

## Health Insight Newsletter

April 2015



From the Desk of Dr. Bertrand Babinet

[www.babinetics.com](http://www.babinetics.com)**In This Issue**[Double Header - Detox and Weight Loss](#)[Feature Article - A Time of Renewal and Rebirth](#)[Dr. Babinet's Prime Formula](#)[About Dr. Babinet](#)**Dear Bertrand,**

As the days are becoming longer and the temperatures are getting warmer, your spirits are running high! Capitalize on the upsurge of motivation that comes with springtime, and take care of yourself in the best possible ways. Just how light and healthy do you want to feel? Let us help you get there!

**Double Header for Spring****Safe and Healthy Detox****Effective Weight Loss**

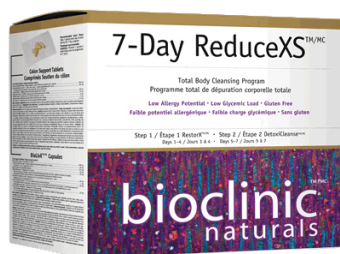
You know you've been talking about doing this for months. Spring cleaning is not just for your closets. Read Dr. Babinet's article about clearing out the toxins with a Spring cleanse and commit to this program that will make you feel fantastic.

OK. Now you're serious. Hibernation is over and you want to shed the sweaters and shed some pounds. See our special weight loss offer below to combine with your spring cleanse. Sport those spring and summer clothes with renewed confidence and radiant health.

## A Time of Renewal and Rebirth

### Spring Cleansing

In the same way our gardens are calling for attention to clear the old residue of the fall and winter, our body is ready to let go of toxins and create a solid foundation of health. During the winter our metabolism tends to slow down and toxins of all kinds often build up in our tissues. In the spring our metabolism accelerates and it is a perfect time to release the old and welcome life and all its adventures with available renewed energy.



### What is a Healthy Detox?

First, I am not in favor of aggressive cleanses. My experience over the years is that the body prefers a balance between effective support and healthy detoxification. I found a seven-day cleansing program I am quite excited about, as it is short, thorough and gentle.

### Phase One

This cleanse starts with a four-day support program to restore gut integrity. It also includes intestinal cleansing products to eliminate chronic buildup of toxins in the large intestine as well as a liver detoxifying product to help clear all the accumulation of chemicals and heavy metals that we absorb from our food, air and water.

### Phase Two

Days five to seven focus on a more aggressive elimination that targets all the drainage pathways, pushing toxins out and restoring functional integrity. The colon and liver detoxification products are also used in this phase.

### Homeopathic Support

I've added to this program a homeopathic drainage formula that supports all the natural pathways of detoxification: liver, large intestine, lymphatic, kidneys, cellular, skin and lungs.

### Cost for the Detox Program

We are offering the seven-day cleanse for \$100, which includes all of the products mentioned above, including the homeopathic drainage formula. To start the detox program, call us at 303.823.0301 or email us at [babinetics@gmail.com](mailto:babinetics@gmail.com).

### Building a Beautiful Body

While some of us feel good about the shape we are in and just want to use this special spring cleanse to restore optimal energy, others tend to accumulate weight in the winter due to a lower metabolism and less activity. If you fall into this second category, we suggest following the seven-day cleanse with a three-week weight loss program.

### Lighten Up with hA2CG

The hA2CG Program is perfect for your purpose of shedding that winter accumulation. We offer two options:

- The first restricts calories to 500 per day and requires less exercise.
- The second increases the caloric intake in proportion to the level of exercise. You commit to up to 1000 calories with a 55 minute exercise program.

The hA2CG program is extremely well tolerated, allowing clients to maintain their normal energy and activities with no unusual food cravings. It is often more effective following a detox program.

If you would like more information about the weight loss program:

[http://www.babinetics.com/Weight-Loss\\_Program.html](http://www.babinetics.com/Weight-Loss_Program.html)

*We are offering a special for those who want to follow the detox program with weight loss. See details below.*

## Special Offer - Weight Loss with your Detox

### Weight Management Special

For the people who choose to add the weight loss program to the detox program, the additional cost is \$350, a \$100 discount from the regular price of \$450. For people

repeating the weight loss program, the cost is just \$250, a \$100 discount from the regular price of \$350. Either way, the hA2CG weight loss includes a comprehensive one-hour appointment with Dr. Babinet as well as ongoing support during the program.

To add the weight loss to your detox program, please call 303.823.0301 or email us at [babinetics@gmail.com](mailto: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!

## The Prime Formula

### Prime Formula

Enhance your body's natural ability to restore and maintain optimal health with Dr. Babinet's proprietary nutritional supplement uniquely crafted to harmonize your body, mind and spirit. Add this to your spring transformation, and you'll benefit from an overall improvement in energy, enthusiasm, balance, and well-being. [Read more](#).



## 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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