



Health Insights

from the office of Dr. Bertrand Babinet

November 2009
Issue 10

**FOR
DECEMBER
ONLY 20%
OFF
Phone
Session**

see details below



**Health is Simple and
Affordable with
Babinetics Prime
Formula**

Quick Links...

[The Four Pillars of Health
Products
Services
More About Us](#)

If You Are New

Join Our Mailing List!

Special offer from Direct Labs f
Take advantage of direct labs offer
for the month of December

Dear Bertrand,

Most of us at one time or another have been stunned by an apparently healthy person suddenly being diagnosed with cancer. This raises concerns within us and we may ask ourself, "am I at risk and what can I do about it?" To add to these concerns the research and treatment to date have not done much to stop the increase of cancer occurrences in both men and women. The chances of a man developing prostate cancer is 1 in 6 and the chances of a woman developing breast cancer is close to 1 in 8.

Many theories have been advanced regarding the causes of cancer. Among them are psychological, immune, lifestyle and chronic stress. All of these may play a role, but there may be a simpler explanation, which opens up great opportunities to prevent cancer before it occurs.

One of the reasons cancer is often invisible for many years before it is diagnosed is that it does not necessarily reflect a general state of poor health. Cancer starts inside a cell and is slowly and silently propagated until it reaches a critical mass. We are going to examine two different processes inside the cells that contribute to cancer formation and how to correct those with natural supplements. We hope you find this information useful

Peace, love and radiant health,

Bertrand Babinet PhD LAc

2 Great Ways of Reducing Your Risk For Cancer

Cancer Starts Inside the Cells

We are familiar with a family having a genetic propensity towards specific cancers. While there may be a correlation with what we are going to examine here our focus is somewhat different. Recent research has identified certain genes inside the cells which are common to all of us and which under certain circumstances can either increase or decrease our risk of cancer. Genes are like workers inside our cells carrying out specific jobs. The particular functions they perform are called their gene expression. Like workers, we can give them incentives to do their work more effectively, such as protecting our cells. We call that enhancing protective gene expression. In other situations we have to correct what the genes are doing to prevent dysfunctional behavior and potential catastrophes. This is referred to as correcting degenerative gene expression. We will examine how to increase protection inside of the cells and how to prevent cellular

degeneration.

Enhancing Protective Gene Expression

It is common knowledge that antioxidants are good for us and exercise a protective role in our body. What many people do not know is that one of the areas where oxidation occurs on an ongoing basis is within our cells. The energy in the cells is produced by little power plants called mitochondria that use glucose, fats and proteins and convert them into energy. As with all power plants they are not pollution free. In the process of producing energy they release a great deal of toxins that need to be neutralized.

The process of neutralization is carried out by intracellular anti-oxidants; Glutathione, Super Oxide Dismutase (SOD) and detoxifying enzymes. Inside of every cell there is a gene which stimulates that process when it is activated. This protective gene is activated by cruciferous vegetables (broccoli, cauliflower, cabbage, brussel sprouts, rabe, kale and watercress etc.). Maintaining toxic-free cells is one good way of preventing degeneration and cancer. Eating these foods is very good for us but it would be hard to eat enough to have the maximum detoxification effects in our cells. There are many cruciferous supplements on the market. One that we recommend is Broccosabe. The recommended dosage is two capsules two times daily.

Controlling Degenerative Gene Expression

There are two important factors to maintain healthy cells. Cells need to die at the appropriate time (this is called apoptosis). Secondly, when they reproduce, their specific function has to be communicated to the new cells (this is called transcriptase). If these two processes do not take place, dysfunctional cells are produced that do not die when they should and they continue reproducing. These are cancer cells. Many things can contribute to cell dysfunction, in particular estrogen deterioration.

Estrogen deterioration has been linked to breast cancer in women and prostate cancer in men. There is a strong suspicion that it could also be a causative factor in many other forms of cancer. The good news is that the appropriate response to this impending disaster is at your fingertips. Resveratrol, a bioflavanoid derived from grapes and present in red wine, can prevent the cellular degeneration possibly linked to many cancers. Unfortunately, you can't drink enough red wine to provide the full protection that you need. You can find resveratrol in all health food stores. The product that I recommend to my clients is called Resveratrol Extra. It contains 500 mg of resveratrol. For people who have had cancer or who have a history of cancer in their family, I recommend a minimum of two capsules daily. As a general protection, I think that taking one a day is enough.

New research on immunity also points to vitamin D as being critical for immune balance. A daily minimum of 2,000 IU is recommended for maintenance and higher amounts if tests indicate a deficiency. The vitamin D we recommend is the RX Pharmacy Liquid Vitamin D containing 2,000 IU per drop.

All the products mentioned above are available from MHP 800- 647-0074. Mention that you were referred by Dr. Babinet when you place

your order.

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 Nanbudripad Allergy Elimination Technique (NAET).

Babinetics
Bertrand and Roberta Babinet
Phone: 303-823-0301
Fax: 303-823-5378
Emai: babinetics@aol.com

FOR DECEMBER ONLY 20% OFF

You can have 20% off of our regular price of \$180 per hour

This will bring your fee to \$144 per hour

This applies to phone sessions only

Mention this coupon to receive your discounted price

Offer Expires: December 31st, 2009

[Forward email](#)



This email was sent to babinetics@gmail.com by babinetics@aol.com | [Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).



Dr. Bertrand Babinet | 1750 30th Street #184 | Boulder | CO | 80301