

# Why is **Wellness RISK Management** Right for You?

[By Dr. Victor Jean Ouellette, DC, MS](#)

Think of **Wellness RISK Management** as an empty bottle that you fill with numbers that science provides for you. What you do with the numbers has a profound effect on your life. It is because of this, that most people need help. After the measurement process provides the numbers, **Workshops** provide the help. <https://WellnessRISKManagement.com>

## What is this **WRM** Measurement the Science “Of”?

When people get muscle, bone and joint aches and pains, they look for doctors to help them search for solutions to their problems. The musculoskeletal system is a major component of the body’s locomotion system allowing a person to move around. When pain sets in with this system, people need to be part of the team. There are always things a person can do to help themselves. Going to a doctor for instance is one way. That is a ‘passive’ way to problem-solve though.

The doctor provides a professional level science while the patient must provide the cooperation to help their body heal. That cooperation will fall into five categories we call **Pillars of Optimal Health Secrets**. Ignoring any of the pillars leads to a weakened system and a progressive decay in what ails you. There are more than just these five pillars that a person can do to help themselves, but these five pillars are the major ones people can focus on. These pillars have lots of science to back them up and can be measured. We put numbers to these pillars.

Measuring the pillars, and putting numbers to the scores, tells a person where they stand with their lifestyle, their thinking and their behaviours. Measuring gives a person numbers to help them understand their **Wellness RISK**. Workshops show a person how to improve their numbers, which then brings about a lowering of their **Wellness RISK**. This leads to a healthier, happier, longer life. Given the complexity and cost of medical care, **Self-Help** will become the future with the need becoming more important as time goes on. Start now to learn your **Wellness RISK Management** scores and how to improve them. <https://WellnessRISKManagement.com>

## **Wellness RISK Management** Is a Key Program to Help People

This key program helps people troubleshoot five components of their lifestyle. Those components are Nutrition, Exercise, Spinal Health, Rest & Relaxation and Attitude & Perspective in life. In addition, **Wellness RISK Management** measures the **FoodPainConnection** for people who wish to investigate the natural **PainReliefDiet** to aid them if they have any type of pain. Thirty-eight numbers for each person tell their story.

**Measurement**

**- Assessment - Identification - Prioritization -**

**Motivation**

<https://WellnessRISKManagement.com>

See Bonus Below

**Bonus:** This special, ‘optional’ dietary plan has a dual function as it can help reduce weight if that is a necessary component of a person’s lifestyle needs. A **Measurement** program coupled with a **Workshop** program gets the job done to help people manage their Wellness **RISK**.

### Is **Wellness RISK Management** Right for You?

**Step 1.** Ask yourself if you are the type of person who is willing to do things for yourself. The question we want potential **WRM** participants to ask themselves is:

**“Am I willing to pay some money to help train myself to be more **REGULAR** with science-based chronic disease prevention strategies AND Optimal Health Secrets?”**

If the answer is no, or the answer is “Only if it is easy”, then you are likely not the best candidate for **Self-Help** strategies with **Wellness RISK Management**. There still may be some help.

**Step 2. HOWEVER,** if you are willing to give it a try then we have a new Wellness model for you. We can help you identify and troubleshoot various issues you may be having at the present time. We are saying that **Wellness RISK Management** is right for everyone, everyone who is willing to make themselves part of their own Wellness Team.

Our focus at this present time is helping workers **Make Wellness a Priority** in their life. To do that we have a thorough measurement program which identifies present Wellness needs. We designed the program to be comprehensive and anonymous. Some people feel they are quite busy with life and don’t have the time to invest in themselves. That’s OK. We understand that position. Those people can consider our program at some future date when their priorities have changed. Questions? If yes then please contact us by email.

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

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

**Transitioning to Wellness Risk Management - Instructor/Coach/Guide/Trainer**

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

Master of Science: Biology (With Emphasis on Nutrition)

Retired Certifications: DNM, RNP, Cert. Acup.

**Making Wellness a Priority**

**Creating Value for Society - Helping Business Manage Wellness - Teaching Evidence Based Wellness**

<https://WellnessRISKManagement.com>

<https://WellnessRISK.com>

<https://ChronicDiseasePreventionStrategies.com>