

HOMEOPATHIC AND NATURAL

INGREDIENTS

S L E N D E R I I Z D R O P S



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TABLE OF CONTENTS



PAGES 4-8

WHAT IS HOMEOPATHY



PAGE 9-13

SLENDERIIX INGREDIENTS



PAGE 14-16

XCELER8 INGREDIENTS



LAST PAGE

CONNECT WITH AMY

WELCOME MESSAGE



Amy Rickman

Homeopathic Educator

I am homeopathic educator. I am passionate about homeopathy because it is gentle medicine derived from naturally occurring ingredients in God's creation.

Utilizing homeopathy has helped many health issue for my family. Examples are, uprooting life-long food and hay fever allergies for me. Homeopathic remedies improved acid reflux for my daughter. This modality greatly decreased painful restless leg syndrome for my son. Using a homeopathic protocol cleared my husband of chronic nosebleeds. On a regular basis we use homeopathy for a myriad of acute issues.

My plan is to discuss some of the specific homeopathic remedies in Slenderiix, the ingredients in Xceler8, and homeopathy in general. I will cover the Slendriix system of drops which uses homeopathic remedies in one bottle (called Slenderiix) and herbs and nutrition in the second bottle. Both of these bottles of drops helped me by my increasing energy, reducing brain fog, improving sleep, and balancing female hormonal issues. As a pleasant side effect, I reached my desired weight easily after battling for months.

My goal is for individuals and families to be able to use the knowledge of homeopathy to treat themselves, their loved ones, and even animals. Learning this natural medicine, often results in fewer medical and vet visits and reduced reliance on pharmaceuticals.

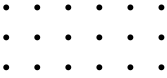




WHAT IS HOMEOPATHY?

Hello!

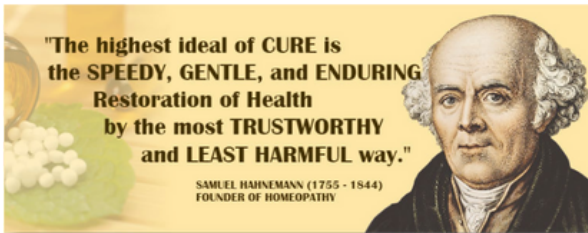




1790

HISTORY OF HOMEOPATHY

Dr. Samuel Hahnemann was a physician in Germany that was unhappy with the current medical system. At that time, blood letting, leeches, and high doses of medicines with unhealthy side effects were popular. Around 1790 he began experimenting with Cinchona or Peruvian bark. This bark has high amounts of quinine, often used in the treatment of malaria. He ended up discovering homeopathy after experimenting and diluting these materials.



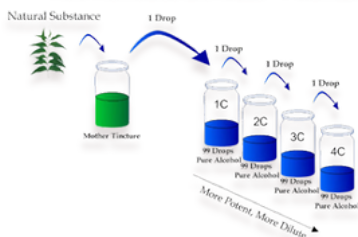
In 1801, Hahnemann wrote a paper on how Belladonna, which is a deadly nightshade, helped those suffering from scarlet fever. A Belladonna homeopathic pellet or liquid is safe, even for babies, for issues like ear infections, coughs, and high fevers. How can this be possible?

Let me explain...





How Remedies are Made - Potentizing



Hahnemann started diluting remedies. By succussing (shaking) the medicine, he found that they worked more effectively. He continued to experiment until he found a way to stimulate the body to heal.

The Merriam-Webster definition of homeopathy is, "A system of alternative medicine that treats a disease especially by the administration of minute doses of a remedy that would in larger amounts produce symptoms in healthy persons similar to those of the disease."

The word homeopathy, in its original Greek form, is 'homeo,' meaning "similar or same," and 'patheia,' meaning "suffering or pathology." The principle of homeopathy is "like can cure like." Homeopathy is a category of natural medicine.

There is often a lot of misinformation about this term. The word "home" in the word homeopathy often causes confusion. Homeopathy does not allude to homemade remedies. Neither is it related to essential oils, supplements, Ayurvedic or Chinese medicine.

How are homeopathic remedies made? The entire process of making a homeopathic remedy is done in a pharmaceutical laboratory. A source material, such as an herb, is put into a jar and submerged in alcohol for a few weeks. The herb or material is strained. The resulting liquid is a mother tincture.

One drop of mother tincture is placed into a vial. Ninety-nine drops of alcohol mixture are added to the vial for a C (centesimal scale method) potency or 9 drops for an X (decimal) potency. The product then is shaken vigorously or "potentized." This procedure is done 30 times to create a 30C potency or 30X for example.

Potency is the strength of dilution of the remedy.



