

# **Presenting a New Multidimensional Wellness Model**

**Active Self-Help**

## **Dr. Ouellette's Multidimensional Wellness Model**

**2014**

by  
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**Assess - Identify - Prioritize - Motivate**

# Mission, Vision, Strategy, Protocols

My name is Dr. Victor Jean Ouellette. I guide people toward multidimensional positive health, a sense of well being and a more successful existence. This is achieved using evidence-based medicine (science), medicine-based evidence (observation), best professional opinion, and the client's wishes.

- We start with a thorough, anonymous Wellness Web Assessment at [TheQ.ca](http://TheQ.ca).
- We provide two workbooks; [Dr. Ouellette's Anti-Inflammatory Pain Relief Diet](#), and [Cheating on Dr. Ouellette's Anti-Inflammatory Pain Relief Diet](#).
- We provide a 38 score Progress Chart, a 35 page Workshop Report of Findings with an 8 item Action Plan, a two page Health Professional's Report for doctors and a 35 page Wellness Instructor's Report.

This is a new multidimensional wellness model people can start themselves for less than \$10 at [TheQ.ca](http://TheQ.ca).

## Wellness Mission

Bringing people to a multidimensional positive health, a sense of well-being, a more successful existence.

## Vision

To become the go-to place for people looking for natural pain relief and all round wellness.

## Wellness Strategy

We tell people where, and how they should start. We bring Wellness Self-Help starting points to all people who want to learn. We measure optimal health wellness via an online Wellness Web Assessment. We provide a progress chart by measuring every few months. We offer Wellness Web Workshops to let people connect directly with the doctor who created the program.

## Protocols

- We don't step into the disease care field.
- We don't step into the diagnosis, recovery, rehabilitative or passive health care fields.
- We offer anonymous wellness web assessments.
- We minimise personal opinions of instructors or educators in all counselling sessions by focussing on Action Plan items revealed by the Wellness Web Assessment.
- We Measure, Identify, Prioritize, and Motivate
- We offer the option of direct contact with the doctor who created the program.

## Prioritization

We learn what people are doing about certain scientific wellness concepts, and what people think about certain scientific wellness facts. We do this by starting off, like all good professional health care workers do, with a thorough wellness assessment. Ours is on the web at [TheqQ.ca](http://TheqQ.ca).

# Dr. Ouellette's Multidimensional Wellness Model

## Science Based Wellness Strategies

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Introducing a wellness model featuring active self help strategies as the main component with web workshop help as a secondary optional component. The questions are, what are the individual needs of the client, what does science say, how should we prioritize and what method of motivation is best. These are the wellness implementation tasks.

Encouraging people to become actively involved with Wellness Self-Help strategies all the while offering further help to those who feel they need it. Getting people talking about wellness, and engaged in wellness, benefits everyone. We all know that identifying wellness needs is only the beginning. Follow through to active self-help is always necessary. Our program offers a new avenue to foster wellness.

Workshops are one-on-one with Dr. Ouellette. Trained wellness instructors are planned for the future to assist Dr. Ouellette with workshop instruction duties. Future wellness instructors may come from a company's pool of employees if they have employees so inclined. This sets in-house instructors as a permanent ongoing wellness resource for the company. Some features:

- Helping clients achieve improvements in wellness
- Providing analysis, documentation and optional one-on-one help
- Customized to individual client needs
- Anonymous Web Protocol
- Stand alone program or in conjunction with other Wellness programs

### **For people who need wellness.**

- inflammation reduction,
- pain reduction,
- natural pain relief,
- weight loss,
- stress reduction,
- physical fitness,

- We measure Dr. Ouellette's Five Pillars of Optimal Health Secrets.
- We assess the scores and identify red and yellow flags.
- We prioritize an Action Plan.
- We help motivate with one-on-one or group workshops.
- It's all internet based, done in the client's home.

**Jump off point: ==>>> [TheQ.ca](http://TheQ.ca)**

# Science Based Wellness Strategies

## Wellness the Scientific Way

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Natural pain relief strategies people can apply at home.  
Long life strategies that give a longer better life.

### Wellness, the Five Pillars way

Dr. Ouellette's Wellness Web Assessment

Dr. Ouellette's Wellness Web Workshops

Dr. Ouellette's Five Pillars of Optimal Health Secrets

- Nutrition Wellness and Dr. Ouellette's Anti-Inflammatory Pain Relief Diet
- Exercise Wellness for a long happy life the science way
- Spinal Health Wellness people can apply themselves
- Rest & Relaxation Wellness secrets we all should be doing
- Attitude & Perspective Wellness to make life easier

### Assess - Identify - Prioritize - Motivate

People can start on their own very inexpensively. It's time to get a Wellness strategy. It's time to get an eight item Action Plan. Focus on each item will improve scores in the Five Pillars and move people along the roadway to optimal health wellness, the best health they can get.

