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OF INTEGRATIVE MEDICINE

Bravo Super Probiotic Yogurt

What makes Bravo Probiotic Yogurt different from other probiotics?

Bravo yogurt is formulated from fermented milk products and bovine (cow) colostrum. The Bravo cows are raised in a controlled, organic environment in order to provide high quality colostrum. Colostrum is the mother's milk produced by a mammal in the first few days' life following the birth of an infant. The colostrum provides the right environment for proper microbiome (gut bacteria) development. The bacteria also develop in the right proportions necessary for a healthy gut. Other probiotics don't necessarily allow for this. A healthy microbiome provides for proper digestion as well as being crucial in the development of the immune system.

Where do I get this product?

You would have to go online to the following website:

- The Chung Institute sells Bravo – there are 3 packets of powders needed to make one liter of yogurt. You can purchase one set of packets at our office if you want to just try it out first before you start buying in bulk. One set of packets costs \$50.
- [Marsvenus.com](https://www.marsvenus.com) sells Bravo in 4 sets of packs for \$150. Search BRAVO YOGURT.
- The Bravo coop sells Bravo packets online in both individual sets and bulk sets at <https://www.bravocoop.com/>. Alternatively the coop can make the yogurt for you from either cow's milk or goat's milk that they obtain from local dairy farms in Florida. Providing the milk and refrigerated shipping increases the cost.

Making Bravo Yogurt ((****NOTE: BRAVO MIXTURE CANNOT & SHOULD NOT BE BLENDED AT HIGH SPEEDS))

Ingredients to prepare 1 liter of Bravo (Packet from Bravo USA)

- 1 silver bag and 2 white bags.

Other ingredients and kitchen tools (not provided in kit)

- 1 liter of whole, organic milk of the highest quality
- Pot for boiling milk
- 1 small cup or measuring cup for mixing the Bravo yogurt
- Large glass bowl (optional)



CHUNG INSTITUTE

OF INTEGRATIVE MEDICINE

- Medium – mesh stainless steel strainer (optional)
- Long handled cooking spoon (plastic or metal, but not wood)
- Multiple stainless steel spoons (3-4)
- Aluminum foil
- Glass jars with lid to store the Bravo in the refrigerator

THE MILK

The milk should be of the highest quality either homogenized or non-homogenized. Raw milk can be used because it will be boiled. All milk sold commercially is pasteurized but try to avoid ultra-pasteurized milk. Do not use vegetable milk – soy, rice, almond, coconut or lactose-free milk. Goat milk can be used (just follow the same guidelines). The principle is use any mammal's milk.

TOOL HYGEINE

In making yogurt, all competing bacteria must be eliminated, therefore sterilize all pots, utensils, jars and anything that will come in contact with the milk/yogurt. Remember you are inoculating the milk with special bugs therefore you should try to avoid bugs that are not part of the yogurt.

Boil all pots, jars, spoons, bowls and anything else that will come in contact with the yogurt. Boil several spoons as well to use in mixing the powders into the milk.

Try to keep hands and work surfaces clean while preparing the yogurt.

MILK PREPARATION FOR A MOTHER BATCH (A BATCH MADE DIRECTLY FROM THE BRAVO POWDERS):

- 1) Boil 1 liter of milk in a stainless steel, porcelain or glass pot while stirring continuously to keep the milk from sticking to the bottom of the pot. Milk is boiling when it blows up to the rim of the pot. At this point remove the pot from the heat, pour the milk into a glass bowl and allow to cool to room temperature.
- 2) A skin will form on the top of the cooling milk. This is the casein. After cooling, remove the skin with a spoon and discard. It will be sticky and easy to do.
- 3) Transfer approximately $\frac{1}{4}$ or $\frac{1}{2}$ cup of cooled milk to a small cup or measuring cup. Slowly add one of the contents of one of the powder packets while stirring continuously. Try to smooth out all the clumps as much as possible. Follow the same process with the remaining 2 packets one at a time.
- 4) Combine the now smooth powder/milk solution from the cup into the remaining milk in the cooling bowl and mix well.