Wild Oats | Oat Straw

Avena Sativa is one of the remedies in the formulation of Slenderix that first caught my eye. The common name is wild oats. Oat straw in a tea may help relax nerves, reduce anxiety, and facilitate sleep. Herbal tea is great, but it is not homeopathy.

A tincture may be made with the oat straw by putting the *Avena Sativa* in alcohol for at least 2-4 weeks. Once the mixture is strained, it is considered a tincture. A tincture is the extract of raw material in the lowest potency. This is still not a homeopathic remedy.

Avena Sativa put in the potentized form and diluted according to strict guidelines and regulations is a homeopathic remedy. On the Slenderix bottle, *Avena Sativa* 6X is on the label showing it is a homeopathic form.



Since the 1940s, the FDA has overseen the preparation of homeopathic remedies. In contrast, dietary supplement companies are responsible for ensuring that their products are safe and accurately labeled. Homeopathy is classified as a drug under the United States Federal Food, Drug and Cosmetic Act and other regulations. The Homeopathic Pharmacopoeia of the US (HPUS) ensures the remedies are made to specific standards.

Therefore, homeopathy is not a concoction thrown together in a home or created haphazardly.



The picture is an example of a lab run by a pharmacy that makes homeopathic remedies to strict standards.

How common is homeopathy? According to the Homeopathic Research Institute.

“Worldwide, over 200 million people use homeopathy on a regular basis. Homeopathy is included in the national health systems of a number of countries e.g. Brazil, Chile, India, Mexico, Pakistan, Switzerland.”

Homeopathic remedies are available at many stores and online. Often people see the blue tubes containing homeopathic remedies, such as Arnica, or homeopathic combo remedies, like Cold Calm. Homeopathy can come in a pellet or liquid form. To show an ingredient is homeopathic, the ingredient will be listed with a number and a C, X or M following the number.



Most of my life, I have been highly allergic to juniper and cedar trees. Contact with pollen or the wood caused an allergic reaction.

I was concerned about using homeopathic remedy, Thuja, as it is made from a tree in the cedar family. However, I have had no issues with homeopathic Thuja. Thuja is helpful with issues like preventing a virus or healing warts.

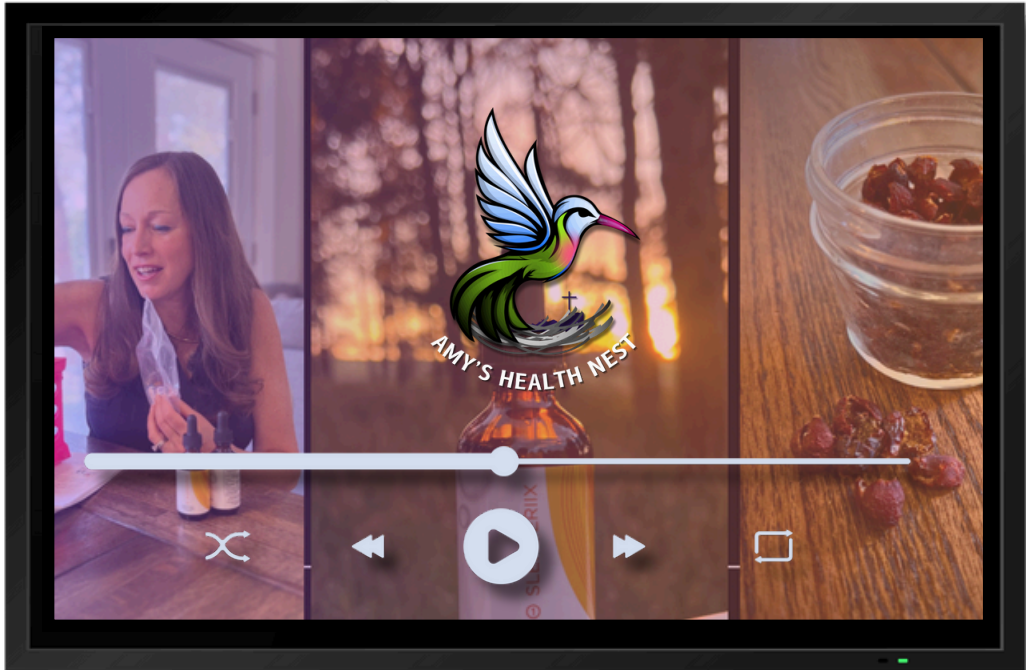


Most of the time, due to how homeopathic remedies are made, remedies should not cause an issue or reaction. If concerned, one could administer a couple drops or pellets under the tongue one day and increase as comfortable.



Homeopathic remedies acts gently on the body to help bring back homeostasis or balance. Homeopathic remedies help return equilibrium in our bodies.

