



Health Insights

from the office of Dr. Bertrand Babinet

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Health is Simple and Affordable with Dr. Babinet's Prime Formula



Health is the Synergistic Integration of Four Vital Functions

**DR. BABINET'S
PRIME FORMULA**

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Dear Bertrand,

As we begin the new year, we often think about what we can do to take better care of our health. People frequently ask us how they can boost their energy to handle all of their responsibilities while taking care of themselves. Some of the things we resort to are actually counterproductive to increasing our energy. Caffeine and sugar fit into this category. So we thought it would be appropriate to start the new year by looking at some things you can do to take care of yourself and also maintain a good energy level. These recommendations will also contribute to maintaining optimal health for the long run.

We wish each one of you a healthy and prosperous new year.

Peace, love and radiant health,
Bertrand Babinet PhD, LAc.

Your Health Insights Tip

These are some simple suggestions. Review them, see which ones would best meet your needs and make a resolution for 2008 to approach this area in a healthier manner.

Sleep

Recent research indicates that 6 to 8 hours of uninterrupted sleep is essential for optimal health. So make sure that you get to sleep at a reasonable time and that you plan for enough sleep. Some studies indicate that keeping a regular sleep schedule (going to bed and waking up at the same time every day) encourages better sleep. It can also be helpful to create some bedtime rituals like reading or doing relaxation techniques. Some find it helpful to listen to a meditation.

Caffeine

Limit your intake of caffeinated beverages, especially in the evening. Caffeine gives you an initial push, but it further strains the adrenals. It also contributes to poor sleep, jitteriness and ineffective sugar metabolism.

Maintain a Healthy Blood Sugar Level

If you find your energy drops mid-morning, start your day with protein at breakfast. If eggs or meat are unappealing breakfast fare, start your day with a whey or rice protein drink that is not artificially sweetened. If you would like to sweeten it, add fruit or berries. Make sure that other meals contain protein and vegetables. Do not skip meals. A healthy blood sugar level is essential to maintain your

energy and avoid becoming overweight.

Eat Certain Foods in Moderation

Watch what you eat and avoid excessive consumption of sugar, starch, fruit juice, and snacks.

Make sure that your diet includes protein, legumes and nuts, large amounts of vegetables and salad, some fruit and some grains.

Drink Enough Water

How much is enough? A good estimate is to take your body weight in pounds and divide that number in half. That gives you the number of ounces of water per day that you need to drink. Your body needs water to regulate body temperature and to provide the means for nutrients to travel to all your organs. Water also transports oxygen to your cells, removes waste, and protects your joints and organs.

Regular Exercise

The recommended level of exercise is 45 minutes daily but any level helps. Regular exercise increases oxygen absorption, stimulates your lymphatic system and eliminates toxins from the body. In addition, it massages the organs, releases stress and boosts the immune system.

Relaxation

Practicing the Hawaii Pose is an effective way to decrease the survival response and promote the relaxation response. Lie on your back with a small pillow under your head, and the lower part of your legs resting on the seat of a chair. If you can, do this for a minimum of 15 minutes daily in a quiet place without external stimulation such as television or radio.

Take Regular Nutritional Supplements

The food we eat often does not contain enough vitamins and minerals. A combination of vitamins, minerals, essential fatty acids, probiotics and appropriate herbs can help greatly in maintaining a strong, healthy body. Our daily pack, Dr. Babinet's [Prime Formula](#), has been specifically designed to address all of these basic needs.

Be Smart

Of course chronic tiredness may also reflect deep pathologies that need professional attention. If you have implemented all of the above suggestions into your lifestyle and you are still suffering from low energy, make sure you consult a health practitioner.

Bertrand's Bio

Dr. Bertrand Babinet is a health intuitive who has created a revolutionary approach to optimal Health and Wellbeing. His purpose is to help you identify natural strategies to restore balance and harmony in your body and your life. To accomplish this, he has created many tools of assessment and treatment that cover both the physical and the psychological levels. He works with individuals, couples, families, organizations and the physical environment to optimize health, effectiveness and creativity. Dr. Babinet holds a PhD in Human Development and a Masters Degree



in Spiritual Counseling. He is a board certified acupuncturist by NCCAOM and licensed acupuncturist in Colorado and has been practicing Chinese medicine for the past 17 years. He holds certifications in Nutrition, Functional Endocrinology, Functional Blood Chemistry, Postural Integration, Neural Organization Technique (NOT) and Namudripad Allergy Elimination Technique (NAET).

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