

### **The Beginning, When I Was Quite Young**

I recognised at age 15 that I might have a problem with milk. As an older teenager I had two coping mechanisms to do with the food issues. The medical profession would not agree food had an impact on health and the chiropractors had no idea at all about the food pain connection. I was diagnosed at age 15 with what was called Dermographia in those days of the 1960s, and is now called Physical Urticaria. It was accompanied by extreme itching, extreme fatigue, foggy thinking and also occult blood in the stools which no one seemed to have any reason to suspect meant anything. My intuition kicked in and milk had to go. Since 15, I have consumed no milk.

My first coping skill was to learn meditation to deal with the tremendous itching. Secondly, I learned to work tired because of the chronic fatigue issues all stemming from food unbeknownst to me and the healthcare providers I was seeing. I had to learn to focus in spite of the fatigue and that took a little doing. It did not come easily.

I progressed in my adult years to a complete elimination of the foods that were the most problematic. As I was diagnosed as a pan allergenic in the mid 1970s, I could not eliminate all offending foods. I learned coping mechanisms and I learned to vary my foods. And, I was already automatically keeping my blood flow at a high level. That would help me out in a very large way.

Apart from all those personal issues, I recognized in my practice that the practice base had a large pool of people who were not doing what they should be doing to get well and stay well. The advantage I had was that I was into a lot of sports, swimming (I was a swimming instructor), racing keelboats, alpine skiing, tennis, squash, racquetball, cycling, rollerskating and rollerblading, and also freestyle dancing in those days. Now nowadays it is the Lead&Follow dancing type and I am quite proficient in maybe 38 forms, or so, of dancing.

That all meant that I had quite a high blood flow on quite a regular basis for quite a number of years. To top it all off, I never smoked, never drank a lot of alcohol and was not into any sorts of recreational drugs whatsoever.

My personal focus with regard to other people was, I would say what I mean, I would mean what I said, and I would do what I said I would do.

Helping other people as a licensed chiropractic healthcare provider was my dedication and so I began writing bits and pieces to help people make the transition to more lasting Wellness. The **Library** began to take shape. The lesson I had to learn as a clinician was that I could not help everyone. Some people were not willing to help themselves. Those were difficult people as

patients, but there was a core of them that could be reached if the approach (my approach) was appropriate. I recognized two factors that I observed we're high-level motivators for pain relief. The first one was that when people were in crisis pain, so bad that they needed help to get into my office, then they were well motivated to do everything I asked. The second thing I noticed was that when some imminent function was looming over them, let's say two weeks or so in the future, then they were well motivated to do what I asked provided I stressed that they had to do absolutely everything I asked, as I asked it. Those people I promised to have marked improvement for them in spite of their crisis situation at the present time. For those who listened it worked. I learned the rule of threes. Three days for the beginning of improvements. Three weeks to lock improvement in. Three months to reassess progress and three years to grasp the full impact of the FoodPainConnection via the PainReliefDiet.

Unfortunately, people who come into a crisis because of a pathological process had left it too late. People who come into a crisis because of a functional problem, for instance food, they could be reached. I enjoyed the challenge of reaching them. Yes I adjusted the spine too. LOL

**Wellness Risk Management** is the last iteration of my efforts to help other people. To be clear though, I can only help other people who are willing to listen, who are willing to help themselves. This is the reason for my qualification process I have instituted in the **Wellness Risk Management** Model.

People can come to be aware of the **Wellness Risk Management** Model through several routes. One is through my **Library** at <https://optimalhealthsecrets.com>.

Another is through several web sites that are precursors namely, <https://LifestyleHelp.ca> and <https://HealthAmplification.com> which all lead up to the first page, the splash page, at <https://WellnessRiskManagement.com>.

The **Library** page section (case sensitive) is at the following. Be sure to capitalize the word Library. <https://optimalhealthsecrets.com/library.html#wrm>

Launching a new non-therapeutic career in the **Self-Help** field as a **Wellness Risk Management Director** and **Instructor** for companies with an interest in **Making Wellness a Priority**

**Making Wellness a Priority - Helping Business Manage Wellness**  
**Creating Value for Society - Teaching Evidence-Based Wellness**  
**WRM helps a company build Wellness in their workforce.**