

ARCANA TIMES

WELLNESS NEWSLETTER



WINTER 2026



NEW YEARS RESET EDITION

Homeopathy Corner

Learn about Boiron's On-the-go remedies and how they can support you in your health journey- page 8-9

What's new at Arcana?

See page 2

Featured Monograph

Learn about Glutamine and how it can help support detoxification, overcoming addictions, and sealing the gut -page 7

Spotlight Products

Take a look at some of our recommended detoxification support supplements-pages 15-16



Nutrition and Supplementation in Clinical Care Conference (NSCC)

See page 3

On the blog

Read our blog to learn how to support your digestion to reset your body- page 4-5



The Skincare Scoop

Learn to support your skin's natural renewal process to start the year with healthy, vibrant skin-page 13-14

Staff Pick

See what our staff is loving this season- page 17-18

Aroma On Tap

Essential oils that may help support digestion, energy, and mental clarity page 10-11



Consultations

Learn more about the naturopath consultations we offer- page 6

What's blooming?

Flower Essence Spotlight
Learn more about how Walnut may support you during transitions and in overcoming addictions- page 12



www.arcanaempothecary.com



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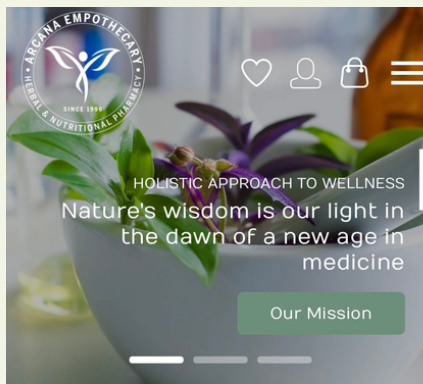
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♥ Earn points

What's new
at Arcana?

S A L E

- Have you used your loyalty points yet? You can **log into your rewards portal** to see how many points you have earned and what rewards are ready to redeem. You can also find out the many other ways you can earn points such as following us on social media, leaving a review, or referring a friend!



- Did you know that we have a **sale section** that is updated every month? You can check what we have available for a 50% discount either in the store or online. Quantities of sale items are limited, so be sure to check frequently to get the best deals.



- You can now shop directly through our **website!** Place your order online and choose the option that works best for you—either mail delivery or in-store pick-up. Shopping with us has never been easier.



- We now have the ability to text. You can text us at (858)-868-7552 to ask questions, request orders, or check product availability. It's fast, convenient, and perfect for quick communication.

- We're proud to share that our brand-new sign is up! Our logo now shines bright on the street-facing side of the building, making it easier than ever for you to spot us when you visit.





Nutrition and Supplementation in Clinical Care Conference (NSCC)



Date: January 29-February 1, 2026

Location: Westin Carlsbad Resort & Spa Carlsbad, CA

Four days of evidence-informed educational sessions, interactive workshops, and pre-conference seminars with internationally recognized researchers and clinicians. Network with interdisciplinary faculty and fellow attendees to build relationships with like-minded practitioners.

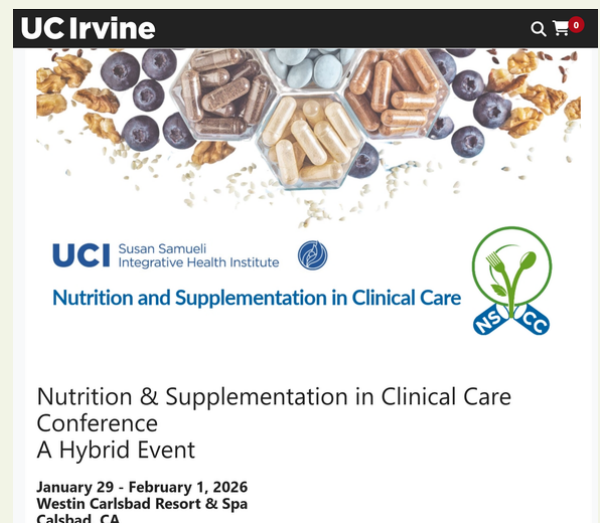
Whether you're a seasoned clinician or just beginning to incorporate nutrition and supplementation into your practice, NSCC will equip you with the tools, frameworks, and confidence to make informed, individualized recommendations that advance patient health.

TARGET AUDIENCE: This course is intended for any healthcare professional who makes nutritional recommendations or manages dietary supplement use.



NSCC brings together a world-class faculty of experts in integrative and functional medicine to offer practical, clinically relevant insights. Through engaging lectures, hands-on workshops, and dynamic panel discussions, you'll explore the latest research and clinical strategies across a wide range of conditions and populations—including chronic pain, menopause, long COVID, mitochondrial dysfunction, ADHD, neurodivergence, and thyroid disorders.

