

Dr. Ouellette's Canadian Wellness Calculation Program

Nutrition Overview Screening Wellness Knowledge Calculator Overview The APPLICATION of Wellness Knowledge

**The FoodPainConnection
Wellness Knowledge Calculator**

**Natural Therapy
Weight Loss the Natural Way**

Nature's Way

**The FoodPainConnection and the Anti-Inflammatory Pain Relief Diet
Commit to Multidimensional Wellness
Measure - Analyse - Identify - Prioritize - Motivate**

Blending Wellness knowledge with Wellness Actions.

Featuring Dr. Ouellette's Wellness Knowledge Calculator.

Step-Off point - <https://TheQ.ca/register.php> To get started, just go there and start.

Pass this paper on to friends in need please.

Dr. Victor Jean Ouellette
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<http://AChiropracticPlusClinic.com>

<http://FoodPainConnection.com>

Nutrition Overview Screening

The FoodPainConnection

Dr. Victor Jean Ouellette, DC, MS, DNM, RNP, Cert. Acup.

Cost

Dr. Ouellette's Wellness Knowledge Calculator \$9.95 CAD

Optional Cost that help you improve

Workbook #1	Dr. Ouellette's Anti-Inflammatory Pain Relief Diet	\$9.99	eBook
Workbook #2	Dr. Ouellette's Cheating on the Anti-Inflammatory Pain Relief Diet	\$9.99	eBook
TheQ; 3 Months	Re-Assessment	\$9.95	
Contraindications	Nutrition Supplement Contraindications	\$5.46	
Total optional costs to start		\$35.39	

How to start.

Go to <https://TheQ.ca/register.php> and create a free anonymous account.

See the page on [Preparations before you start](#).

Then login with your password sent to your email after you created your free account.

We suggest you pay for two Questionnaires on PayPal.

After completion of payment, Click to the Questionnaire page.

Start. Take breaks at the top of pages as recommended.

After Submitting the last page 11, in about one hour retrieve your Wellness Progress Chart from your email.

Wellness Web Workshops (optional)

Improve your efforts with expert one-on-one help to troubleshoot personal issues, individual idiosyncrasies and improve you wellness efforts and efficiency.

<http://PainReliefLifestyleStore.com/pay.html>

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You will be asked to supply some data for us to evaluate.

1. One Week Diet Survey (See form enclosed.)

A record of everything you eat and drink for one week.

We will review your survey for food group balance.

Please don't change your diet to make it look good to us. That will not help you.

2. A Review of Your Present Supplementation (See form enclosed.)

All Vitamin, Mineral, and other supplement ingredients along with the dosage levels should be written on a sheet of paper.

We will answer the following questions. Are they adequate dosage? Are they broad range nutrients? Are they synthetic or natural? What's the story with Anti-oxidants?

We will answer any other questions you might have as best we can.

3. A One Week Grocery Receipt List (See form enclosed.)

A list showing all the food, and drinks, you purchased for that week.

This will help us corroborate your nutrition intake.

Please do not change it just for this review.

4. Bowel Transit Time (See form enclosed.)

How long it takes a meal to go through your digestive system from top to bottom.

This will help us evaluate needed bulk in your diet.

This is not how many bowel movements you have per day, but rather the transit time we are interested in.

5. Nutrition Supplement Contraindications Screening

<http://painreliefstylestore.com/pay.html#whitepapersuppl> \$5.46 fee 34 pages

6. Anti-Inflammatory Pain Relief Diet (FoodPainConnection screening.)

Free White Paper http://foodpainconnection.com/laws_of_the_foodpainconnection.pdf

7. Wellness Web Workshop Workbooks #1 and #2

<http://bookstore.xlibris.com/Products/SKU-000907634/Dr-Ouellettes-AntiInflammatory-Pain-Relief-Diet-Second-Edition.aspx> Soft Cover \$19.99, eBook \$9.99

<http://bookstore.xlibris.com/Products/SKU-000907636/Cheating-on-Dr-Ouellettes-AntiInflammatory-Pain-Relief-Diet-Second-Edition.aspx> Soft Cover \$19.99, eBook \$9.99

8. Multidimensional Wellness Knowledge Calculator <https://TheQ.ca> \$9.95 Anonymous

9. Wellness Web Workshops <http://PainReliefLifestyleStore.com/pay.html> Fees

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Bowel Transit Time & One Week Diet Diary

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Scan and RETURN these to our office please in Electronic Format.

Name: _____ Date ordered: _____

Weight (In lbs.): _____ Height (In inches): _____ Waist Circumference (In inches): _____ Hips (In inches): _____

Evaluation date: _____ Doctor's Comments: _____

Bowel Transit Time

To calculate your **BOWEL TRANSIT TIME**, eat a handful of sunflower seeds with a large meal of the day, but do not chew them very well. You want to leave the cellulose layer around the seed. Mark down the time that you take them.