Start at [TheQ.ca](http://TheQ.ca).

TheQ stands for **The Questionnaire**. Contact us to learn more and to learn how to get Dr. Ouellette's two workbooks; [Dr. Ouellette's Anti-Inflammatory Pain Relief Diet](#) and [Cheating on Dr. Ouellette's Anti-Inflammatory Pain Relief Diet](#).

### Addendum

#### Weight Loss?

Need a bit of weight loss at the same time as natural pain relief and wholesome wellness?

Cheating on Dr. Ouellette's Anti-Inflammatory Pain Relief Diet is a great adapted weigh loss diet. Recent McMaster University research showed all weight loss diets work. People just have to be persistent. Let us show you the way to wellness, natural pain relief and weight loss all at the same time.

Get the 'GET GOING' Strategy.

**Over, under, around and through, this course here will be good for you.**

# Dr. Ouellette's Dietary Model

Multiple Diets in One

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

**Dr. Ouellette's Wellness Diet**

**Dr. Ouellette's Long Life Diet**

**Dr. Ouellette's Anti-Stress Diet**

**Dr. Ouellette's Weight Loss Diet**

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

- Why are these diets all the same diet?
- Are you really dieting or just learning a new way of preparing meals and eating?
- Why is it that anti inflammation, pain relief, a long life, wellness, anti stress, and weight loss can all be found together in one method of eating?
- Why is it that adding the Five Pillars of Optimal Health Secrets boosts your life from where you are now?
- Is there one single secret to a long pain free life?
- Okay, are there Five Secrets to a long pain free life?
- How strict do you have to be on the diet?
- Find out how to cheat more effectively on Dr. Ouellette's Anti-Inflammatory Pain Relief Diet.
- When you get sick, or end up in pain, what foods are bad for you, what foods are good for you, what herbs are good for you, what digestive enzymes are good for you?
- Why is improved blood flow so important?... Even when you are sick? How's that?
- What are the two natural ways to improve blood flow no matter how old you are?
- Is there a low back pain protocol that is not spinal manipulation, but still very good?
- What is the Best-of-the-Best in supplement programs. What does the doctor take?
- Why is Dr. Ouellette's Anti-Inflammatory Pain Relief Diet a brilliant way to eat?
- How can you get your meals measured for Dr. Ouellette's dietary model?

**Find out how to get extra help directly from Dr. Ouellette.**

**[TheQ.ca](#)**  
**[info@theq.ca](mailto:info@theq.ca)**

### **Workbooks**

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

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

# Cheating?

On Dr. Ouellette's Dietary Model?

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**What is Cheating on Dr. Ouellette's Anti-Inflammatory Pain Relief Diet all about?**

The book is located at the following web address.

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

An Xlibris.com book.

Adapting the original diet leads to all the other sub diets. They are all basically the same thing. This adapted diet gives natural pain relief and wellness in a long happy life. Start with Dr. Ouellette's Wellness Web Assessment at [TheQ.ca](#) to get assessed for this dietary model.

A long life diet, a pain relief diet, an anti-inflammation diet, an anti-stress diet, a weight loss diet, a wellness diet. This diet becomes a type of multidimensional anti stress pain relief diet for life, even at the times when there is not much pain anymore, but there's still the need for a clean burning wholesome diet.

We all know about the FoodPainConnection now. Food and wellness are integrated. Most people don't know just how integrated they are. The secrets are here. Assessing your own diet for Dr. Ouellette's Wellness dietary model is the first step. How close do you follow the science?

Power comes with knowledge.  
Self-power comes with self-knowledge.  
We add that extra help so many people want.

**Over, under, around and through,  
this course here will be good for you.**

# We Deliver

## Multidimensional Documentation

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We deliver Dr. Ouellette's Wellness Web Assessment online anonymously.

We deliver Dr. Ouellette's Wellness Progress Chart online. (38 Scores)

We deliver Dr. Ouellette's Wellness Report of Findings in Web Workshops. (35 pages)

We deliver Dr. Ouellette's 8 item Wellness Action Plan in Workshops, customized for the client.

We deliver Dr. Ouellette's Health Professional's Notes for doctors explaining how to read the Progress Chart.

We deliver Dr. Ouellette's Wellness Instructor's Notes to Wellness Instructors to help instructors focus on Dr. Ouellette's Action Plan and to supply further Action Plan items.

