



From the Desk of Dr. Bertrand Babinet

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In This Issue

[Special Offer -25% Off Appointments in June and July](#)

[Feature Article - Oh Sugar!](#)

[Dr. Babinet's Prime Formula](#)

[About Dr. Babinet](#)

Greetings!

All of us have heard the song lyrics, "Summertime, and the livin' is easy." It can also be quite busy with extra outdoor activities, picnics, barbecues and weddings. It can be a perfect time to be really aware of your body, not only because more is revealed in your summer clothes, but because you have different activities and eat different foods. **Take advantage of our current discount to fully vitalize your summer, and don't miss Dr. Babinet's article about sugar below!**

Special Offer - 25% Off Appointments in June and July

Get Healthy This Summer

We want to assist you in taking the best care of yourself for the summer. To show our support, we are offering 25% off all appointments throughout June and July. Remember that in addition to one hour comprehensive consultations, Bertrand is available for shorter appointments dealing with a specific issue. Those can usually be handled within 20 to 30 minutes depending on what you are dealing with.

To take advantage of this summer offer, please call us at 303.823.0301 or email us at babinetics@gmail.com



For those of you over 65 we offer additional senior citizens discounts on products and services. Ask us for details.

Oh, Sugar!

Glucose, our internal sugar is one of our major body fuels. It can also be a source of significant deregulation leading to hypoglycemia, insulin resistance, weight gain and type II diabetes. Sugar needs to be handled with care and with awareness of its impact.

How Does Sugar Work in the Body?

Every carbohydrate from any source is converted into glucose in our body, so sugar is not just the spoonful you might put in your coffee. Fruits, starchy vegetables, legumes, nuts, grains, alcohol, honey, maple syrup, agave, etc., are all products which are high in carbohydrates that are converted into glucose in our body. You can be absolutely certain that your body will be impacted by these foods. Additionally, soda, adulterated and processed foods are far more dangerous than natural foods. Their tastes are consciously manipulated by the manufacturer to produce addiction. (See the book, *"Salt, Sugar, Fat"* by Michael Moss)

A Different Way of Looking at this Issue

There are many who preach a gospel of elimination of most carbohydrates in our diet. I believe in moderation in all things. Refined carbohydrates like refined sugar and white flour are more dangerous because they hit the bloodstream so fast that the body must react with extraordinary measures to prevent damage. The body does this by producing and releasing very high levels of insulin -- what the body uses to drive the glucose into our cells for energy. When the cells are saturated, the glucose is pushed back into the body creating more insulin. The cells that can absorb the most insulin are in the belly, so those cells become increasingly fatter, asking for more fuel and producing more general inflammation. This completely destabilizes the metabolic system. It stresses the pancreas and the cells become resistant to the constant onslaught of insulin. The result is weight gain, obesity and diabetes, which in turn leads to all major degenerative conditions. So be aware of the danger and modify your behavior accordingly.



Becoming Aware of Your Key Sensitivity

In working with clients on weight loss and maintenance for years. I quickly realized that weight loss was the easy part. The real challenge is the long-term maintenance. I have noticed that different individuals gain more weight with products high in sugar and others are more sensitive to starch. I call the first type the hypoglycemic type and the second the insulin resistant type.

The Hypoglycemic Type

For these people the biggest deregulation in their body is triggered by sugar. Of course the more refined the sugar is, the more damaging. For these people sugar, fruit juice, dried fruits, tropical fruits and alcohol have to be consumed in extreme moderation and always combined with something that slows down absorption such as olives, avocado or cheese.

The Insulin Resistant Type

For these people, starch is the most damaging because it maintains a higher level of insulin in the blood for a longer time. Starchy foods can deregulate their system. Grains, potatoes, legumes, and bananas play havoc with their weight. All those food need to be used in moderation. Usually these people handle rice, corn and quinoa well. They are

usually less affected by whole and sprouted grains.

Additionally, it's important to know that refined flour, even though it is a starch, processes in the body as refined sugar, so it will impact both types equally.

The Double Whammy

Hypoglycemia leads to insulin resistance so we can have many individuals who exhibit both tendencies: hypoglycemia and insulin resistance. If you get light headed, craving sugar during the day and you want sweets after your meals and have trouble controlling your weight, you belong in both types. It is important to know what to do about either or both conditions.

The Radical Solution

If you are willing to totally change your lifestyle and go for optimal health you eliminate over 90 percent of all carbs and increase your fat intake. Good fat is a better source of energy, and, contrary to common beliefs, does not make people fat and does not increase cardiovascular risks. One example of this very focused lifestyle would be the so-called "Bullet Proof Diet."

A More Moderate Approach

Do all things in moderation. Avoid refined sugar and white flour. Eliminate fruit juice, dried fruit, tropical fruit and ice cream except on rare occasion. Use honey and maple syrup for sweeteners, or even better, stevia or xylitol. Never drink more than two glasses of wine or one shot of hard liquor. If you are going to eat grains, go for whole or sprouted. Eliminate potatoes, sweet potatoes and yams. Let go of bananas. Reduce rice, corn and legumes in your diet. Eat organic vegetables, lean grass-fed meats and free range chicken, as well as fish. Avoid all grain oils. Use butter, ghee, olive oil and coconut oil instead. While doing all this may not initially appear to be a "moderate" approach, just know that any incremental step in this direction will greatly contribute to your health, and your body will start thanking you very quickly with renewed energy and vitality.

Summertime is full of fun -- and temptations -- so if you want to stay in shape, be attentive to what you put in your body and remember to be involved in lots of enjoyable, physical activities which will make you happy while burning extra calories.

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 summer health regimen, 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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