

**Health Insight Newsletter****June 2014****BABINETICS**  
THE FIVE DYNAMICS OF HEALTH

From the Desk of Dr. Bertrand Babinet

[www.babinetics.com](http://www.babinetics.com)**In This Issue**[Free Teleconference - Moving From Inner Peace to Successful Life Strategies](#)[Taming the Fire Within - Addressing Inflammation](#)[Health Assessment and Weight Loss Special Extended - Save \\$100](#)[About Dr. Babinet](#)**Dear Bertrand,**

We are committed to giving you the tools to a light-filled effective life. Our new teleconference will lead you in **Moving From Inner Peace to Successful Life Strategies**.

This Newsletter's main article explores some of the most common patterns of inflammation, an early physical warning system telling us that our body is seriously being challenged and requires our attention. Included in the article are some treatment options and steps to take to bring your body back to health.

Additional information and complementary strategies are covered in detail in our e-book "Secrets to a Long Healthy Life". Sign up for **Moving From Inner Peace to Successful Life Strategies** and receive relevant chapters of the e-book for free.

[Forward to a Friend](#)**Upcoming Events****Moving From Inner Peace  
to Successful Life Strategies****Free Teleconference  
July 16, 2014 at 6 pm MDT**

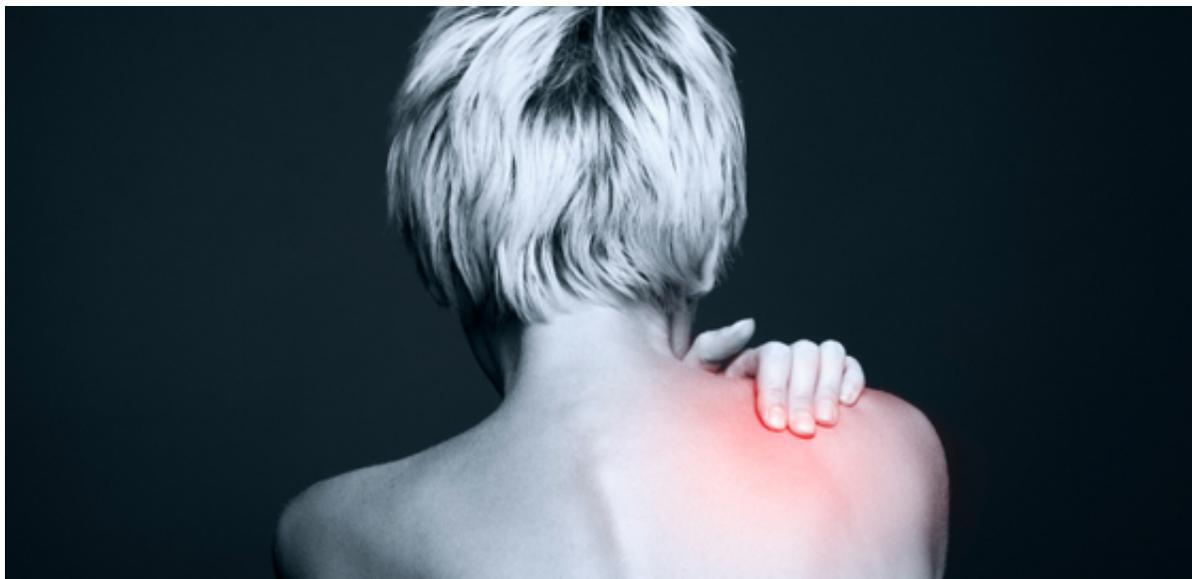
Inner peace cancels reactivity and opens the door to inner guidance. The art of successful living is allowing that inner guidance to facilitate our choices in every situation of challenge or opportunity. This teleconference will piggyback on the first one, "Living in Peaceful Harmony", and teach an easy to follow methodology to access clear soul-centered guidance.

Take this opportunity to create a more successful life. Click here to register: [Moving From Inner Peace to Successful Life Strategies](#)



## Taming the Fire Within - Addressing Inflammation

*Inflammation is the first line of defense of the body and should never be ignored. Unattended it goes inward, attacking tissues and/or cells and can lead to degenerative disorders. Addressing the early symptoms is the best way to avoid long-term issues.*



**The most typical symptoms associated with chronic inflammation**

- Gastro/intestinal disturbances
- Acid reflux
- Respiratory disturbances
- Headaches
- Joint pain
- Allergies
- Weight gain
- Muscle pain
- Swelling
- Rashes

### **The most frequent causes**

- Infections (viral, bacterial, mycoplasma, nano-bacteria, micro-bacteria)
- Candida overgrowth
- Toxicity
- Allergies
- Parasites
- Mineral imbalance
- Essential fatty acid imbalance
- Vitamin deficiency
- Hormonal imbalance
- Auto-immune disorders

### **Long term effects**

Inflammation leads to degeneration. The sooner it is addressed the better. Assessing the foundation of the terrain (The Five Dynamics of Health) is always essential to identify deficiencies that can lead to chronic imbalances.

