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**a26. How do I balance my meals if I am on the Pain Relief Diet?**

By Dr. Victor Jean Ouellette March 2004

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The Pain Relief Diet is an elimination diet. That means you will be removing (eliminating) from your meal plans, a group of food families that have some indication in the scientific literature, that they might be harmful to humans. Governments are indicating to their communities that several of these food families are foods that are good to eat. We, in the Pain Relief Diet Clinic, are saying that certain common foods have never been proven safe for humans and may, in fact be harmful to some humans. The only way to find out if these foods are harmful to you is to STOP eating them. This is what the Pain Relief Diet is all about. New ideas and new research implore you to test food yourself. No longer can we rely on governments when we are in pain. The medical profession is the last place anyone should be going for information on nutrition.

The idea that ALL foods are good in moderation is FALSE and governments should refrain from teaching this concept. Teaching that consuming a variety of foods is healthy for all people, is commendable and is very wise but, certain food families can be harmful to you. If you listen to people that criticise elimination diets by saying any diet that eliminates a whole family of foods is bad, then you will continue to suffer from the effect of foods that may be harming you. You may very well end up filled with arthritis, degeneration and disc damage, all the while medical people are telling you that this is just the way it is for you. We suggest that if you are one of these people filled with arthritis and degeneration then you need to modify your diet to test what we are saying.

Scientific research has gone past the point where all foods are considered good for all people. Those people not up on their nutrition knowledge will not know about newer concepts of biological individuality and will continue to teach old fashion concepts not in step with new research.

This was the story with folic acid and pregnancy where many people, including medical doctors, would not accept the scientific research showing the great benefits of consuming a folic acid supplement when pregnant. Many, many years passed until this simple and safe nutrition remedy was taught in a widespread fashion.

Eliminating whole food families can be difficult. Some people find out that many of the foods on the Pain Relief Diet avoid-list are foods they eat every day. When hearing about the PRD-avoid list these people stare off into oblivion wondering what there is left to eat after eliminating all the PRD-Poison Foods. But, on the other hand, these people complain of back pain, spinal degeneration, chronic fatigue, fibromyalgia, arthritic pain and a host of other problems, all the while never considering there may be a link to foods they eat.

Some people even mention that a family member has Celiac Disease (a disease where Gluten in wheat, rye, and barley, attacks the small intestines), but they never considered that they too may suffer from a lesser form of Celiac Disease.

Once you find out what all the PRD-Avoid Foods are, you then have to learn how to substitute alternative foods for your meals and snacks. The book Dr. Ouellette's Pain Relief Diet Manual lists some healthy foods to substitute for all the eliminated foods on the Pain Relief Diet.

In a nutshell, here is the secret. Listen up now. Eat fish and birds for protein and fruits and vegetables for flavonoids and antioxidants but, above all else **KEEP YOUR TOTAL CALORIES LOW.**

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