

ARCANA TIMES

WELLNESS NEWSLETTER



Fall 2025

IMMUNITY EDITION

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Homeopathy Corner

Influenzium 9C 2025/2026 season

Most of our products at Arcana are available in store year-round. However, there is one product that only comes around once a year and we have to make a list of people who want to be notified when it comes out. That product is **Influenzium** by **Boiron**.

Since this is our first homeopathy corner, let's start with a brief explanation of what homeopathy is. Homeopathy is a system of alternative medicine based on the idea that "likes cures like," meaning a substance that causes symptoms in a healthy person can, in a very diluted form, treat similar symptoms in someone who is ill. It is a medical system based on the belief that the body can heal itself. The homeopathic remedies used are made from plant, animal, mineral and other sources.

Influenzium is a homeopathic remedy that provides support for relief of the after effects of flu or flu-like symptoms and may be useful for flu prevention. Every year, a new remedy is made based on the projected influenza strains for that year's flu season, similar to how the flu shot contains the predicted influenza A and B strains for the upcoming flu season.



Similar to other homeopathic remedies, this remedy is made by diluting the substrate, which in this case is the flu vaccine. For a 9C preparation, one drop of the mother tincture made from the flu vaccine is put into 100 drops of solvent. This is done 9 times and then the remedy is applied to the lactose pellets to be taken.

When taking the Influenzium 9C remedy, follow these instructions:

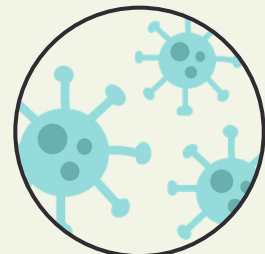
Turn the tube upside down, turn the top to break the seal to release the pellets. Using the cap, not your fingers, dispense 3-5 pellets to dissolve under your tongue once a week for five weeks. Then skip one week and resume the same dosage for 2 more weeks. Take at least 15 minutes away from food or drinks. To preserve the purity of the remedy, do not touch the pellets with your fingers; use the top of the dispenser bottle to dispense remedy.

The remedies should be available for sale now. To get one for yourself feel free to call or stop by to purchase. The instructions will come with the remedy as well in case you don't have this newsletter handy.





On the blog



The end of the year is a season full of lots of fun and festivities with all of the holidays lined up. Unfortunately, there is also another season during this time that everyone dreads: flu season.

In our blog, written in September of this year, we discuss how to support the immune system in order to help prevent catching the common cold or flu through diet, lifestyle, and supplementation. We also discuss what to do if you do catch a cold or flu to support the body in fighting the infection. For this newsletter, we will go through the highlights, to read the full blog on our website, click [here](#).

The primary function of the immune system is to protect the body against infection and cancer. One of the key factors that determines whether someone will catch a cold easily is their susceptibility to infection or disease, which is determined by the strength of their immune system; support and enhancement of the immune system is one of the most important steps to reduce your susceptibility to colds and the flu.

Questions to determine if your immune system needs some support:

- Do you catch colds or the flu easily?
- Do you get colds or the flu more than three times a year?
- Are you suffering from a chronic infection?
- Do you get frequent cold sores or fungal nail infections, or do you have genital herpes?
- Are your lymph glands sometimes sore and swollen?
- Do you have now or have you ever had cancer?

Just like holistic medicine, many aspects play a role in a strong immune system as seen by the close association of psychological, neurological, nutritional, environmental, and hormonal factors with immune function. Thus, in order to support the immune system, we need to focus on lifestyle, stress management, exercise, diet, nutritional supplementation, avoidance of toxins, and the use of herbal supplements if needed.





Lifestyle factors can also contribute to healthy immune function. Some lifestyle practices associated with higher natural killer cell activity include not smoking, increasing intake of green vegetables, eating meals regularly, maintaining proper body weight, getting more than seven hours of sleep per night, and exercising regularly. An easy lifestyle practice that may help you avoid catching a cold or the flu is washing your hands regularly.

