

Health Insights

from the office of Dr. Bertrand Babinet

September 2007 Issue I

Health is Simple and Affordable with



Dr. Babinet's Basic Formula

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Dear Bertrand,

Your health and well being is our concern and we want to keep you informed of what you can do to maintain radiant health. Each month Health Insights will bring you new information and resources. We hope you find it valuable and that you will share it with your friends and family. Please know that we welcome your feedback, questions and suggestions for improvement and topics of interest to you.

Peace, love and radiant health,
Bertrand Babinet PhD, LAc.

Your Health Insights Tip

CoQ10 and Slowing the Aging Process

We are often asked about CoQ10 and if it is necessary to take it on a daily basis. Our Basic Formula is specifically designed to balance the body and to restore the ability of the body to take care of itself. However, your body may have a specific deficiency that is not covered with the Basic Formula

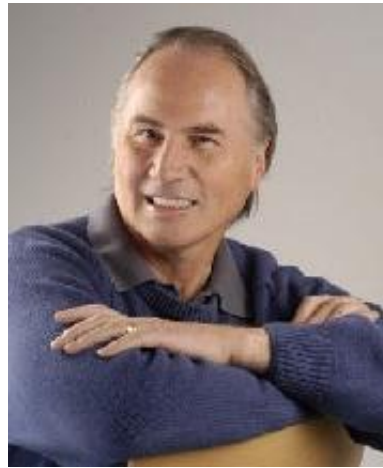
CoQ10 is one of the products that could be recommended to many people. It is a co-enzyme produced in the liver and critical in the production of cellular energy which is vital to all body functions. CoQ10 is essential for the proper functioning of the heart and the production of CoQ10 in the body slows down as we age. Moderate supplementation of 60mg per day is recommended for everyone over 50 years old. Since our product is designed for all ages we have not included it.

Currently, it is very popular for the medical profession to prescribe a Statin drug, such as Lipitor, for a patient with elevated cholesterol levels. In addition to the common problems associated with Statin drugs, it can deplete the CoQ10 in the body. It would stand to reason that with high cholesterol levels you would want to protect the heart and not deplete it, but such is not the medical reasoning. Doctors prescribe Statin drugs freely, but usually do not recommend CoQ10 to accompany it.

So our recommendation is that if you are on any type of Statin drug, whether pharmaceutical or in the natural form of Red Yeast Rice, you add to your daily regime a soft gel capsule of 120 mg of CoQ10 daily.

For a free report on cardiovascular health check our website. Go to products and follow the instructions to download this article.

Bertrand's Bio



Dr. Bertrand Babinet is a health intuitive who has created a revolutionary approach to optimal Health and Wellbeing. His purpose is to help you identify natural strategies to restore balance and harmony in your body and your life. To accomplish this, he has created many tools of assessment and treatment that cover both the physical and the psychological levels. He works with individuals, couples, families, organizations and the physical environment to optimize health, effectiveness and

creativity. Dr. Babinet holds a PhD in Human Development and a Masters Degree in Spiritual Counseling. He is a board certified acupuncturist by NCCAOM and licensed acupuncturist in Colorado and has been practicing Chinese medicine for the past 17 years. He holds certifications in Nutrition, Functional Endocrinology, Functional Blood Chemistry, Postural Integration, Neural Organization Technique (NOT) and Namudripad Allergy Elimination Technique (NAET).

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