

“How Does Dr. Bryan Keep From Getting the Cold/Flu?”

Many patients have asked me recently what I do (knowing what I know about the body) to keep healthy and ward off the flu and cold virus. Here’s my strategy, in no particular order:

- Be sure to eat three nutritious meals every day, even when you’re too busy.
- Take supplements to replace the nutrients stress leaches from you, including my favorite, called [DSF](#) (which stands for DeStress Formula): it’s a bestseller in the office. [Enzymes](#) and [Probiotics](#) (good bacteria) help break down your food, and make the nutrients more available to keep your immunity up.
- Resist sugar! It’s tough, but sugar is one of the toughest things for your body to handle. When you’re down and out, and the bugs have you, put off the sugar until you’re better.
- Avoid foods that increase mucus, including orange juice, grapefruit juice, and of course, dairy products! If your mucus becomes thick and difficult to eliminate, it provides a fertile home for the flu or cold virus to live and grow.
- The newest medical health “crisis” is the discovery of high “homocysteine” levels in unhealthy persons. B12 and Folic acid combat this, but are not stored well in your body, and you have trouble absorbing them when under stress. [Homocysteine Redux](#) is a favorite with patients to battle high homocysteine levels, and it’s full of B12 and Folic Acid.
- Go to sleep or rest before you’re exhausted! Reserve some energy to heal overnight so your body can repel the nasties.
- The moment you feel the sniffles or fuzzy head feeling that signals a cold or flu coming on, start taking 2 [Congaplex](#) each hour with a glass of water.
-- See the strategy on the handout ***“Colds and Flu...What can you do?”***
- The Stomach flu is different, and has three distinct signals: nausea &/or Vomiting, Diarrhea and a fever. If you have these symptoms, there’s a knockout-punch strategy for you to get better fast!
-- See the handout ***“The Stomach Flu...What can you do?”***

We have research papers for each of the supplements we recommend should you want more information. Bottom line: Don’t assume you’re healthy! Battling the Flu is work-either prevention or fighting to recover; it’s your choice.

Dr. Bryan Born