Congestion Insight While Having a Cold or the Flue

Personal Observations on Myself and from a Few Decades of Observing Patients

By Dr. Victor Jean Ouellette, DC, MS

Integrating the Cold/Flue Symptoms with Cutting Edge Food Concepts

Having Written about this Before, Let's Review.

When people have the cold or flue and experience excessive congestion it is often not the germs that the body is trying to get rid of with the congestion but rather the particles of food that have been consumed that the body does not like so, it tries to flush them out. When you eliminate those foods, your body heals up the congestion very quickly. My conclusion from my observation was the congestion is not caused by the cold or the flu, but rather by the foods in combination, at the same time as the cold or the flu, because the body can't handle both at the same time. Thus, eliminating the offending foods eliminates the excessive congestion, even when one has the cold.

> People need to keep in mind that a Blood assay to detect food issues will likely not be able to detect food 'reactions' because the assay may be targeted toward detecting bio markers of inflammation and/or immune response, not food reactions.

Take Away

Excessive congesstion is more likley caused by food in an 'overload onslaught' by both the food and the common cold at the same time. In normal times without a cold, when people eat some food and then get a runny nose, that should be viewed as a tip-off.

People who do not want to eliminate their favourite foods simply have to suffer along. One should keep in mind that their "**favourite foods**" are programmed into people by the food industry for proffit reasons. Most often there is **NO BIOLOGICAL NEED** for these 'favourite foods'. It is unwise to expect the healthcare industry - medical oriented, to solve these food reaction problems that people may have. **Wellness RISK Management** was designed to help people help themselves.

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