

The Rule of 3s with Regard to the FoodPainConnection

The rule of threes can also apply to **Wellness RISK Management** as well as the food pain connection but, it was first identified in a clinical setting for the PainReliefDiet in the 1970's.

Here it is.

1. Following all the rules asked of them can see the beginning of improvement in 3 days.
2. In 3 weeks, subjective improvement should be obvious.
3. In 3 months, improvement should be measurable via the **Wellness RISK Management** measurement program.
4. In 3 years, a person should have settled into a new lifestyle.

Three Corollaries to the rule of 3's

1. It takes two hours to teach somebody who is already well on the way with their own wellness strategies.
 2. It takes four hours to teach someone who is not on their own way to wellness strategies.
 3. It is impossible to teach someone who has continuous repeating objections to change.
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Transitioning to Wellness Risk Management - Instructor/Coach/Guide

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