The diet is another factor that can support healthy immune function. Dietary factors that suppress immune function include nutrient deficiency, excessive sugar consumption, consumption of allergenic foods, and high cholesterol levels in the blood. Dietary factors that enhance immune function include a diet rich in whole, natural foods such as fruits, vegetables, grains, beans, seeds, and nuts, low in refined sugar and unhealthy fats, and with adequate amounts of protein. In order to prevent nutrient deficiencies, a good vitamin and mineral supplement is recommended.

On the blog

continued

People with a healthy, functioning immune system should only experience the common cold for three to four days. Even with a strong immune system and natural healing methods, it is very difficult to completely get over a cold in two days once a cold is well underway. Thus, do not expect immediate relief in most instances when using natural substances because most natural therapies for colds assist the body rather than suppressing symptoms, as drugs often do, so often the symptoms of the cold temporarily worsen before they improve.

A few things to do if you catch a cold are rest, drink lots of fluids, avoid sugar, take vitamin C, vitamin D, and zinc. A few of our favorite supplement recommendations for the cold are **OrthoMune Ortho Molecular**, **My Community Host Defense**, and **Viracid Ortho Molecular**. If you are interested in homeopathic remedies that are useful for the common cold, check out **Guna Flu**, **Guna Virus**, **ColdCalm Boiron**, and **Oscillococcinum Boiron**.



To read the full monograph on Zinc, click [here](#) to see it on our website. Below are a few highlights from the monograph.



Featured Monograph

Zinc

Zinc is a mineral that is necessary for the functioning of more than 300 different enzymes in the body and is probably involved in more body functions than any other mineral. Some of these roles include acting as a cofactor for the antioxidant enzyme superoxide dismutase (SOD), playing a part in a number of enzymatic reactions involved in carbohydrate and protein metabolism, and enhancing the immune system.

Symptoms associated with zinc deficiency include lowered resistance, fatigue, susceptibility to infection, slow development in children, acne, hair loss, loss of taste, slow wound healing, PMS symptoms, and issues with fertility.

Zinc is used in conditions such as acne, age-related macular degeneration, alcoholism, anorexia, benign prostate hyper trophy, boils, cataracts, cold, fatigue, gastric ulcers, hypertension, immune suppression, infections, infertility, male sexual problems, pregnancy, prostate conditions, psoriasis, schizophrenia, skin ulcers, sore throats, surgery recovery, and wound healing.

Most animal foods contain an adequate amount of zinc. Foods that are particularly high in zinc include oysters, red meats, eggs, and dairy products. The nuts and seeds with the highest zinc content are pecans, Brazil nuts, and pumpkin seeds. Whole grains are also a good source of zinc.

Zinc picolinate is zinc chelated with picolinic acid; it is one of the better absorbed types of zinc and is also a form that can be gentler on the stomach. Some options for zinc picolinate include [**Zinc Picolinate 15mg Thorne**](#) and [**30 mg, Zinc 15**](#) and [**Zinc 30 Pure**](#), and [**Zinc Picolinate Douglas**](#).

Zinc glycinate is chelated with the amino acid glycine; it is one of the forms of zinc that is highly bio available and well-absorbed. It is also a gentle form on the stomach. An option for zinc glycinate is [**Zinc Glycinate Xymogen**](#).

Zinc citrate is zinc chelated with citric acid. Zinc citrate is comparable to zinc gluconate as far as absorption and it is the form that's most commonly used in dental hygiene products because it may help with plaque and gingivitis. Options for [**Zinc Citrate 25**](#) and [**Zinc Citrate 50**](#) Allergy Research Group.

Zinc carnosine is chelated with a dipeptide of the amino acids beta-alanine and histidine. It is the form that can be helpful for leaky gut, stomach issues, and H. pylori. An option for zinc carnosine is [**Zinc Carnosine Integrative Therapeutics**](#).

Zinc gluconate is zinc chelated with gluconic acid. Zinc gluconate may have antiviral properties, so it may support viruses affecting the nose and throat. It is the form used mainly in making lozenges and nasal gels. An option for this form of zinc is [**Zinc Gluconate Bio Tech**](#).



