

# Adult & Senior HP Program

Have questions? Many answers about our HP Programs can be found in our Frequently Asked Questions.

## What's Included

- Consultation with Brion or Courtney
- Schedule & Program Guide
- Program Kit with 6 remedies covering: Shingles (Herpes Zoster), Pneumonia, Pertussis (Whooping Cough), and Influenza (Flu)

## Who Is This Program For?

This program is recommended for all adults, including seniors, who wish to explore a gentle, educational approach to maintaining health.

## Is There Research Supporting This Program?

Yes. Numerous studies have examined the use of Homeoprophylaxis (HP) in adult populations. While we do not make claims or guarantees, we encourage you to review the historic and contemporary data on HP available on our website and in the Knowledge Vault.

## Why These Conditions Matter

**Shingles (Herpes Zoster):** About 1 in 3 adults will develop shingles in their lifetime. Source

**Pneumonia:** Causes approximately 1.2 million hospitalizations and over 50,000 deaths in U.S. adults each year. Source

**Pertussis (Whooping Cough):** Over 15,000 cases are reported annually in the U.S. Source

**Influenza (Flu):** Between 10 and 40 million adults in the U.S. contract the flu each year, depending on the season. Source