Additional sessions will explore inclusive, weight-neutral care, global botanical traditions, environmental toxins, and the emerging role of AI and wearables in personalized nutrition.



To register, click [here](#). Use Discount code: **FRIEND15** for **15% off** registration. To read more about the NSCC conference, click [here](#).



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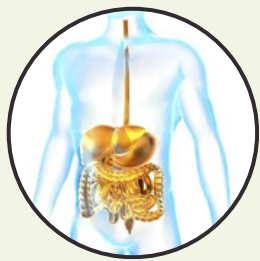
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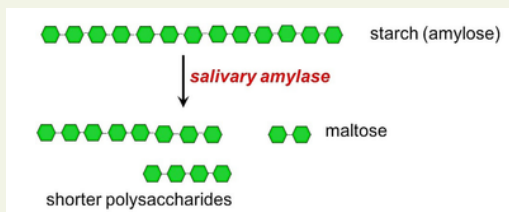
Ever heard the phrase: “You are what you eat”? The more accurate phrase should be: **“You are what you can digest”**. The truth is even if you are eating the most nutrient dense and perfect diet, if your body does not have the digestive capacity to digest and absorb that food, you are not reaping any of the benefits.

If you plan on changing your diet this year to include foods that are better for your health, make sure you start by optimizing your digestion so you can reap all the benefits from those new foods.



For this edition of On the Blog, check out snippets from our 3-part blog series on Digestion to reset your digestion so you can get the most out of what you eat. To read the full blog series on our website, check out Digestion 101-Physio and Pathophysiology- [Part 1](#), [Part 2](#), and [Part 3](#).

There are many factors that play into having good digestion. Talking about all of these factors in depth could fill up many books, so in the upcoming posts we are just going to dive into the basics of the digestion process, some of the most common reasons why you don't have peak digestion, and how those can be addressed through diet, lifestyle, and supplementation.



The digestive process begins in the mouth with the chewing of food. This is often an overlooked part of the digestive process, especially by people who tend to eat fast, eat while doing other things, or who talk a lot while eating.

On the blog

Not only does chewing help physically break down the food, it also signals the rest of the digestive system to get ready to do its job, and the saliva contains salivary amylase, an enzyme that helps to break down starch molecules into smaller sugars.

Some things that can hinder your digestion include:

- Stress
- Poor eating habits
- Not chewing properly
- Random meal times
- Drinking too much water while eating
- Poor food combining



One of the things that can go wrong with digestion in your stomach is hypochlorhydria, which is inadequate stomach acid production. Some of the reasons for this include:

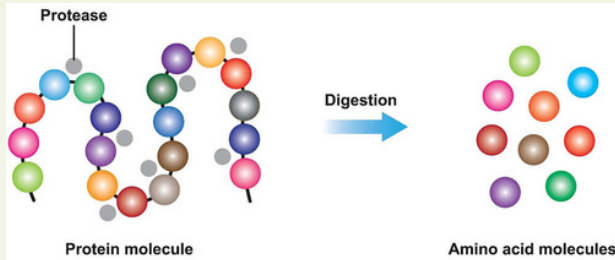
- Use of antacids
- H.Pylori overgrowth
- Zinc deficiency



After addressing underlying causes or while supporting your body with diseases that lead to hypochlorhydria, you can supplement with **Betaine HCl**. Betaine HCl can be taken before meals to increase hydrochloric acid and help with digestion. For more supplements commonly used to support hypochlorhydria, check out the supplements linked [here](#).



Some issues that occur in the small intestine include pancreatic insufficiency, lack of digestive enzymes, or bile salt deficiency. Common symptoms of pancreatic insufficiency include abdominal bloating and discomfort, gas, indigestion, or undigested food in the stool.

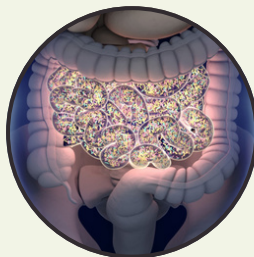


In addition to addressing these underlying factors, you can supplement with an enzyme supplement, which contains proteases, lipases, and amylases. Some of our top picks for digestive enzyme supplements include **Similase Integrative Therapeutics**, **Digestive Enzymes Ultra Pure**, and **Pancreatic Enzymes Thorne**. There are even supplements that include both HCl and enzymes if you need both such as **Digestive Enzymes Ultra w/HCl Pure** or **HCL Pro-Zyme Apex**. For a full list of our digestive enzyme supplements click [here](#).

It is important to have sufficient hydrochloric acid, enzymes, and bile for digestion, but these components are also part of the body's protective measures for preventing bacterial overgrowth in the small intestine, or Small Intestinal bacterial overgrowth (SIBO).

The upper portion of the small intestine is meant to be relatively free of bacteria because when bacteria are present in this part of the small intestine, they compete with their host for nutrition. When

the bacteria or yeast get to the food first, it can lead to fermentation of carbohydrates, which produces gas, bloating, and abdominal distention.



