

Health Insight Newsletter

December

2014

**BABINETICS**
THE FIVE DYNAMICS OF HEALTH

From the Desk of Dr. Bertrand Babinet

www.babinetics.com**In This Issue**[Celebration, Reflection and New Beginnings](#)[Blood Test and Analysis Special through December](#)[Save the Date: Upcoming Teleconference - Creating Outstanding Success](#)[About Dr. Babinet](#)**Dear Bertrand,**

The end of the year is a time of celebration, reflection and new beginnings. We want to take this opportunity to wish you the best possible holidays, a great time with your family and friends and a very happy, prosperous New Year. We also invite you to celebrate all your achievements for the year, as well as to see where you are now and to consider what you might need in your life.

We are immensely grateful for you, our friends and clients. It is our hope to inspire you to greater health on all levels, and to be of service to you during this busy season and throughout the coming year.

May your holidays be rich in love and laughter!**Celebration, Reflection and New Beginnings****Celebration**

The end of the year is a time of celebration. We often go to parties and spend time with family and friends. In the hustle-bustle of all those social activities we may forget to take care of our own needs. While being with family can be a source of nurturing for some, it can be a great challenge for others. We want to encourage you to celebrate yourself, so that no matter what happens, you still come out feeling blessed. Acknowledge all the good stuff about you and your life! What gifts did this year bring to you?



Consider what would fill your cup at this time. Give *yourself* the gifts that will truly touch your heart. It could be a concert, intimate time with a friend, a trip to the museum, a spiritual celebration, etc. As you do this, whatever you receive from others will be a bonus! Also remember that celebration is not a one-time thing. Rather it is a great habit to bring into every day of your life. One of my coaches gave me a rattle so that after each completion in my day I could take a few seconds to celebrate. How could you celebrate yourself and your achievements? What more could you do to let yourself know how important you are to *you*?

Reflection

The end of the year is a time to examine achievements as well as reflect on where we need or want to go. Let's take a minute to review our health and lifestyle. One simple exercise is to ask yourself the question, "If I continue taking care of myself the way I am now, what will be my most probable future in 10 years?" If the answer is not categorically, "healthy and happy and full of enthusiasm", then it is time to look carefully at where you are and what you want to change.

One thing to know about health is that it requires increased awareness, attention and commitment as we get older. Aging gracefully is a daily process. Regular exercise, a healthy diet (low in carbs, sugar and processed food), stress management, an awareness of health risks, and proper supplementation are all key elements of conscious aging.

An important first step to optimal health is getting comprehensive blood tests and then having them analyzed functionally rather than pathologically. The idea is to identify your body's optimal health, not whether you are sick -- which is often too late. Reviewing the results through the lens of functional medicine can help you with existing conditions you may not have been aware of, as well as preventive measures for areas of concern.

Please take a look at the Special Offer for a comprehensive blood chemistry test discounted through the month of December below. *This is a great way to get a head start on your New Year's resolutions!*

New Beginnings

One of the most critical aspects of physical and mental/emotional health is being happy with what you do and feeling that your contribution counts. If you are not satisfied with your life, we can help you clarify what gets in your way and help you clarify next steps.

Take the time to review your year, acknowledge your achievements, assess your opportunities for expansion and start putting things into motion. Just take your next step -- that will lead you forward and the following step will reveal itself naturally. Or as it has been said by Lao Tzu, "A journey of a thousand miles begins with a single step". What is your next step to optimal health, rewarding self-expression and happiness?

Let us know if we can assist you in your process. Our products and services are here to help you create the health and the life you want. We are 100% committed to your health.

Special Offer for a Comprehensive Blood Analysis

Take the First Step Towards Your New Year's Resolutions!

A Functional Blood Chemistry Analysis is an important test to help you evaluate your true health. The values in the functional range are based on optimal state of health for a given age.

DirectLabs, the company we work with for blood tests, has an offer this month that can't be beat; a comprehensive test for \$60, which would normally retail for over \$500. For an additional \$35, we will process the results through our functional blood chemistry software and suggest next steps. If the results indicate you would benefit from an appointment with Dr. Babinet, we will give you a \$60 discount off our standard hourly fee. For more information about the blood test, [click here](#).

We realize that this month is a busy one, so we want to be clear that all you need to do before the end of December is contact us and register for the test. You will have through the end of February to have the comprehensive blood test done. Logistics about where and how will be supplied when you place your order.



To register for the blood test and analysis, email us no later than 5 pm MT on Tuesday, December 30th at babinetics@gmail.com.

If you have questions please call early to ensure your questions will be answered in time to take advantage of this offer. Our number is 303.823.0301.

Save the Date - New Teleconference Series

Creating Outstanding Success

**First Teleconference of 2015
Tuesday, January 20th at 6 pm MDT**

This call will be the introductory teleconference in a series of five talks based on Dr. Babinet's work with Healing the Inner Family. Join us and be inspired with this unique and effective approach to moving our lives in the direction we want to go. Details will be emailed in early January.



Making Health Contagious

Please help us tell others about Babinetics

If you have friends who you think might benefit from our work, please share this newsletter with them by clicking here. [Forward to a Friend](#). Thank you!

About Dr. Babinet

Dr. Bertrand Babinet has created a revolutionary approach to optimal health and wellbeing. Drawing from extensive education and training, 21 years practicing Chinese Medicine, and utilizing proprietary assessment and treatment tools to address both the physical and psychological, he helps clients identify natural strategies to restore balance and harmony in the body and in life. Dr. Babinet works with individuals, couples, families, organizations and the physical environment to optimize health, effectiveness and creativity. [Read More](#).



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