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### **The Government**

Let's start here. The government cares about the people and it's institutions. It has its priorities. We ask it to have those priorities. We pay it to have those priorities. As a large community we need it to have those priorities. What are the four main numbers the government looks at?  
[https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html?utm\\_campaign=not-applicable&utm\\_medium=vanity-url&utm\\_source=canada-ca\\_coronavirus](https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html?utm_campaign=not-applicable&utm_medium=vanity-url&utm_source=canada-ca_coronavirus)

### **The Four Numbers**

1. The incidence of disease, particularly this current Covid-19 outbreak of disease.
2. The numbers of people getting sick.
3. The numbers needing hospitalization.
4. The numbers dying.

Other epidemiological numbers like Virulence for instance, are also a concern but those numbers do not help us as individuals very much. They are used by officials to scare people for sure, but they don't help us. I won't get into actual numbers here because those numbers change. This article is not about the actual numbers but, rather the implication of those numbers.

Governments look at those four numbers and make a decision as to what's in their best interest, the best interest of the government that is. If they think the hospital system will crash due to needed hospital beds that will not be available, then they will attempt to close the country down. One can argue that is a prudent approach.

So then, what are the people doing? They are looking out for themselves as well. However, the people are composed of individuals trying to take care of themselves as individuals. The government is about individuals trying to take care of an entire population. That job is more difficult. The government has their finger on those four numbers while the individual does not. Thus, the individual panics.

The individual is trying to avoid something that their body will likely have to deal with at some point in time in the future, next year, the year after, five years, 20 years? We are all most likely going to get this virus at some point in time but, the healthcare system will have caught up by that time. Our immune systems will have caught up.

If, as an individual, you are scared now, then stay at home, take it easy, relax and get on with life at home. The government knows things which we don't know with regard to those four numbers above, and that is all to do with our healthcare system and its preparedness. The government calls out to organizations when it feels it needs help. That is what it's doing now. Many organizations are responding. That is all good. The government is now asking everybody to stay at home. They want to slow the spread, not necessarily stop it dead in its tracks. Nice to do that,,but... stopping

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it is not possible and never will be for any of the future virus scares.

The new question now is whether this virus can be spread BEFORE symptoms become present. We are waiting to hear on that issue and that may change how we respond. However, even if that is true it still leaves the community at the place of slowing the spread, which is where the community is now anyway. Instead of eradicating the disease completely, which is not very likely, slowing it's spread is the only option available to us at this time as a community.

Protecting the Health Care System, protecting the Health Care Workers, protecting the economy all at the same time is a challenge for sure. This is what our government workers are working on and they should be commended for those efforts. But, we are at the beginning of the epidemiological curve. With a 20 to 30 percent seriousness rate (those needing hospitalization) this hospitalization is where the problem lies. So, we wait, we listen and we try not to panic.

If we take the US statistics of 70 million to 150 million infection rate projection, and math-out our population here in Canada then we would guestimate 7 million to 15 million infection rate and a 30% hospitalization rate (the high end) thus, we see that Canada needs 2.1 million to 2.5 million hospital beds at the high end..... ah... that is free open hospital beds not ones already filled with chronic care people.

Ok.... but the United States does not even have half that many free beds and they are 330 million, soooooo..... you see the problem. We are paying government officials to take care of us and they have ants-in-their-pants on this one. That means they are scratching and swatting their butts like crazy. And so, the world turns. We see our normal activities disrupted. There, I think I have flushed out the movie script now. Scare the bejesus out of everyone, but for good reason.

It is understandable that organisations that cater to the elderly take certain steps beyond the normal. This is happening with Royal Canadian Legions and dance halls catering to the older dancers, which often fall into the Ballroom category. That is all good as it may be. Today all bars, nightclubs, and restaurants are required to close in Ontario. But I say it is still not enough.

Hospitals have people dying in them every single day. The premise that people with the more severe reactions to the flue bug are going to be saved by the hospital is a false premise. Here is another premise. People with the more severe reactions to the flue bug have a weaker system because they are not taking care of themselves properly. (Ah, the old Vitalist ideas.) While not entirely correct one can see that eating well and exercising properly, both of which boost blood flow, can help a person compensate for a weaker genetic gene pool. A person can help themselves far more than a hospital can because the person themselves can intervene to help themselves way before heroic measure would be necessary in a hospital setting. People don't want to change though. Once heroic measures are necessary in a hospital then a large portion of

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those people are going to die in spite of the heroic measures. That is just the reality of the way it is. Staying healthy means paying attention to what science has already clarified with regard to the Five Pillars of Optimal Health Secrets which I have written about decades ago. Let's repeat some things now.

<https://www.wellnesswithpain.com/Dr.-Ouellette's-Five-Pillars-of-Optimal-Health-Secrets.html>

Simply listing these things and describing how to follow the science on them is not enough. People are lazy. People fall back to their old ways. How many people are still doing their New Years Resolutions in March? Not very many. Hospitals can save some people, yes, however, individuals can save themselves far more effectively and efficiently than a hospital.

- Cut excessive weight. Although I have written a fair bit on this you can start here.  
<https://OptimalHealthSecrets.com/library.html#WeightLoss>
- Begin a blood flow boosting Self-Help program. (Nutrition-Exercise)  
[The right nutrition, the right exercise!]
- Quit smoking if you smoke. (No, don't just cut down. Quit cold turkey. If you need help then see your medical doctor. You'll have a lot more money in your pocket too.)
- Quit drinking more than one drink if you drink and make sure you skip several days in the week in order to give your liver time to recover.

Always keep in mind that nutrition supplements DO NOT KILL GERMS OF ANY KIND. They are not the way to go when dealing with this type of crisis. If you have all three (excessive weight, smoking, drinking) in your lifestyle then you have one foot in the grave and one foot on a banana peel. Best get help immediately. Waiting and trying to hang on is the worst thing to do.

So, use this present community crises as a stepping stone to a better lifestyle. That's your part. Relying on yourself rather than your government is the smart way to go. We are in Self-Isolation mode now in Ontario. And so, for levity I submit the following old piece.

<https://OptimalHealthSecrets.com/library.html#jackschitt>

**Making Wellness a Priority  
Creating Value for Society  
Chronic Disease Prevention Strategies  
Helping Business Manage Wellness  
Teaching Evidence Based Wellness**