Aroma on Tap

Good Samaritan, Sinus Formula, and Vapor Rub

Do you ever find yourself adding oils to your diffuser not knowing what benefits you may be getting from them? If yes, then this section is for you. In our Aroma on Tap Section, we will dive into essential oils and oil blends with specific



wellness benefits. In this issue, we are focusing on essential oils for immune support. But first, let's start with a brief explanation of aromatherapy.

Aromatherapy is the controlled use of essential oils to promote the health and vitality of the body, mind, and spirit by inhalation, baths, compresses, topical application, and full-body massage. An essential oil is the distilled or expressed (mechanically cold pressed) product of the volatile components synthesized by various plant tissues of a single plant species.

With regards to immunity, aromatherapy can be used to support your immune system, purify the air around you, and support your body if you do catch a cold.

The first blend we recommend having on hand during cold and flu season is **Pranarom's Good Samaritan Blend**. This blend, known to some as "Thieve's blend", was historically used during the bubonic plague to protect thieves that plundered the homes of the infected during the bubonic plague. The oils in this blend have been studied for their immune boosting and purifying benefits. Also available in **spray form**.



Some of the key constituents in this blend that gives it its immune boosting and purifying benefits are aldehydes, terpenes, and monoterpenes. Aldehydes have a disinfectant action, monoterpenes have a bactericidal, expectorant, and stimulant actions, and terpenes have an expectorant action.

Here are some ways to use this blend during cold and flu season:

- Diffuse in a diffuser to purify the air and support immune system
- Apply topically to your wrists, temples, and behind the ears for on the go protection.
- Make sure to dilute the oil into a base oil if using this method. In a 10ml roll-on bottle, you can use 6-10 drops of the essential oil and fill the rest of the bottle with the base oil.
- Put a couple of drops onto a handkerchief and keep near you for on the go protection
- Add a few drops to your own cleaning solution such as a spray with diluted castile soap to purify your home



Aroma on Tap

continued



Another blend to have on hand is **Pranarom's Sinus Formula**. This blend contains oils that help support the respiratory system and helps you breathe easier. Some of the oils it contains are peppermint, eucalyptus, and rosemary.

One of the key constituents in this blend is 1,8 cineole found in eucalyptus and rosemary. 1,8 cineole is great for the respiratory system because it is an expectorant and decongestant.

This blend also contains a base of olive oil, so it is ready to be applied topically. You can still use it in your diffuser but know that it might leave residue in your diffuser.

A few ideas on how to use this blend during the season

- Put 2-3 drops in a bowl of hot water and inhale the steam to relieve congestion and soothe the sinuses
- Apply a drop below your nostrils to support breathing during sleep or support your sinuses on the go
- Put in your diffuser to promote breathing and relieve congestion

One more product we recommend for this season is **Pranarom's Aromaforce Vapor Rub**. This blend includes rosemary, wintergreen, thyme, and other essential oils that support immunity, provide a cooling and soothing effect, and purify the respiratory tract. This rub helps to soothe and purify the sinuses and respiratory tract and supports the immune system. You can apply it topically on your chest to support your immunity, relieve congestion, and soothe the sinuses.





What's blooming?

White Chestnut

It may have seemed strange to you that the Wicked Witch had Dorothy and her companions walk through a flower field to put them to sleep in the Wizard of Oz. However, flowers can actually help with sleep when it has to do with emotional imbalances. Getting adequate sleep is an often overlooked but essential step to building your immune system.

Since this is our first flower essence spotlight, let's dive in with a brief history of the origin of flower essences. The flower essences were created by Dr. Edward Bach, a bacteriologist and pathologist who undertook original research into vaccines in his own research laboratory. Dr. Bach first became interested in patients more than diseases when he was tending to soldiers during World War I. He noticed that patients with better emotional outlooks tended to get better while patients with the same diagnosis and disordered emotions did not. One day he collapsed from a severe hemorrhage and a tumor was removed; he was told he only had 3 months to live. Despite this prognosis, he got stronger and stronger and was convinced that his sense of purpose was what saved him because he still had work to do.

