



Homeopathic Cold & Flu Guide

**Your One-Stop Resource for Building the Terrain,
Supporting Symptoms
& Navigating Flu Season Homeopathically**

RealVitality.org

Building Terrain for Cold & Flu Season: Homeoprophylaxis (HP) Flu Remedies

INF

<https://realvitality.org/product/inf-cv/>

INF is a homeoprophylaxis (HP) preparation designed to support the body's natural response to influenza. INF is a homeopathic combination of several historic flus, therefore it covers a vast symptom picture, and even includes GI flu symptoms. INF boosts the terrain during flu season. Many who have taken it experience less symptoms, more resilience or no symptoms at all during flu season. This has been our most popular flu season product for the past two decades.

PNC

<https://realvitality.org/product/pnc-cv/>

PNC is a homeoprophylaxis preparation offering targeted lung support. PNC boosts the body's response to lung-related illnesses and strengthens overall resilience. It's a great addition during flu season, especially for those who with a higher susceptibility to lung illnesses.

Adult/Senior HP Program

<https://realvitality.org/program-facts/>

The Adult & Senior HP Program offers a structured program for seniors and older adults interested in boosting immunity during flu season. The program covers the top symptoms that older adults are more susceptible to, boosting the system through carefully selected remedies. Learn more about this program by listening to this podcast (<https://realvitality.substack.com/p/building-generational-health-hp-for>).

Choosing A Remedy for Cold & Flu Symptoms

Homeopathy for Flu Symptoms—Blog

<https://realvitality.org/homeopathy-shines-with-influenza/>

Learn how individualized homeopathic remedies can be used to support common flu symptoms and recovery.

Homeopathy & Influenza—Virtual Class

<https://realvitality.org/product/homeopathy-influenza-virtual-class/>

This class teaches practical homeopathic strategies and remedy selection for influenza-related symptoms.

Nine Remedies Every Home Should Have—Virtual Class

<https://realvitality.org/product/nine-remedies-virtual-class/>

Discover nine versatile homeopathic remedies commonly used for acute illnesses, injuries, and seasonal complaints.

The Cilla Whatcott Learning Library

<https://realvitality.org/course-signup/>

Both of the above classes are part of our membership: The Cilla Whatcott Learning Library, and it's a savings to join rather than purchase the classes individually. When you join the library, you gain access to over a dozen homeopathy classes, plus other great bonuses!

Remedies for Cold & Flu Season

Viral Ally

<https://realvitality.org/product/viral-ally/>

Your go-to first response remedy containing a combination of remedies known to support the body when flu symptoms strike, including the same remedy found in Oscillococcinum.

Health Support Kit

<https://realvitality.org/product/health-support-kit/>

Our higher potency flu symptom kit that you'll want to have on hand in case symptoms develop and need deeper support. These are the top remedies homeopaths prescribe for flu cases.

Cell Salts for Cold & Flu Season

Real Sinus Support

<https://realvitality.org/product/real-sinus-support/>

A cell salt combination for healthy sinus function. Many families find they need to go no further than using this combination; others use this alongside an indicated remedy or other modality.

Real Throat Support

<https://realvitality.org/product/real-throat-support/>

A cell salt combination for throat symptoms. Many families find they need to go no further than using this combination; others use this alongside an indicated remedy or other modality.

Real Cough Support

<https://realvitality.org/product/real-cough-support/>

Coughs can be tricky! Having this cell salt remedy on hand makes life easier! Use it alongside of indicated cough remedies or modalities or alone to support respiratory health.

Health Support Kit

Link: <https://realvitality.org/product/health-support-kit/>

Includes several foundational cell salts and homeopathic remedies commonly used during seasonal illnesses and recovery.

Downloads & Guides for Cold & Flu Season

Understanding the Nature of Influenza

<https://realvitality.org/product/understanding-the-nature-of-influenza/>

A downloadable resource that helps you determine your specific “flu type” from a TCM perspective, so you can stop guessing what to take and fine tune the remedies needed to address flu symptoms.

Fever Guide

<https://realvitality.org/feverguide/>

A practical guide to understanding fevers, supporting the healing process, and knowing when additional care may be needed. A guide to understanding fevers, that includes a fever chart to make remedy selection easier, as well as a video offering practical support and tips for navigating fevers without fear.

Cough Download

<https://realvitality.org/cough-download-journey/>

A helpful resource covering common causes of coughs and homeopathic approaches for symptom support.

Using Homeopathy for the Flu Download

<https://realvitality.org/let-real-vitality-walk-you-through-the-flu/>

A step-by-step guide to using homeopathy during flu season, including when and where homeoprophylaxis is helpful and where to go from there.

Flu Shot Fallacy

<https://realvitality.org/flu-shot/>

An educational download examining common assumptions about the flu shot and discussing alternative perspectives from an evidence based standpoint.