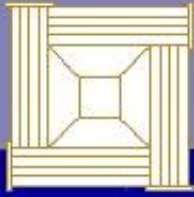


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Health Insights

from the office of Dr. Bertrand Babinet

November 2011
Issue 17



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Dear Bertrand,

Aging is a part of life that we can't avoid. To manage our aging effectively we need to understand the process and what it entails. This newsletter is designed to help you clarify the mechanisms of aging and to identify some of the strategies we can use to age more gracefully.

Let us know if you have any questions about this valuable material.

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

Your Health Insights Tip

The Three Types of Aging

Simply by observing the people around us we can easily distinguish three types of aging:

Normal aging in people with healthy genetics who enjoy their life, their work and their relationships and use food and alcohol in moderation.

Accelerated aging is often apparent in people with serious genetic imbalances, a very stressful lifestyle or individuals prone to a lot of excesses such as alcohol abuse, smoking, compulsive eating, vindictiveness, perfectionism and chronic dissatisfaction with themselves, others or the world.

Delayed aging is present with individual who approach aging consciously and who understand the need to support an aging body with responsibility and care.

The Foundation of Health

Two mechanisms are constantly operating in the body. There is a restorative, healing, balancing process called anabolism and an active, degenerative, stressful process called catabolism. The art of aging is to increase anabolism to more effectively manage catabolism exacerbated by aging and stress.

The natural balance of our body to adapt to internal and external stress is called homeostasis. We recognize two forms of homeostasis. One is a positive homeostasis which maintains optimal health and the other is a negative homeostasis that compensates for excessive stress

many people have a yearly check up to evaluate the risk of disease, we suggest a yearly review designed to maintain your optimal health . Any of our present or former clients who would like to take advantage of this offer will receive a \$50.00 discount on a one-hour consultation. This offer will be available through the end of December.

See Special
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at bottom of Newsletter

and deficiencies by creating low grade chronic disorders. Restoring and maintaining positive homeostasis is a role particularly well addressed by certain herbs called adaptogens. Adaptogens have the ability to help us adapt to change, in particular the challenges associated with aging. Many traditional healing systems (Chinese, Tibetan, Ayurvedic) have incorporated several of these herbs and remedies into their lifestyle and their cooking.

First we will look at what increases catabolism (degeneration) and then we will examine the unique role that adaptogens can play in slowing down degeneration in our bodies.

Factors that Increase Catabolism

Life Style Issues

These may include chronic stress, insufficient sleep, poor nutrition, lack of exercise, unhealthy relationships and an overly stressful work environment.

Abusive behaviors

These may include excessive use of sugar, caffeine, alcohol, drugs, smoking, perfectionism, vindictiveness, chronic victimization, excessive endurance exercise and trauma (physical or psychological).

Medical procedures

Certain pharmaceuticals, surgery, radiation and chemotherapy.

Negative Homeostasis

Negative homeostasis is the mechanism through which the body compensates for ongoing excessive stressful situations in our life. This coping mechanism can lead to chronic imbalances. The most common symptoms are fatigue, depression, insomnia, anxiety, weight imbalance, lack of libido, chronic pain, inflammation, frequent headaches and digestive disturbances. These dysfunctions increase catabolism and are often the precursor to serious degenerative conditions.

Degenerative Conditions Associated with Sustained Catabolism

Cardiovascular diseases, diabetes, chronic lung conditions, arthritis and rheumatism, autoimmune diseases, neurodegenerative and neuromuscular diseases, cancer and many other degenerative diseases.

What is the Specific Role of Adaptogens?

Adaptogens are multitask herbs that pave the way to naturally restore health and vitality. More specifically they:

- Retard stress and aging
- Enhance resistance of the entire body
- Vary their action according to the specific needs of each person
- Increase anabolic (regeneration and healing) metabolism
- Maintain or restore positive homeostasis
- Are nontoxic and have no side effects even with prolonged use
- Maintain antioxidant balance
- Mediate inflammatory response
- Manage endocrine and neuro/endocrine balance

There are Three Types of Adaptogen Herbs

Rather than attempt to cover all of the adaptogen herbs, we are presenting only some of the best known herbs used to protect the body against degeneration and aging.

[The Global System Regulators](#) These herbs are known to have a global impact on the body and to prevent aging. They include Panax Ginseng, Siberian Ginseng (Eleuthero), Rhodiola, Ashwagandha and Holy Basil.

[The Cellular and Immune Regulators](#) These herbs, also called companion adaptogens are used specifically to support the immune system of the cells and to prevent degenerative diseases. This group includes Turmeric, Green Tea, Rosemary, Ginger, Grape Seed (proanthocyanidin), Grape Skin (resveratrol).

[The Specific Regulators](#) This group of herbs target specific issues of the body. Included in this group are Licorice and Fo Ti (energy and sleep), Gotu Kola (connective tissue), Ginkgo Biloba (circulation) and Royal Jelly (mental alertness).

The [Prime Formula](#) Story

In 2005 I was asked by a network marketing company in Europe to develop a health support product that would have a global application for individuals from 12 years of age to the elderly. To fulfill that purpose I created the Prime Formula, a daily supplement packet comprised of eight capsules.

The [Prime Formula](#) is a combination of herbs, vitamins, minerals, essential fatty acids and probiotics. It is specifically designed to address the most common issues that I have observed in my practice. This formula is highly beneficial to most individuals independent of their age, gender or physical condition. It is well tolerated and easily absorbed. The [Prime Formula](#) has no known negative side effects.

Recently I was attending a seminar on cancer care during which an expert botanist gave us a course on adaptogens and their purposes. I was amazed to discover my selection of herbs for the Prime Formula included some of the most important adaptogens.

Among the herbal products that are in the Prime Formula include two for anti-aging (Eleuthero and Holy Basil) and three were selected for cellular and immune support (Green Tea, Rosemary and Ginger). In addition, Ginkgo Biloba was selected for brain circulation and Fo Ti for energy, hormonal support and sleep regulation. Several other herbs are included in the Prime Formula to support digestion detoxification, neurological, intestinal, sugar metabolic and cardiological functions.

I am a strong believer that a healthy system has to be based on a solid foundation. For this reason the [Prime Formula](#) is at the core of all my treatment strategies.

If you have never tried the Prime Formula and would like to try it out we will give you \$10 off of your first 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 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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For those of you would like to try the Prime Formula and it is your first time, you will have \$10 off the regular price of \$60. This offer is good until December 31st, 2011.

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