

Pain - There is a Natural Drug-Free Option?

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By Dr. Victor Jean Ouellette, DC, MS

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There is a drug-free protocol option worth considering, offering potential benefits for individuals seeking relief from chronic pain while minimizing the risks associated with opioid addiction. Okay you have my attention. What is that again?

An Added Set of Benefits

- No expensive health care professionals to pay.
- No expensive products to buy.
- No long drives to meet with some expert.

Hold on, what's the CATCH? There must be a secret?

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Not really a catch. There are numerous secrets.

- A person has to be willing to help themselves.
- A person has to want to help themselves. (Willing and want are two different things.)
- A person has to FOLLOW THROUGH.

Ah- gees and I thought.....

All is not lost because there is help to get measured. There is help to FOLLOW THROUGH. There is a retiring chiropractic clinician ready to show you the way using secrets gained in his clinic. If you are ready to learn where you stand in the Wellness continuum then a measurement program is ready to put numbers to your Self-Help lifestyle. From those numbers you have a clear way forward. There is a **WRM Self-Help Wellness Course** program one-on-one and in small groups, ONLINE, to help people become independent with their **Wellness RISK Management**. Pain though, requires you to behave differently. Excessive weight requires you to behave differently. They both require you to learn the secrets science has shown us.

The **FoodPainConnection** offers a Self-Help way to reduce pain and, as a bonus, become more well at the same time. You will need to get measured online. You will need to be patient with yourself. You will likely need to purchase a **WRM Self-Help Wellness Course** or two until you are familiar with the protocols and can measure yourself and work on your **Action Plan** yourself.

The idea revolves around **Making Wellness a Priority**. The Concept is to MEASURE **Wellness RISK** and put numbers to the identified **RISK** then prioritize based on the numbers. If you have read so far with the idea of learning something new for yourself, then send us a line or two then hang the following page in your kitchen, bedroom, den and living room.

[**info@FoodPainConnection.com**](mailto:info@FoodPainConnection.com)

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The End Goal

S M A R T

S = Specific

M = Measurable

A = Attainable

R = Relevant

T = Time-Based

Wellness RISK Management