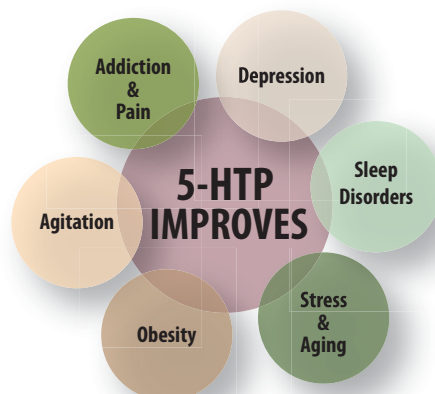




A NOTE FROM DR. POWELL, MD

5-HTP an Enhanced Formula

Our 5-hydroxytryptan (5HTP) formula is specially designed to help reduce cravings, improve overall mood, improve sleep patterns, and with addition of Vitamin B6, L-tyrosine, and L-glutamine helps improve other functions within the body. This natural supplement can be used by any of our patients that are on any of our programs. It can also be used as a "stand alone" supplement for patients that cannot or choose not to use the prescription appetite suppressant medications.



FEATURED PRODUCTS

ProCal Pudding/Shake Mixes



Busy? On the go? Grab this quick and easy meal replacement shake. Just add water for a rich and creamy pudding or shake. A nutritious, great tasting and satisfying low-carb meal replacement shake available in three delicious flavors - Chocolate, Vanilla, Strawberry. Lactose Free and only 100 calories!

HealthyWeight Fruit Drinks



Summer has arrived! Keep it cool with a refreshing Fruit Drink! These make a perfect cold drink for any healthy diet or weight loss plan. Each serving is packed with 15 grams of protein with almost no carbs. Available in Grape, Lemonade, Pineapple, Peach Mango, Cran-Grape, Wild Berry and Lemon Razzi. Available in 7 packet boxes or ready to shake bottles!

10% OFF

Use code **MAYNEWS20** 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 (Mon, Wed, Sat) & Chico (Tues, Thurs, Fri) ONLY. Coupon Expires 5/31/20



EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



Blood Pressure Education Month

Being overweight or obese increases your risk of developing high blood pressure. In fact, your blood pressure rises as your body weight increases. Losing even 10 pounds can lower your blood pressure—and losing weight has the biggest effect on those who are overweight and already have hypertension. Overweight and obesity are also risk factors for heart disease. Being overweight or obese increases your chances of developing high cholesterol and diabetes—two more risk factors for heart disease. Waist circumference is the key measurement to determine if someone is overweight or obese. Body fat in the stomach area also increases disease risk. A waist measurement of more than 35 inches in women and more than 40 inches in men is considered high. The healthiest way to lose weight is by setting a goal of losing 10 percent of your current weight. This offers the best chance of long-term success. In the US, approximately 1 in 3 adults has high blood pressure, however most people are not aware they have this condition due to a lack of signs or symptoms. High Blood Pressure Education Month encourages people to look at various lifestyle factors which may be contributing to high blood pressure. It is well documented that high levels of sodium (salt) is linked to high blood pressure. In the US, the majority of people consume more than twice the level of recommended sodium intake. Guidelines recommend up to 2,300mg of sodium per day for an adult. Those at higher risk should consume even less (up to 1,500mg of sodium a day). Higher risk groups include those who have diabetes, kidney disease, existing high blood pressure and African Americans. Lifestyle changes which can help reduce blood pressure, include maintaining a healthy body weight, regular exercise, quitting smoking and following a healthy low sodium diet.

MOTHER'S DAY SNEAL® SPECIAL!

Sunday, May 10, 2020

This Mother's Day, skip the flowers and chocolates and give mom something she really needs—the gift of good health. Spoil mom this Mother's Day with her favorite sneals® at a price you can't resist! Enjoy **15% OFF** at our CarbEssentials store online at carbessentials.net, **Sunday, May 10th** on your purchase of \$75 or more! Shop online with coupon code **LOVEMOM** + enjoy free shipping (excluding liquids)!



EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



RE-OPENING PROCEDURES



We will have a "Door Greeter" to assure a maximum of no more than 10 patients/customers in the office.

"Door Greeter"

Text Message

If the office is at maximum capacity we will request your phone number and ask that you stay in your car until you receive a text when you can enter safely.

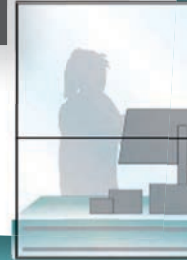


Our staff will be continually using an anti-viral cleaning solution on all surfaces that you might come in contact with. We will ask you to avoid touching doors or surfaces to protect yourself and others—if you inadvertently touch any surface please let us know so that we can sanitize it.

Continual Cleaning

Barriers

We have installed plexi-glass barriers at the counters.



We will not require all visitors to wear a mask (Homemade, Bandana, etc.). But if you desire to, please feel free to wear a mask in our office.



Wear A Mask If You Want

Social Distancing

We will have floor decals to guide patients in maintaining appropriate distances. Try your best at maintaining the 6 feet separation from others.



We will be limiting the waiting room chairs to 3 seats.



Waiting Room Limits

Hand Sanitizer

We will have Hand Sanitizer at the front

door for you to use before you enter and as you leave.

We will also have hand sanitizer dispensers in every room.



we ask that if you feel ill or have been sick recently—please stay home.



Please Stay Home