



A NOTE FROM DR. POWELL, MD

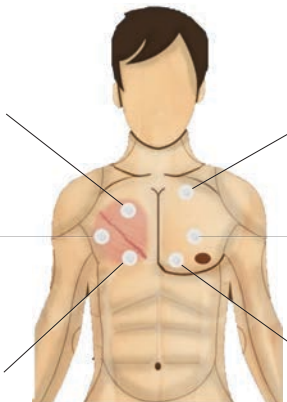
Can Men Develop Breast Cancer

True or False? Only women can get breast cancer? **FALSE.** Although being a woman is the main risk factor for developing breast cancer. Each year breast cancer is diagnosed in about 23,000 women & 2,100 men. Many men think that only women can develop breast cancer, which causes some men to ignore breast lumps until the cancer has spread too far to be curable.

The American Cancer Society estimates that **1%** of all breast cancer cases occur in men.

Men's breast cancer usually shows up as a lump under or near the nipple.

Men with a strong a strong family history of breast cancer are also at high risk of developing breast cancer.



On average, women with breast cancer live **2 YEARS** longer than men with breast cancer, largely because men don't realize they can get breast cancer too.

Misshapen Breast, non-matching breasts and nipple discharge are also possible signs of breast cancer.

Mammograms and breast exams may be helpful to men, assuming regular consultation with their doctors.

FEATURED PRODUCTS



PB2 Peanut Butter

PB2 is peanut butter reimagined. Freshly roasted peanuts are pressed to remove 85% of the fat and calories. The result is a delicious and all natural alternative to traditional peanut butter with twice the healthy proteins per gram

Simply Snackin' Jerky



High protein, low calorie Simply Snackin' jerky are the preferred choice of on-the-go people leading or active, healthy lifestyles. Simply Snackin' products deliver an experience unlike any conventional jerky bite after bite of moist, lean, savory chicken breast or beef sirloin paired with flavorful mangos, apples, blueberries and other artisan ingredients. Lean & tasty with no MSG or transfat.

WEIGH-IN ACCOUNTABILITY

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



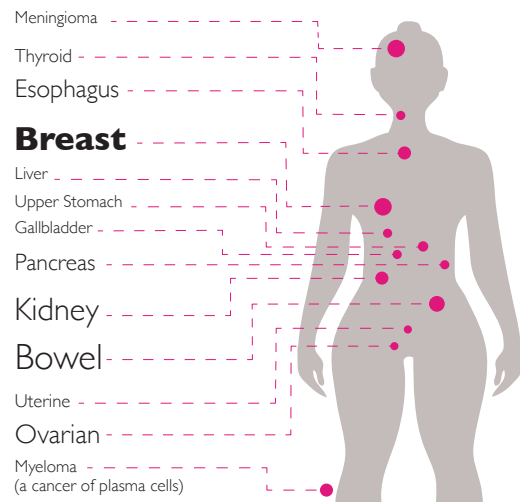
DATE: _____
WEEK: **1** **2** **3** **4**



EAT RIGHT. LIVE RIGHT. FEEL RIGHT.



CANCERS ASSOCIATED WITH BEING OVERWEIGHT & OBESE:



BREAST CANCER

How Your Weight Affects Your Risk

The National Cancer Institute says that weight gain is a major risk factor for developing breast cancer. Gaining weight in adulthood appears to increase the risk of breast cancer before and after menopause. One large study found that women who gained about 20 pounds after age 18 had a 15% higher risk of breast cancer compared to women who gained little or no weight. Women who gained 55 pounds or more had a 45% higher risk. It is important for both men and women to keep a healthy weight. Managing weight is a challenge for most people in the U.S. In Fact, according to the Centers for Disease Control and Prevention (CDC), about 69% of American adults are over weight.



Thursday, October 15, 2020

In honor of breast cancer prevention, on Thursday, October 15, 2020 shop our online store at carbessentials.net and use coupon code **THINKPINK20** to receive **15% OFF** your entire CarbEssentials order of \$75 or more +FREE shipping (excluding liquids)!

Lookout for our Post Halloween Sale!

