

Health Insight Newsletter

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From the Desk of Dr. Bertrand Babinet

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Dear Bertrand,

Many joyful and healthy blessings to you and yours in 2015.

Get ready for a new six-part teleclass series, beginning with *Creating Outstanding Success* on January 20th. This wonderful series will focus on the core of Dr. Babinet's work, Healing the Inner Family. Join us and find out more.

The main article this month explores the standard method used for New Year's Resolutions which is often locked into a "right/wrong" mindset and therefore often fails. Dr. Babinet offers his effective approach of positive programming for guilt-free changes in your life.

A new perspective can be key to your success if your objective is to be lighter in body, mind and spirit. Take advantage of our weight-loss program special during the first quarter of 2015 and bring yourself into greater coherence in the process.

For those of you on the East Coast, Dr. Babinet will be available for appointments in New York City on Sunday, February 22. See below for appointment information.

We would love to support you in making 2015 the year you want it to be.

Upcoming Events

Creating Outstanding Success

Introducing: Healing the Inner Family

**Join us for our First Teleclass of 2015
Tuesday, January 20th, 2015 at 6 pm MT**

The first teleclass of our six-part series will provide an introduction to Dr. Babinet's groundbreaking work with Healing the Inner Family. Learn how to identify and unlock the blocks that keep you from becoming your best self. The introductory class this month is free. The remaining five classes will be \$20 each or \$90 for the series. To register for *Creating Outstanding Success*, [click here](#).



Do You Have Your Thinking Caps on in 2015?



Beyond New Year's Resolutions to Purposeful Affirmations

Resolutions are often based on judgment about what we are doing wrong and what we should do better. "Right / wrong" approaches are usually doomed to failure because they attempt to use our will power to coerce a part of us which is not cooperating. That part (which I call the three year old inside of us) usually ends up winning.

What are affirmations?

We have part of our brain that is very helpful in programming our unconscious mind. It is connected to all of the primary functions of our brain from survival through the emotional, mental, creative, and higher purpose aspects of the brain. It is called the

"reticular activating system" or RAS. For example, if you want a mid-size blue car you can use an affirmation to program the RAS. It will draw your attention to all the cars in this category until you end up with the car you want. In the same way, for anything you desire, the RAS will guide you through your process of discovery. The advantage of affirmations is that they are a progressive programming of the unconscious mind, slowly building your motivation rather than trying to force you into something that you are not committed to attaining. Affirmation is a major key to achieving success when it is used as a process towards desirable outcomes.

What are purposeful affirmations?

Affirmations often attempt to focus on an outcome, e.g.: "I am easily reaching my ideal weight of ...". However, our higher will, the one aligned with Spirit as the source, usually operates less on outcome and more on purpose and values. The focus in that case would not be on a specific weight but instead on moving towards optimal health, an on-going process of awareness of our physical, emotional, mental and spiritual needs.

Focusing on optimal health will draw your attention to many specific tools to help you move in that direction. For example, some of those choices could include decreasing your sugar intake, avoiding processed food, using coconut oil in your coffee, monitoring the number of steps you take in a day, doing 20 minutes of relaxation or meditation and taking one brisk walk daily. Even though you might not perfect any single approach, the simple fact of introducing those or similar steps into your life is guaranteed to improve your health.

This more global approach will guide you through a process of exploration, promoting strength, stamina, resilience, joy, aliveness, clarity of purpose, gentleness, flexibility, humor and more. It fully recognizes that health is a process; a verb rather than a noun! It may include weight loss and weight maintenance in a balanced, happy, sustainable way. It may also include a loving relationship with yourself and others, rewarding work, creative expression and generous giving. I suggest you NOT focus just on your weight as a definition of health and wellbeing or on how many hours you spend on a treadmill. Embrace the totality of who you are and what you want your life to be. The best foundation of health is authentic happiness. That kind of happiness starts from within and then reaches out to everything and everyone.

So what is the process?

First create a purpose or value-based affirmation. Areas of focus might include: optimal health, joyful relationships, fulfilling work, financial abundance, celebration of life, etc.

Some examples:

I am generously sharing my abundance.
I easily maintain optimal health.
I am creatively expressing my talents.
I am fully participating in my relationships.
I am grateful for every opportunity to serve.

As you discover new ways of contributing to this purpose/value notice how you could implement it in your life in a joyful way. You will be amazed at how quickly the quality of your life changes without ever having to feel guilty about what you do or do not do. By promoting positive new habits you will create new tracks that will open

new possibilities.

Let me give you an example. Twelve years ago I gave myself a powerful affirmation: "I am fully expressing my skills, talents, abilities in service to myself, others and the world for the highest good of all concerned." Within twelve months I had a new website, an e-book and a new health product on the market. All I did was to allow new thoughts to emerge and started acting on them.

Once you have found an affirmation that truly clicks for you, I suggest you choose a time when you can repeat it 500 times. Then repeat it 20 times every day for the next 32 days.

Affirmation without action is the beginning of delusion!

Affirmations are a way to align consciousness and draw our attention towards possibilities. It is not a process of fantasy. Action is still what produces the results. Be vigilant about what thoughts shows up in your mind and be willing to follow through with action as you explore each possibility and direction.

Affirmations promote inspiration and open new doors to your creative expression. Cross the threshold into an amazing new year of personal success.

Appointments with Dr. Babinet in New York City February 22nd



Dr. Babinet is available for appointments in New York City on Sunday, February 22nd.

This is your opportunity to work with Dr. Babinet in person and benefit from his 40 years of experience and his uncanny ability to identify areas of imbalance. His recommendations will help get you on track, living a healthy and fulfilling life.

To schedule an appointment for February 22nd, please contact Nan Huson at Nan@huson.com or by phone at 917-373-2275.

Special Offers

Health Assessment and Weight Loss Special Extended through March 2015

Through March 2015 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. We will extend the same \$100 discount to the people who are repeating the program. They will have the opportunity to re-do the short program for \$250 and the long program for \$350. [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.](#)



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!

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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