

Health Insight Newsletter

September 2014

**BABINETICS**
THE FIVE DYNAMICS OF HEALTH

From the Desk of Dr. Bertrand Babinet

www.babinetics.com**In This Issue**[Save the Date: Upcoming Teleconference - Candida and Chronic Inflammation](#)[Dr. Babinet on Tour: Book an appointment](#)[What's New? Link to Article on Disease Care vs. Health Care](#)[Feature Article: Why Drink Organic Wine?](#)[Share the Newsletter](#)[About Dr. Babinet](#)**Dear Bertrand,**

Happy September! We hope your summer was wonderful and you were able to take some time to relax and enjoy the light, the warm days, and the company of friends and family.

With the passing of Labor Day, everyone starts getting back to "business as usual". What that means here at Babinetics is that our Health Insights Newsletter resumes its monthly schedule.

This month's feature article is about Organic Wine. If you're a wine drinker, you won't want to miss reading this important information. Please share it with your wine enthusiast friends. To your health!

For those of you in or near Philadelphia and New York City, Dr. Babinet is coming to you in October. Find out below how you can book an appointment with him in person.

Don't forget to save the date for our upcoming teleconference, Candida and Chronic Inflammation.

Have a fantastic month and enjoy the fall colors.

[Forward to a Friend.](#)

Upcoming Teleconference - Candida and Chronic Inflammation

SAVE THE DATE:

Our next teleconference is scheduled for October 1, 2014 at 6pm MDT.

Watch your email for your invitation to this informative presentation. We'll explore signs and symptoms associated with candida overgrowth and some of the effective treatment strategies to combat it.

Appointments With Dr. Babinet in Philadelphia and New York October 15 - 20, 2014



Dr. Babinet is coming to the East Coast in October. Make it a Good Year!

Just like French wine, Dr. Babinet's intuitive skills and clarity deepen with time. This is your opportunity to meet with him in person and benefit from his 40 years of experience and his uncanny ability to identify areas of imbalance. His recommendations will help get you back on track, living a healthy and fulfilling life. If you've never worked with Dr. Babinet, you're in for a treat. Schedule your appointment today.

Philadelphia: To schedule an appointment for the afternoon of October 15th, any time on October 16th, or the morning of October 17th, please contact Faith Rudisill at rudinews@comcast.net or by phone at 484-362-7430.

New York City: To schedule an appointment for October 19th or October 20th, please contact Nan Huson at Nan@huson.com or by phone at 917-373-2275.

What's New?

Dr. Babinet recently published another article on LinkedIn, **Disease Care vs. Health Care**. To get his thoughtful perspective on the difference between the two, [click here](#).

Why Drink Organic Wine?



While I'm not encouraging anybody to drink, being French, I do enjoy a good glass of wine. And if the wine is good, I love sharing a bottle!

For most of my life I was interested in the type of wine, the age, the taste, and sometimes the country of origin. In the past few years, I started experimenting with organic wines. A friend of mine in Colorado, Ken Mahannah, was distributing wines from Organic Wine Company. I sampled a couple of them and left with several bottles. I must say I am hooked. Organic wines had no undesirable effect on my body and they left me totally clear-minded. I have been using organic produce for over 20 years so it did not come as a shock. I wondered why I had waited so long. All my fruits and vegetables are organic so why would I make an exception for something made from grapes?

Non-organic grapes are one of the dirtiest crops

Conventionally grown grapes are one of The Environmental Working Group's (EWG) "dirty dozen." These are produce with the highest levels of toxic residues.

[EWG's Shoppers Guide To Pesticides In Product™](#)

Unfortunately, wine grapes receive substantially more pesticides than table grapes. Twenty-five million pounds of pesticides were sprayed on grapes grown in CA in 2010! One million pounds were listed by the EPA as "Bad Actors" meaning they have harmful human health effects.

According to the USDA Pesticide Data Program, there are up to 34 different kinds of pesticide residue found on conventionally grown grapes. Of those, 4 are known or suspected carcinogens, 17 are suspected hormone disruptors, 10 are neurotoxins, 6

are developmental or reproductive toxins, and 14 are implicated in the death of honeybees.

Effects on the environment

The evidence of the harm that pesticides cause on the environment is growing every year. They have an impact on the ground water and all the animals that drink it. There is a major impact on the workers who are exposed to all these chemicals, often resulting in respiratory and neurological disorders.

How is organic wine different?

Organic wine is made in the way our ancestors made it prior to World War II, when pesticides became popular. Many organic wines are grown using something called "integrated pest management." This means planting companion plants near the vines that attract beneficial insects to reduce the population of insects that can damage grapes.

What should you look for in buying organic wines?

Look for the words: "Made with organically grown grapes." These grapes receive no pesticides or chemical fertilizers. You can also look for the USDA or Ecocert organic certifications. French wine will often have a logo AB (Agriculture Biologique), which is also a good organic choice. Beware of the terms Eco Friendly, Green, Natural, or "sustainably farmed" that are not also organically certified. To be organic, a wine must have the word "organic" on the label.

Where can you get organic wines?

More and more stores carry organic wines and many have large sections to choose from with varieties from all over the world. The price often compares favorably with other wines. It is usually easy to find a good bottle of organic wine for \$10 to \$20. If stores near you do not carry organic wines, you can always check on-line at www.theorganicwinecompany.com. They have a rich selection of excellent organic wines from all over the world.

So What about Organic Beer?

Recently, my friend Tom Boyer introduced me to Asher Beer, a local Boulder brewery, www.asherbrewing.com, that offers organic beer. I was amazed at the difference it made with my body. I love locally brewed beer, but it often causes me digestive discomfort. My experience with the organic beer was amazing. It was similar to the positive experience I had with organic wine. Even having several glasses in the course of the evening, my head stayed totally clear and I had zero intestinal discomfort. Once again I saw an organic "pay off". Our bodies are not designed to absorb genetically modified food or produce that has been heavily treated with chemicals. My advice to all of you is to go organic with everything you ingest into your body. It will keep you happy and healthy.

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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