

Updated 4.4.20



**Stay Calm and
Healthy**

**Leslie Sann
and
Bertrand Babinet**



RESOURCES: We consider the following resources worth sharing. Most of Bertrand's information is extracted from long presentations about research from Functional Medicine people he studies with. **This week's add-ons in red.**

- [And the People Stayed Home](#) — a visual poem
- [We Remember](#) — “good things happening glasses” short video
- [Building Immunity](#), guidance for building resilience and immunity on all levels
- [Thank You ... a gift of positive vision](#)
- [Choosing to Be the Calm in the Midst of a Storm](#), supporting emotional well-being and positive focus.
- [It Doesn't Matter](#), supporting emotional well-being, positive focus, next action.
- [Protecting Your Family](#), Dr. David Price of Weill Cornell Medical Center in New York City is a pulmonary and critical care doctor. It is 57 minutes long. He shares grounded, practical information about the virus, how to stay well, how not to infect others and what to do if you feel sick. And the
- [PSA Safe Grocery Shopping](#) — Take from it what works for you.
- [Corona Virus and The Elephant in the Room](#) — a short piece fostering awareness that self-care matters.
- [Coro-Nation](#) — another point of view.

A MORE ALKALINE BODY

Here is an easy way to make the body more alkaline without having to drastically change your diet. Viruses have difficulty growing in an alkaline environment. *Note: This could deplete minerals, so be sure you have a good daily supplement such as “Prime Formula” by Babinetics.*

J-R Cocktail:

- ¼ tsp of baking soda
- ¼ tsp of creme of tarter
- Stir them into 2 oz of water
- Wait until the bubbling stops and drink
- Do that once every 2 days

SOMETHING NEW:

Bertrand: I very much like the positive and precise way Greg Bradon approached the whole COVID 19 subject. The last part about resources is great and definitely I concur with the mushrooms suggestion. I have included a resource for mushrooms below in the remedy section of this document.

The resources about Chinese herbal formula are probably fine but not necessarily congruent with the Traditional Chinese Medicine approach. Usually herbs are prescribed specifically for each person at a specific stage of the disease. The Formula he mentions and the research he mentions from 2015 indicates theory effectiveness as anti-viral. Whether they would be effective for COVID 19 has not been established.

- [Truth and Fiction Coronavirus](#), [Gregg Braden](#)

UPCOMING LIVE EVENTS:

- [Saturday, April 11, 1PM Central](#), Bertrand and I will continue with our Stay Calm and Healthy Zoom conversation. You need to register in advance for this meeting [here](#). Enter your name and email address on the registration page to get the Zoom info so you can join the event. After [registering](#), you will receive a confirmation email containing information about joining the meeting. [Register here](#).
- [Sunday, May 3 at 1PM Central](#) [BreathWork event Live on Zoom](#)

MORE RESOURCES:

- Link to buy mp3 [“Living in Peaceful Harmony”](#) from Bertrand’s website
- [Link to buy Leslie’s guided BreathWork CD or mp3 “Breathe Into Peace”](#)
- [Laughter Yoga on the Phone](#)
- For Inspiration and Comfort: [Blessing this Day](#), John Morton and Leigh Taylor-Young Morton sharing their insights and wisdom, helping us find the blessings that truly are all around us, and providing Light and loving in these extraordinary times. Via Live Stream, Daily, 9:00 AM PDT (20 minutes)

QUOTES:

If you would learn the secret of Soul Transcendence, look only for the good, for the Divine in people and things, and all the rest leave to God.

- John-Roger, DSS

The only emotion available to a fully conscious being is unconditional compassion. - Ram Dass

JOY TO THE WORLD — AMAZING YOUs — WHAT YOU ARE DOING

- I have a friend with cancer — asked her if she needed help with yard work.
- put birthday card through apartment door of tenant. calling people/ email on birthdays/thanking postman
- I am a dentist and I have taken on the opportunity to get better at social media and posting information, provide challenges, providing free consultation (Tele-dentistry)
- Skype with my 90 year old mom
- I work at a hospitals cancer institute and I send emails a few times a week with a motivational message to my team to help spread peace within so they can spread peace to others
- Walks in nature with our dogs, humorous TV shows & singing!
- On a personal level noticed that people that irritated me are really reflecting my own behavior
- Singing and listening to music
- Great British Baking show before bed
- I have a motto at the pharmacy where I work: JESUS ON THE FRONT LINES AND ANGELS ALL AROUND
- Posting Loving Each Day J-R quotes on my Instagram pages
- Grocery shopping for someone who can't leave the house
- Delivering a meal to a friend with the virus
- I bring humor into the business world.
- Making art. Writing poetry, Walking and getting outdoors just about every day.
- Social Media ministry, my FB page, John Morton's page — creative, uplifting and often musical posts
- Sending humor via messaging
- Cooking for another who finds it too much to do.
- Making Masks for others
- Laughter
- Focusing on beauty. Bringing completion to a landscape painting, and sharing the image.

REMEDIES ON FOLLOWING PAGE >>>

COVID-19 Recommended Supplements by Bertrand Babinet, PhD, LAc

A note about the products listed below: I evaluate all the products I recommend on an intuitive scale that I call “Effectiveness to Purpose” (EP). The general purpose for each of these products **is to improve your protection from Covid 19**. The scale is from 0 to 10 and ++ expresses levels of effectiveness beyond 10.