We offer Dr. Ouellette's Wellness Web Workshops to those who want one-on-one time.

Our documents are anonymous and based on wellness answers clients leave in Dr. Ouellette's Wellness Web Assessment at [TheQ.ca](http://TheQ.ca). The web assessment is an anonymous professional level assessment that asks many of the same questions doctors and specialists ask in their consultations.

People access their Wellness Report of Findings and Wellness Action Plan by taking a Wellness Web Workshop. The workshops give the insight necessary to be effective and successful with wellness strategies. People are welcome to work on their own. We suggest the optional workshops are the best way to go.

Dr. Ouellette's Multidimensional Wellness Model is a complimentary model that can work alongside other models or health care treatment interventions. Our focus is on active Action Plan items that improve wellness. Active Action Plan items are key points most people need help with and are individually customized by programming software for each client's needs based on answers given in the assessment. People benefit greatly by becoming actively involved in their own wellness care. We help with that.

Contact us [info@theq.ca](mailto:info@theq.ca)

# Costs

## Initial Workshop Registration

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Dr. Ouellette's Wellness Model is a user pay model. Web assessments are priced so most everyone can afford them at \$9.95, paid online. Workshops are priced in three packages, a half hour introductory workshop, a two hour workshop designed for people already doing things to help themselves, and a four hour workshop for those people with multiple issues needing a lot of time. Group workshops can be arranged with reduced fees. Fee for service, one session at a time, can also be purchased.

### Fee for Service

\$35.00	per 15 minute session
\$54.95	for Report of Findings (RoF) with it's eight item Action Plan
\$100.00	for Registration
\$9.95	Dr. Ouellette's Wellness Web Assessment
Plus	\$19.99 for Softcover book #1 Paid online via PayPal at Xlibris web site

### Packages

**Workshop #1 (30 minutes) \$199.00** (Subsequent workshops are reduced in price.)  
\$199-\$70 (35x2) = \$129.00 for Registration and RoF with it's eight item Action Plan  
\$9.95 Extra Dr. Ouellette's Wellness Web Assessment on Entrance  
\$9.95 Extra Dr. Ouellette's Wellness Web Assessment Three Month Re-Assessment  
Plus an Extra \$19.99 for Softcover book #1 Paid online via PayPal at Xlibris web site.

**Workshop #2 (2 hours) \$349.00** (Subsequent workshops are reduced in price.)  
\$349-\$280 (35x8) = \$69.00 for Registration and RoF with it's eight item Action Plan  
\$9.95 Extra Dr. Ouellette's Wellness Web Assessment on Entrance  
\$9.95 Extra Dr. Ouellette's Wellness Web Assessment Three Month Re-Assessment  
Plus an Extra \$19.99 for Softcover book #1 Paid online via PayPal at Xlibris web site.

**Workshop #3 (4 hours) \$616.00** (Subsequent workshops are reduced in price.)  
\$616-\$560 (35x16) = \$56.00 for Registration and RoF with it's eight item Action Plan  
\$9.95 Extra Dr. Ouellette's Wellness Web Assessment on Entrance  
\$9.95 Extra Dr. Ouellette's Wellness Web Assessment Three Month Re-Assessment  
Plus an Extra \$19.99 for Softcover book #1 Paid online via PayPal at Xlibris web site.

For less than \$20 a person can start on their own by buying Dr. Ouellette's eBook and the Web Assessment. Workshops are always available for extra help.

# Getting Involved with Wellness

## How to Start on Dr. Ouellette's Multidimensional Wellness Model

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### Companies

- Contact us by email and indicate what you would like.
- Notify your employees that a new wellness program is available.
- Post our flyers, and your own flyers, as necessary where employees will see them.
- Encourage a mind-set of wellness in employees.
- Ask Dr. Ouellette to come to your business and give a talk to your employees.
- Ask employees if anyone may be interested in helping with wellness instruction.
- That's pretty much it. Company costs are minimal.

A company's cost is involved with notifying employees that a new wellness program is available.

### Individuals

- Take Dr. Ouellette's Wellness Web Assessment at [TheQ.ca](http://TheQ.ca).
  - Create a free anonymous account on the register page at [TheQ.ca](http://TheQ.ca).
  - At [Login](#) use your password, then pay the \$9.95 fee on the PayPal website.
- Purchase a [Workshop](#) with Dr. Ouellette if needed.

Workshop purchases are made online at our [PainReliefLifestyleStore.com/Pay](http://PainReliefLifestyleStore.com/Pay) web site.

Dr. Ouellette would be happy to give a talk on multidimensional wellness and the benefits of web assessment. Just email [info@theq.ca](mailto:info@theq.ca).