



REAL VITALITY RESOURCE GUIDE

A collection of resources for families exploring informed medical choice.

START HERE—> Watch the Real Immunity Film Series

PODCASTS

- Dr. Paul Thomas Podcast
- Joe Rogan Show with Dr. Suzanne Humphries

Real Vitality Episodes

- [Raising Dogs the True North Way](#)
- [Building Generational Health: HP for Families](#)
- [An HP Family Shares Their Experience](#)
- [Demystifying Common Childhood Diseases](#)
- [Dr. Paul Thomas: An Ethical Pediatrician](#)
- [A Diabolical Agenda with Andrew Wakefield](#)
- [Candid Thoughts with a Pediatrician](#)
- [What is Real Immunity?](#)

WEBSITES

- [Children's Health Defense](#)
- [National Vaccine Information Center](#)
- [Weston A. Price Foundation – Vaccinations](#)
- [Real Vitality](#) — Films, blogs, classes, and products

BOOKS

- [DPT A SHOT IN THE DARK](#)
- [THERE IS A CHOICE: HOMEOPROPHYLAXIS](#)
- [VAX FACTS](#)
- [DISSOLVING ILLUSSIONS](#)
- [MILLER'S CRITICAL REVIEW](#)
- [THE HPV VACCINE ON TRIAL](#)
- [VACCINES, AUTOIMMUNITY AND THE CHANGING NATURE OF CHILDHOOD ILLNESS](#)
- [GOODBYE GERM THEORY](#)
- [MURDER BY INJECTION](#)
- [BETWEEN A SHOT AND A HARD PLACE](#)

DOWNLOADS

- [Preparing for the Worst](#)
- [Thinking Dog Owner's Guide to Fearless Health](#)
[Thinking Parent's Guide to Fearless Health](#)
- [Understanding the Nature of Influenza](#)
- [Homeoprophylaxis \(HP\) Virtual Class](#)
- [HP Resource Sheet](#)
- [Pet HP Presentation](#)
- [Flu Shot Education Resource](#)
- [Newborn Procedures Guide](#)