



From the Desk of Dr. Bertrand Babinet

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Dear Bertrand,

Yes, it's Valentine's Day, and where's the love? With so much polarization all around us, it's sometimes hard to keep our hearts open. We invite you to empower your heart and lift yourself and others this Valentine's Day.

It's never old-fashioned to bring the love in wherever you are.

From my heart to yours, Bertrand Babinet, PhD, LAC

Political Situation Getting You Down?



Is the political situation in the world and in the US getting to you?

I have been very aware of the amazing level of psychic disturbance surrounding us lately. The level of discord and polarization is unprecedented, creating a very heavy energy field that is impacting us on all levels: physical, visual, emotional, and mental. Notably, it is also activating lots of past trauma. More than ever we need to maintain a resilient body and a clear peaceful mind.

Maintaining a Resilient Body

The foundational systems of a body are absorption, processing, and detoxification as well as protection from pathogens. Many individuals are seriously deficient in several of these areas resulting in chronic stress, lowered immunity and sometimes sleep disorders.

Do not wait until you are sick! Please work with a functional medicine practitioner who can identify areas of weakness and help you come back into optimal health. The bio-functional energetic medicine process I developed is specifically designed to identify the areas of imbalance and to use natural resources to restore balance and strength.

Moving to a Clear and Peaceful Mind

Our body and brain have been programmed to address survival and lack. When instability and fear dominate, our consciousness activates a response in a part of the brain called the amygdala that makes us more susceptible to misinformation and fear mongering. Because of this, learning to move from reactivity to re-accessing the amazing power of the soul is critical.

"Heart Empowerment" is a simple methodology which I developed to help cancel patterns of reactivity and reclaim authentic empowerment. In addition to this, I use the model of the inner family, outlined in my book [*Empowering the Heart*](#), to help you identify where and when certain restrictions in your creative ability were initiated in your life and how to reprogram those for optimal health and personal effectiveness.

Learning how to balance and strengthen our body, mind and Spirit is crucial at this time of turmoil. Expanding through contraction is an essential tool that not only benefits us individually, but also assists the people around us.

AND, it makes it easier to read and watch the daily news!

-- Bertrand Babinet, PhD, LAc

Email us at babinetics@gmail.com or call us at 720.328.8299

"When I work with Bertrand (for almost 40 years now!) I so appreciate the connection of taking care of my physical issues with a clearing of the deeper underlying causes in my consciousness. To me, he is the embodiment of "holistic healing".
Tom Boyer

Empowering Your Heart and Your Body

\$20 Off Appointments Through March
Get in great shape physically and psychologically this winter.

Been meaning to prioritize your own well-being? Now is the time. Dr. Babinet is offering a special price of \$220 for an appointment with him through the month of March. To learn more about Dr. Babinet's unique approach [click here](#).

To take advantage of this special offer
email us at babinetics@gmail.com
or call us at 720.328.8299

Dr. Babinet in New York City - Book Your Appointment



Dr. Babinet in New York City
Appointments Available Sunday, February 25th

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 Sunday, February 25th, please contact Nan Huson at Nan@huson.com or by phone at 917.373.2275.

Be sure to mention the special offer above to get \$20 off your appointment.

"I see Babinetics as a profound and simple way of teaching people how to manage their lives more effectively and joyfully.

One word that describes this work...Magical!"

*Leigh Taylor-Young
Actress*

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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