

If you get a cold your body should heal the cold in two weeks, 14 days if you treat it with something. A runny nose should be gone in one week and the lung and intestine issues gone in the second week. Failing that then you have chronic health issues most likely caused by your lifestyle. Improving your lifestyle is where you start.

There are five components we call ‘Pillars’ that you can correct yourself, on your own. Nutrition and exercise are two of the obvious ones that both affect blood flow and thus, they affect how your immune system can get to the germs and the damaged tissue cause by the inflammation. Most diseases and health conditions have an ‘**infectogen**’ base and an inflammatory base. Thus, optimal blood flow is important and that is where **Dr. Ouellette’s Five Pillars of Optimal Health Secrets** come into play. They all boost blood flow.

If you don’t take care of yourself then two things will happen. One, you will die young before your 115<sup>th</sup> birthday. Two, you will suffer a lot. If you do not try to become part of your own health care team then you will lose cognitive health and physical health faster than the normal 115-122 years of the normal rate of decline. Hold it? Isn’t 78 to 86 the normal lifespan? Ah, no. That is the average lifespan because people do not follow the science on Self-Help **Wellness RISK Management** strategies. The normal lifespan genetically programmed is 115-122.

If you think you can rely on the medical profession to save you then you will have what they have already produced for you and that is 78 to 86. (Note: It is actually Public Health and Sanitation that have lengthened the average lifespan from 40 years old to 78-86, not the medical profession.) The medical profession waits until you have some disease that produces clear symptoms they can identify and then offers you some form of after-the-fact treatment. That is why we have the 78-86 average age range.

It is not their fault that you don’t, or won’t live according to the science. The food industry does not care about your health. They care about their profits as good corporations do making money for their share holders. The share holders don’t care about your health. They care about the money they get back after investing in the food company. SO, there you have it. The onus is on you. Only you can prevent body fires.

Where to start you ask? We suggest getting measured to learn how closely you comply the science. With that knowledge you can make an informed choice and start yourself on the roadway to **Optimal Health Secrets** and **Chronic Disease Prevention Strategies**.

<https://WellnessRISKManagement.com>  
[info@WellnessRISKManagement.com](mailto:info@WellnessRISKManagement.com)