## SENDERZ







1. Ammonium Bromatum is a homeopathic remedy for chronic obesity and those who suffer from chronic laryngeal and pharyngeal catarrh and neuralgic headaches.



2. *Avena Sativa* is derived from the common oat plant and has been used for medical purposes since the Middle Ages to ensure a vital nervous system. It also acts as a mild sedative during nervous exhaustion and calms down those with performance anxiety. As a homeopathic treatment, Avena Sativa extract and tincture are used as tonics for the nervous system. It directly influences brain and nutritive function of the organism, increasing nerve force and improving the nutrition of the entire system. In addition, it has been established that avena is also an excellent substance that facilitates the detoxification of the body and increases energy levels.

3. Calcarea Carbonica is a natural mineral derived from oyster shells or carbonate of lime that provides dual benefits for people trying to losing weight even if they have less than optimum nutrition by (1) helping to control the appetite and cravings, and (2) calming the nerves. When you are doing everything necessary to lose weight, keeping your appetite in check and nerves calm are sure to essential to help you reach your ideal weight.



4. *Fucus Vesiculosus* is a powerful, specific homeopathic remedy for obesity and non-toxic goiter that aids digestion and thyroid enlargement in obese subjects. Contains high concentrations of iodine, essential in the synthesis of thyroid hormones. 5. Graphites is a homeopathic medicine that is prepared using the powder of pure graphite, a carbon mineral. Graphites is traditionally used to treat skin conditions, but in recent years has become a popular option for those that suffer from metabolic imbalance. Graphites is often suggested to those that struggle with constant hunger pains during a diet, as well as for women that are struggling with their weight during menopause. This homeopathic medicine is also believed to help improve and maintain metabolism, especially in older women.



6. *Igantia Amara,* which is also known as simply Ignatia, is a homeopathic remedy that is made from a tree that is native to the Philippines, which is known as Strychnos Ignatia. Ignatia is traditionally used to help treat emotional distress, particularly in women. Ignatia Amara is a homeopathic remedy that is often suggested by homeopaths to people on a diet that struggle with anxiety or nervousness, which tends to lead to overeating. Those that will benefit from this remedy tend to constantly crave sweets, and sugary drinks.



7. Lycopodium Clavatum, which is also known as simply Lycopodium, is a homeopathic remedy that is made from an extract of clubmoss, that is in the Lycopodiaceae family. Lycopodium is traditionally suggested to patients that suffer from anxiety problems. Lycopodium Clavatum is often suggested by homeopaths to those that tend to have constant cravings for sweets. This remedy is believed to help improve metabolism, as well as help to control the cravings. Those that will benefit from this remedy tend to also crave salty foods, although these cravings are not that have cravings that tend to occur, worsen, when they become anxious.





8. Natrum Mur 12x is a slow acting remedy that responds well to chronic ailments. Natrum Mur can increase red blood cells and albumin, a protein found in animal and vegetable tissues. Helps to restore the tissues of the body so they can assimilate the body's needs for salt from food.



9. *Sulfuricum Acidum* is a remedy indicated for people who tend to rush through their meal and even though they've had too much to eat they continue eating. Those who benefit from Sulfuricum Acidum also love sweets. The homeopathic acids are also good for depression; and for deep pain and physical injury, like after a

surgery.



10. *Thyroidinum* 9x is a remedy categorized as "organotherapy" made from the thyroid gland of animals. Thyroidinum provides a general regulation of carbohydrate, protein, and fat metabolism through its influence over the organs of nutrition, growth, and development. Thyrodidium provides an effective relief for metabolic disorders, muscular weakness, and sugar cravings.



11. *Kali Phosphoricum* is used for temporary relief of fatigue, weakness and exhaustion. This remedy helps manage a lack of nerve power and people suffering from numbness in limbs , or in hands and fingertips and legs.

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1. B12 in the form of Methylcobalamin: This form needs no converting .It is already in its "ready to use" form and is a more expensive form. Methylcobalamin is the active coenzyme form necessary for any biological activity. It also is the least stable with the shortest shelf life, converting back to hydroxycobalamin if not stored correctly. <u>Methylcobalamin</u> is sometimes referred to as "active B12" as it is in a form ready to be used by the cells. B12 helps with red blood cell formation and anemia prevention, May reduce risk of muscular degeneration, May improve mood and symptoms of depression, May benefit your brain by preventing loss of Neurons. May give energy boost. Supports healthy hair skin and nails.



2. **Ashwaganha**. A natural stress reliver, shown in studies to improve cognitive function and memory, increase energy levels, improve sleep quality to make you feel more balanced.



3. Rhodiola: May help decrease stress. May help with fatigue. May improve brain function. May improve exercise performance. Could help reduce symptoms of depression



4. Biotin. Supports many of your bodies systems to include nervous system. It helps the enzymes in your body carry out their jobs and keeps cells working as they should. Some studies have shown that biotin may help manage diabetes. Biotin supports your skin, hair and eye health



5. Rose hips are an anti inflammatory property. Rose hips contain vitamin C and some studies show vitamin C ability to increase how much estrogen the body can absorb.

