

Health Insights

from the office of Dr. Bertrand Babinet

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Formula**

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Dear Bertrand,

Several months ago we embarked on a great adventure, exploring the amazing weight loss achievements of the homeopathic hCG Professional Formula. I approached this new weight loss strategy with my usual skepticism as I had had experience with many methods available to lose weight and their ineffectiveness in the longterm. In a conversation with Dr. Bruce Shelton, the doctor who introduced this product, he spoke about his 65-pound weight loss and the ease with which he had already maintained that weight for a year. I was convinced to give it a try. Since then it has truly been an adventure as we have walked through this process with over one hundred people who have achieved amazing results. In this newsletter we are sharing some of our adventure with you.

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

Your Health Insights Tip

My Personal Experience

I was aware I needed to do something about my weight. As I was approaching my 70th birthday, I had reached 197 pounds and it was affecting my life in a myriad of ways. My stamina and flexibility was not what it had been. I was dissatisfied with my general appearance and how my pants were falling under my big belly. And more importantly, I knew that being overweight was also increasing my risk for major health issues. When I heard about Dr. Shelton's success with the hCG Professional Formula I was committed. And I was delighted that my wife, Roberta was willing to do it with me. In preparation, as I looked over the specifics of the diet, a big wave of doubt went through my consciousness. My question was "How could I possibly function on a 500 calorie diet and eliminate most of my favorite foods?"

However, I was committed and so we began. From the beginning of following the very low calorie diet I was astounded. I had no hunger and no cravings. I did experience a little bit of lightheadedness and low energy for the first few days, but I had no cravings for cheese, sweets or wine. This was truly miraculous.

The rest of my 26 days on the very low calorie diet were without challenges and by the end of my program my weight had dropped from 197 to 173. I felt fantastic! When I went to my gyrotonic session I couldn't believe the ease with which I could move my body. At that

time I attended a conference with many of my friends and clients and I received numerous comments on how healthy and radiant I looked.

Since then have done a second 26-day cycle and I have dropped my weight another 10 pounds. I am down to 165 pounds, the weight I had in my twenties. I just went through my closet and gave away two large boxes of clothing that no longer fit me. I also had the surprise of putting on a suit for a soiree that I had last worn in 1993. It fit me like a glove.

Roberta's experience

My wife Roberta began the program at the same time that I did and shares much of my experience. Roberta had some headaches as she detoxed in the early part of the very low calorie diet. This is not uncommon as toxicities that are in the fat cells are released. She also experienced some fatigue toward the end of the 26 days that we took care of after analyzing the cause. She has released 35 pounds and has regained the figure she had as a young woman. Her remark to me a week ago was "I got my body back." An amazing aspect of this program is that to date we have had no problem maintaining the weight loss.

Sharing with our friends and clients.

For years I have had many clients inquiring about weight loss. I would make suggestions half heartedly because the truth is that nothing had worked for me. Now this is a totally different story. I have something to offer. A method that works and I can prove it. At this point we have had over 100 people go through our program and 99 % of them report amazing results. A few of them share their experience here:

Sue McHenry, pharmacist

"This hCG homeopathic weight loss program offered by Babinetics is very different from any diet plan I explored before. A lot has to do with awareness and re-training my body and my mind. In particular, I liked eating real food, consciously eating smaller portions, cooking healthy meals each day with protein, fruits and green vegetables. It is really a resetting and re-learning on a lot of levels at one time. And watching the pounds fall away kept me engaged and willing to go the course."

Karen Carmean-Mathieu teacher

I started the hCG weight loss plan almost 3 weeks ago, and I LOVE it! I was really struggling with compulsive eating and I just couldn't seem to find a way out of the vicious cycle that had me feeling very hopeless, out of control, and overwhelmed. 45 days later, I am feeling clear-headed, alive in my body, and hopeful about my future. Before I started, I really worried that I would not be able to stick to the plan, but I have released over 30 pounds and I have not felt hungry at all. In fact, there are days when I almost forget to eat a meal. I am grateful for this program and how it is working in my life."

Louisa Holmes: Graphic Designer

"I think of this diet as magical. It works really fast and I'm not hungry. And, I feel balanced and have enough energy to get me through even long days. I did the diet for a little over 21 days and lost 15 pounds. The maintenance part was/is very educational. It was much more obvious what foods "work" for me and which ones I have trouble digesting and increase my weight. For the most part I feel like my weight "set point" switched to my new weight. Hallelujah! Having dieted SO MANY times in my life I know well how difficult it is to anchor at a new weight.

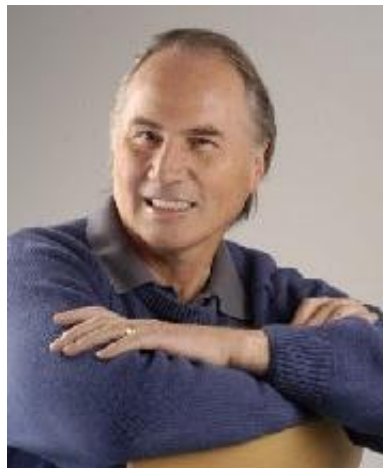
PS: I forgot to mention how much I love the support system of the weekly phone calls, and ability to ask Bertrand questions. The group energy of all of us working on this together is INVALUABLE and just plain fun."

An Individualized Program

While the hCG homeopathic seems to work with all clients we have found that many encounter unique challenges, both physical and psychological. Being available to them is critical in assisting them to achieve their goals. In this context the health assessment at the beginning of the program is essential. This is what allows me to identify the nature of their challenges and what we can do to address them when they consult me during their program. So far, we have not had any participant who had to stop the program because of health issues. It is also important to know that if I am concerned about the state of your health I will not agree to have you start the program until we have addressed foundational issues.

This program is amazing. It is a dream come true and it produces such excellent results that we have a constant inflow of new participants who have learned about it through word of mouth. What is truly unique about this program is the ongoing support we offer throughout your program. Why don't you join us in this adventure?

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 19 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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