Time and date taken: _____. Now watch your bowel movements and when you see the kernels of sunflower seeds, mark this time down.

Time and date when first observing the kernels come through. _____

Calculate the time period between the two recordings. BTT _____

List all your foods and beverages that you consume for every meal at every snack. List separately, all vegetables that may be in a mixture. Take a sheet with you when you go to work or to a restaurant. Mark all your foods down. Add other sheets as necessary.

Do **not** change your diet in any way for this diary or the results will not be accurate. This information is used to help you eat in a more healthy way. If you have an unusually large meal or at meal that is not the normal for your household, then indicate this on the sheet.

One Week Diet Diary

Commit to Multidimensional Wellness

Please put your name and the date on every page of extra attachments.

Date and Meal: _____ Record all food & drinks consumed, including condiments.

Breakfast:

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Review of your Present Nutritional Supplementation

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Scan and RETURN this list please in electronic format.

Don't forget to provide a copy of a one week grocery receipt list.

Record your present vitamin, mineral, and other supplement intake.

Name: _____

Date: _____

List all of the vitamins, minerals, and other supplements of all kinds of that you consume. Include the manufacturer's name. Add other sheets as necessary.

Bottle or package label name and Manufacturer

**Amount of
Ingredients**

List every ingredient in the product please.

- 1.
- 2.
- 3.

We help people to the wellness point where they know what they want, and more importantly, what they need. Science is our lead, medicine-based evidence is our helper, best professional opinion is our guide.

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<https://TheQ.ca/register.php>

Measuring and Applying Multidimensional Wellness Knowledge

The Questionnaire (TheQ.ca) ANONYMOUS

Calculating Wellness knowledge and how well people apply that knowledge.

Measuring Wellness Risk

The wellness calculator at TheQ.ca calculates wellness knowledge and measures how well people are applying the knowledge they have. Calculating wellness knowledge allows people to compare themselves with what other people know. It also lets them compare against what science says about multiple multidimensional levels of wellness. There are certain major things we want to know about ourselves. We want **nutrition** fitness, physical **exercise** fitness, **spinal health** fitness, **rest and relaxation**, and we want **attitude and perspective** in life lined up for a long healthy happy life. We want to know things we can do ourselves, in our own homes to improve ourselves. Pain is such an integral part of our lives, especially as we get older, that it needs measuring in order to establish a baseline. The FoodPainConnection is relatively new and is measured as well in Dr. Ouellette's Wellness Knowledge Calculator located at TheQ.ca.

To obtain those Five Pillars of Optimal Health Secrets mentioned above, we need a thorough measurement tool. That tool is TheQ. In addition to the five pillars we need some extra measurements to take care of some common disease risk factors that have good science behind them, and are fairly easy to measure on a questionnaire. They are included. The multidimensional questionnaire is the starting point on the roadway to optimal health and wellness at TheQ.ca and measures the Five Pillars of Optimal Health Secrets.

Following up the Knowledge Calculator are Wellness Web Workshops that help people raise their optimal health scores. People who need, and want that extra help, can purchase workshops online. When people get their 38 wellness scores back, about an hour after they take the online wellness questionnaire, they can see the red flag items and thus, can start wherever they want to improve themselves. They can work on their own or purchase a two hour or four hour Wellness Web Workshop. The purpose of the workshops is to:

1. Supply a 35 page wellness Report of Findings based on answers on the questionnaire
2. Supply an eight item customized Wellness Action Plan
3. Review goals selected and establish realistic end points
4. Discuss the Report of Findings and the Action Plan
5. Discuss the mandatory Wellness workbook Dr. Ouellette's Anti-Inflammatory Pain Relief Diet
6. Discuss the workbook Cheating on Dr. Ouellette's Anti-Inflammatory Pain Relief Diet
7. Discuss the two page Health Professional's Report for doctors
8. Encourage completion of all items in the action plan. This is the main and major goal.
9. Supply an additional eight item Wellness Action Plan as needed.
10. Encourage Re-Calculation of wellness every three months.
11. People need to start with a gentle approach, but with the firm mind-set to become more aggressive quickly. Overweight people have a need for speed, gentle at first.

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Our moto is **Measure - Analyse - Identify - Prioritize - Motivate**. There are no diagnoses made in this program and no treatments offered. What is offered are self help wellness strategies. The Five Pillars of Optimal Health Secrets and the Anti-Inflammatory Pain Relief Diet are the main focus of the Wellness Knowledge Calculator and the Wellness Web Workshops.

Five Pillar Wellness Research Project

Measuring Five Pillar Self-Help Wellness Risk is a major component of the Wellness Research project. Wellness risk is relatively new in the wellness field. We put numbers to wellness and calculate risk. See our web pages at the following links.

<https://TheQ.ca/researchproject.html>

<https://TheQ.ca/Wellness-Risk-Principles.html>

https://TheQ.ca/wellness_risk.pdf