

**Dr. Victor Jean Ouellette, DC, MS**

[info@WellenssRiskManagement.com](mailto:info@WellenssRiskManagement.com)

Certified Member of the Royal College of Chiropractic Sports Sciences (Canada)

Master of Science: Biology (With Emphasis on Nutrition)

Retiring Certifications: DNM, RNP, Cert. Acup.

---

---

© April 23, 2020 Dr. Victor Jean Ouellette, All Rights Reserved.

### Review

In case anybody has missed why the SARS-CoV-2 virus is so dangerous let's quickly review and get some help at the end.

The SARS-CoV-2  $R_0$  (R-Naught) is between 2 to 4, so far as we know at this time. That means one infected person can be expected to infect between two and four other people. This is the 'Reproduction Number' of this virus. If the  $R_0$  is less than 1 then the virus cannot spread.

### So, why are officials so fearful?

Think of it this way. If you slam your finger in a door, your finger swells up, it pulses, and it hurts. But, the swelling remains localized to the finger. You don't expect your whole hand or your whole arm to swell up. That's point number one. So, keep in mind that localization of swelling. A swollen finger generally goes down all on its own in a short time.

When the SARS-CoV-2 virus infects a human it has a predilection to the lungs. It likes high oxygen environments.

- Getting the virus deep down in the lungs has an affect on the lungs like slamming your finger in a door that we just described above. **Except, for one thing.**
- The entire lungs (a Lobe), respond with swelling. That swelling occurs in the tiny grape like structures of the lungs where gas exchanges take place, called alveoli. That process reduces the oxygenation of the blood and that affects the whole body.
- That Alveolar swelling sets up a cascading disease sometimes called a Cytotoxic Cascade. At that point the disease is called ARDS for **A**cute **R**espiratory **D**isease **S**ndrome.
- SARS-CoV-2 virus can affect other organs as well as the lungs. Keep that in mind.

Recovering from ARDS is more difficult if a person is older, has comorbidities, or is unfit. Comorbidities are other diseases or syndromes a person might have.

Having excessive weight usually means a person is unfit and if the weight is high enough or has been long enough, then often vascular problems are also present which affect blood vessels and the heart. That's all a bad sign. In those cases diabetes is close at hand.

**The elderly are generally more unfit than the younger people are. That is true Generally, but not always.** In my case, when you look at me, I am quite fit.

**Dr. Victor Jean Ouellette, DC, MS**

[info@WellnessRiskManagement.com](mailto:info@WellnessRiskManagement.com)

Certified Member of the Royal College of Chiropractic Sports Sciences (Canada)

Master of Science: Biology (With Emphasis on Nutrition)

Retiring Certifications: DNM, RNP, Cert. Acup.

---

---

© April 23, 2020 Dr. Victor Jean Ouellette, All Rights Reserved.

Although I am at a low normal weight level, (deliberately brought there), a low normal blood pressure level, a low normal heart rate level, and have very good blood fat measurement levels at all the measured trajectories, in spite of all that, my lungs may still respond to a SARS-CoV-2 virus with a total lung lobar swelling response, because of my age. It may then progress to a ARDS even though I am fit. Those unfit are much worse off.

Thus, people in my situation should not become complacent and inattentive to themselves.

### **What can you do to help yourself?**

My advice to people revolves around what I have been saying for more than four decades in clinical musculoskeletal practice. There are five major Pillars of Optimal Health Secrets that I have identified. I call them **Dr. Ouellette's Five Pillars of Optimal Health Secrets**. They are Nutrition, Exercise, Spinal Health, Rest & Relaxation, Attitude & Perspective in Life. Paying attention to improving each of those five pillars will help a person become more fit, more healthy, more relaxed, more balanced, more happy.

I have spent much of my free time developing a science ended measurement protocol to measure each of those five pillars. That measurement program is available on the Internet but it takes some time to complete correctly because it is quite thorough and comprehensive making more information available for a person to give to healthcare workers in addition to those five pillars above. There are about 126 things a person can do for themselves within those five pillars.

**Limited, localized offer to help. [This offer will be deleted from my online posting of this article on my <https://OptimalHealthSecrets.com/Library.html#dangerous> web page.] It's link #22 in the SARS section just after the Miscellaneous Articles section.**

You just have to ask. If you don't ask then you don't receive.

**Making Wellness a Priority**

**Evidence-based Wellness**

**Creating Wellness for Society**

**Chronic Disease Prevention Strategies**

**<https://WellnessRiskManagement.com>**