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LIA Lifestyle Instruction Aid

a21. The Pain Relief Diet
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USING FOOD AS THERAPY

For people with pain, inflammation, digestive problems of all kinds, skin problems, vascular problems, heart problems, or any problem requiring a better blood flow.

Our Pain Relief Diet is designed to reduce the amount of food, that may be harmful, and to reduce the amount of food that may increase inflammation already present. We are using food as a therapy with this diet.

People will also lose weight if they follow the six key points in this diet. Stabilizing weight is fairly easy once the ideal weight is reached. Our diet has a secret benefit. The foods that are cut out of the diet cost a lot, so you will have more money left to spend on supplements, like high-quality Vitamins, minerals, fibre and phytonutrient supplements.

Implementing the Pain Relief Diet

We have developed a LIA Lifestyle Questionnaire Program to discover and categorize a patient's present nutrition lifestyles and knowledge. This allows numbers to be attached to various behaviours so advice can then be tailored specifically to the patient. Retaking the questionnaire every three months will allow a person to document and track improvement. There are a total of thirty questionnaires, with more than 550 questions. This questionnaire will be available on the internet in the near future.

Doctors OK

Different people may need special care on a weight loss plan, diabetics for instance. Reducing weight and exercising is very good for diabetics but, it needs to be done properly and probably should be monitored by your doctor. See your doctor before embarking on any major weight loss plan.

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