

Resolution Ingredients

- **Ammonium Bromatum** is a homeopathic remedy for chronic obesity and those who suffer from chronic laryngeal and pharyngeal catarrh and neuralgic headaches.
- **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.
- **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.
- **Fucus Vesiculosus** is a powerful, specific homeopathic remedy for obesity and non-toxic goiter that aids digestion and thyroid enlargement in obese subjects.
- **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.
- **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.
- **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.
- **Nux Vomica** is a remedy created from the seeds of the strychnine tree. Also known as poison nut or vomiting nut, this tree is an evergreen tree that is native to East India, Burma, Thailand, China, and Northern Australia. Nux Vomica is a basic digestive remedy that helps relieve nausea, sour burping, gas, bloating, indigestion, feelings of hunger even even when you are full.
- **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 keep on eating.
- **Thyroidinum** 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.