

COMPREHENSIVE

Comprehensive formula helps temporarily relieve the symptoms of cravings based on homeopathic principles

SUPPORT

Temporarily relieves symptoms such as emotional cravings and stress eating

TARGETED

Homeopathic remedies temporarily relieve symptoms such as hunger or cravings that appear at certain times of day or in response to different triggers

WEIGHT LOSS

Can be used as part of a weight-loss program or as long-term support for patients concerned with managing the symptoms of cravings and appetite issues



Why Appetite Control?

This unique blend of homeopathic ingredients supports the body by relieving symptoms such as pesky food cravings to help keep total calorie intake at a healthy level. Patients often say that hunger or food cravings are some of the biggest challenges in weight management. Though traditional supplements often involve undesirable stimulants, the homeopathics in **Appetite Control** work with the body to relieve the symptoms of cravings, such as the underlying hormonal, emotional, and physiological issues. **Appetite Control** can be used daily for all-day weight-management support or can be administered as needed when cravings strike.

A Comprehensive Approach to Food Cravings

Unlike true physical hunger, cravings are not always based in a physiological need for food. The sudden strong desire for a particular food can be caused by fluctuations in hormone levels or neurological activity, or can be related to hard-to-break habits. Cravings can also fall into many different categories, such as the tendency to snack in the evenings or to overeat when experiencing certain emotions, such as sadness. Cravings can be hard to overcome using willpower alone. **Appetite Control** can temporarily relieve these symptoms to help patients meet their weight-management goals.

Ravenous, uncontrollable hunger

The homeopathic remedies **iodium**, **cina**, **phosphorous**, and **chinum sulphuricum** work to relieve symptoms such as hunger between meals and immediately after eating.

Hunger throughout the day and "trouble" times

Iodium, **lycopodium**, and **chinum sulphuricum** help relieve symptoms such as cravings that strike at certain times. Many patients find that they are prone to overeating in the afternoons or evenings when energy levels are lower. The homeopathic

Appetite Control

remedies **iodium** and **chinum sulphuricum** temporarily relieve the symptoms of evening hunger, and **lycopodium** can help relieve symptoms that strike in the afternoon.

Comfort eating

Homeopathic **serotonin** and **oxytocin** reduce symptoms such as mood swings and comfort eating. Low levels of serotonin are linked to emotional eating which often includes cravings for starchy and comfort foods. This phenomena may be why anti-depressant medications which interfere with serotonin receptors often result in weight gain.¹ **Oxytocin** is a hormone released by close physical contact or intimacy and can increase feelings of trust and comfort while reducing feelings of anxiety and stress. Eating can also lead to oxytocin release. In mouse-models, supplementation with oxytocin caused immediate weight loss.² The homeopathic serotonin and oxytocin in **Appetite Control** relieve symptoms related to the suboptimal levels of these two body chemicals, such as emotional eating.

Dopamine balance

Homeopathic **dopamine** helps to reduce symptoms related to cravings. Low levels of this neurotransmitter have been associated with compulsive and addictive behavior. PET imaging studies have demonstrated that deficits in dopamine activity can lead to cravings for food and other addictive substances.³

Stop stress eating

The adaptogenic herbs **rhodiola rosea** and **bacopa monnieri** help reduce symptoms related to stress eating. Many patients find themselves turning to food during stressful times for comfort and to increase energy levels. Stress can also increase weight gain over time by altering hormone levels and influencing fat storage. **Appetite Control** contains homeopathic **rhodiola rosea** and **bacopa monnieri**, two herbs which support brain function, memory, and focus while encouraging a healthy response to stress.⁴

Favorable metabolic activity

Equol and **garcinia cambogia** are well-studied tools. Clinical studies on garcinia cambogia have been



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shown to decrease food intake as well as total cholesterol, LDL, and triglyceride levels. Simultaneously **garcinia** seems to increase HDL and serotonin levels.⁵ In addition, the active ingredient **hydroxycitric acid** has been shown to inhibit the activity of citrate lyase, an enzyme necessary for the production of fatty acids, cholesterol, and triglycerides from carbohydrates.⁶ **Equol** is a highly researched polyphenolic compound that has been shown to support metabolism and mood.⁷ **Appetite Control** contains homeopathic dilutions of these two ingredients to support the body.

Organs involved with controlling weight loss and metabolism

Appetite Control includes homeopathic sarcomes of **adrenal cortex suis**, **thyrodinum**, and **stomach suis**. Sarcomes are homeopathic dilutions of healthy tissue. They help support the organ system from which they are diluted while driving the other remedies to the correct part of the body. The adrenal glands control the body's stress response, and when they are overworked, they secrete hormones and cortisol which can cause weight gain.⁸ The thyroid is the primary metabolic control center in the body, and thyrodinum and iodum help support the function of this important organ. Finally, signals for hunger and fullness are controlled by the stomach, which is supported by the stomach suis in **Appetite Control**.