On the blog continued

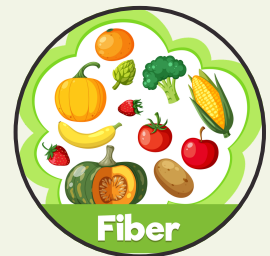
Some supplements that can support the body in killing off the overgrowth of bacteria in the small intestine include berberine, garlic, and oil of oregano. These supplements are also effective against candida, a yeast that can overpopulate the small intestine sometimes due to antibiotics disrupting the microbiome.



Berberine is a constituent found in herbs such as Barberry, Oregon Grape, and Goldenseal that has anti-microbial and antifungal properties. Our top picks for Berberine include **Berberine Thorne**, **Berberine Integrative Therapeutics**, and **Berberine Complex Integrative Therapeutics**. Our top picks for Garlic include **High Allicin Garlic Arcana**, **Kyolic Garlic Original Formula**, and **Kyolic Reserve**. An option for oil of oregano is **ADP Biotics**.

The health of the colon is greatly influenced by the diet, specifically fiber intake.

The bulk of the bacteria in the gut live in the colon and the "food" for these bacteria is called prebiotics. Fiber, more specifically soluble fiber, is a prebiotic that most of us have heard of. This is why a low fiber diet can influence digestion because fiber feeds the bacteria in the colon.



To learn more about the specifics of digestion as well as some common pathologies concerning digestion including diverticulitis, IBS, constipation, and diarrhea, check out the full blog series on our website: Digestion 101-Physio and Pathophysiology- **Part 1**, **Part 2**, and **Part 3**.





Consultations



If you're managing multiple health concerns, navigating a complicated medical history, or simply haven't found a practitioner who truly listens, our highly trained naturopathic doctor consultations provide the time, expertise, and compassion needed to look deeper and create meaningful change. Our doctor combines the science of modern medicine with natural healing practices drawn from around the world, creating a truly integrative approach designed for optimal results.

During your consultation, you'll receive dedicated one-on-one time with our naturopathic doctor, who will conduct a thorough review of your medical history, medications, nutrition, and lifestyle. Together, you'll explore underlying patterns and root causes, gaining a clearer understanding of what your body needs to heal and thrive.

Your individualized treatment plan may include:

- **Review of medications and health history**
- **Comprehensive lab testing**
- **Diet education and personalized nutrition plan**
- **Dietary supplements guidance**
- **Nutrient injections**
- **Herbal medicine**
- **Supplemental vitamins, minerals, and enzymes**
- **Homeopathic remedies**
- **UNDA numbers and Bach flower essences**
- **Lifestyle recommendations for stress, sleep, and movement**
- **Physical medicine techniques**



These consultations provide a comprehensive plan tailored to your unique health needs, helping you address underlying imbalances, improve vitality, and support long-term wellness. By combining individualized strategies with evidence-informed therapies, our naturopathic doctor empowers you to take meaningful steps toward feeling your best.

Take the next step towards a more comprehensive understanding of your unique health and **book your consultation** today!



Everyone knows it is important to have enough protein in your diet, but did you know that the amino acids that make up proteins do much more than just help your body stay strong and grow muscle? Glutamine may be a key component in your New Year's reset because of its role in replenishing glutathione stores (a master antioxidant needed during detoxification), intestinal support, and helping suppress alcohol and sugar cravings. Below are some snippets from our Glutamine monograph; to read the full monograph on our website, click [here](#).

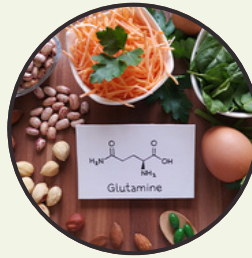
Glutamine is the most abundant amino acid in the blood and muscle tissue. It makes up about 6% of mixed whole body protein. It is unique among the other amino acids in that it is a preferred fuel of rapidly dividing cells, including intestinal and immune cells.

Glutamine helps with intestinal repair and protection in the body. Both animal and human studies have shown that glutamine stimulates intestinal mucosal growth and protects from atrophy of the mucosa.

Glutamine also prevents intestinal mucosal damage and was shown to decrease bacterial leakage across the intestine

after they are damaged, most likely by stimulating repair of the intestinal lining.

Glutamine helps replete the stores of glutathione in the body when they are depleted. Glutamine is a reservoir source of glutamate in the body so the availability of glutamine helps with the regeneration of glutathione stores in the liver. Glutamine can enhance the intracellular depletion of glutathione.

