigh-in. "Oh, I don't have to worry about my weight this weekend. I'm not weighing in for another 3 weeks." You might not be thinking it consciously, but your subconscious is a very powerful thing!! Our Redding office is open five days a week plus every other Saturday, and our Chico office is open Monday through Friday for weigh-in's for your benefit, use it. You are spending your hard earned money and should get every dime out of the experience; this is one of the benefits. You do not need an appointment to weigh-in, but it might be a good idea to ask any staff member what is the best time to come in.




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.



REFER A FRIEND RECEIVE \$60 GIFT CARD!

Earn an extra point!



Refer a friend and earn x2 points instead of 1 if they are seen for their first appointment now through August 31st!


Here at Physician's Plan we appreciate the hard work that our patients do to change their lives. Our patients are our best advertisement and we appreciate that greatly. You do it anyway, why not get something for it? Dr. Powell has created a Referral Program for our patients. Simply pass out the Physician's Plan Referral Cards to your friends & family. Remember to write YOUR name on the card. When your friend brings in the card they will receive 10% OFF of their first follow-up appointment. For every card returned with YOUR name you receive 2 points (normally 1 point) through August 31st! At 2 points you receive a \$60 credit towards anything at Physician's Plan or Carbessentials. Continue referring and 5 points you receive a \$150 credit towards anything at Physician's Plan or Carbessentials. You can pick up referral cards at any office location.

How Does Acai DiteX Work?

Acai DiteX is an appetite suppressant supplement that uniquely combines Acai extract, Chromium, Vitamin D3, Carboxymethylcellulose and a blend of several B vitamins. This powerful combination helps remove harmful toxins, boost metabolism, promote insulin production, improve mood and encourage weight loss. Extra Chromium eases cravings for carbohydrates and helps stabilize blood sugar levels. 1,000 IU of Vitamin D3 helps curve the Vitamin D deficiency that has recently been discovered to occur in most Americans. Carboxymethylcellulose expands in your stomach to create a full feeling and helps prevent over eating. Additional vitamins aid in replenishing those lost due to everyday stressors.



The Summer **B's & V's**



Which time of the year is the worst for you when it comes to your weight, exposure to special events, activity level and stress, the Summer Months or the Holiday's?

The summer months for many are hard, because the summer is longer and there is more exposure to many different events. Weekend sabotage is in full bloom and the heat actually keeps many inside more. The Holiday's are shorter, and many know that the holiday months can be dangerous making them more aware of what they are eating and drinking. **In the SUMMER I call it the B's come out...**

What are your own personal B's? They might start with a different letter, like what about the V's? They can be just as dangerous. Remember, it's not a matter of giving anything up, it's a matter of how much and how often.


Can you think of any more??

B _____

B _____

V _____

Visit our website for more information and check out our Summer B's video at physiciansplan.net/videos/



When a food truck is your only lunch option when lying on the beach, you'll need to choose wisely to avoid the most fattening items. **Go for the protein!**



BEACH

BAR

Skip the fries, burgers, nachos, wings and other "finger foods" at the bar.


BOOZE

185,000 margaritas are drank every single hour in the USA, making them the most popular cocktail in the states. the average amount of calories in just one **classic margarita is 250!**




BURGER

You would have to **jog 9 miles** to burn off a Double Whopper with cheese from Burger King. Hold the cheese, top the burger with a fresh tomato slice and lettuce instead of a bun.



Nathan's corn dog on a stick, an option sold at Yankee Stadium and many other ballparks, is **380 calories**. And fan favorite **Garlic Fries are 490 calories with 28g of fat!**



BASEBALL

BRISKET

In the U.S. the beef brisket sales total an average 3.2 billion dollars on the 4th of July. **4oz of brisket has 374 calories and 28g of fat.**




BARBEQUE

The average person eats about **3,200 calories** at a barbeque. Consider bringing your own dish, or using a portioned approach.



The average number of calories in a full sized, **plain bagel is 240 calories**. And just by adding one of your favorite toppings it will up that caloric number by A LOT!

BAGEL



BOAT

Waterskiing and wakeboarding target your entire body. It burns 324 calories based on a 130 lb. person, and swimming the crawl stroke **burns 790 calories in 1 hour.**

BEER

On average most beer drinker's consume more beer in the Summer. For every 12oz can of beer you are essentially consuming 2 slices of bread. **A 20oz mug of 5% Beer is 250 calories.**



BUFFALO WINGS

The most popular way people eat buffalo wings is with French Fries and BBQ sauce, which ends up adding **an additional 400 calories.**



Sit away from the buffet. Studies show every 40 feet farther away from the buffet that people sat, they made one trip fewer. Go for the protein first!



BREAD

Each American consumes, on average, 53 pounds of bread per year. **An average slice of bread is 80 calories.**



VISITORS

Suggest hiking, walking, or any outdoor activity instead of the usual potluck with relatives.



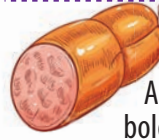
BIRTHDAY

The summer has been the top season for births, and you know what that means...cupcakes! A bakery cupcake has approx. **585 calories and 20g of fat!**



BOLOGNA

Americans eat 800 million pounds of bologna annually. **3 slices of bologna is 207 calories alone.**





BACARDI

On average, a piña colada or Long Island iced tea can clock in at **600 to 800 calories.**

BACON

Summer is grilling season, more than half of all homes (53%) keep bacon on hand at all times. **2 slices of bacon is 86 calories.**

BURRITO

Save 400 calories by ditching the tortilla and eat your burrito in a bowl instead. Or ask for yours without rice to save 250 calories. Think about **Burrito Banditos chicken burrito it's a whopping 875 calories and 29g of fat!**