¹ Stahl SM, Mignon L, Meyer JM. Which comes first: atypical antipsychotic treatment or cardiometabolic risk? *Acta Psychiatr Scand.* 2009 Mar;119(3):171-9.

² Beranger GE, Pisani DF, Castel J, Djedaini M, Battaglia S, Amiaud J, Boukhechba F, Ailhaud G, Michiels JF, Heymann D, Luquet S, Amri EZ. Oxytocin reverses ovariectomy-induced osteopenia and body fat gain. *Endocrinology.* 2014 Apr;155(4):1340-52.

³ Volkow ND, Fowler JS, Wang GJ, Baler R, Telang F. Imaging dopamine's role in drug abuse and addiction. *Neuropharmacology.* 2009;56 Suppl 1:3-8.

⁴ Olsson EM, von Schéele B, Panossian AG. A randomised, double-blind, placebo-controlled, parallel-group study of the standardised extract *shr-5* of the roots of *Rhodiola rosea* in the treatment of subjects with stress-related fatigue. *Planta Med.* 2009 Feb;75(2):105-12.

⁵ Preuss HG, Rao CV, Garis R, Bramble JD, Ohia SE, Bagchi M, Bagchi D. An overview of the safety and efficacy of a novel, natural (-)-hydroxycitric acid extract (HCA-SX) for weight management. *J Med.* 2004;35(1-6):33-48.

⁶ Márquez F, Babio N, Bulló M, Salas-Salvadó J. Evaluation of the safety and efficacy of hydroxycitric acid or *Garcinia cambogia* extracts in humans. *Crit Rev Food Sci Nutr.* 2012;52(7):585-94.

⁷ Rachoň D, Vorherms T, Seidlová-Wuttke D, Wuttke W. Effects of dietary equol on body weight gain, intra-abdominal fat accumulation, plasma lipids, and glucose tolerance in ovariectomized Sprague-Dawley rats. *Menopause.* 2007 Sep-Oct;14(5):925-32.

⁸ Ely DL. Organization of cardiovascular and neurohumoral responses to stress. Implications for Health and Disease. *Ann NY Acad Sci.* 1995 Dec 29;771:594-608.

Appetite Control

1-10 drops under the tongue, 3 times a day, or as directed by a healthcare professional. Consult a physician for use in children under 12 years of age.

Acetyl Coenzyme A (6X 8X), Adrenal Cortex (6X 8X), ATP (6X 8X), Bacopa speciosa (6X 8X), Dopamine Hydrochloride (6X 8X), Equol (6X 8X), Gambogia (6X 8X), Oxytocin Acetate (6X 8X), Rhodiola (6X 8X), Stomach (6X 8X), Thyrodinum (6X 8X), Chininum Sulphuricum (6X 12X 30X 60X 12C 30C 60C 200C), Cina (6X 12X 30X 60X 12C 30C 60C 200C), Iodium (6X 12X 30X 60X 12C 30C 60C 200C), Lycopodium (6X 12X 30X 60X 12C 30C 60C 200C), Phos (6X 12X 30X 60X 12C 30C 60C 200C), Serotonin (6X 12X 30X 60X 12C 30C 60C 200C), Morgan Gaertner (30C)

Companion Products

Suggested companion products include:



hA²cg Evolution

hA²cg Evolution contains two bioidentical active amino acid chain groups that are naturally found in human chorionic gonadotropin. **hA²cg Evolution** provides temporary relief of symptoms related to increased appetite, regulation of fat metabolism, headache and fatigue.



Crave Control

Crave Control supports weight management by helping the body with cravings and hunger between meals. The ingredients in **Crave Control** are designed to address the many factors that can influence hunger, including emotional balance and feelings of fullness.



Professional Weight Support

Professional Weight Support duplicates the wildly successful formula of **hA²cg Evolution**, minus the AACG-A and AACG-B (the active chain groups of the hCG molecule). Targeted at those who only wish to lose a few pounds, **Professional Weight Support** is designed to temporarily relieve symptoms related to increased appetite, regulation of fat metabolism and detoxification of stress.



OmniMeal

OmniMeal is the perfect combination of nutrients and great taste and features organic, food-sourced vitamins and TRAACS minerals, for high quality and bioavailable micronutrient supplementation. Each serving provides 14 grams of protein to support healthy body composition and sustainable energy.

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