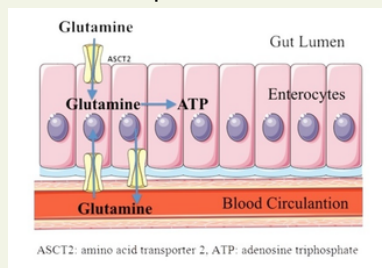


Featured Monograph

Glutamine

Glutamine is used for conditions with intestinal permeability including chronic urticaria, inflammatory bowel disease, celiac disease, liver and biliary cirrhosis, cases of portal hypertension, systemic sclerosis, diabetes, rheumatologic disorders, cystic fibrosis, alcohol overuse, adult and child asthma, HIV/AIDS, non-steroidal anti-inflammatory drug-treated arthritis, moderate to major burns, corticosteroid use, cardiopulmonary bypass patients, and acute metal toxicities.

Glutamine can also be helpful for cravings for sugar and alcohol. L-glutamine can help with sugar cravings because it easily converts to glucose when blood sugar is low. Thus, when a craving hits for sugar or carbohydrates, L-glutamine can satiate the craving without decreasing insulin sensitivity. It can also help with sugar cravings for those with weakened immune systems and low energy because sugar consumption is most likely an attempt to boost energy. Glutamine has also been shown to reduce voluntary alcohol consumption in alcoholics.



Our available options for glutamine include L-Glutamine in capsules by [Pure](#), [Montiff](#), [Thorne](#), and [Biotics](#). In powder form, the options for L-Glutamine include [Pure](#) and [Thorne](#).

L-Glutamine is also found in many gut formulas, especially to support leaky gut. Some of the options for gut formulas containing glutamine include [GlutAloeMine Xymogen](#), GlutaShield [Vanilla](#) or [Chocolate](#) Ortho Molecular, and [RepairVite Apex](#).



Homeopathy Corner

Boiron's On-The-Go Remedy Collection

It can be hard to stay on top of your health and wellness when you are always on the go. It can be a lot easier if you have a set of remedies to take with you wherever life takes you. **Boiron's On-the-Go** line of homeopathic remedies provides a mini medicine cabinet of homeopathic remedies for you to take with you wherever you go. It could be your key to helping you renew your health and wellness routine and be more prepared, especially if you are someone who travels a lot.

Let's take a look at the variety of remedies in the On-the-Go collection:



AllergyCalm On the Go: This non-drowsy allergy medicine is made with pure active ingredients to tackle year-round allergy symptoms. The meltaway pellets dissolve in your mouth without water, allowing you to act fast to relieve itchy and watery eyes; sneezing and runny nose; itchy throat and nose; and cough associated with hay fever. Recommended for ages 2 and up.



StressCalm On the Go: This homeopathic medicine is powered by plants to calm occasional nervous tension, irritability, hypersensitivity, and fatigue due to everyday stress. It's sedative-free, so you can stay focused and relaxed without feeling drowsy. The meltaway pellets are convenient to take without water at the first sign of stress, such as before performing, public speaking, taking a test, or flying.



Diaralia On the Go: This homeopathic medicine is made with plant-based and other pure actives to relieve diarrhea and traveler's diarrhea. The meltaway pellets dissolve in your mouth without water, allowing you to act fast against intestinal pain, bloating, gas, nausea, and vomiting. Recommended for ages 6 and up.



Homeopathy Corner

continued



Acidil On the Go: This homeopathic medicine is powered by plants to provide multi-symptom heartburn relief and support occasional acid indigestion, bloating, and upset stomach. Taken before or after a meal, the meltaway pellets dissolve in your mouth without water, allowing you to act fast against heartburn. Recommended for ages 12 and up.



Gasalia On the Go: This homeopathic medicine is powered by plants to provide targeted relief for bloating, pressure, discomfort, and pain associated with gas in both the upper and lower digestive tract. Taken before or after a meal, the meltaway pellets dissolve in your mouth without water, allowing you to act fast against bloating. Recommended for ages 6 and up.



SleepCalm On the Go: This over-the-counter sleep aid is powered by plants to relieve occasional sleeplessness and restless sleep. Formulated to calm a restless mind, this non-habit forming medicine helps restore a healthy sleep pattern disrupted by nervousness, worries, exhaustion, jet lag, or night shift work. The melatonin-free meltaway pellets are convenient to take without water at bedtime, and can be taken on an empty stomach.



ColdCalm On the Go: This non-drowsy cold medicine is made with pure active ingredients that target symptoms at every stage of the cold. The meltaway pellets dissolve in your mouth without water, allowing you to act fast to relieve sneezing, runny nose, nasal congestion, and minor sore throat pain. Recommended for ages 4 and up.



Aroma on Tap

Digestive Massage Tonic, Mental Clarity, and a make-your-own energy blend

Aromatherapy can be a powerful addition to your wellness routine to reset and revitalize this New Year. **Whether you need to support your digestion, clear your mind, or restore your energy, essential oils can be a great supplement to your wellness routine.** In addition to their therapeutic benefits, they can bring a fresh aroma to your new year as well.



