



BABINETICS
THE FIVE DYNAMICS OF HEALTH



From the Desk of Dr. Bertrand Babinet

www.babinetics.com

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Dear Bertrand,

What's the best of both worlds when you're talking about your health? There is science and intuition. Dr. Babinet has always believed in the marriage of the two.

The special offer this month combines a comprehensive blood test with Dr. Babinet's unique approach to foundational health. We invite you to rededicate yourself to a healthy terrain in your body and a joyful heart from which to live.

*To schedule an appointment please email us at babinetics@gmail.com
Or call us at 720.328.8299.*

Feature Article

Living Long and Well *Back to Basics*

A new study conducted by Harvard's T.H. Chan School of Public Health lays out five practices to maintain health. None involve a fad or medications. The study analyzed data from 100,000 people, followed for 34 years. It revealed vastly improved life expectancy among those



who engage in five "low-risk lifestyle factors".

These low-risk lifestyle factors practiced together increase life span an average of 14 years for women and 12 years for men.

The Five Low Risk Lifestyle Factors

1. **Avoid Smoking**

This is defined as never smoking, which dramatically lowers risks of lung disease (including cancer), cardiovascular disease and dementia. So, if you are a smoker, continue exploring smoking cessation until you find a strategy that works for you. The Internet has an extensive list of strategies and programs in your area.

2. **Maintain a Healthy Weight**

"Low risk" is defined as a BMI (body mass index) below 24. BMI is a ratio of weight to height. It is not a perfect measure but a general indicator. Any weight loss towards optimal weight will dramatically improve your health and decrease your risk for diabetes, cardiovascular disease and dementia. For more information about our weight loss management program: https://babinetics.com/services-2/weight_loss/weight-loss-management/

3. **Exercise Regularly**

"Low risk" is defined as moderate or vigorous intensity exercise for 30 or more minutes per day. New research indicates that optimal results are produced with interval training, alternating intense and moderate intervals. The health benefits of exercise are nothing short of phenomenal. For the top 10 benefits of regular exercise: <https://www.healthline.com/nutrition/10-benefits-of-exercise#section1>

It is also important to note that you do not have to start with 30 minutes a day. In fact any level of exercise has profound value for our health. Start with as little as 10 minutes a day and build up progressively.

4. **Consume Only Moderate Levels of Alcohol**

"Low risk" is defined as 1/2 to 1 drink per day for women and 1/2 to 2 drinks a day for men. If decreasing alcohol consumption is your focus, consider cutting out drinking at home. If social drinking is your main issue, set a goal for the number of drinks per week to keep you accountable. While moderate drinking has been shown to have some benefits on the brain and cardiovascular system, excessive drinking damages every body system.

5. **Maintain an Overall Healthy Diet**

"Low risk" is defined as high intakes of organic vegetables, fruits, whole grains, a reasonable amount of animal protein and good fat (organic butter, olive oil, coconut oil and omega 3 long chain fatty acid.) Eliminate processed foods, sugar, refined flour, trans-fat and food with high levels of sodium. In other words, avoid frequent trips to fast food and other low quality restaurants.

Our Suggestions

Begin with taking an honest look among these 5 variables. Be very specific identifying the most critical area for improvement and set a clear goal that you review weekly.

Dealing with More Serious Concerns

If your body is seriously out of balance look for a good health practitioner that can evaluate your overall health and help you move towards optimal well-being. It is never too late to improve your health. At times, treating disease may be necessary, but is not the same as promoting health. As you get older, a yearly comprehensive evaluation

of your health is a critical practice to address issues before they turn into serious health disorders. To learn more about Doctor Babinet's comprehensive approach: https://babinetics.com/services-2/health_consultations/

*To schedule an appointment with Dr. Babinet
e-mail him at babinetics@gmail.com
Or call 303.823.0301*

Discount Offer through October 31 - Save \$120

Comprehensive Blood Assessment Special with Dr. Babinet

Give yourself a baseline measure of your own foundational health with the blood test Dr. Babinet recommends. This is a far more comprehensive test than is generally provided. See the list of what it will test for below.

30% Off Blood Test

Covering:

- Absorption
- Kidney function
- Sugar metabolism
- Liver function
- Thyroid function
- Cardiovascular
- General blood chemistry
- Urine analysis

25% Off Consultation

Covering:

- Review of the tests
- Intuitive assessment
- Evaluation of health concerns
- Design of a natural protocol for your optimal health

\$300 Total Cost

To schedule your assessment
email us at 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!

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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