



Health Insights

from the office of Dr. Bertrand Babinet

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Dear Bertrand,

Right now there is a lot of discussion on the danger of influenza and particularly the swine flu (H1N1). We would all like to remain healthy and avoid getting sick. The question becomes, "what is best for me?"

In this newsletter we will look at various points of view which will hopefully assist you in making a decision for yourself and your family.

Peace, love and radiant health,

Bertrand Babinet PhD LAc

Your Health Insights Tip

Understanding the Flu and How to Protect Yourself

Influenza is a fast mutating type of virus infection. Because it mutates quickly when exposed to it our organism often doesn't have a ready response. Individuals with a strong and healthy immune system will naturally mount an appropriate response and push the infection away in a few days. The current strand of flu (H1N1) has been linked to the 1918 flu pandemic whose victims included many healthy young adults. As a result the health industry, the media and the federal agencies are encouraging everyone to be vaccinated.

A vaccine is an attenuated, live or dead, virus introduced into the body to activate an immune response. The thought is that this response will prepare the body to react appropriately should it become exposed. Due to the frequency at which viruses mutate there is no guarantee that the vaccine you are given will actually protect you against the virus you are exposed to. A similar vaccine against swine flu in 1976 was linked to a very serious neurological disorder called Guillain Barre Syndrome. Some immunologists are concerned that similar risks could occur with the present N1H1 vaccines. In a recent article, Dr Tom Jefferson, a famous epidemiologist describes the present swine flu vaccine as an untested potentially dangerous cocktail of chemicals and viral fragments that could possibly be linked to devastating neurological conditions.

Who should be vaccinated?

Ana Gabrea, who holds a Ph.D. in Immunology has this to say about who should be vaccinated. "A vaccine is called for in the situation where the disease is overbearing on the individual, otherwise you want the body to go through its natural process to combat an infection, leading to much better immunity than any vaccine can confer. If an individual is immune compromised and incapable of mounting a

proper immune response, then getting the infection is not advisable (neither is the vaccine, since the body has to mount an immune response to that vaccine!). If an individual has a weak immune system, then the vaccine may be advisable (since it should not induce disease) as long as the side effects and risks are acceptable."

Our Recommendations for Protection

Be smart and practice **good hygiene**, frequently washing your hands and not touching your face, as well as maintaining a healthy diet and getting plenty of rest and regular sleep.

Have a good quality **daily supplement program** including vitamins, minerals, essential fatty acids, probiotics and general herbal support. If you do not presently follow such a protocol, now is a good time to start. Of course we recommend our own daily pack, [The Prime Formula](#). However, there are many other comprehensive programs available.

There are specific **key nutrients** critical to boosting our immunity during the flu season. One is Vitamin C - a minimum of 3000 mg daily in separate doses. The other is Vitamin D - a minimum of 2000 IU daily. If you are going to be among many people in confined spaces take more. You can take 10 to 20,000 IU daily for several days without any risks.

Many **herbs** have been well researched as having strong antiviral activities. These include goldenseal, astragalus, ginger and echinacea. A professional formula from Apex Called X-Viromin is specifically designed to strengthen the immune response to viruses. Ginger is the herb which I've recently identified as being particularly effective with my clients who were exposed to the swine flu. It helps to clear the lungs and decreases the intensity of the disease. Use five slices of ginger for each quart of water. Put the slices in the water, bring it to a boil and simmer for 10 minutes. Drink several cups a day.

Homeopathics were used by a large group of people who came down with the flu during the devastating epidemic of 1930. The survival rate in this group was over 95 % as opposed to the rest of the population where the survival rate was only 25%. Primarily two remedies were used; Gelsenium and Bryonia. These two remedies are available at any health food store. I would use a dilution of 12C or 30C. A product widely available called Oscilococcinum has also shown a great deal of effectiveness. In addition, a very powerful antiviral homeopathic formulation called Viral Combination is available to practitioners from Deseret Biologicals.

There is a special form of **colloidal silver** called silver sol which is much more effective than traditional colloidal silver. In this form the silver particles are so small they can be suspended much more effectively and are very stable. Like colloidal silver, it can be used internally as an antibacterial but it can also be sprayed to disinfect surfaces. It can be used in a humidifier and it also comes in a gel form which can be used in the nostrils to block viral transmission. These products are also available from Deseret Biologicals. Contact us by [e-mail](#) or by phone to order any of these products for you.

All of this information is general in nature. Certain physical imbalances such as toxicity, stress, sugar metabolic imbalance, hormonal imbalance and chronic low grade infections can dramatically reduce your immunity and increase your risk to catch the flu and to be seriously affected by it. If you would like us to assist you in bringing your body in optimal health, [contact us](#) for an appointment.

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).

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