



BABINETICS
THE FIVE DYNAMICS OF HEALTH



From the Desk of Dr. Bertrand Babinet

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Dear Bertrand,

For some of us, September is a type of New Year. This change of season often brings new projects and new incentives for what matters most to people. We want to support you in establishing the habits and practices that bring about the best health you have ever had.

Our feature article this month provides clear and simple information about the aging process and how to optimize your health throughout your lifetime. As the years pass, we can cooperate and have greater joy and well-being!

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

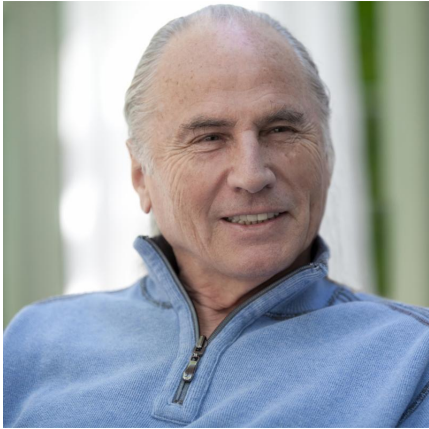
Wishing you a beautiful and uplifting fall season!

[Forward to a Friend.](#)

Appointments With Dr. Babinet in New York, Sunday, Oct 16

Dr. Babinet is coming to New York in October. Make it a Good Year!

Many of you are already aware that 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.

To schedule an appointment for Sunday, October 16th, please contact Nan Huson at Nan@huson.com or by phone at 917-373-2275.

Aging - What We Can Do About It



Cooperating with the Aging Process

Two mechanisms play an important role in regulating our health and wellbeing: **anabolism** (building up) and **catabolism** (breaking down). Both are important. We need to breakdown what is old and no longer functioning while simultaneously rebuilding and repairing. One example is our bones. **Osteoblasts** and **osteoclasts** are types of cells the human body uses to repair broken bones. Osteoclasts break down old bone tissue allowing osteoblasts to replace it with new material. Together, these facilitate bone mending and growth. Similar mechanisms exist throughout the body and in particular in our cells.

When we are younger, anabolism dominates allowing growth of the body from infancy to adulthood. As we age the process starts reversing itself. Aging is a natural process. But it does not affect all of us to the same degree, nor at the same pace. There are three types of aging:

1. Accelerated Aging

The more we expose our bodies to sustained stress the quicker we age. The big stressors of the body are smoking, alcohol, sugar, lack of sleep, lack of exercise and chronic psychological pressure. All of these trigger high levels of oxidation and generate wear and tear. In addition, they interfere with the natural process of healing and repair. The result: increased catabolism and decreased anabolism i.e. "burning the candle at both ends". It is important to note that genetics plays its part and some of us have more leeway than others. Immunity, sugar metabolism, cardiovascular disorders, auto-immune sensitivity, cancer and dementia often have a strong genetic components. These can, however, be strongly influenced, delayed or eliminated with healthy lifestyle and the right nutritional support.

2. Normal Aging

This is what most people can expect. Given decent genetics and a normal lifestyle not prone to excesses or undue stress, their lifespan and health is likely to reflect that of their age group in the general population.

3. Delayed Aging

This requires a concerted on-going effort leading to vital longevity. Nutrition plays a huge part. Avoiding refined sugars and refined carbohydrates is critical. The emphasis is on organic fruits and vegetables, legumes and nuts, good fats, healthy grains and a moderate amount of animal protein. Some fats such as fish oil and coconut oil play major roles in decreasing inflammation and optimizing brain functions. Regular and varied exercise, good hydration and regular sleep are also necessary for optimal health. As we get older nutritional supplements become critical to support optimal health.

You are as young as your cells!

As we age, oxidation attacks the cells from the outside and from the inside. Antioxidants are critical in protecting the cells. Vitamins, bioflavonoids, carotenoids and many other basic nutrients decrease oxidation in the body and enhance tissue repair and optimal systems and functions. Inside the cells, mitochondria are involved in the production of energy; they are the power plants of the body numbering one to two thousand per cell. They process oxygen, glucose and fat to produce the cellular energy that keeps us active and healthy. In doing so they produce a high level of waste that can lead to cellular damage. Cellular toxicity creates serious metabolic dysfunctions, as well as RNA and DNA damage that cause degenerative diseases including cancer, diabetes, cardiovascular and neuro-degenerative disorders.

The process of cellular detoxification and repair determines the quality of our aging process. This is done within the cells by certain enzymes: super oxide dismutase, catalase and glutathione which assist in keeping our cells young and vital. They are all supported by a healthy lifestyle and optimal nutrition.

How can we keep our cells optimally healthy?

Beyond organic nutrition, regular exercise, sleep and relaxation, we need a combination of vitamins, minerals, essential fatty acids, probiotics and digestive enzymes that support metabolic pathways throughout the body. Herbs are also necessary to support major organs and physical structures.

We can help!

Investigating all you need to know and then going to a health food store and trying to create a program by yourself would be overwhelming, time consuming and costly. Based on the best research available and more than 40 years of practice, we created Prime Formula. This is the finest basic program of vitamins, herbs and other

ingredients essential for ongoing vital health we know.

People over 50 years of age or with genetic challenges leading to degenerative diseases also need a comprehensive cellular support program. If you are concerned about your personal health issues or degenerative tendencies running in your family, you can contact us to set up an appointment and we will create a protocol specifically designed for your aging needs. However remember that whatever your age or family history optimal health starts with a solid foundation and a healthy lifestyle.

Dr. Babinet is available for more specific individualized care in supporting your health and wellness. Investing in your health is the best way to keep yourself thriving in optimal vitality throughout your life.

To order your Prime Formula, [click here.](#)

To book a consultation with Dr. Babinet, call 720.328.8299 or email us at: babinetics@gmail.com

*For those of you over 65 we offer senior citizen discounts on services.
Ask for details.*

Special Discounts for September and October



25% off health care consultations

To maximize your health this fall, call Dr. Babinet to provide you with the knowledge and support you need to succeed with your intentions. To book an appointment at this discounted rate, call 720.328.8299 or email Dr. Babinet at babinetics@gmail.com.

20% off The Prime Formula

Through Halloween we are offering a discount of 20% for first time users of the Babinetics Prime Formula. Cost will be \$60 instead of \$75 for a 30 day supply. Call us to place your order: 720.328.8299.

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.](#)

Babinetics | 720.328.8299 | babinetics@gmail.com | <http://www.babinetics.com>

Boulder, Colorado 80301

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Babinetics, LLC, 7438 Clubhouse Road, Boulder, CO 80301

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