



Health Insights

from the office of Dr. Bertrand Babinet

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Dear Bertrand,

We all know that the subject of health care has been a major topic in the news for the past several months. Here's the dilemma. Health care has been confused with disease care in this country and in most of the world. As a result there is an assumption that you are healthy until you have been diagnosed with a disease.

If this assumption were true we would never become sick because a healthy body is designed to keep diseases at bay. Healthy bodies do not get sick. Do not be fooled and wait to be diagnosed. This behavior contributes to the revenue of the disease care industry and that is a big business. We offer you the following suggestions to clear up this dilemma.

In the rest of this newsletter we offer you some suggestions to clear up this dilemma.

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

Your Health Insights Tip

Health Care

Health maintenance is an ongoing process

Health maintenance includes proper nutrition, exercise, sleep, relaxation, stress management and a joyful approach to what you do and towards the people in your life.

In general, if you are symptom free and you lead a healthy lifestyle, keep up the good work and share your approach with others to assist in making health contagious.

Early warning signals

Your body communicates with you and lets you know when you are on track and when you are off track. Before you are ever diagnosed with a specific serious disorder your body will give you some indication that things are not quite right. You should be aware of any changes in your digestion, elimination, sleep patterns, energy, stamina, mood, motivation, concentration, memory, skin tone, weight gain, weight loss, sexual desire and any chronic pain. Any one of these may be

an indication that your physiological functions are being affected and should be assessed and restored to their optimal functioning. Also, remember that above and beyond how you feel, you should also be aware of your genetic tendencies and address them early. These are often silent but can have devastating effects.

The impact of challenging times

Many people are under considerable stress at this time and can be tempted to ignore their health. Intense prolonged stress exercises a very disturbing effect upon our body. It increases adrenal fatigue and affects our sleep, it disturbs our hormones, our brain, our immune system, our digestion, our elimination and our energy metabolism. The last thing you want to do at this time is to ignore your health and your body signals. In periods of high stress you want to be particularly aware of your health needs and seek assistance if needed. Let us not add insult to injury.

Can you rely on your MD?

Except for exceptional MDs and DOs who practice comprehensive or functional medicine you cannot count on your regular physician to be of great assistance. At best he or she will ignore your request for attention or worse bombard you with medicine designed to block the symptoms and push the condition deeper into your body. Antihistamines for allergies, steroids for asthma, anti-inflammatory drugs for pain, sleeping pills for insomnia, acid suppressants for digestive disorders, antidepressants for mood disorders and Ritalin for attention issues. Remember that your doctor was trained in a hospital with catastrophic illnesses. They are not usually taught about minor functional disorders, what they signify and what natural approaches can be used to restore optimal health.

Who should you consult?

Find a health care practitioner that treats the body as a whole and preferably a licensed practitioner who has received extensive training in natural treatment strategies. The best way to find a good practitioner is through word of mouth. Ask around and be more concerned about the quality of results rather than the specific approach. There are many ways to assess and to correct functional disorders, i.e. nutritionists, chiropractors, acupuncturists, naturopaths, homeopaths, ayurvedic physicians and of course MDs and ODs who practice holistic modalities. If after a couple of months you do not have dramatic results, it is time to do something different.

ONE THIRD OFF

Save One Third Off With this coupon. You are eligible to have a minimum of a one-hour phone session with Dr. Bertrand Babinet to cover any physical or psychological issues for one third off of the regular one hour price of \$180. You are

welcome to share this offer with your friends or family.

Offer Expires: October 31st, 2009

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 Nanbudripad Allergy Elimination Technique (NAET).

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