

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

**a33. Paradigms and Mind-Sets**

By Dr. Victor Jean Ouellette

Modified March 6, 2008

It has been said that humans themselves are the pollutants of the Earth. Interesting paradigm shift at that. Common foods may also be looked at as pollutants. There is enough scientific evidence, and enough clinical efficacy, to warrant a paradigm shift around our mind set with food. When that person is in crisis and has not been getting help from the chiropractor or the medical doctor, then there might be some value in looking at food for help.

Start with five food groups. These food families may be thought of as the leading pollutants of the human body, far outstripping pesticides and chemicals. These food groups may in fact be leading to continuing pain and disability for a significant portion of the human population.

How do you know if you are affected by these foods? You avoid all of them for two weeks and see what happens to you. If you cannot avoid them for two weeks then avoid them for three days. Anyone can do this for three days. Healing takes two weeks, but intestinal cleaning takes about three days. Try it for three days and see how you feel.

The question becomes, "Can the human body accommodate to these common, but poison foods? Possibly, but only with great suffering and much pain. Do you really want to do that to yourself? Implementing the diet may require learning certain secrets. We can think of at least five secrets that would be helpful. The Pain Relief Diet is the way to go when you are in pain.

Copyright October 26, 2004, Dr. Victor Jean Ouellette, All Rights Reserved