

What Has Dr. Ouellette Learned Through Five Decades of Chiropractic Practice in Ontario, Canada, with a Focus on Nutrition and Sports Injuries?

Page 1 of 2

By Dr. Victor Jean Ouellette, DC, MS

With the additional background in acupuncture stemming from the mid 1980s, Dr. Ouellette understood certain principles that manipulate human physiology. Secrets in Wellness strategies were learned and formulated into a new **Wellness RISK Model**. Although healthcare professionals are still needed, there is a lot a person can do to help themselves. In the therapeutic field patients need to have a focus on themselves to carry out the instructions given by healthcare professionals. Many of those instructions are formulated into the measurement process by which we can now measure **Wellness RISK**. That **RISK** being that you may not be all that well right now even though you cannot feel it. . . . yet.

Where do you stand in Dr. Ouellette's **Wellness RISK** scoring?

=====

<https://WellnessRISKManagement.com>

info@WellnessRISKManagement.com

=====

<https://WellnessRISK.com>

<https://ManagingWellnessRISK.com>

<https://ChronicDiseasePreventionStrategies.com>

=====

**Making Wellness a Priority
Creating Value for Society
Helping People Manage Wellness
Helping Business Manage Wellness
Teaching Evidence-Based Wellness**

Epilogue

Dr. Ouellette created the **Pain Relief Diet** throughout the early years of his chiropractic practice from 1973 to 2025. Recognizing the connection between food and pain, he saw that a

**What Has Dr. Ouellette Learned
Through Five Decades of
Chiropractic Practice in Ontario, Canada,
with a Focus on Nutrition and Sports Injuries?**

Page 2 of 2

By Dr. Victor Jean Ouellette, DC, MS

FoodPainConnection was a powerful tool that people could use themselves, once they knew the secrets. You see, the human body needs to be able to control pain itself on its own. The human body needs to be able to reduce pain on its own. The human body needs to be able to heal pain on its own. The human body can do all that on its own, if given the correct dietary tools. That is where the secrets lay hidden. The body has physiological mechanisms for this. We just don't feel them. But, we do feel the **Pain** don't we.

Dr. Ouellette's **FoodPainConnection** is a powerful tool. The body can make pain through a person's nutritional diet and the body can reduce pain through a nutritional diet for that purpose. Many secrets have been known going way back to the 1960s and probably much earlier if you wanted to pursue a detailed study on it.

Dr. Ouellette's **Pain Relief Diet** is now a division of **Wellness RISK Management** specifically for people in pain. It can also function as a weight loss diet. However, both of those options, need to have a medical doctor's checkout to ensure that it is OK for those purposes for any particular patient.

It is difficult to argue that Pain is **not** a part of Wellness. It is also difficult to argue that a person **cannot** control their pain on their own, to a certain degree without drugs. The trick is in finding the right **Self-Help** balance and, of course, the right secrets. Dr. Ouellette has a web site library to help people so inclined to learn. Two of Dr. Ouellette's books are used in the **Wellness RISK Management** model to help teach those people in pain how to help themselves.

<https://OptimalHealthSecrets.com/library.html#top>