

Is Degenerative Decline Our Own Fault?

Can We Change It?

Wellness Risk Management

info@WellnessRiskManagement.com

By Dr. Victor Jean Ouellette, DC, MS

[QUOTE]

“There’s no question that when we compromise on looking after ourselves, our ageing minds pick up the tab.”

[ENDQuote]https://getpocket.com/explore/item/3-simple-habits-that-can-protect-your-brain-from-cognitive-decline?utm_source=pocket-newtab

Neural Plasticity

1. Neurogenesis
2. Synaptic Connections
3. Myelination

These are what allow our bodies, our brains and our thoughts to grow, adapt and develop. The science is there, it is up to us to follow. Thus, our goal is **RESILIENT AGING** as the web article suggests.

How’s That?

1. HEART rate UP
2. FOOD
3. SLEEP

Exercise

Boost blood flow with exercise. We have said it before. We have an entire WELLNESS PILLAR on exercise. Why? Because it is so vitally important. Ignore this at your own peril. SO, we need a **measurement**. Right, makes sense. Where’s the measurement?

Food

Food keeps us alive. Yes, however, food also kills us young. How do we know the balance? How do we overcome our desires for more food? A general rule is as follows.

“The more you eat, the **YOUNGER** you will die.”

Dr. Victor Jean Ouellette, DC, MS

Is Degenerative Decline Our Own Fault?

Can We Change It?

Wellness Risk Management

info@WellnessRiskManagement.com

By Dr. Victor Jean Ouellette, DC, MS

Of course, it is more complex than just that. We need proper food balance. We need to have our individual needs met. We need to avoid the inflammatory causing foods. We need to match the food to our physical activity and age. AGAIN, we need a **measurement**. Where's the **MEASUREMENT**?

Sleep

Sleep, OK, we need sleep. How much? How often? We don't ask why because we really don't know yet. We just know we don't function well when we don't get the best sleep so, 7 to 9 hours is the general rule for most people. If you think you can do with less then you are likely harming yourself. You won't find out until you wake up one day and wonder where you are and what your name is. When you walk into a room and don't remember why you did that, it's too late. Rest & Relaxation tie into sleep. They are all one pillar. Again we need a **measure**. Where is the measure? (See Below.)

The web link enclosed above goes into these three in a bit more detail. It is worth a short read. We see with Dr. Ouellette's Five Pillars of Optimal Health Secrets, that we have covered all three of these, plus we have two more, and this data has been around since the 1970s. WoWa. Yes, the science is not new. It just gets repeatedly reaffirmed. The other two pillars are as follows.

4. Spinal Health and
5. Attitude & Perspective in Life.

These two additional pillars are vitally important along with the others mentioned above. We have a measure for these as well. That measurement program is managed by **Wellness Risk Management (WRM)**. We want to know our RISK. We want help lessening our RISK.

Want to learn more, start at <https://OptimalHealthSecrets.com/library.html#wrm>.