

# Laws of the FoodPainConnection

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

## FoodPainConnection Law # 1

All foods, even in moderation, are NOT good for everyone.

## FoodPainConnection Law # 2 \*\*\*\*\*

In most people, even tiny, imperceptible amounts of some foods can cause problems. (Most people do not understand just how small an amount can have such a profoundly deleterious effect. Thus, the confusion and misunderstanding on the FoodPainConnection perpetuates. The food industry loves confusion.)

## FoodPainConnection Law # 3

Some foods plug up the blood flow worse than others. (The science of Lectins leads us.)

## FoodPainConnection Law # 4

Food stressors SUMMATE. (Not knowing this leads to all kinds of confusion.)

## FoodPainConnection Law # 5

Every meal affects blood flow, usually for the worse. (All the more reason for regular exercise.)

## FoodPainConnection Law # 6

An exercise boost to blood flow is extremely important for healing, especially for people who do not eat a clean burning diet. (The exercise needs to be a certain kind, done in a certain way, to a certain frequency.)

## FoodPainConnection Law # 7

Relief can come amazingly fast if all the rules of the clean burning FoodPainConnection diet are applied. (This speed of recovery seems to defy medical text book advice. There are reasons for that. The rule of 3's.)

## FoodPainConnection Law # 8

Dying young, before 110 years old, is most often a result of willful lifestyle choices.

## FoodPainConnection Law # 9

A clean burning fuel is required for the human body engine to run smoothly, and efficiently.

## FoodPainConnection Law #10

People can gain clean burning body fuel on their own, with initial appropriate trained help.

## FoodPainConnection Law # 11

People can achieve WellnessWithPain on their own. (However, it is often easier, and quicker to get appropriate FoodPainConnection help. People can start themselves on their own at [TheQ.ca](http://TheQ.ca).)

## FoodPainConnection Law #12

Variety of food is important, but not variety of Dr. Ouellette's designated common Poison-Foods. (See [Dr. Ouellette's Anti-Inflammatory Pain Relief Diet](#) at Xlibris.com.)

## FoodPainConnection Law #13

The clinical rule for Dr. Ouellette's Anti-Inflammatory Pain Relief Diet is "When in Doubt, Leave it Out." (When the nutritionally well trained clinician is in doubt, leave it out of the diet.)

## FoodPainConnection Law #14

Nutrition Supplements are not always good for everyone. (See Dr. Ouellette's white paper on [Seven Supplements the Doctor Takes and Why, and, Dr. Ouellette's Supplement Contra-Indications Form](#).)

## FoodPainConnection Law # 15

People in pain must eat differently than people not in pain, because there is a **FoodPainConnection**.

## Dr. Ouellette's Credentials

### Dr. Victor Ouellette, DC, MS, DNM, RNP

Certified in Acupuncture

Certified Member of the Royal College of Chiropractic Sports Sciences (Canada)

Graduated 1973 from the Canadian Memorial Chiropractic College in Toronto, Ontario

Doctor of Chiropractic

Master of Science/ Biology (Nutrition)

Doctor of Natural Medicine

Registered Naturotherapy Practitioner

### Member of the

- College of Chiropractors of Ontario
- Ontario Chiropractic Association
- Canadian Chiropractic Association
- Acupuncture Council of Ontario
- Board of Natural Medicine Doctors and Practitioners (North America)
- Certified Member of the Royal College of Chiropractic Sports Sciences (Canada)

### Author

[Dr. Ouellette's Anti-Inflammatory Pain Relief Diet](#)

[Cheating on Dr. Ouellette's Anti-Inflammatory Pain Relief Diet](#)

Dr. Ouellette's [Wellness Calculator](#), the Wellness Web Assessment at [TheQ.ca](#)

Dr. Ouellette's [Wellness Workshop Report of Findings](#) based on the calculator results

Dr. Ouellette's [Wellness Progress Chart](#) Score results of the wellness measurement

Dr. Ouellette's [Health Professional's Report](#) on a client's chart scores

Dr. Ouellette's [Wellness Instructor's Notes](#) based on the chart score results for a client

Dr. Ouellette's White Paper [Seven Supplements the Doctor Takes and Why](#)

Dr. Ouellette's [Nutritional Supplement Assessment Contr-Indications Screening Form](#)

Dr. Ouellette's [Laws of the FoodPainConnection](#) Free White Paper

Dr. Ouellette's Fillable Form Supplement Contra Indications Conditions [Email Me Free Please](#)

(Include your First Name, Middle Initial, and Last Name in your email request please.)