



From the Desk of Dr. Bertrand Babinet

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Dear Bertrand,

Celebrate the return of summer by taking charge of your health now. Join our upcoming free teleconference for tips to make health simple and affordable. Commit to forest bathing and enjoy the many benefits. Attend our special training to improve personal effectiveness and physical health. All this and more. We hope you enjoy this month's newsletter.

Upcoming Events



Health is Simple and Affordable

**Free Teleconference
May 20, 2014 - 6 pm MDT**

Please join us for a free one hour teleconference and learn effective strategies to:

- Keep the doctor away
- Enjoy radiant health
- Approach life more creatively

Take this opportunity to create a healthier life. Click here to register for [Health is Simple and Affordable](#)

Bio-Functional Energetics

**Three Day Seminar in Lyons, CO
June 20 - 22, 2014**

First time offered in seven years! Please join us for this unique seminar:

Day 1: Open to the public. Clear the unconscious and improve personal effectiveness in every area of your life.

Day 2 & 3: Help clients with specific physical issues by incorporating functional health into your practice. Designed for people familiar with anatomy and physiology. CEU credits in Acupuncture available.

Details to follow in a separate email.

Making Health Contagious

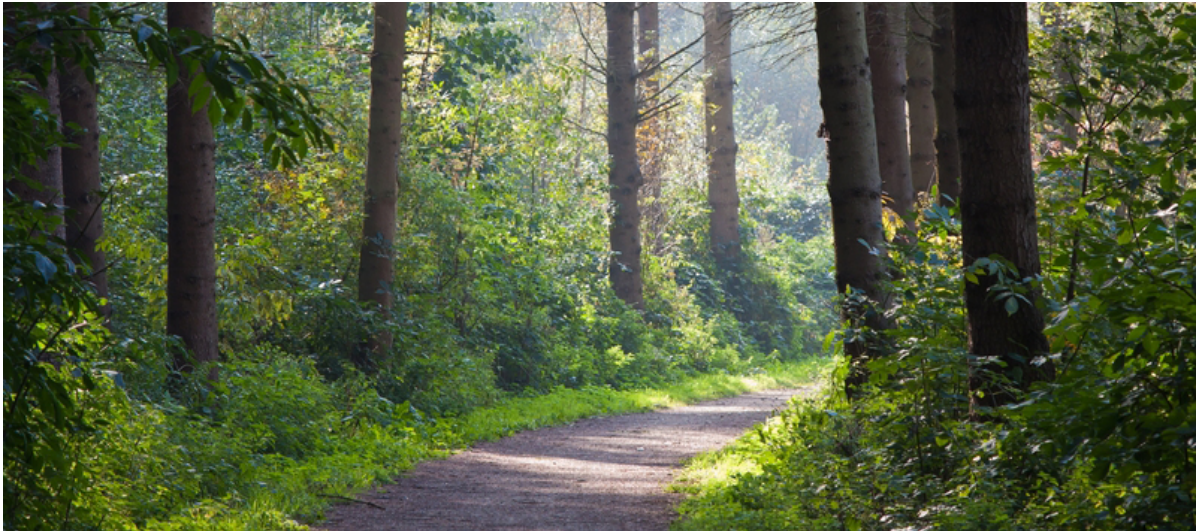
Please help us tell others about Babinetics

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!

Forest Bathing - Health in Spring, Summer and Fall

Many years ago when I was teaching in Canada, I would take groups of people into the Forest. The exercise was to learn to enter into communion with the trees and receive their healing properties. I did it again this year during the Spirit Focused Leadership and Transformation Training. In each instance, it was a deeply moving experience for all.

When I received this article about research done in Japan on a practice that they call Forest Bathing, I was fascinated to find that my intuitive discoveries are now validated by science.



Forest bathing experiments

Qing Li is a senior assistant professor at Nippon Medical School in Tokyo who is studying forest medicine. He is currently the president of the Japanese Society of Forest Medicine, which was established in 2007. Dr. Li has conducted a number of experiments to test the effects of forest bathing on our moods, stress levels and immune system.

In one study the Profile of Mood States (POMS) test was used to show that forest bathing trips significantly increased the score of vigor in subjects, and decreased the scores for anxiety, depression and anger - leading to the recommendation that habitual forest bathing may help to decrease the risk of psychosocial stress-related diseases.

Other studies on immune function looked into whether forest bathing increases the activity of people's natural killer (NK) cells, a component of the immune system that fights cancer. In two studies, small groups of men and women respectively were assessed before and after a two-night/three-day forest bathing trip. During the trips the subjects went on three forest walks and stayed in a hotel in the forest. Blood tests were taken before and after the trip, revealing a significant boost in NK activity in the subjects in both groups. The increase was observed as long as 30 days after the trip. Follow-up studies showed a significant increase in NK activity was also achieved after a day-trip to a forest, with the increase observed for seven days after the trip.

Dr. Li attributes the increase in NK activity partly to breathing in air containing phytoncide (wood essential oils) like α -pinene and limonene, which are antimicrobial volatile organic compounds emitted from trees to protect them from rotting and insects.

[Click here for an interview with Dr. Li](#)

Essential oils are present in all plants. Each has a different impact on our body and consciousness. While the concentration of certain essences maybe more present in the forest, they are also present in any other natural environment.

My personal experience is that each plant has a powerful energy field leading to different experiences depending on the types of tree or plant. It is not only the essential oils that play a role. Aromatic essences of plants have been used in aromatherapy, with well documented clinical results. The subtle frequency of a plant is the foundation of the Bach Flower essences as well as other flower essence systems. In my own work, I have seen both approaches have a profound impact on the health and wellbeing of my clients. The study of herbal medicine also convinces me that plants have many mechanisms to talk to our cells. I think that nature also speaks to our Spirit.

So, whatever the reason or the rationale, taking a walk in nature around trees and bushes is an amazing regenerative experience. I am glad science has verified the profound impact that it can have on our health at many levels. I found that after my wife of 47 years passed away, taking a walk in nature everyday for several months helped me maintain my sanity and gave me the ability to move forward.

Whatever else you do for your health - and we will cover several other approaches in our next teleconference - please make sure that you include walking in nature amongst trees. The results are quite magical. Nature helps us connect to inner peace, which in turn has a profound impact on our brain and on all of the organs in our bodies.

**Click here to register for our free Teleconference:
[Health is Simple and Affordable](#)**

Special Offers

Weight Management Special

Through June, 2014 you can do the comprehensive weight loss program at a \$100 discount - \$350 instead of \$450 for the 26-day program, or \$450 instead of \$550 for the 48-day program. If you combine either program with the full comprehensive health assessment, we will add only \$100 (the cost of the blood test) and do the processing and evaluation at no extra cost to you. [Read More.](#)



Prime Formula

Dr. Babinet has created a proprietary nutritional supplement uniquely crafted to harmonize the body, mind and spirit. It enhances the body's natural ability to restore and maintain optimal health, resulting in an overall improvement in energy, enthusiasm, balance, and well-being. [Read more.](#)



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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