

Food and Blood Flow
Foods that Help, Foods that Harm
Beginning Concepts in the Food-Wellness Complex

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Understanding

Unfortunately, it is only the beginning of understanding that we can offer today. More complete understanding needs to wait for more science.

Food is needed for sustenance, healing, growth. We cannot get around the need for food. Understanding some of the subtleties with food is important for Wellness. Notwithstanding that we tend to over consume in modern societies leading to weight gain, and that highly processed foods tend to lead to higher carbohydrate metabolism leading to weight gain, and the inclusion of refined sugars in most all package, bottled, jarred, boxed and frozen foods, tend to cause a higher insulin reaction leading to excessive weight, let's leave those issues for another day and focus our attention on the food blood flow issues today.

- All meals consumed, no matter how large or how small, cause a subtle plugging of the capillary vascular systems throughout the body, to varying degrees depending on human genetics and the type of food consumed. Human genetics, of course, varies from person to person.
- Because the vascular system is a dynamic system with a very large capacity (thousands of pints-litres), and a very small volume (11 pints [5 litres]) of blood, then blood is shunted from one place to another as needed.
- That food-induced reduced blood flow plugging of this shunting system leads to a deoxygenation on an intermittent basis in numerous areas of the various capillary systems in the body.
- Every organ has its own capillary system. Plugging leads to a poorer removal of waste products with subsequent consequential issues caused by genetic variations between the waste products and the human body.
- Large meals create a proportionately larger amount of plugging due to numerous factors including a poorer breakdown of food in large meals which leads to partially digested food debris in the blood that the immune system then needs to deal with.
- The immune system will deal with that debris depending on the particular markers in the food debris and the genetics of that person's body.
- Thus, we see interactions between food types and body types on either a frank immune inflammatory process or other reactionary processes.
- Foods that happen to mimic various blood types, by having similar markers on them that various blood types use, will cause an increased plugging of capillaries systems adding to the aforementioned problems.

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We can conclude that every meal has a complex interplay through digestion and metabolism in the body. When one adds the science of the FoodPainConnection to the above concepts then one sees that a food meal can cause more far reaching consequences than simple intestinal damage.

Simple intestinal damage though, can be quite complex in and of itself. Science shows various food cereal grains can cause varying amounts of intestinal damage to the microvilli. Couple that knowledge with a bolus of damaging food causing intermittent referred pain as it passes in and out of intestinal parts that may or may not cause referred pain, then we have a truly mind-boggling problem to deal with from the clinical point of view.

Now add numerous meals at varying times of every
single day, then we have a complex that is extremely
difficult even for specialists to figure out.

Food can cause a local intestinal irritation as it passes a particular part of the intestine sections, and it can cause more far reaching inflammatory problems due to genetic diversity impacting on some people in a worse way than on others.

We're not finished yet with the complexity of this food issue. When we get sick our system changes. Our system becomes more acidic. We lose certain protective mucus barriers. We don't digest food as efficiently. At that time of sickness, foods particularly damaging to a particular person's genetics can have a particularly severe consequence leading to chronic long-term illness.

So, we are left at the point where if a food specialist is confused about a certain type of food then how in the world are we going to expect the consumer population to not be confused as well. We are all confused, specialists and patients alike. Science learns to slowly. We need help now not in 20 years.

Dr. Ouellette's Anti-Inflammatory Pain Relief Diet offers a clean burning diet that helps people learn to help themselves. The Self-Help end of things is where we need to be going as a community not toward more specialists with more partial science. We have created a Wellness Risk Management measurement system and have it online at <https://TheQ.ca>. We have created a Wellness Risk Management Workshop program to help people troubleshoot their Self-Help issues. We have created a statistical gathering research program to track larger research cohorts.

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People can get started today by sending us an email with name, address, texting phone number if available, and either an anonymous email address or a standard one. We will start the Research Enrollment process and get people on the roadway to Optimal Health Secrets and Chronic Disease Prevention Strategies.

List of Links

<https://TheQ.ca/register.php>

<https://TheQ.ca/workshop-purchase.html>

<http://WellnessRisk.com>

<http://ChronicDiseasePreventionStrategies.com>

<http://FoodPainConnection.com>

<http://PainReliefDiet.com>

<https://OptimalHealthSecrets.com>

<https://OptimalHealthSecrets.com/Library.html>

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

<http://ImmortalityDate.com>

<http://healthadvicetherapy.com/myblog/>

Old Blog. A new Blog is not ready as yet.

Social Media <https://www.facebook.com/victor.j.ouellette>

<https://twitter.com/VictorOuellette>

www.linkedin.com/in/dr-victor-jean-ouellette-39ba0017

We measure Dr. Ouellette's Five Pillars of Optimal Health Secrets and the Anti-Inflammatory pain Relief Diet, PLUS several important clinical parameters important to clinicians.

Measure - Assess - Identify - Prioritize - Motivate
Making Wellness a Priority

Send us an email today.

Ask to be enrolled.

[**info@theq.ca**](mailto:info@theq.ca)