

**OptimalHealthSecrets.Com**  
**LIA Lifestyle Instruction Aid**

**abcde2. Prevention**

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Modified March 6, 2008

The field of prevention, as it relates to health problems, is large and encompasses several professions. The Dental profession is probably the most well know profession for prevention with the chiropractic profession second.

The medical profession comes in a distant third by professing to use high tech expensive equipment and expensive drugs to give their brand of prevention which usually means waiting until you have a problem then trying to prevent it from getting worse.

Typical medical ideas on prevention for pre menopausal women, for instance, are:  
(From Mary Jane Minkin, MD, Prevention magazine July 1999.)

- Get your cholesterol checked
- Get screened for diabetes
- Have a bone density test
- Get regular mammograms
- Perform monthly self breast exams
- Maintain a healthy weight

- Exercise regularly at least 5 days a week for 30 minutes
- Stop smoking
- Have blood pressure checked once a year
- Get annual pap test and pelvic exams
- Limit intake of salt and alcohol
- Discuss with your doctor the risks and benefits of taking hormone therapy.

Pretty much all are based on diseases that one might catch, with maybe the exceptions of smoking, salt, and alcohol. The medics, being the champions of diseases, want to see if they can detect the diseases as soon as possible and then prevent the disease from getting worse.

What optimal health implies is that you should be trying to prevent the disease in the first place and not be waiting for a disease to set in, and then try to detect it early with sophisticated testing. The medics have it right thought, about research and proof. Its just that it would be nice for them to get some conclusive proof for what they do. They now have proof for about 1% of what they do. (According to medical statistics.) This does not make medical doctors particularly good at giving advice in the Optimal Health field.

The things that medical doctors are very good at, crisis care, and life and death care, gives them a spill over effect of good will. Our communities need more than what the traditional medics can offer. Our communities need a team approach. Other health care professionals fill this void left by the medics in the optimal health field. OptimalHealthSecrets.Com reaches into the very heart of prevention to prevent problems before they start.

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