



BABINETICS
THE FIVE DYNAMICS OF HEALTH



From the Desk of Dr. Bertrand Babinet

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Greetings!

September has arrived! We hope your summer was great - full of relaxation, time for family, friends and lots of laughter.

Early fall is a very good time for cleansing, strengthening and weight-loss. Make sure your body is in optimal shape to face the stress of the holidays. We are offering discounted rates for private consultations with Dr. Babinet and for new weight loss programs. This will help you optimize your health and vitality before winter. See details below.

Our feature article this month has more information about how sugar impacts your health and interesting information about good and bad fat in relation to weight management. You might be surprised by some of the recent findings.

For those of you in or near New York City, Dr. Babinet is coming to you in October. Find out below how you can book an appointment with him in person.

Wishing you a glorious fall season!

[Forward to a Friend.](#)

Appointments With Dr. Babinet in New York Oct 25 & 26, 2015



Dr. Babinet is coming to the East Coast in October. Make it a Good Year!

Many of you are already aware that Dr. Babinet's intuitive skills and clarity deepen with time. This is your opportunity to meet with him 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 back on track, living a healthy and fulfilling life. If you've never worked with Dr. Babinet, you're in for a treat. Schedule your appointment today.

New York City: To schedule an appointment for October 25th or October 26th, please contact Nan Huson at Nan@huson.com or by phone at 917-373-2275.

What Do You Do to Stay Healthy and Trim?



More on Sugar and Weight Management

In our last Newsletter we talked about the impact of sugar on weight and the fact that fat does not promote weight in our body. Let's explore the general impact of sugar on our health. Also, we'll identify the fats that are good for you and help maintain your ideal weight. We'll also examine the myth that exercise helps us maintain ideal weight.

Sugar and diabetes

Recent research at Britain's Cambridge University indicates that independent of their weight, people who consume sugar directly, in the form of fruit juice or other sweet beverages are at an increased risk for diabetes. Type II diabetes is a major cause of health challenges in our population, including chronic pain, increased cardiovascular risks and blindness. In recent years, Type II diabetes, which used to be associated mostly with people over 50 years old has progressively been affecting adults of all ages and even children and teens. The main culprit is a diet high in sugar, soda, juice and refined carbohydrates. Deregulated sugar metabolism often results in Insulin resistance, which is one of the main causes of overweight. It is still important to note that even people who manage their weight are still at greater risk for disease when consuming sugar on a regular basis. Simply burning the calories in exercise does NOT decrease your risk for Type II diabetes.

Exercise and weight loss

Coca Cola and others, have been taunting exercise as the solution to weight maintenance. Research clearly shows that exercise alone will not impact the health risk associated with sugar-laden carbonated beverages and fruit juices. Recent research also shows that for most people normal exercise increases appetite and food consumption and so the calories lost through the physical activities are gained through the extra food consumption and high caloric drinks. What about diet soda? Surprisingly, beyond their atrocious impact on health (in particular the nervous system) they also deregulate sugar metabolism, promote appetite and result in weight gain. Is there any good source of carbohydrates? Contrary to fruit juice, which negatively impacts your body, whole natural fruits have multiple positive effects including vitamins, bioflavonoids, carotenoids, proanthocyanidin and elagic acid. The healthiest fruits are organic blueberries, apples and grapes.

Let's talk about the good fat and co-factors

Contrary to popular belief, fat does not promote fat. Sugar metabolic deregulation increases insulin production and decreases glucagon, which is responsible for the conversion of fat into cellular energy. So the problem is not the fat but sugar and starches. Certain fats play a particularly positive role in the body.:

- Coconut oil is wonderfully helpful for the brain.
- Fish oil and other omega 3's play a very positive role for the heart, the adrenals, the cell membranes and the brain.
- Olive oil mimics the effect of ibuprofen in reducing chronic inflammation which has been linked to all major degenerative diseases.
- Conjugated linoleic acid (CLA) helps the conversion of fat to muscle mass with exercise thus preventing the unsightly build up of unwanted fat in our mid section.
- Pomegrate seed oil has multiple health benefits including weight management. Its effectiveness improves when combined with brown seaweed.
- Berberine decreases the risk of diabetes and is associated with weight loss and weight management.

Our weight management suggestions

Stay away from refined sugar and starchy food, including fruit juice and dried fruits. Exercise regularly but not to the point of needing extra food or sugary drinks. Do not be afraid of fat including: butter, olive oil and coconut oil. One hour before meals have one capsule of CLA, one capsule of pomegrate seed oil and brown seaweed combination and one capsule of berberine. You can find those supplements in health food stores or you can order professional level quality products from us.

To book a consultation with Dr. Babinet, call 303.823.0301
or email: babinetics@gmail.com

Special Discounts for September and October



25% off health care consultations

To maximize your health this fall, call Dr. Babinet to provide you with the knowledge and support you need to succeed with your intentions. To book an appointment at this discounted rate, call 303.823.0301 or email Dr. Babinet at babinetics@gmail.com.

\$100 off the weight-loss program

For the months of September and October we are offering a discount of \$100 when you sign up for a new weight-loss program with Dr. Babinet.

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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