

Blood Flow

We need to do everything we can to improve our blood flow in all parts of our body especially the colder parts like our hands and feet. At the same time, we cannot forget our need to balance those activities with others that also boost blood flow by attention to **Rest & Relaxation** which promotes healing all the while keeping our animal instincts in check with a proper human **Attitude & Perspective on Life** which reduces muscular stress and so, boosts blood flow too.

The Wellness Plan

Rest & Relaxation along with Attitude & Perspective are two of **Dr. Ouellette's Five Pillars of Optimal Health Secrets** that a lot of people are interested in learning but few are interested in achieving for themselves, or more appropriately, are able to devote adequate time and energy to achieve lasting success. The solution is to obtain effective help at managing multidimensional Wellness strategies. People need **Wellness RISK Management Tutoring**. However, managing something usually means having numbers about that 'something'. Wellness is fraught with a lot of difficulties because everyone has their own opinion on this topic. We help with that.

Wellness RISK Management is a new company that measures how people are doing with **science-based** Wellness strategies that include physical fitness and mental attitude in life. All **Five Pillars of Dr. Ouellette's Optimal Health Secrets** are measured along with several important clinical indicators that some clinicians may be interested in totalling 38 numbers. The **FoodPAINConnection**, through the **PainReliefDiet**, are measured as well. With this roadmap created by the anonymous, online, measuring process, **Wellness Tutoring Workshops** are provided online to help people transfer the actions they learn about themselves into routines and strategies that help them become more well and stay that way. It won't be easy but, it can be done by devoting some time for yourself and a little bit of money on getting measured and toward **Wellness Tutoring Workshops** for yourself. Contact us for help.

Have a look at the website <https://WellnessRISKManagement.com> and learn how to become involved with a building plan for your own well-being.

Wellness RISK Management

The Internet's Most Thorough **Wellness RISK Management** Online Compliance Platform.

Offering Intensity - Duration - Focus
DIVERSITY - INCLUSION - SUPPORT - HELP
Making Wellness a Priority
Creating Value for Society
Helping Business Manage Wellness
Chronic Disease Prevention Strategies