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**LIA Lifestyle Instruction Aid**

**abcde3. Health improvement in the new Millennium**

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**The Search for Optimal Health**

**The Problem**

The aging population will be in more need of several forms of alternative/complementary health care in the near future, as the health care spending trends in the general population are showing now. Already, in the US and Canada the general population makes more visits to alternative health care providers than to traditional allopathic health care providers. Traditional health care dollars are spent proportionately more on the aging population as each decade passes. Clearly encouraging people to adopt healthy lifestyles will be the challenge of the new millennium.

So far governments have a poor success rate in convincing the masses to adopt standards of exercise and nutrition known to be helpful. Optimal health care differs from health care that treats crises, and from health care to detect disease early and then prevent it from worsening.

The concept of 'Optimal Health' is very old. Optimal health is different from 'regular health' (absence of disease). The newer concept in our modern age is called 'Wellness'. Wellness and prevention are the keys to lowering the cost for future health care. Crisis care has its place and sufficient money should be spent there. However, people want wellness care as well as crisis care. To give wellness care in our communities one must recognize the components of all the factors that create most of our health problems. These factors can be said to fall into three general categories. 1. Musculoskeletal degeneration in muscles, bones, and joints, 2. Heart and vascular degeneration, and 3. Mental and nerve degeneration.

Making it easy and fun for people to learn behaviours that become permanent long term lifestyle modifications is a problem that plagues many cultures. There is no one agency or profession that the public considers as expert on all aspects of health care, which would include crisis care and alternatives to traditional western medical care.

**The Solution**

There are a number of common factors involved with all of the above conditions. There is much scientific research on each one of these factors. There is considerable knowledge on how to deliver adequate services. Considerable knowledge on how to encourage people to participate in activities known to help build a high quality of life as they continue to age. Some of these topics, like nutrition and exercise, have been around for a considerable time and the parameters are mostly common knowledge by now.

Common factors required for an overall comprehensive program of Integrated Optimal Health delivering Knowledge, Prevention, and Empowerment, are:

1. Spinal health
2. Nutrition
3. Exercise
4. Rest & Relaxation
5. Attitude balance

Our society has many reservations on each one of these areas. Some people in our society place more emphasis on one over the other and some people completely ignore some factors. Many people still have unanswered questions.

What is the best spinal health care?

What is the best nutrition?

What is the best exercise?

How to get relaxation when there is no time in a busy world?

And, to top it all off, stigmas attached to psychiatry and psychology scare people away from worthwhile counselling. To be successful in changing the behaviours of people toward a more healthy lifestyle that scientific research shows will help, not only prolong life, but also help prolong a higher quality of life, requires an approach that introduces a small number of changes in each of the five areas and then helps people expand their knowledge and improve their behaviours, as they see fit.

The wave of the future will be **Assessment** to find individual needs, **Recommendations** based on the assessment, and **Implementation** of the recommendations in an easy to adhere to **Action Plan** that is enthusiastic and fun.

Chiropractors can be considered one of the major experts in spinal health that does not include surgery or drugs. The European Spa is probably considered the epitome of relaxation. Psychological lectures are the accepted place to learn attitude balance. People know that a gym is the best place to go for exercise, but gyms are very different from place to place.

Nutrition is really difficult to pin down. Medical doctors really don't know much about nutrition and are notoriously behind the times with their advice. Chiropractors generally have much better nutritional training, but not all chiropractors give nutritional advice and only a few are well trained with degrees in nutrition.

Dietitians, the newer people in the field of nutritional advice, generally stick to the medical model which is often fraught with old style traditional thinking that takes decades to change. Health food stores and health consultants who have only correspondent courses also dispense nutritional knowledge, but their training is highly suspect. There is, a vacuum of generally regarded experts in a field that might be called 'The Search for Optimal Health'.

Our approach at OptimalHealthSecrets.Com is unique in that it encompasses each aspect of optimal health for a more complete comprehensive program of health care.

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