Even the healthiest among us can't help but get into the Halloween fun, and while everything's good in moderation, sometimes a night of temptation means going overboard (no regrets!). Now we need to get you back on track! **Enjoy 15% OFF** online ONLY, November 1st on your purchase of \$75 or more plus enjoy free shipping (excluding liquids)! Don't forget to use the coupon code **BACKONTRACK20** at checkout.



October is a great month to get out and exercise, but there is no doubt that Halloween can totally throw off your weight loss and exercise routine IF you let it. Consider these (very spooky) statistics: Americans spend over \$2 billion (yes that's billion with a B!) dollars annually on Halloween candy. Americans purchase over 600 million pounds of candy, which is equivalent to the weight of almost 6 Titanic ships!

The average person will consume nearly a pound and a quarter of candy during Halloween, equaling roughly 33 fun sized candy bars or around 5000 calories. Most of us have no choice but to participate in the annual Halloween ritual; even if we don't have children to take trick or treating, we still have parties to go to and candy to buy for all the trick or treaters in the neighborhood. And if we're not careful, having all this candy on hand can throw our eating strategies totally out of whack. The good news is that with some determination and deliberate steps, we can keep Halloween from turning us into pumpkin-shaped figures. Here are six ways to avoid the dangers of Halloween candy:

6 TRICKS TO AVOID TREATS

STICK TO YOUR REGULARLY SCHEDULED SNEALS®

Don't be tempted to skip a few Sneals® on Halloween so you can bank your calories for those sweet treats that are sure to head your way. The worst thing you can do is not eat; if you're hungry you will have no willpower to resist. Instead eat your usual Sneals® during the day with a high protein Sneal® right before the Halloween festivities begin. If you feel full you will not be as likely to go overboard on the treats.

TAKE CONTROL

Okay, yes it is Halloween, a holiday dedicated to treats. In order to survive this holiday without derailing your diet, control your binge. Make it exact, 'you'll only have three 'fun-sized' candies the entire night.' Then you can spread them out or have them all at once. If you have a plan you're most likely to stay in control.

BE THE 'BORING' HOUSE ON THE BLOCK

If you are the kind of person who will eat whatever is around the house, don't set yourself up for failure by stocking up on candy. Have you considered passing out non-candy goodies? Perhaps from the dollar store, toys, temporary tattoos, sticker, etc. Or healthier options like boxes of raisins or nuts? You might get some kids thinking you're not the coolest house on the block but at least their parents will like you!

LIMIT MINDLESS EATING

Are you going to a Halloween party where there is sure to be endless treats? Keep your hands busy, your purse in one and a glass of water in the other. If your hands are full they are not going to be grazing the candy bowls or buffet. This will significantly reduce your temptation to nibble.

BUY YOUR CANDY LAST MINUTE

Buy your candy the day of Halloween, that way you are not tempted to dip into the candy stash on a daily basis. Also don't buy your favorite candy, buy candy you don't particularly like that way you're not lured in, if you are a chocolate fan then go for the gummy or tart candies.

FOR THOSE OF YOU WHO DID SPLURGE – BOUNCE BACK

If you are in a sugar coma on November 1st, don't freak out! One day will not hurt you; it is the mindset that triggers the mental game of, 'I blew it' that can lead you to ditch your diet. You just need to recover, make sure to stick to your six healthy Sneals® the next day and drink plenty of water and you will be ok.

COZY FALL RECIPES!

*Products can be found at www.carbessentials.net.

ITALIAN TURKEY MEATBALLS



Ingredients:
 1.5 slices white bread, torn into small pieces
 1/4 cup fat-free milk
 1 pounds lean ground turkey
 1/8 cup grated Parmesan cheese
 1/8 cup minced fresh parsley
 1 large eggs, lightly beaten
 1.5 garlic cloves, minced
 1 teaspoons Italian seasoning
 1/4 teaspoon salt
 1/4 teaspoon pepper
 Fettuccini Miracle Noodles*
SAUCE:
 1 medium onions, chopped
 1/2 medium green pepper, chopped
 1 can (28 ounces) crushed tomatoes in puree
 1 can (6 ounces) tomato paste
 2 garlic cloves, minced
 1/2 tablespoon sugar
 1 teaspoons Italian seasoning
 1/4 teaspoon salt
 1/4 teaspoon pepper
 1 bay leave