WHAT IS IN THE SLENDERIX DROPS





BOTTLE #1: SLENDERIIX

Ingredients listed in alphabetical order



Ingredient#001

AMMONIUM BROMATUM (AMMONIA BROMIDE) 12X

This remedy is indicated for obesity and female hormonal issues.



Ingredient#002

AVENIA SATIVA 6X (OATSTRAW)

Avena sativa may assist with food addictions, cravings and overeating. Furthermore, this ingredient can calm the nervous system and reduce sleeplessness.



Ingredient#003

CALCAREA CARBONICA 9X (OYSTER SHELL)

This ingredient can improve the immune system (especially those prone to cold and infections). It may help nerves and low stamina.

If someone has shellfish allergies can they have Calcarea carbonica that is within first bottle of drops? The answer is most likely yes because so little of the original source material is in the formulation.



BOTTLE #1: SLENDERIIX



Ingredient#004

FUCUS VESICULOSUS 6X (SEA KELP)

Fucus is beneficial for goiters, obesity, and thyroid issues. This remedy is made from sea kelp, which has iodine.

Since there is very little iodine in the homeopathic remedy, those sensitive to iodine should not have a problem. Even those without a thyroid, can benefit from this remedy.



Ingredient#005

GRAPHITES 12X (FORM OF CARBON)

Graphites, a naturally occurring carbon, in the homeopathic form is indicated for those with skin, glandular, metabolic, and weight concerns. It may improve hair loss, menstruation disorders, edema, and poor memory. This also supports the body in absorbing nutrients correctly.



Ingredient#006

IGNATIA AMARA 9X (IGNATIA SEEDS)

Issues with emotional eating, grieving, feeling overwhelmed, worry, and insomnia are supported by Ignatia. Utilizing homeopathic Ignatia, may aid in calming the mind and breaking the stress eating cycle.



BOTTLE #1: SLENDERIIX

Ingredient#007



KALI PHOSPHORICUM 12X (POTASSIUM PHOSPHATE)

This remedy assists the central nervous system, especially when mentally exhausted, overworked, worried, irritable or depressed. Kali Phosphoricum may reduce the feeling of hunger right after meals and digestion complaints due to stress.

Ingredient#008



LYCOPodium CLAVATUM 6X (CLUB MOSS)

Lycopodium aids with bloating, acid reflux, foggy brain, constipation, slow thinking, gas, anxiety, edema, and craving carbs. This remedy may promote easy elimination and heal gut issues.

Ingredient#009



NATRUM MURIATICUM 12X (SALT OR SODIUM CHLORIDE)

Natrum Muriaticum is helpful for salt and water balance, high blood pressure, bloating, headaches, constipation, and craving salty foods. This remedy may reduce water retention.



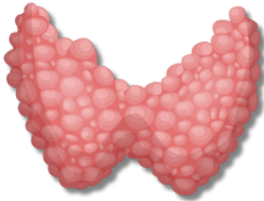
BOTTLE #1: SLENDERIIX



Ingredient#010

SULFURICUM ACIDUM 12X (SULPHURIC ACID)

Sulfuricum Acidum is a remedy that can curb desires for too much sugar, chocolate, alcohol, medication, coffee, and cigarettes. The remedy may also improve problems with hot flashes and diabetes.



Ingredient#010

THYROIDINIUM 9X (THYROID GLAND OF ANIMALS)

This ingredient may improve hair loss, diabetes, goiters, anemia, craving sugar, and poor circulation. In addition, this may assist in metabolizing food.

FAQ

Q: Are there hormones in the drops?

A: There are no hormones in the Slenderiiz drops.

Q: Are these drops appropriate for those with allergies such as soy, gluten, and dairy?

A: Soy, gluten, and dairy are not in the drops.