Digestive Massage Tonic

Of course the goal for a digestive reset would be to experience no digestive symptoms. However, sometimes the road towards that reset can be long, especially if you have no support for the pain, gas, and bloating that may take time to reside as their root causes are addressed. Digestive massage tonic offers that support through promoting digestive comfort, stimulating proper breakdown of food, relieving discomfort from flatulence or occasional constipation.



The key therapeutic actions of this blend that support digestion are carminative, antispasmodic, and analgesic. Carminative oils help to support digestion, antispasmodic oils help to relieve pain from colic or spasms in the intestines such as from IBS, and analgesic oils may help reduce digestive pain.

Use before or after meals to promote digestive comfort and stimulate the proper breakdown of your meal. Use outside of meals to support discomfort from flatulence or constipation. This formula is best if combined with a **base oil**; it should be massaged in a clockwise motion into the abdomen. The clockwise motion follows the natural movement of food through the digestive tract to encourage food to move through the intestines to be eliminated.

Mental Clarity

Another aspect of a new year's reset is clearing your mind to promote optimal focus and concentration. Essential oils are great tools to promote concentration, reduce stress, and increase focus. Plus, since the oils travel directly from the nose up to your brain, the effects tend to be quite fast.

The star constituents in this blend that help to increase focus and relieve stress are limonene, linalool, 1,8-cineole, carnosic acid, rosmarinic acid, and eugenol.

Limonene is the key constituent in grapefruit and lemon. It is able to interact with the brain's serotonin and dopamine systems to help reduce feelings of stress and anxiety, calming the mind to help it concentrate. Studies have also shown its ability to increase alertness making people feel more energized, motivated, and less mentally fatigued.



Aroma on Tap

continued

Linalool is found in basil and lavender; it is known for its calming effects. It can help reduce stress and anxiety by acting on the central nervous system.

1,8 cineole and **carnosic acid** are the key constituents in rosemary essential oil that improve focus and memory. 1,8-cineole helps improve cognitive performance by preventing the breakdown of acetylcholine, a neurotransmitter vital for memory and concentration.



Carnosic acid is an antioxidant that may protect brain cells from damage, which may explain its potential to improve memory.

Rosmarinic acid and **eugenol** are constituents found in Basil that support focus and memory. Rosmarinic acid is an antioxidant that protects brain cells from oxidative stress, which may help improve memory and cognitive abilities. Eugenol has stimulating effects that boost alertness and improve blood flow to the brain, which enhances cognitive performance. It also helps prevent the breakdown of acetylcholine.

Some ways to use this blend are:

- Apply 3-5 drops directly in your palms to hand diffuse. Rub palms together and cup hands near nose. Inhale 5 deep breaths.
- Apply excess after hand diffusing to neck and shoulders for topical muscle and tension release.
- Diffuse 5-10 drops in a diffuser throughout the day or specifically when working on creative or mentally taxing tasks
- Create a massage blend with a 2% dilution of the blend and a **base oil** and apply to the whole body
- Put a few drops in the bath after putting in the hot water, inhale, and relax.

Ginger and Sweet Orange Energy Blend

Another key component of a new year's reset is energy. If you are feeling creative and want to blend your own essential oil mix, try this easy make-your-own energy blend featuring Pranarom's **Sweet orange** and **Ginger essential oil**. Ginger is a bit stronger in blends than sweet orange, so try using a 2:1 ratio of sweet orange: ginger when blending. For example, use 4 drops of sweet orange and 2 drops of ginger in your blend.



Ginger essential oil features a combination of **sesquiterpenes** and **monoterpenes**, constituents that create a stimulating and warming effect to promote energy and combat feelings of sadness and lethargy. Sweet orange features **limonene**, a monoterpene that helps promote alertness and combat feelings of lethargy and stress.

Some ways to use this blend are:

- Combine oils with salt and a **base oil** and use in a salt scrub for an energy-boosting morning shower.
- Diffuse this blend in a diffuser throughout the day to boost energy.
- Add these oils and a little **base oil** to a warm foot bath while working on a sit-down task to boost energy and concentration.



Walnuts are a great addition to your new year's reset diet for their fiber and omega-3 content. A lesser known way to use **Walnut** *Juglans regia* in the new year is as a flower essence for support with breaking addictions and transitioning into a new wellness routine.



What's blooming?

Walnut

Unhealthy addictions, whether to alcohol, drugs, or sugar, can prevent us from achieving our maximum wellness no matter what else we might implement into our routine. It is great to have the support of health professionals, therapists, family, friends, and also the emotional support of a flower essence to help you through this challenging trial. Transitioning into a new wellness routine with a new diet, lifestyle, and supplements is also a challenging obstacle. Once again, it is always good to have more support during this time through educational resources, a reliable place to get supplements, family, friends, and the emotional support of a flower essence to help during this transition.

