



BABINETICS
THE FIVE DYNAMICS OF HEALTH



From the Desk of Dr. Bertrand Babinet

www.babinetics.com

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Dear Bertrand,

Many people are expressing a heightened sense of anxiety recently. Stressors can come from many different sources. This month's article provides simple reminders of how you can keep yourself as healthy as possible during stressful times.

Wishing you a great Spring, full of purpose, vitality and radiant health!

Please visit our new website at
Babinetics.com

Health 101: Simple Ways to Take Care of Yourself



Self-care: the ultimate form of "pay it forward."

Nutrition

Our food has been increasingly depleted in nutrients over the past decades and many products are sprayed with "Round-Up" a chemical that has a profound impact on our gut physiology. Make sure you eat a balanced diet of organically grown products. A good comprehensive supplement program is also highly recommended.

The food "pyramid" has been changed in recent years, yet many people are still consuming far too many carbs and not enough good fat. The result is an obesity epidemic causing serious degenerative diseases.

Sleep

It is generally accepted that a majority of people are not sleeping enough and many not sleeping well enough. Seven to eight hours of sleep is a minimum for most people, including a period of deep sleep. Lack of sleep has many consequences including mental instability, excess weight and neurological imbalance. Adrenal balance plays a big role in sleep regulation.

Exercise

The new research indicates that regular exercise four times a week is critical for optimal health. Also, short sequences of intense exercise is considered the most effective. This often called interval training.

Mindfulness

Our lifestyle is, for the most part, very demanding. Many people report an over-active mind in a constant state of worry and agitation. Learning how to get back into neutral is essential. Whether you call it prayer, contemplation, relaxation or meditation is less important than just having a regular practice that brings you back into a state of inner peace. My new book, ***Empowering the Heart*** can get you on the road to a peaceful mind. To purchase the book, [click here](#).

Prevention

It is better to prevent disease than to treat it. A comprehensive wellness panel blood test should be performed yearly to assess where you are and how to best manage your health. Most medical doctors do the bare essentials and are just looking for diseases rather than assessing your health. We can provide you with a very comprehensive panel for under \$150. Additional specialized tests can also be added at very reasonable prices.

Helpful Resources

Our new website www.babinetics.com is chock full of tools you can use to improve your health: books, MP3, free reports and supplements. You can find these products at <http://babinetics.com/product-categories/shop/>

On the site we also review the twelve most common health concerns, which are the subject of inquiries on the internet and offer specific suggestions for treatment. For that information go to <http://babinetics.com/common-health-concerns/>

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.

***To schedule an appointment, see our Spring Special below.
For more information, call our new phone number at 720.328.8299
or email us at babinetics@gmail.com.***

\$40 Off an Individual Appointment Through the End of April

Take advantage of our Spring Special

\$40 off a consultation with Dr. Babinet through the end of April



Take advantage of our latest offer valid until the end of April: \$40 off individual appointments.

If you have any long standing health issues that would require the assistance of a functionally trained health practitioner consider booking an appointment with Dr Babinet. He uses exclusively natural resources and methodologies to assist you in restoring optimal heal.

Here is the latest feedback from a recent client:

"I've been on your supplements program for about a week, and the positive results are astounding. My body has started healing very quickly. No one's advice -- including that from allopaths and one other homeopathically-inclined MD -- has succeeded like yours! I'm both deeply happy and very grateful for your help. Thank you! "

-- Michael Austin (3/15/17)

***To schedule an appointment at \$40 off,
Click here to order a 1 hour consultation with Dr. Babinet.
Once you are in the shopping cart, use the discount code: Health101.***

Another way to schedule an appointment is to call our new phone number at **720.328.8299** or email us at **babinetics@gmail.com**.

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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