CHUNG INSTITUTE OF INTEGRATIVE MEDICINE

- 5) Loosely cover the bowl with aluminum foil so that air can pass over the culture but also so that no contamination can occur while the yogurt is being cultured.
- 6) Place the bowl into the oven WITH THE HEAT OFF. Leave the light in the oven on. The Bravo yogurt needs to ferment approximately 12 to 48 hours – the bugs proliferate in the milk culture.
- 7) Check the culture every 3-4 hours after about 12 hours. It is fermented when the milk thickens and smells sour (like yogurt).
- 8) Transfer the yogurt to a sterile glass jar and refrigerate. The yogurt is ready to eat after it has been refrigerated for at least 2 hours.

MILK PREPARATION FOR A “RE-CULTURE” BATCH (I.E. A BATCH MADE USING PREVIOUSLY MADE BRAVO YOGURT):

Bravo runs anywhere from \$43 to \$57 per liter when it is made directly from the Bravo powder packets (we refer to this as the mother batch). As a cost savings measure, 2 subsequent batches of yogurt can be made from this mother batch of yogurt. Re-culture #1 uses 1/3 to 1/2 cup of the mother batch in addition to purchased colostrum powder **INSTEAD OF** the purchased Bravo powder packets. The bacteria in the mother batch acts as the bacterial source for re-culture #1 instead of the packets. Re-culture #2 is made in the same way as re-culture #1 except using yogurt from re-culture #1 and colostrum powder. Although the Bravo Corporation doesn't recommend re-culturing from the mother batch, we have tested re-culture batches #1 and #2 in our practice and continue to have near comparable results to the mother batch. We don't recommend re-culturing more than twice however, because re-culture #3 starts to have a strange consistency. The powdered colostrum can be purchased from Amazon at the following link: <https://www.amazon.com/Symbiotics-Colostrum-Plus-Powder-21-Ounce/dp/B000BREOR2?th=1>

- 1) Boil 1 liter of milk in a stainless steel, porcelain or glass pot while stirring continuously to keep the milk from sticking to the bottom of the pot. Milk is boiling when it blows up to the rim of the pot. At this point remove the pot from the heat, pour the milk into a glass bowl and allow to cool to room temperature.
- 2) A skin will form on the top of the cooling milk. This is the casein. After cooling, remove the skin with a spoon and discard. It will be sticky and easy to do.
- 3) Transfer approximately 1/4 or 1/2 cup of cooled milk to a small cup or measuring cup. Slowly add 9 scoops of colostrum powder while stirring. Try to smooth out all the clumps as much as possible.
- 4) Once smooth add 1/3 to 1/2 cup of the yogurt from which you are re-culturing (i.e. a mother batch or a 1st or 2nd re-culture batch). Mix well.



CHUNG INSTITUTE

OF INTEGRATIVE MEDICINE

- 5) Combine the now smooth powder/yogurt/milk solution from the cup into the remaining milk in the cooling bowl and mix well.
- 6) Loosely cover the bowl with aluminum foil so that air can pass over the culture but also so that no contamination can occur while the yogurt is being cultured.
- 7) Place the bowl into the oven WITH THE HEAT OFF. Leave the light in the oven on. The Bravo yogurt needs to ferment approximately 12 to 48 hours – the bugs proliferate in the milk culture.
- 8) Check the culture every 3-4 hours after about 12 hours. It is fermented when the milk thickens and smells sour (like yogurt).
- 9) Transfer the yogurt to a sterile glass jar and refrigerate. The yogurt is ready to eat after it has been refrigerated for at least 2 hours.

DOSING GUIDELINES:

It is best, if possible, to hold the yogurt in the mouth and swish it around for 10-30 seconds. Bravo needs to be eaten daily for several months in order to see results. Begin Bravo at ½ tsp 1-2 times per day. After a few days increase to a full tsp 1-2 times per day. After a few days increase to 1 tbsp. 1-2 times per day. Gradually continue to increase until you reach a maximum of 2-4 ounces per day. If you develop any adverse effects, drop down to the highest dose you can tolerate without side effects. The yogurt lasts for up to 3 weeks in the refrigerator however if you use the blue tinted glass jars, it might last up to 4 weeks.