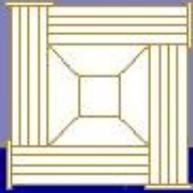


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# Health Insights

from the office of Dr. Bertrand Babinet

October 2012  
Issue 21



**Health is Simple and  
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**Dear Bertrand,**

### **Fall - a Good Time to Secure a Solid Health Foundation**

Fall has arrived and around the corner winter is looming. These two seasons are renowned for being challenging on the body. During the fall our lungs are more sensitive. And during the winter our life force goes more dormant and we need more support to keep the body strong.

Many people wait until the New Year to make health resolutions regarding diets and exercise. The truth is that this is probably the worst time to make major changes. The ideal time for weight loss, detoxification or strengthening is right now.

### **Staying Trim**

Excess weight causes very taxing demands on the body. Fat cells are quite ineffective and consume a great deal of our energy. This is the reason for the vicious cycle - the fatter you are the more you want to eat and the fatter you get. Fat cells are also highly inflammatory and pro degenerative. Weight gain also reflects serious imbalances in our metabolism. hormones, digestion, elimination, detoxification and immunity.

Even a weight loss of 10 pounds can improve our general health dramatically. We have created a very effective weight loss program called 'Trim and Fit' to assist you in moving your body towards your ideal weight and helping you maintain optimal health.

### **Foundational Health**

No weight loss is sustainable until the foundation of your body is operating properly. I am appalled when I see individuals starting the hCG weight loss on their own because my experience has made me keenly aware how critical a solid foundation are to the success of the program. For this reason we do not put anyone on the hCG protocol until we are cleared that their body is capable to handle it . Occasionally we will request that they hold off for one or two months before we focus on the weight loss to address all the undermining issues first. The first step in our evaluation is a free health assessment which you can find on the Babinetics website. <http://www.babinetics.com/ComprehensiveAssessment.html>. This provides me with an overview of how you perceive your health.

Beyond this I conduct a more in depth analysis of the causes of any health issues that are revealed.

### **The Weight Loss Program**

We use a homeopathic product that combines the key parts of hCG associated with weight loss with many other vibrational frequencies designed to facilitate the weight loss program. The name of this product is hA2CG. The program is a restricted calorie program that balances protein, vegetables and fruit in a way that minimizes the consumption of fat, starch, sugar and calories while maintaining vital balance. We combine it with specific supplements to avoid any basic depletion. One major reason for that is that any significant depletion will result in the weight rebounding as soon as you stop the weight loss.

More information about the weight loss program is available on the Babinetics website, [http://babinetics.com/Weight-Loss\\_Program.html](http://babinetics.com/Weight-Loss_Program.html)

### **Maintaining Your Weight Loss**

In the past three years that we have been involved in coaching individuals through weight loss we have learned a great deal about what works and what does not work. The weight loss, for the most part, is a one-fits-all format. If you follow it, you will get good results. The exception are the few people, who for some personal reason cannot or do not want to follow the protocol and believe that in doing it their way they will produce the same results. The weight maintenance has to be custom designed to each person. Their weight gain trigger factors have to be identified and they have to choose to eliminate the regular use of the food that destabilizes their body. We always offer a private session before the weight maintenance starts to clarify those issues.

Beyond the physical issues there are the psychological issues. One is associated with compulsive eating. Those are often associated with early childhood trauma and may require more individual work. We are available to work with those issues but it is not included in the price of the program. The other challenge is social boundaries. Learning to stay on purpose and learning to say no when there is social pressure to do things in a certain way that is not congruent with our needs. Again we can offer coaching in that area.

### **Staying Fit**

Being trim is one thing, staying fit is another. It implies strength, resilience, flexibility and grace. This is the domain of exercise and it is absolutely necessary for a healthy body. While any level of exercise is better than none, we now know that for most people 45 minutes of exercise, 3 to 4 times per week is necessary. It should include cardiovascular, resistance training, full range motion to maintain flexibility and spontaneous movement to let go of social and emotional blocks. We will be glad to assist you in constructing for yourself the program that truly addresses the basic needs mentioned above.

Another aspect of fitness is stress management and relaxation. We have many resources to assist you in those areas.

### **Addressing the Potential Issues**

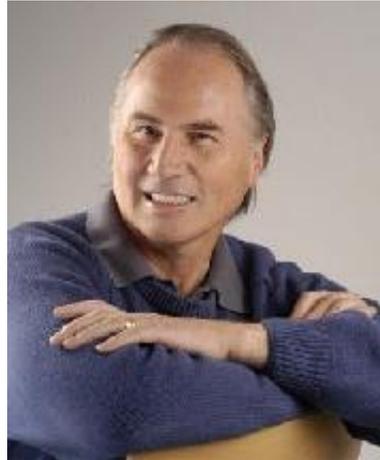
While we know that overweight is always an indication of disequilibrium in the body; not being overweight is not a guarantee of health. Many people with normal weight hide many deep health

issues and medical blood diagnosis is not always a great indicator either. Blood tests for the most part are pretty limited in scope and designed only to spot serious pathologies. If you really want to know if you are healthy and how to optimize your health and longevity you also might want to fill the free questionnaire on our website and give yourself the gift of a private session with Bertrand Babinet. A look at our web clinic will give you some indication of the scope of his practice <http://babinetics.com/WebClinic.html>

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### Bertrand's Bio

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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 19 years. He holds certifications in Nutrition, Functional Endocrinology, Functional Blood Chemistry, Postural Integration, Neural Organization Technique (NOT) and Nanbudripad Allergy Elimination Technique (NAET).

### **Babinetics** **Bertrand Babinet**

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**Save \$\$\$\$** If you sign up for the Weight Loss Program get \$100.00 off or receive \$40.00 off of a 1 hour appointment with Bertrand. (With coupon \$200.00)  
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