

**Secrets I Have Learned from
Five Decades in the Chiropractic Pain Relief Industry
By Dr. Victor Jean Ouellette, DC, MS**

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1. **Wellness has RISK associated with NOT paying attention to the science.**
2. **Spinal Health is certainly a Pillar in Optimal Health Secrets and Wellness RISK Management.**
3. **If your pain cycles, go first to food as a cause.**

Let's cut the secrets off here and explain the pain cycling. There are two types of cycling. One is pain that comes and goes away completely. The other type is pain that waxes and wains almost like the moon phases. That means the pain gets worse and gets better in a cyclical fashion. Certainly get professional level help, however, don't expect the professionals to know anything about nutrition. Those 6 hours they got in nutrition back in basic training were likely the hours they cut out so they could get more sleep, or could study the "more important stuff" if you know what I mean. Nutrition is something you are going to have to do on your own.

This Pain Cycling Business

Why does pain cycle?

As I explained in my first book 22 years ago, the body needs to make inflammation and it needs to get rid of inflammation. There is a balance needed. In order to regulate these processes the body needs several precursors that it cannot make on its own. We have to eat those precursors. Those precursors are oils, specifically fatty acids. When you mess up the balance in what you eat then you will likely end up with cycling pains. Then someone along the line will tell you it is arthritic pain, "You are going to have to live with it." BIG mistake.

I am going to drop this right now and let you ponder on that. Try to get into some deep penetrating thought on the topic. The data is NOT NEW. It has been know for decades in the scientific community. When I was writing my two books in the late 1990s I found the science going back to the 1960s. The 1960s??? Really?? Yes really. The food industry had learned its lessons from the tobacco and sugar industries. Does anyone remember this little ditty?

"Over, under, around and through,
Pall Mall Tobacco is good for you."

This was from my childhood. I didn't buy into it then asa child and I don't buy into it today as a senior. Tobacco stunk badly and that was enough for me as a child to say, "These people are lying to us." I was a pre-teen at the time. Well, the rest is history.

Now for a Commercial Break

There is a certain amount of Wellness Care you have to do on your own. **Wellness RISK Management** measures you then provides workshops to help you train yourself. We are starting with the workforces in our communities. Strong healthy workers is a key to a strong healthy society.

**Making Wellness a Priority
Creating Value for Society
Helping Business Manage Wellness**
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Dr. Victor Jean Ouellette, DC, MS

Dr. Ouellette's Credentials

Dr. Victor Ouellette, DC, MS, (Full Profile: [About The Doctor](#))
Certified Member of the Royal College of Chiropractic Sports Sciences (Canada)

Graduated 1973 from the Canadian Memorial Chiropractic College in Toronto, Ontario
Doctor of Chiropractic
Master of Science/ Biology (With Emphasis on Nutrition)
Doctor of Natural Medicine, RETIRED
Registered Naturotherapy Practitioner, RETIRED

Member of the

- College of Chiropractors of Ontario
- Ontario Chiropractic Association
- Canadian Chiropractic Association
- Certified Member of the Royal College of Chiropractic Sports Sciences (Canada)
 - Acupuncture Council of Ontario, RETIRED
 - Board of Natural Medicine Doctors and Practitioners (North America), RETIRED

Author

Dr. Ouellette's Anti-Inflammatory Pain Relief Diet (Contact for info)
Cheating on Dr. Ouellette's Anti-Inflammatory Pain Relief Diet (Contact for info)
Dr. Ouellette's Pain Relief Diet Manual (OptimalHealthSecrets.com 2002)
Cheating on Dr. Ouellette's Pain Relief Diet (OptimalHealthSecrets.com 2006)
Dr. Ouellette's Five Pillars of OptimalHealthSecrets at
WellnessWithPain.com/Dr.-Ouellette's-Five-Pillars-of-Optimal-Health-Secrets.html.
Dr. Ouellette's [Wellness Calculator](#), the Wellness Web Assessment at TheQ.ca.
Dr. Ouellette's [Wellness Workshop Report of Findings](#) and **Action Plan** based on the calculator

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Dr. Ouellette's [Wellness Progress Chart](#) Score results of the Wellness Calculator.

Dr. Ouellette's [Health Professional's Report](#) on a client's chart scores.

Dr. Ouellette's [Wellness Instructor's Notes](#) Based on the chart score results for a client.

Dr. Ouellette's [Laws of the FoodPainConnection](#) Free White Paper

ImmortalityDate.com =====> ImmortalityDate.com/the-race-is-on.pdf

Dr. Ouellette is the author of about 140 articles over the last 15 years located at
OptimalHealthSecrets.com/library.html including 17 articles on weight loss.

Dr. Ouellette is the author, creator and owner of the following web sites in addition to the above
and about a half dozen more not listed here including his professional chiropractic web site.

WellnessActionPlanner.com

PainReliefDiet.com

HealthAdviceTherapy.com

PainReliefLifestyleStore.com

HealthAmplification.com

WellnessWithPain.com

CanadianLifestyleHealthCare.com

PainReliefLifestyle.com

LifestyleHelp.ca