

# Health Insights

from the office of Dr. Bertrand Babinet

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#### Dear Bertrand,

It seems that once we reach forty we start becoming aware of the subtle effects of aging on the body. The anabolic (regenerative function) decreases and the catabolic function (degenerative) increases. As this takes place, the cells, the tissues, the organs and the body functions are all affected. In this newsletter we will examine the aging process and some natural remedies you can use to slow down that process and age more gracefully.

Peace, love and radiant health,  
Bertrand Babinet PhD LAC

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#### Your Health Insights Tip

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#### How to Age Gracefully

##### What is Aging?

From birth, cells throughout your body die and new ones are created. The balance between these two functions determines the rate of your aging process. This balance is influenced by genetics and by lifestyle. While some genetic traits seem insurmountable, others are highly manageable if they are addressed early with the right supplementation and lifestyle approach

##### Three Styles of Aging

Accelerated Aging is usually associated with individuals who either have serious genetic issues or an unhealthy lifestyle that would include smoking, eating fast foods, poor sleep habits, excessive stress, using recreational drugs, excessive drinking and living persistently in a negative emotional and/or mental state.

Normal Aging is common among people who manage their genetic risks and take reasonably good care of themselves through eating a balanced diet, exercising regularly and participating in meditation, prayer and relaxation.

Delayed Aging is what we see among people who understand the aging process and do what they can to delay it through exercising regularly, eating organic foods and a balanced diet, regular supplementation, participating in personal or spiritual growth practices and active learning. Usually this is reflected in an open mind and a lighthearted approach to life and the challenges that come with it.

##### What Can We Do to Delay the Aging Process?

A generous amount of research has been done in recent years about

anti-aging and decreasing the risks of degenerative diseases traditionally associated with aging. The solid foundation we have mentioned above includes regular exercise, a balanced organic diet abundant with vegetables, fruits and healthy protein and supplementation with specific nutrients. As we age the body requires an increasing level of supplementation to compensate for a greater degenerative tendency and a slower metabolism. Having a solid program of supplementation is very important to maintain all of the basic functions of the body.

### **PureCell. The Ideal Supplement for Delayed Aging**

Recent research has identified some of the critical nutrients essential for healthy aging. Let's review some of those valuable nutrients.

**Vitamin D** - Until recently it was believed that 400 IU of Vitamin D was enough to maintain healthy bones. In the past couple of year it has been discovered that Vitamin D is critical for immune regulation and that the majority of people lack proper level of vitamin D.

**Selenium** is a powerful antioxidant which has been shown to protect cell against degeneration.

**CoQ10** is an important co-enzyme which strongly supports energy metabolism and cardiac health. It is a must for all people on statin drugs.

**NAC** is a complex amino acid critical for cellular detoxification and protection.

**Alpha Lipoic Acid** is an anti-oxidant produced in the liver. It recycles Vitamin C, Vitamin E and CoQ10 and helps in the detoxification of the liver and the functioning of the pancreas.

**Ashwaganda** is a renowned Ayurvedic herb and has been used for thousands of year as an anti-aging agent.

**Turmeric** is a seed often used as a spice. It is a potent natural anti inflammatory.

**Pamax Ginseng** is a root from China or Korea well known for its support of longevity.

**Green Tea Extract** exercises a very strong anti-oxidant effect on all the cells of the body.

**Astragalus** is an herb from China used to support the immune system. It has a strong anti-viral effect and helps in the elimination of abnormal cells.

I have known about the specific nutrients mentioned above for quite a while and frequently recommend them to my clients. I was delighted when I recently found a supplement from a highly reputable company that incorporates all of the above mentioned ingredients in the appropriate dosage into one capsule. This product is called PureCell and the recommended dosage is four capsules per day. It comes in a one month bottle of 120 pills.

### **PureCell and the Prime Formula - A Perfect Match**

Originally the [Prime Formula](#) was created to address the basic health needs of males and females from twelve years of age until old age. The focus of the [Prime Formula](#) is on boosting homeostasis, the ability of the body to take care of itself. To do this I carefully chose a combination of vitamins, minerals, essential fatty acids, probiotics and combined them with a proprietary blend of twelve herbs. The purpose of the herbs is to support every major body system and to harmonize the Body, Mind and Spirit.

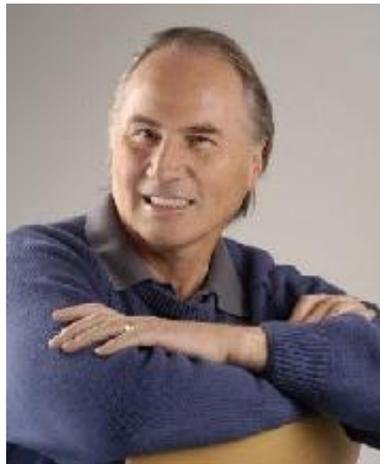
Anyone in their fifties and above will greatly benefit from the extra support provided by PureCell. It will add a lot of regenerative and protective power to any program you are already on. In combination with the [Prime Formula](#) it is a perfect match.

See our special offer below.

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### **Bertrand's Bio**

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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**

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