



Health Insights

from the office of Dr. Bertrand Babinet

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Dear Bertrand,

Every day we are hearing about health care reform and often in an adversarial manner. Another way to look at health reform is to identify how we can support our individual health and inspire others to do the same.

Recently I started a facebook group called Health is Contagious. Over the years through our work we have noticed that when an individual commits to a new strategy to improve the quality of their life it will often impact the people around them; their family members, close neighbors, colleagues and friends. This month we are inviting you to start a new healthy habit and to share your experiences with others. You can share it with those people around you and you can also share using a social network such as facebook, on twitter or blogging. Why don't you post it on our group page on Facebook.

In the rest of this newsletter we will review some health strategies you can start implementing in your life.

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

Your Health Insights Tip

Easy Healthy Habits

Psycho/Spiritual - Commit to some form of meditation or spiritual exercise. Choose to hold peace, love or gratitude in your consciousness. We have a simple process that we recommend to reconnect to your source and to practice inner peace. On the Health is Contagious group page on Facebook we have a short video that will walk you through this approach. One way to get to our group is to go to your Facebook account and put Health is Contagious in the search box on the upper right hand corner of the page. If you prefer to read about this process go to [Babinetics Newsletters](#) and you can read about how to connect to you inner peace.

Commit to do your practice at least once or twice a day.

Nutrition - There are many things that most of us can do to improve

our eating habits. Some things that will work for everyone are to eliminate or decrease sugar, white flour and deep fried foods. Have it be a gentle process with yourself rather than an issue of rigidity. When our children were young we instituted something called "pig day." One day a week, they could eat a limited amount of things with sugar or white flour. Otherwise, it was off limits. It worked really well and surprisingly on "pig day" they didn't excessively eat sugar or white flour.

Exercise - If you are not already doing it, commit to a minimum of 20 minutes of exercise per day. We enjoy hiking and gyrotonic and incorporate them into our daily activity. Find something you enjoy doing or maybe try something new. Belly dancing or tango lessons, perhaps?

Behavior - Choose a behavior you would like to work with. For example, decide that you will stop complaining about things you are not committed to changing. Either accept that it as it is at this time or commit to an action that will change it. Choose a quality that you would like to have more of in your life and commit to focusing on that quality throughout the day. There are lots of ways you can play with changing your behavior. Have it be playful and fun.

Recreation - Incorporate recreation into your life. Studies have consistently shown that people who go on vacation periodically are healthier in all ways. It is possible to make time for things that truly rejuvenate us. A day in nature, by a river does wonders for us. Maybe for you it will be to take a few hours on a specific day each week and turn off your blackberry, your computer and do something fun and relaxing.

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If you are an existing Prime Formula customer we will give you 20% off your next order when refer someone to us who has never ordered the Prime Formula. Call us when you place your order at 303 823 0301 so that we can give you the discount. This does not apply to the bulk discount that we already offer.

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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