



From the Desk of Dr. Bertrand Babinet

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Greetings!

Summer can be an action-packed time of the year, and trying to balance extra outdoor activities, gardening, picnics, barbecues, weddings, houseguests and family vacations can be a recipe for high stress. It's an important time to take good care of yourself! **Don't miss Dr. Babinet's article about stress management below!**

Appointments in Los Angeles June 30th and July 4th



There is an opportunity for people in the Los Angeles area to have an appointment with Dr. Babinet 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.

Appointment times still available:

Thursday, June 30th - afternoon

Monday, July 4th - throughout the day

To schedule an appointment, please call us at 720.328.8299 or email us at babinetics@gmail.com

For those of you over 65 we offer senior citizens discounts on products and services. Ask us for details.

The Key to a Healthy, Happy, Effective Life

Two main hormones designed for survival manage our response to stress. In this newsletter we will review their role, what disturbs them and how to bring them back into balance.



The Short-term Fight/Flight Response

Anytime the sentinel cells in your body sound an alarm, your adrenals send a powerful hormone to your brain. This hormone is adrenaline or, recently re-named epinephrine. This triggers a lot of very powerful responses throughout your body impacting muscle response, digestion, reproduction, mental-emotional and visual reactions. Left unchecked, that signal would continue whether there was actual danger or not. Another response must be activated to assess the situation and restore the peace.

Restoring Balance

When the brain is activated for fight/flight, another hormone is released in the brain that assesses the gravity of the situation to create a more balanced response. The hormone that brings things back into balance is called cortisol, which plays a major role in our wellbeing. Unfortunately, because of nutritional deficiency and the constant stress of modern life, cortisol is depleted in a large section of the population. Let's examine the side effects of low cortisol response and then some of the steps you can take to improve the situation.

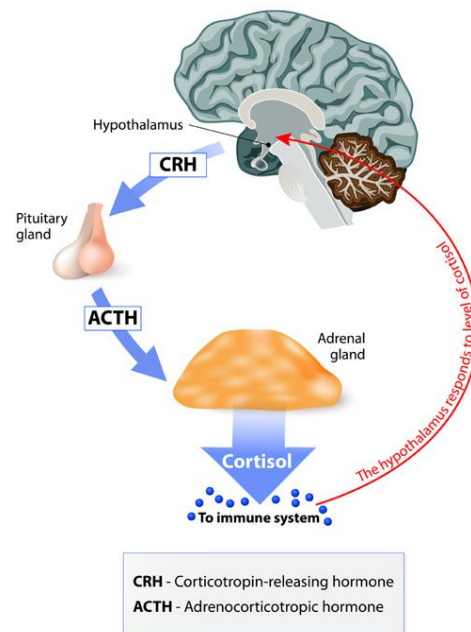
Symptoms of Adrenal Burnout Caused by Low Cortisol

- Sleep disturbance, particularly waking up agitated in the middle of the night
- Difficulty managing weight
- Bloat around the belly
- Extreme tiredness after exercise, or in the mid-afternoon
- Craving salt
- General feeling of low energy
- Mild depression and mood swings
- Anxiety
- Excessive sweating
- Low sex drive

Any of those symptoms should act as a red flag that your adrenals are in a state of fatigue.

The Causes of Cortisol Depletion

Cortisol helps manage chronic stress but is also a powerful inflammatory mediator. Both psychological and physical factors can exercise a powerful influence on your adrenal balance.



On the physical level, anything that produces inflammation will stress your adrenals. Allergies, food sensitivity, chronic infection, candida, mineral, vitamin and essential fatty acid depletion; dependence on sugar and/or caffeine for energy, excessive exercise, overeating, not taking the time to relax, meditate, pray, eat healthy home prepared meals-all those things can have a profound impact on your adrenals and your health.

On the psychological level, any chronic issues will deplete your cortisol. Anything impacting relationships, family, work and finance has a profound effect on your adrenals. No wonder the majority of people over 50 are suffering from some form of adrenal dysfunction!

What Can You Do?

Make sure you avoid regular use of sugar and refined carbohydrates; drink coffee in moderation, avoid fast foods and excessive liquor consumption. Make an appointment with a health care practitioner to assess allergies, food reactivity, intestinal infection (bacterial, candida, parasites). Learn stress management techniques. Have a well-designed supplement protocol that takes into consideration your age, lifestyle and specific needs. Make sure you take time everyday to laugh, have fun and smell the flowers.

Use the Prime Formula

The Prime Formula was specifically designed to address modern day stress issues. It contains all the minerals, vitamins, essential fatty acids, probiotics, enzymes and herbs that you need to maintain and restore optimal physical and psychological health. It is a true fountain of health at an incomparable price.

To learn more about Dr. Babinet's approach, read his article on LinkedIn: [A New Paradigm for Health Care](#)

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The Prime Formula

Prime Formula

Enhance your body's natural ability to restore and maintain optimal health with Dr. Babinet's proprietary nutritional supplement uniquely crafted to harmonize your body, mind and spirit. Add this to your summer health regimen, and you'll benefit from an overall improvement in energy, enthusiasm, balance, and well-being. [Read more.](#)



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!



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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