Below please find the list of products Bertrand is recommending for health support at this time. The prices represent the current 20% discount. When you place an order, put in the Subject Line: *Attn: Therese – Product Request*.

Products Available Through Babinetics

To order by email: **babinetics@gmail.com**

Put in Subject Line: **Attn Therese – Product Request**

If you have a question for Bertrand before ordering do not put Attn: Therese in the subject line. This way Bertrand will receive it directly.

For the next two months Babinetics is offering a 20% discounted price for the following products. The prices listed are the discounted cost.

Purpose: Supporting Gut Immunity – the first line of immune defense in the body

Product Name: Del Immune V

EP: 10+++++

Cost: \$44

Contains: 60 caps

Strength: 100 mg

Recommended dosage for prevention: 1 capsule daily

Status: In stock

Purpose: Regulating the cytokine storm affecting and potentially damaging the lungs – for prevention. Essential when symptomatic

Product Name: Anti Vir II

EP: 10+++++

Cost: \$26.00

Contains: 60 caps

Dose: 1 capsule twice daily

Status: On back order – See next item as alternative

Product Name: Andrographis Extract

EP: 10+++++

Cost: \$16.00
Strength: 500 mg
Dose: 1 capsule daily
Status: On Reorder

Purpose: Foundational Immune support

Product Name: Liposomal Vit C

EP: 10+++++++
Cost: \$24.00
Contains: 1.7 oz.
Dose for Prevention: 3 Sprays in the mouth 3 times daily
Status: On Reorder

Purpose: Foundational Immune support

Product Name: Mushroom Synergy:

EP: 10+++++++
Cost: \$ 48.00
Contains: 180 Capsules
Dosage for Prevention: 2 capsules daily
Status: On backorder

It is a combination of several of the key mushrooms recommended in some of the Chinese research combined with many key herbs designed to promote effective immune support.

Purpose: Foundational Immune Support

Product Name: M/R/S Mushroom Formula

Since Mushroom Synergy is in back order and will not be available until June, we have a substitute with a very good EP

EP: 10+++++
Ingredients: Maitake 200 mg, Reishi 200 mg, Shitake 200 mg
Cost: \$50. 00
Contains: 120 Capsules
Dosage for protection: 1 capsule twice daily with or without food
Status: On order, should be available sometime next week

Purpose: Controlling the inflammatory process in the lungs

Product Name: Curapro

EP: 10+++++++
Cost: \$70.40
Contains: 120 capsules
Strength: 750mg

Dose for Protection: 1 capsule daily

Status: In stock

Purpose: Inhibiting viral reproduction

Product Name: Micro Defense

(Contains Olive leaf Extract and wormwood)

EP: 10+++++++

Cost: \$42.40

Contains: 180 capsules

Dose for Prevention: Three capsules, twice daily, with food

Status: In stock

Other recommended products available at health food stores and online

Purpose: Inhibiting Viral Reproduction

Product Name: Quercetin

EP: 10+++++++

Strength: 500 mg

Dosage: 1 capsule twice daily

Purpose: Inhibiting Viral Reproduction

Product Name: Zinc Acetate

EP: 10+++++++

Strength: 30 mg

Dosage: 1 capsule daily

80% of the population is zinc deficient, so some might need more.

Purpose: General Immune support

Product Name: Vitamin D3

EP: 10+++++++

Dosage: 5000 IU daily (unless your Vit D level is over 80)

Homeopathic Products available at health food stores

Purpose: If symptomatic with fever, chills and body aches (FYI: good to take with ANY kind of flu, fever, chills, aches)

Product Name: Gelsenium

EP: 10+++++++

Strength: 30 C

Dosage: 3 pellets every hour

Purpose: For lung support

Product Name: Lycopodium Clavatum

EP: 10+++++++

Strength: 30 C

Dosage for Prevention: 3 pellets under the tongue twice daily

Purpose: Blocking viral reproduction

Product Name: Ferrum Phos

EP: 10++++

Strength: 30 C

Dosage for Prevention: 3 pellets under the tongue twice daily

Note: This remedy can be used at the first sign of infection or as a prevention and is specifically indicated for upper respiratory conditions.

Sending blessings to you and yours as we find our way forward together,
sourced from peace and loving.

Love, Light & Blessings,



WHO ARE WE:

Leslie Sann, has been serving clients since 1986. Her career has been rich with helping people transform their lives, guiding them to live by design rather than by default. She offers compassionate, perceptive insights serving her clients in seeing their world through new eyes, connecting them to their joyful nature, the source of true creative power. She is the author of the award-winning book, [“Life Happens: What Are YOU Going to Do About It?”](#) and is about to publish “*Calm Down Lift UP into Joy, Creativity and Peace*” leslie@living-bydesign.com

Bertrand Babinet has been assisting his clients gain optimal health and well-being for over 40 years. His approach examines not only the physical but also the psychological and spiritual foundation of health. He works cooperatively with his clients to identify imbalances and create a pathway to excellent health, well-being and personal effectiveness. Bertrand is the author of the book [“Empowering the Heart”](#) babinetics@gmail.com

18 HEALING LIGHTS DIAGRAM ON THE FOLLOWING PAGE

Thank you Dani Burke-Babinet >>>

18 Healing Lights

