

People in Pain - Five Points to Consider
By Dr. Victor Jean Ouellette, DC, MS, November 22, 2022
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1. People in pain most likely will have altered physiology because of that pain.
2. These people may also be on one or more medication's to deal with that pain.
3. These people may have one or more comorbidities they are dealing with at the same time.
4. They will likely have altered emotional states due to their lifestyle being interfered with by the pain.
5. They may be searching for any and all forms of relief and this will make them vulnerable to be prayed upon by charlatans particularly if they end up in a desperate situation.

We can see from the above short list that the person in pain is caught up in a mind body duality which can spiral into reoccurring serious impacts on their life and their enjoyment of that life.

HELP

Where does help come from for these people? If these people utilize the Western medical model as their only source of help then it leaves these people at the mercy of that model's default structure. In Western medicine that default is often the science that the medical society has endorsed which is primarily targeted at saving themselves from litigation. In Eastern medicine these patients are at the mercy of pseudoscientific ancient concepts like various acupuncture/acupoint Meridian therapies. Both the Western and Eastern medicine have their place in healthcare but they often miss Self-Help concepts which can be very helpful to a person in pain. The pain patient needs more than cursory help. That extra help is with Self-Help strategies. But, first, we must measure to get a handle on where a person presently resides in the Self-Help continuum. Self-Help is an additional Avenue a person can use to help themselves with pain issues.

The FoodPAINConnection

Is there help a patient can give to themselves? Answer to that question is most certainly yes because the altered physiology and the altered behaviours of this person lead slowly to less and less blood flow which means less and less immune response to various pockets of tissues which then break down more and more as life goes on. The quality of the lives of these people slowly deteriorates as they back away from more and more physical and mental activities. Self-Help through the FoodPAINConnection (the Pain Relief Diet), offers an opportunity for this person to begin to climb out of that physical and mental place that the pain has placed them into.

A team approach is often necessary. Western medical societies are often very reluctant to become involved with team approaches with other health care professions. A struggle sets in with these people in pain which only worsens their overall situation. The FoodPAINConnection delves down in the clinical situation very often ending up at the place of blood flow, more particularly the lack of blood flow. This often happens because this person is not following the science.

TO BE CLEAR AND TRANSPARENT

Food can change physiology with regard to how the body works. But, food cannot change structural pathology. Food does not work fast like medicine drugs do which are highly concentrated products, often with very little or no research on drug combinations with other drugs or with foods. Food though, will change the body to a more appropriate living standard. One has to test the process of the Pain Relief Diet to discover how much benefit can be gained. If considerable benefit is noticed then a person has to weigh the inconvenience of food restrictions against those benefits they have already become aware of.

The FoodPAINConnection delves down in the clinical situation very often ending up at the place of blood flow, more particularly the lack of blood flow. Genetics appears to play a part in this. People with allergy anaphylaxis physiology have to learn this and we are saying people in pain should learn it too.

Getting Started

The person in pain cannot just start improving their blood flow because their pain prevents that improvement. They are thus, caught in this catch 22 situation. They end up taking on various mind sets as coping skills, mind sets often with very little science behind them.

The Struggle to Break Out - Where to start?

The FoodPainConnection through the PainReliefDiet, offers a starting point. The trick becomes learning how to do it properly. The body has many rules that its physiology follows. One of them is the 10% rule for exercise. Passing that 10% level in duration or intensity, will generally lead to more injury and more pain. It is because of that process that going slowly and getting pertinent help is the way to go. So, what does going slowly look like and what does pertinent help look like? What concepts do we need to learn?

Going Slowly

The start most likely will entail sitting down all by oneself, and making a list of all the issues that come to mind, and then making a second list of the priorities on where this person would like to be functioning at in one years time. Going slowly then blends in with getting **pertinent** help.

Pertinent Help

The FoodPainConnection has a multi factorial measurement process connected to a workshop program. This new Wellness model is called **WellnessRiskManagement**. The name implies that there is risk involved in not managing ones Wellness properly. The word 'Properly' means following the science already proven to be helpful. Not following the science puts oneself at risk. One might be doing that deliberately or unknowingly.

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A person can begin to investigate WellnessRiskManagement on their own. It is suggested that they start by reading the four pages at <https://LifestyleHelp.ca>. After those four pages they should progress to <https://HealthAmplification.com>. After absorbing that information they should read the opening splash page at <https://WellnessRiskManagement.com>. There is no need to go into the main site at this time. There is now a statistical gathering research program that everyone will fit into anonymously. A person will need to contact us to discuss how that works.

Although Wellness Risk Management is beginning it's rolled out in the workforce there is a protocol to deal with people not in the workforce or who may be working for themselves. In any case, a person needs to want to commit to helping themselves. Getting help at the beginning of that process is what our new Wellness model offers.

From clinical experience the clinician learns that people most often cannot do this all on their own. It's not impossible, it is just quite unlikely. When you read the list at the top of this article one more time you can probably see why. Step number one is to get on the learning curve of **OptimalHealthSecrets**. There is a roadway and now there is a map. People will need to connect with themselves and to connect to us.

There are **Five Pillars of Optimal Health Secrets**. They can be found in graphical format at **WellnessWithPain.com**.

<https://wellnesswithpain.com/Dr.-Ouellette's-Five-Pillars-of-Optimal-Health-Secrets.html>

When one first sees these pillars their impression is that they are overwhelming and it is too much information to take in. That is why the slow approach is best. We help people with the measurement, which is very thorough, very comprehensive, anonymous and very well thought out. We then help people with the workshops to deal with each one of their action plan items resulting from their measurement process. We help people get going, then they are on their own.

Wellness Risk Management represents the transition period toward Self-Help. Everyone can reach the state of Self-Help. It is just that some people need more help to get there than other people do. Some people do not follow instructions very well. They need more help with that. Some people have various biases that impede their progress. Some people are driven by addictive personalities. In any case, all problems have solutions and all solutions have problems. Life as we know it is a process of giving up some things to gain other things. Each person decides on their own. Each person selects priorities from among a list produced by the measurement process.

One needs to understand that food is the single most important major stressor that the body has. We take in food multiple times every single day and every bite we take changes our physiology in

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some way. Everyone, anyone, can learn to change how they eat. There are lots of foods that are not inflammatory causing. One does not have to give up all foods even if a person is what is called pan-allergenic. That means they're allergic, with immune response issues, to many, many things not just foods, but also environmental processes. Being like that is not insurmountable to recover from. However, it will take understanding and discipline.

In the clinical field we see that some people find this understanding and discipline easy to achieve, maybe because they are at the end of their line and are willing to try anything to get help. That self motivation is quite helpful to them. Other people are not willing to change and these people cannot be helped. Without a person's willingness, achieving change is very, very difficult. These people struggle for a long time and often die young.

Getting Going

A person can enter the state of Self-Help in several ways. One can buy the two books on the PainReliefDiet. Contact us first as we have some available and we are working on a third edition.

Remember that books are not enough.

One can read the five or so web sites. One can contact us directly via email. One can connect with their workforce to see if their company is enrolled with Wellness Risk Management. People who are here, in life, for a good time will likely struggle and die young somewhere before 115 years old. Recall our genetic lifespan is 122 years. The choice is in how one wants to live their last decade or so of life. Make the choice for a better last decade of life.

The rewards are great for those willing to persevere through the initial transition stages, there is help for those in transition. Science is bringing us to the realization that INFECTION and thus, inflammation, has a base in most all non genetic pathology. Scientists are working on it. Until then:

Make the choice today for a more healthy lifestyle.