As a refresher, flower essences treat emotional imbalances in order to allow the body's natural healing potential to work. **Walnut flower essence** is the remedy used to help protect you against outside influences in general, and against the effects of change in particular. Since it is a remedy against the effects of change, Walnut is useful at all the transition points in life, from birth to teething to going to school to puberty to marriage to childbearing to implementing a new lifestyle routine to retirement and beyond.

Walnut is also a good support for someone breaking an addiction since it helps break links with the past so we can move forward more easily. It can be a helpful addition to therapy and other supplements to help break the chain with an unhealthy addiction and carry you through the transition to an addiction-free life.

Remember also that flower essences each have both positive qualities and patterns of imbalance associated with each remedy. When selecting a remedy, one should identify with the patterns of imbalance corresponding to the remedy. You cannot simply choose positive qualities you want to achieve and use the remedy for that; the remedy works on the patterns of imbalance to bring back the positive qualities.

The positive qualities of walnut are freedom from limiting influences; making healthy transitions in life; inner strength to follow one's own path and destiny. The patterns of imbalance of walnut are being overly influenced by the social expectations or values of family or community and past experiences or beliefs that inhibit the soul's evolution.

When taking flower essences, there is no wrong way to take a remedy; you can take it as much as you feel your body needs it. The standard dose is to take 4 drops 4 times a day. The remedies we carry are already diluted for direct use into the mouth. The remedies can also be added to tea, bath, or applied topically.

Walnut can also be used for plants if rearranging plants or starting a garden is part of your new year's resolution. It is useful for the transition of plants when transplanting them or moving them from one area to another. You can add a few drops to their water when watering them to support their transition to their new living space.

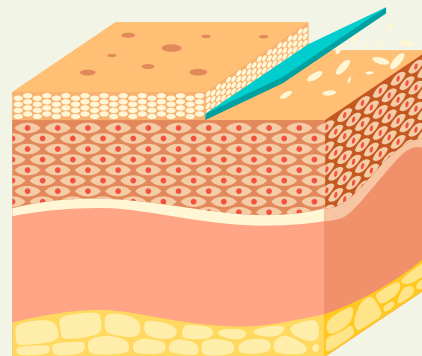


The Skincare Scoop

Exfoliation

A new year is the perfect time to shed the old to make room for the new. Many people may be looking to purge old habits or clothes taking up space in the closet, but one often overlooked area that craves renewal is the skin. **Exfoliation** is one of the most effective ways to support the skin's natural renewal process, gently sweeping away what no longer serves it and revealing a brighter, smoother complexion underneath.

When done thoughtfully, exfoliation helps skin look more radiant, balanced, and ready to fully absorb the benefits of your skincare. It's perfectly normal to be intimidated by the idea of exfoliation as the word can evoke images of painful lasers and invasive chemical peels with extended downtime. This is where **Eminence Organics** steps in and provides highly effective yet gentle exfoliating products that allow you to refresh your skin just like you may want to refresh other areas of life.



Now that you're excited to exfoliate, let's take a look at some of the product options Eminence has to offer:



Monoi Age Corrective Exfoliating Cleanser- This award winning cleanser uses finely ground olive seeds along with alpha hydroxy acid from fruit to gently remove dead skin and reveal a healthy glow. Infused with exotic monoi oil and plant stem cells, this cleanser leaves the skin hydrated and firm without and sensitivity. This cleanser is the perfect addition for those with dry skin that want to experience anti-aging benefits.

Pineapple Refining Tonique- This deliciously scented toner uses bromelain, tranexamic acid, and poly hydroxy acid to renew dull, textured skin and address hyperpigmentation. This toner can be applied after cleansing to prep the skin for any serums or moisturizers you use in your routine. This toner is great for all skin types and a great choice for someone who wants a product they can use daily to reduce the appearance of dark spots and brighten the skin.



The Skincare Scoop

Exfoliation continued



Stone Crop Oxygenating Fizzofoliant- This unique product starts off as a powder which turns into a fizzy foam once it is mixed with a bit of water. Microgreens and stone crop detoxify and sooth the skin while adzuki flour and rice exfoliate and buff the surface of the skin. This is a great option for those with very sensitive or congested skin that would benefit from gentle healing ingredients. The fizzofoliant is gentle enough to be used daily, or can be used a couple times a week for more sensitive skin types.

Firm Skin Acai Exfoliating Peel- This firming peel solution will deeply hydrate the skin while reducing the appearance of fine lines and wrinkles. The active ingredients of glycolic and lactic acid deeply rejuvenate the skin, remove build up, and create a brighter, smoother complexion. Antioxidants from açai berry, grapefruit, and goji also protect the skin, decrease inflammation, and improve elasticity. This peel is a good option for those who want a stronger and more active treatment to focus on skin firmness and anti-aging.



