



Health Insights

from the office of Dr. Bertrand Babinet

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Dear Bertrand,

A study released today by the American Psychological Association revealed that 80% of the population is currently stressed about their own personal finances and the economy. During times of uncertainty and high stress there can be a tendency to focus on worry and negative outcomes. Often a result of this is that we tend to neglect taking care of ourselves. This includes our health as well as our psychological well being. To support you in your process of health we are offering a fifty percent discount on individual one-hour phone sessions for the coming month. We are also providing some tips to assist you in taking care of yourself.

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

Your Health Insights Tip

10 Tips for Taking Care of Yourself in Uncertain Times

1. Make a big pot of soup. Eating nutritiously is always extremely important, but particularly valuable when you are under stress. A bit pot of fresh vegetable soup smells so good and it is filled with nutritious vitamins and minerals.
2. Make a list of any incompletes and either complete them or declare that they are complete.
3. Enjoy nature. This is a beautiful time of year everywhere. Take a walk, ride your bike and breathe in nature's delights.
4. Be of service. Being of service to others is one of the best ways of releasing stuck energy.
5. Stay in the present moment. You can say to yourself, "come present." Acknowledge that you are fine just as you are.
6. Stay positive. Worrying is a misuse of your creative abilities because you are projecting negative outcomes. Use your creative energy to develop and hold positive goals and intentions.
7. Take supplements to create maintain optimal physical support. [Babinetics Prime Formula](#) provides a solid foundation that harmonizes body, mind and Spirit.
8. Create affirmations to direct your energy positively in every

area of your life.

9. Make an appointment to have a comprehensive health care assessment that will take care of your physical, emotional and spiritual needs.
10. Focus on your heart and breathe.

"Do not anticipate trouble, or worry about what may never happen.
Keep in the sunlight."
Benjamin Franklin

50% OFF

Save 50% With this coupon you are eligible to have a one-hour phone session with Dr. Bertrand Babinet to cover any physical or psychological issues for 50% off of the regular one hour price of \$180. You are welcome to share this offer with your friends or family.

Offer Expires: October 31st, 2008

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).

Babinetics
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