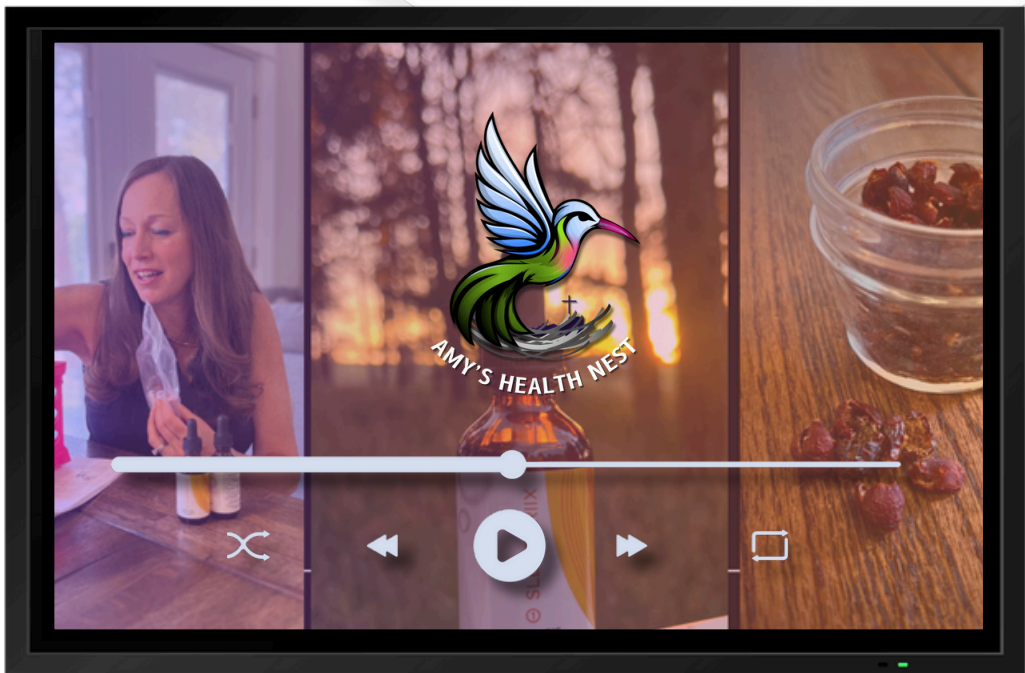
Q: Can these be taken with my specific medical condition and prescribed medication?

A: There are no contraindications to taking homeopathy. The Slenderiiz drops may be taken with various chronic issues and pharmaceuticals. Always work with your practitioner for medical conditions and when on prescribed medication as needed.

Q: Why is there alcohol in the drops?

A: Homeopathic remedies are often suspended in alcohol. This acts as a stabilizer and preservative. The amount of alcohol consumed in a typical homeopathic dose is negligible and safe for most individuals.

WHAT IS IN THE XCELER8 DROPS





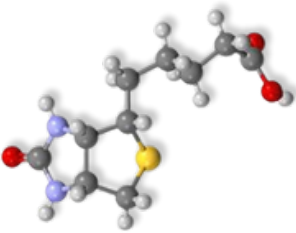
BOTTLE #2: XCELER8

Ingredients listed in amount



B-12

There are four types of Vitamin B-12. Most B-12 supplements sold are synthetic. The B-12 used in this formula is Methylcobalamin, which is made from blue-green algae. B-12 should increase energy and improve mood.



BIOTIN

Biotin is helpful for hair, skin, eyes and nervous system. It helps with the function of enzymes in the body and the maintenance of consistent blood sugar.



ROSEHIPS

Rosehips are one of the best natural sources of vitamin C. These power houses are full of excellent antioxidants that may lower cholesterol, reduce inflammation, boost the immune system, and manage diabetes. They can also help prevent colds or flu.



ACEROLA FRUIT

Acerola produces cherry-like berries, but it's not a true cherry. The fruit has reportedly higher amounts of vitamin C than oranges and strawberries. The berry was also found to be a very significant source of vitamin A, which stimulates the immune system and improves digestion and cognitive function.



BOTTLE #2: XCELER8



GREEN TEA EXTRACT

Green tea is high in antioxidants. It is beneficial for the brain and heart, and can help with weight loss. The Xceler8 drops contain less than 1 mg of caffeine. It's not meant as a stimulant.



ASHWAGANDAHA

Indian Ginseng (or ashwagandaha) is an evergreen shrub. This herb helps manage stress, boost cognitive ability, improve memory, increase energy, and assist in deeper sleep. It reduces inflammation, pain, and anxiety, plus helps with cortisol levels. (Consistently high cortisol levels can cause unwanted weight, diabetes, and heart disease.)



RHODIOLA ROSEA ROOT

This ingredient may increase energy, manage stress, improve brain function, target belly fat, and increase athletic performance. Rhodiola has been shown to prevent excess release of cortisol and adrenaline. It helps remove extra adipose stores in the body.



Tips: While taking the drops keep quantifiable records to determine progress. Example of records include take before and after pictures, track weight, and other measurements.

Listing various symptoms, including mental conditions, energy levels, hormonal issues, and trouble areas such as arthritis or inflammation can help show changes. Tracking each health symptom on a scale of 1-10 and reassessing after 2-3 months may be helpful to see progress.

Set SMART goals for yourself to for best success. SMART goals are specific, measurable, achievable, relevant, and time-bound. Make a commitment to be consistent for best results!



Amy started building a health homeopathic community where you can receive additional training content (coming soon), join live training classes, get free resources and more.

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