Mango Exfoliating Enzyme Masque- This gentle masque uses a trio of fruit derived enzymes from kiwi, pineapple, and papaya to refine and refresh the skin for a glowy complexion. Vitamin C and extra antioxidants from Kakadu plum and mango also help to improve the appearance of uneven skin tone. This masque can be used 1-2 times a week or as often as desired. Customers also report enjoying leaving it on while in the shower. This masque is a good choice for those who want something very gentle and non abrasive that provides a luxurious experience.

Exfoliation is the perfect way to bring in the new year with the healthy vibrant skin you desire, and with so many options from **Eminence Organics** you're sure to find the perfect way to give your skin the reset its been craving. True skin renewal doesn't have to come from harsh treatments, but from supporting the skins natural rhythm with gentle botanical ingredients that really work. We can't wait to hear which product becomes your new favorite in this exciting new year.



Spotlight Products

RestorFlora, BitterX, Liver Detox
Formula, GI Detox

Detox and Restoration are buzz words that are often thrown around in ads by companies in order to convince you to buy their product. But how many of those products will actually make a difference in your health? As we embark into a new year with the goal of renewing and refreshing our whole body health, it's important to start off with the right products.

This is why this newsletter will spotlight some high quality, safe, and effective products that address many of the areas of detox and restoration that are unfortunately overlooked.



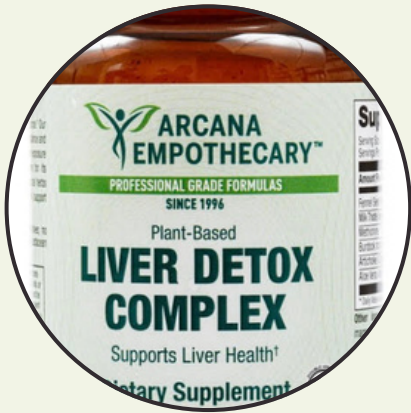
RestorFlora by Microbiome Labs- A balanced, vibrant microbiome is the foundation for effective digestion, nutrient absorption, immune strength, and functioning detox pathways. This is where RestorFlora's precision formulated probiotic blend comes in. One of the star ingredients is *Saccharomyces Boulardii*, a probiotic yeast, which is well studied for its ability to counteract harmful bacteria and support the body's natural defenses. Next are *Bacillus subtilis HU58* and *Bacillus clausii SC109* which work to provide a balanced environment in the gut, allowing beneficial bacteria to flourish and harmful bacteria to be eliminated. This probiotic is an excellent choice for use during and after antibiotic use or for anyone looking to rebalance their gut. When the microbiome is flourishing the whole body is sure to feel renewed and more resilient.

BitterX by Quicksilver Scientific- When it comes to detox and renewal, sometimes the most powerful helpers are those that stimulate your body's own processes such digestion, bile flow and elimination. BitterX contains a blend of four traditional bitter herbs-**Dandelion, Gentian root, Solidago,** and **Myrrh**-in a fast absorbing liposomal format to support those very functions. As soon as it hits your mouth BitterX gets to work stimulating bile production and flow to aid digestion and detoxification, helping the liver move waste and byproducts out of the body efficiently. The bitter taste also signals the flow of digestive juices and enzymes which make meals easier on the system and improves the uptake of nutrients that your body needs for renewal. Take a couple pumps of BitterX before your meals to experience the effects of your bodies natural detoxification systems working efficiently in balance.



Spotlight Products

continued



Liver Detox Complex by Arcana- When it comes to detoxification the liver plays a starring role. It continuously filters blood from digestion, metabolizes nutrients, and transforms toxic compounds into byproducts that your body can eliminate. This is why Liver Detox Complex, with its blend of traditional herbs and amino acids, is a great supplement to help achieve a gentle yet effective cleanse of the body's natural detoxification pathways. It includes **Milk Thistle** to help protect liver cells, **Artichoke** and **Fennel** to promote healthy digestion and bile flow, **Burdock Root** and **Aloe** to soothe and support detoxification, and **Methionine** to boost glutathione production. When combined, these ingredients work together to help the body get rid of toxins so the body can feel energized and vibrant.

GI Detox + by Biocidin- Now that we have discussed how to support the body's detoxification and renewal through improved digestion, nutrient assimilation, liver support, and microbial balance, its important to address one final step that is often overlooked: assuring that all unwanted materials are effectively moved out of the system. This is where a binder such as GI Detox+ steps in to help bind and eliminate unwanted debris, metabolic by-products, and other compounds that can accumulate in the gut. You can think of it as the sponge that soaks up anything that has been processed or metabolized by the body so that it can effectively be excreted. This can help make your detoxification processes easier, faster, and more comfortable by reducing digestive discomfort that may come from shifts in microbial balance, targeting and eliminating unwanted compounds that are released during the cleansing process, and neutralizing histamines and other irritants. GI Detox + also contains a broad spectrum of binding agents that work synergistically to bind to many unwanted compounds such as heavy metals, bacteria, mold, and more. If you're ready to lighten your internal load and clear what is no longer serving you, consider adding GI Detox+ to your detoxification and renewal protocol in the new year.