Lets Cook: Preheat broiler. Combine bread and milk in a large bowl; let stand until liquid is absorbed. Add next eight ingredients; mix lightly but thoroughly. Shape into 1-1/2-in. balls; place on a greased rack of a broiler pan. Broil 5-6 in. from heat until lightly browned, 4-5 minutes. For the sauce, in a 6-qt. slow cooker, mix the next nine ingredients. Add bay leaves and meatballs; gently stir into sauce. Cook, covered, on low until meatballs are cooked through, 4-5 hours. Discard bay leaves. Cook noodles as package directs. Serve over pasta; sprinkle with parsley and Parmesan cheese.

Serves 6: Per Serving(3): Cal: 239 | Protein: 22g | Carbs: 23g | Fat: 8g | Fiber: 4g

Ingredients:
 1 medium onion, chopped
 1 small green & 1 sweet yellow pepper, chopped
 1 tablespoon canola oil
 1 garlic clove, minced
 1 pound lean ground turkey
 1 can (1oz) solid-pack pumpkin
 1 can (14-1/2oz) diced tomatoes, undrained
 4-1/2 teaspoons chili powder
 1/4 teaspoon salt
 1/4 teaspoon pepper
 CarbEssentials Double Bites*

PUMPKIN CHILI



Lets Cook : In a large skillet, sauté the onion and green and yellow peppers in oil until tender. Add garlic; cook 1 minute longer. Crumble turkey into skillet. Cook over medium heat until meat is no longer pink. Transfer to a 3-qt. slow cooker. Stir in the pumpkin, tomatoes, chili powder, salt and pepper. Cover and cook on low for 7-9 hours. Top with CarbEssentials Double Bites Cheddar Cheese.

Serves 4: Per Serving (1 1/4 cups): Cal: 281 | Protein: 25g | Carbs: 20g | Fat: 10g | Fiber: 7g

PUMPKIN SPICE DONUTS



Ingredients:
 1-1/4 cup FlapJacked Buttermilk Protein Pancake & Baking Mix*
 1 tsp pumpkin pie spice
 1/4 tsp baking powder
 1 TBSP Truvia cane sugar
 1 cup Fairlife Milk, 2%
 1 large egg
 1/2 cup canned pumpkin puree (not pumpkin pie filling)
TOPPING (optional)
 1/4 cup Truvia cane sugar
 1-1/2 tsp cinnamon

Lets Cook : Preheat oven to 350° F. Combine the FlapJacked mix, pumpkin pie spice, baking powder & Truvia into a small bowl. In another bowl, combine milk, egg and pumpkin puree. Use a spoon to dollop batter into a greased doughnut pan(s). Don't cover the center. Bake for 12-14 minutes. Allow to cool while you mix the topping ingredients and place in a large resealable bag. Test 1 donut. If sugar is not sticking, spray each donut lightly with olive oil cooking spray and shake each doughnut in the sugar, tap off excess. ENJOY!

Serves 6: Per Serving (2): Cal: 150 | Protein: 12g | Carbs: 16g | Fat: 8g | Fiber: 2g

SWEET POTATO CHILI W/ TURKEY



Ingredients:
 1 pound ground turkey
 1 small onion, chopped
 2 cups chicken broth
 1 can (15 ounces) sweet potato puree or canned pumpkin
 1 can (4 ounces) chopped green chiles
 1 tablespoon chili powder
 1 teaspoon garlic powder
 1 teaspoon ground cumin
 1 teaspoon curry powder
 1/2 teaspoon dried oregano
 1/2 teaspoon salt
 1 can (15-1/2 ounces) great northern beans, rinsed and drained

Lets Cook : In a large skillet, cook turkey and onion over medium heat until turkey is no longer pink and onion is tender, 5-7 minutes, breaking up turkey into crumbles; drain. Transfer to a 3- or 4-qt. slow cooker. Stir in broth, sweet potato puree, chiles and seasonings. Cook, covered, on low 4-5 hours. Stir in beans; cook until heated through, about 1 hour. If desired, top with sour cream, cilantro and red onions.

Serves 6: Per Serving (1.5 cups): Cal: 243 | Protein: 20g | Carbs: 27g | Fat: 6g | Fiber: 7g