



Health Insights

from the office of Dr. Bertrand Babinet

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First Time in 20 years!

We have raised our individual session price to \$240 per hour. This became effective on May 15th for all new clients. However, we are extending our old price to all

Dear Bertrand,

Recently I was in New Zealand and I began exploring the healing practices of the Maori. During this process, I revisited my personal journey that has brought me to this place in my career and I am sharing that here with you. As I review my process of developing my gifts and talents, I invite you to take a look at your own personal journey as well.

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

Inspirations from my New Zealand Adventure

I was surprised to discover that many aspects of the Maori healing practices paralleled the process of my development as a healer. There are key aspects of the Maori healing that existed in the past and are present in the most recent Maori healing practices as well. These include:

1. A strong focus on the intuitive to identify the causes and treatments of diseases.
2. An awareness that diseases are the result of inner conflicts which reflect a lack of cooperation with the laws of nature. The course of treatment for this includes a healing of memories and the willingness to change our ways.
3. The awareness that past traumas and conflicts are stored in the tissue and the structure of the body and that through deep massage, re-alignment and energy work those blocks can be released and the natural ability of the body to take care of itself can be restored.
4. A reliance on natural substances to restore balance and health to the body, mind and spirit.
5. An invocation of spiritual support and guidance through incantation, prayer and fasting.

Surprisingly my own developmental path as a healer has followed a very similar course. I didn't know that this process would lead me to become a health care practitioner. Rather, I followed an unfolding path that revealed the gifts and talents I had received. I don't remember exactly all the specific steps of my development but I will cover some key experiences that shaped the way I approach health and healing.

As a young man I discovered that I had an instinctive knowing of the healing abilities of plants. In particular, I remember an incident where one of my sisters was sick and after attuning to the imbalance in her body, I held that frequency and went into the fields in Normandy to

previous clients through September 1st. So take advantage.

find the plant that would restore the balance. Within a short time I discovered the plant and came back home with it. We looked in books to make sure the plant was safe and to know how to use it and indeed it produced the desired result. This was the beginning of my awareness of the intuitive ability that still forms the cornerstone of all my work.

It took me many more years to explore my intuition and to orient myself towards health care as a profession. I began my education getting degrees in Business Administration, Law, International Relations. Then I worked for the French Embassy for over seven years. While working at the French Embassy my explorations included humanistic psychotherapy (Gestalt, Reichian Therapy, Bioenergetics, Primal Therapy, Rolfing and several other modalities). During that time I apprenticed in some of these modalities and my intuitive ability became more developed.

In 1974 I changed my orientation and moved into healing work fulltime. I had completed my training in Postural Integration, a form of deep connective tissue work similar to the Maori technique, which involved deep emotional release. This became my primary occupation for the next 10 years. I integrated my ability to attune and move energy into this practice.

From 1984 to 1987 I studied Acupuncture and Chinese Medicine and integrated this approach into my practice. I also added a form of chiropractic work called Neuro Organization Technique which allowed me to integrate both the energetic and structural work. Towards the end of my acupuncture training I began a PhD program in Human Development and I graduated in 1989. In each of these new disciplines I incorporated my intuitive awareness and integrated them with one another creating a body/mind approach with a strong spiritual foundation. We called that approach the **GEM** (Global Energy Matrix) work.

From 1990 to 2000 my focus was primarily on my private practice and teaching the **GEM** trainings, the unique approach of healing I had created which assists individuals to develop their own healing and intuitive abilities. During that time we gave these trainings regularly throughout the US, Mexico, South America and Europe.

Following my wife's diagnosis with breast cancer, my work changed direction again and my focus turned to the understanding of the biochemistry of the body and the use of plants and supplements to restore physical health.

My philosophy of health and healing is a complete respect for the body and for each person and their uniqueness. I address issues however I do not treat diseases. I treat people. I do this with the greatest compassion, love and caring I can muster. My intuitive ability is always at the forefront of my work but I always back it up with all the scientific information I can find. To this day my work is an integration of everything I have learned. Each year I attend close to one hundred hours of professional training. I see God as my partner and I am clear that I am simply a channel for the healing process and unless it is offensive to my clients my work always starts with an invocation.

Recently I have been working with **weight loss** in my practice. For a long time I have been aware of excess weight as a major cause of degenerative disease. I developed a highly effective weight loss program and to date we have worked with over 150 individuals and the ongoing management of their weight. The results are very encouraging and we are discovering that the key is to approach the uniqueness of each person and work with their inner cooperation. We assist each individual in doing the best they can.

In the last few month I have been pursuing advanced studies in comprehensive cancer care with the Mederi foundation. It is a new comprehensive approach to health and healing that promises to dramatically transform the practice of medicine. Obviously, I am a life long learner. Beyond my insatiable thirst for knowledge, my prime motivator is to increase my ability to serve the people who come to me for help. I love to serve and I am devoted to always doing the best possible job I can do on their behalf.

I encourage you to take a moment to acknowledge your personal journey and to take a look at what your next steps are.

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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