If you're searching for a comforting ritual to brighten your mornings, you might just find a new favorite in our staff pick, **Ora Ceremonial Grade Cacao**. More than just a delicious drink, this cacao has quickly become a beloved part of our team's wellness toolkit.

Staff Pick

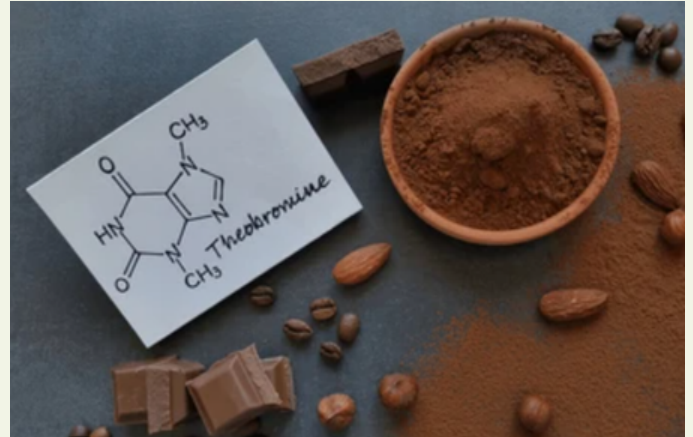
Ora Ceremonial Grade Cacao

Brimming with antioxidants, flavonoids, minerals, and beneficial fats, Ora cacao is not only delicious but can have an amazing positive impact on your health. Studies even show that drinking cacao regularly can improve blood pressure, decrease cardiovascular stiffness, increase blood vessel function, reduce LDL cholesterol and increase HDL cholesterol. One study even showed a 38% decrease in the 10 year heart attack risk of the participants.

Ora also uses a low temperature process in the making of their ceremonial cacao that allows it to retain over 80% of its original flavonoids therefore further enhancing its anti-inflammatory, neuroprotective, and cardioprotective qualities.

Beyond the physical health benefits of cacao there also lies some incredible mental health benefits. Pure cacao contains beneficial neurotransmitters and neuro-modulators already present in our brain, and some of their precursors so the body can manufacture them.

Thanks to its mood altering molecules of tryptophan, tyrosine, anandamide, and phenylethylamine (PEA), people that drink cacao report feelings of bliss, connection, joy, focus, and relaxation. Many people also enjoy ceremonial cacao for its naturally occurring theobromine, a gentle stimulant that can boost focus and uplift mood without the jitteriness of caffeine.



Another thing that makes Ora Cacao special is that it allows you to enjoy chocolate without some of the typical barriers that come with this delicious treat. Luckily, the rising concerns over heavy metal contamination, ethical sourcing, added ingredients, and environmental impact can be put to rest when you choose ceremonial grade cacao over a commercially produced alternative. Each batch of cacao is lab tested for heavy metals, mold, and other toxins and uses an upgraded parts per billion measurement to assure the most accurate test results.

All of the cacao beans used are purchased only from small family farms where farmers are paid fair prices and encouraged to continue to honor their ancestral ties to cacao. This practice also allows beans to be collected from all over the world from farmers that not only protect the environment but also give back to it by improving soil quality and supporting pollinators.



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Preparing your perfect cup of cacao may sound complicated but it can be as simple or complex as you desire. To start of grab your mug and add 12-25 cacao discs, next add about 6oz of hot water or liquid of your choice, mix with a frother or spoon, add any sweetener to your preference, and enjoy! Some of our staff enjoy their cacao pure with just hot water, while other enjoy warm almond milk and a bit of honey.

Staff Pick continued

Whether you choose to try out pure cacao such as the Uplifting Uganda or Thriving Tanzania or something a little more complex like Mystical Mushroom with added medicinal mushrooms or Vibrant Vitality with its addition of energizing maca, we know you'll find your perfect cup of bliss with Ora Cacao.



Uplifting Uganda:

Work with this cacao to experience strengthening in your soul and your power. It feels like a steady drumbeat under the mountain.

Thriving Tanzania:

The cacao from this region is exceptional as a pure dark chocolate as it has a higher cacao butter content than average, resulting in a silky smoothness.



Mystical Mushroom:

Activate your highest potential and find optimal health as this medicinal synergy of mushrooms with ceremonial cacao gives a boost to your body and spirit.

Vibrant Vitality:

Activate your vibrant vitality with this unique combination of ceremonial cacao and healing herbs that support endurance and stamina.



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