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# Health Insights

from the office of Dr. Bertrand Babinet

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## Dear Bertrand,

Health Insight Newsletter - Nov/Dec 2013

Three ways to make your holiday season more joyful!

### Weight management

If you have a tendency towards gaining weight, this can be a challenging season. Do not wait until the beginning of the year to address weight issues.

A 3 week hA2CG weight loss program with Bertrand will make sure you are staying on track through the holidays. You need to start now, so do not wait. I'll teach you how to make exceptions without derailing the program.

(Also, see the \$50.00 discount offer below.)

Please remember that alcohol is a depressant and sugar and refined flour in large quantities are poisons to the body. Moderation is the key.

### Dealing with Holiday blues

Looking back into the past is not a good idea, as it only brings regret or nostalgia. Focusing on difficulties and challenges in the present does not work either. Focus instead on what you appreciate in your life and what brings you

gratitude as well as what would make this season remarkable. Remember that giving brings more joy than receiving. Find opportunities to participate in the giving. Do things which are out of the ordinary for you. My late wife use to say: "The best birthdays are the ones we plan ourselves." During this holiday season, ask yourself "How do I want to celebrate?"

### Dealing with family

Holiday family gatherings can be quite challenging. Here are a few time-tested methods for dealing with family stress and anxiety.

- First, prepare your self by building up inner positivity. Ask yourself what quality or qualities you want to bring to those encounters.
- Second, take those qualities and turn them into an affirmation, e.g. "I choose to focus on the love and care I have for myself and my family, no matter what."
- Third, if you get triggered, take a big breath and repeat the affirmation, perhaps several times.
- Fourth, if this is not enough, excuse your self and go to the bathroom for a short time alone. This is the place where people are unlikely to follow you.
- Fifth, use every opportunity to volunteer to run errands. This will give you periods of time off and the opportunity to be of service.
- Sixth, if you do get triggered do not judge them or you. Forgive yourself for your judgments of yourself and other and avoid running stories (stories usually start with "you always/never" or "they always/never"). Emotions tend to move away very fast if we do not feed them with

stories. If need be, apologize for your reaction and move on.

If all else fails reach out to somebody you trust to help you get out of the muck!

Enjoy the food, family and friends as much as you can. Do your best to stay upbeat and healthy!

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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 21 years. He holds certifications in Nutrition, Functional Endocrinology, Functional Blood Chemistry, Postural Integration, Neural Organization Technique (NOT) and Nanbudripad Allergy Elimination Technique (NAET).

### Babinetics Bertrand Babinet

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