

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

**abcde4. Sixteen best things you can do for yourself**

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**Spinal Health**

1. Keep the upper neck and pelvis in alignment and moving freely.
2. Keep straight posture all the time.

**Nutrition**

3. Avoid foods that are poison to humans and that may cause red blood cell agglutination.
4. Take a high potency Multi Vitamin and Mineral every day.

If you eat a Pain Relief Diet poison food then:

5. Take a digestive enzyme with the meal and between meals.
6. Take a bowel bulking agent and eat some fruit foods to speed up the bowel movements.

**Exercise**

7. Get the blood flowing fast at least once a day even if it is only for a few minutes.
8. Do some mild exercises regularly every day.
9. Combine socializing with exercise for better results.

**Rest & Relaxation**

10. Get a rest period every day.
11. Catch up on lost sleep at least once a week.
12. Take a holiday regularly.

**Attitude & Perspective Balance**

13. Control rage and seething anger. These are the killers by causing strokes and heart attacks.
14. Memorize and practice a tool for staying calm in adversity.
15. Remember the Golden Rule of Attitude; You get farther with Calm Kindness than rampant raging.
16. Learn the secrets for making impressions on other people.

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