Let's review a few common causes of inflammation and specific strategies to address them going from the most common to the more specific.

### **General treatment for inflammation**

There are many herbal and nutritional treatment options for inflammation and they are all valuable depending on the context.

#### **For post-operative inflammation:**

Wobenzyme is a very good supplement.

#### **To prevent cellular inflammation and degeneration:**

Curcumin and resveratrol are very effective.

#### **For joint inflammation:**

Glucosamine, chondroitin and MSM are very valuable.

#### **For short-term inflammation:**

I would recommend a product available in health food stores called Zyflamend (it contains many key anti-inflammatory herbs).

### **Inflammation related to specific causes**

#### **Candida overgrowth**

There are many treatments for Candida. Because candida feeds on glucose,

eliminating sugar and refined carbohydrates will help. Candida often leaves the intestinal tract, colonizing in the lymphatic system. The most effective treatment I have found is Pau D'arco tincture, 40 drops 3 times daily. In capsule form, 1000 mg 3 times daily.

Click here for an easy online test:

<http://naturopathconnect.com/articles/testing-candida/>

### **Infections**

Infections are very specific and treatment depends on the specific pathogen. Herbal treatment can be very effective. Common herbs are: echinecea, golden seal, astragalus, ginger, and rosemary. Homeopathic remedies and colloidal silver also work well, but you will need a practitioner to guide you through this process. Many infections can be treated without antibiotics. Infections that are not bacterial do not respond to antibiotics. Mycoplasma, a common cause of chronic bronchitis, responds best to a homeopathic formulation.

### **Allergies**

Food, pollen and chemical allergies are very common and can often be treated through allergy elimination techniques and homeopathy. This method is called NAET and I have my own version that also incorporates psycho/social components.

### **Toxicity**

This is a very common cause of inflammation. It often interferes with cellular absorption of nutrients and is frequently associated with candida overgrowth.

### **Parasites**

These are a frequent source of chronic inflammation. Many parasites respond well to naturopathic treatments. Some common remedies are wormwood, black walnut hull and Citricidal. A consistent treatment for several months is often necessary.

### **Inflammation and the adrenals**

Inflammation will always affect the adrenals, creating chronic stress that impacts sugar metabolism and promotes weight gain. Balancing digestion and regulating the adrenals are a critical first step. (Our Prime Formula is designed specifically to restore this foundation of health).

Whichever way you choose to treat inflammation, it is important to focus on the cause of the inflammation and to treat the problem at the source. You may need a practitioner to help you make this assessment.

*Additional information and complementary strategies are covered in detail in our e-book "Secrets to a Long Healthy Life". [Sign up for the teleconference and get relevant chapters of the e-book for free.](#)*

## **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!

## Special Offers

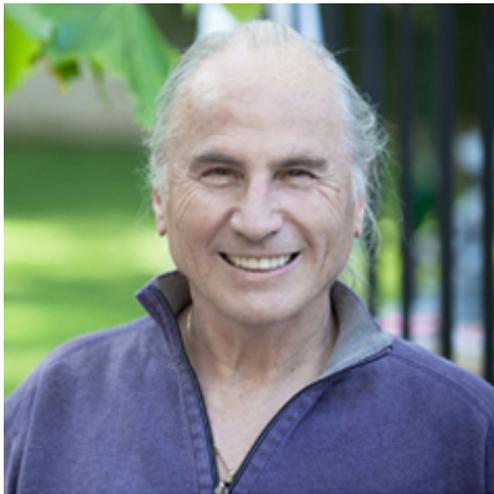
### Health Assessment and Weight Loss Special Extended through July

Through July, 2014 you can do the comprehensive 26-day weight loss program for \$350, a savings of \$100, or the 48-day program for \$450, also a \$100 savings. [Read More](#). The weight loss programs include a thorough symptom-based questionnaire and bio-functional analysis with Dr. Babinet.

Combine either of the weight loss programs with The Comprehensive Wellness Blood Panel for an additional \$100 (the cost of the blood test) and Dr. Babinet will do the processing and evaluation at no extra cost to you. For more information about the blood test, [click here](#).



## 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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