

Origins of **WRM**

Wellness RISK Management (WRM) resulted from the many secrets I learned in my pain relief chiropractic practice. Having practised for 51 years I continued learning through a Master of Science degree in biology/nutrition in the mid 1980s and gaining insight into people's behaviour from a three-year sports injury course I took in the later 1980s. I am finishing off a transition away from clinical practice and into a non therapeutic **Wellness RISK Management** practice and the development of **Wellness RISK Management** Instructors.

Over the years I made several conclusions and identified several Wellness pillars that people can use on their own to help improve their Wellness. Science has lots to say on the topic of Self-Help Wellness. People just have to be aware. One just has to listen to the science and work it into one's lifestyle. To help people with that I drafted a measurement program with a companion **Tutoring Workshop Program** to help people apply what the measurement indicates they should be working on as Wellness priorities in their life.

Have a look at my web sites and think about all the things you can do to improve yourself, many of which are minor things easy to do while others are more difficult, but well worthwhile.

Some of the Things I Have Learned

- The Rule of Threes
- Some Secrets of Food
- Foods that Harm and Foods that Help
- Why Blood Flow is so Important
- What Methods Boost Blood Flow the Best
- The Exercise Rules
- The Best Way to Begin Interval Training
- Why Lifestyle Balance is so Fascinating
- Time to Heal Coupled with a Clean Burning Diet
- Why Do We Need To Eat anyway? What is it we are Getting from Food? I mean Right Down at the Molecular Level what is actually happening?
- Are we Really Much Similar to the Watch we are wearing?
- The Dynamics of the Red Blood Cell and the Capillary
- Can the Mind Bend Steal? No, But it can do Amazing things for your Body.
- When Attitude is right, Magic can happen. So, How to make that shift?
- Why Dance can be a Lifesaver

Although these things, and many more, are not part of the **WRM Tutoring Workshop Program**, they are lessons that add vitality and pizzaz to life. They help us understand things better. They make us want to learn more. They help us smooth out stress. They help us heal faster. They help us live longer. They help us live happier.

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Getting measured is the easier part. It takes some time and effort but no more than watching a movie and we have all done that several times. Incorporating the lessons into one's lifestyle is the harder part that the **Tutoring Workshops** help people with. Wellness strategies are not crisis care health care. They do not require a well trained Health Care Professional. What they require is a well trained **Wellness Instructor** who knows how to help people keep focus on their individual priorities. To that end we are finishing off the digital infrastructure in this new Wellness model and are about to launch **Wellness RISK Management**.

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<https://WellnessRISKManagement.com>

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Making Wellness A Priority