It was then that he realized his desire to create a more holistic approach to medicine; he wanted to find remedies that would be purer and less reliant on the products of disease compared to his vaccine research. He began collecting flowers to create remedies. After years of trial and error, he found what are now known today as the Bach remedies. Each is aimed at a particular mental state or emotion. Bach noticed that when treating the personalities and feelings of patients he found their unhappiness and physical distress would relax naturally to allow the healing potential in their bodies to work again.

Thus, we now have the modality of flower essences to treat emotional imbalances in order to allow the body's natural healing potential to work. There are 38 original Bach remedies, but there are now organizations such as the Flower Essence Services here in California that continues Dr. Bach's work by creating more remedies using his philosophy.

Every flower essence is associated with positive qualities and patterns of imbalance. 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.



This week's flower essence spotlight is on **White Chestnut**, *Aesculus hippocastanum*. The positive qualities of White Chestnut include a tranquil disposition, and a spacious mental state that transcends personal or petty thoughts. The patterns of imbalance are worry-bound repetitive thoughts, chattering mind, restless and agitated mental condition, and insomnia.

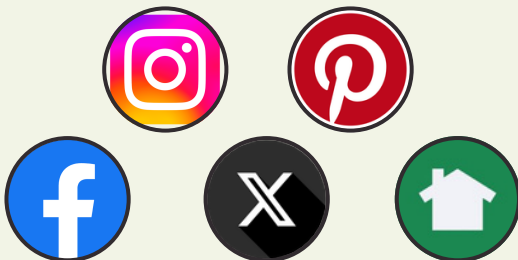
What's blooming?

Continued



Thus, one of the main uses of white chestnut is for insomnia from the inability to fall asleep due to repetitive thoughts and a chattering mind. As you will read in the Common Cold and Flu, sleep is key for supporting the immune system. To combat a weakened immune system due to lack of sleep, try White Chestnut flower essence this fall season.

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.



What's new at Arcana?

♥ Earn points

- We are excited to share that you can now find us on social media! You can now follow us on Facebook, Instagram, Twitter, Pinterest, and Nextdoor. We post curated educational content, tips, store updates, and exclusive promotions. Stay connected and be a part of our growing community.

- Our loyalty rewards program is now live! You can earn points for each dollar spent in the store and online as well as through many other activities such as referring a friend, leaving a review, and following us on social media. Points are used to redeem dollars off future purchases. Click [here](#) or on the "earn points" button (shown above) at the bottom of our website to join.



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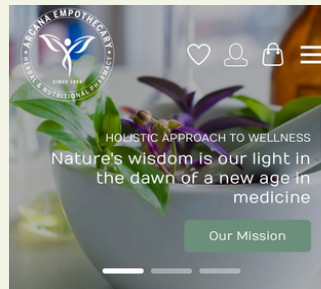


What's new at Arcana? continued

- For a limited time we will be offering an exciting discount on nutritional consultations. **Book your consultation** now and save \$25! If you have been thinking about meeting with a nutritionist to help you reach your health goals, now is the perfect time to schedule your session and start your journey towards wellness.



- 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.



The Skincare Scoop

New Pure Forest Collection

We are excited to introduce **Eminence Organics Pure Forest Collection**, a new line that beautifully unites natural herbs and adaptogens with skincare. This collection was inspired by Shinrin-Yoku, or forest bathing practices in Japan in which you immerse yourself in nature by using all of your senses to reconnect with the natural world and features aromatherapist-developed scents to indulge the senses and calm the mind and body. Trusted botanical adaptogens like ashwagandha, reishi mushroom, and holy basil are also some of the key ingredients that are included to help with skin cope with environmental stressors and heal itself efficiently.

Let's dive into the exciting new products you'll find in the Pure Forest Collection:



Tulsi & Snow Mushroom Cleansing Milk - This luxuriously creamy cleanser will help to gently remove impurities, sooth redness, help minimize stress related blemishes, and leave skin soft and smooth. Adaptogenic Holy basil reduces inflammation and reduces redness while Reishi and snow mushroom deeply hydrate and improve skin barrier function.

Ashwagandha Ultra-Rich Restorative Cream - This hydrating cream will nourish and protect the skin barrier, restore moisture to the skin, and promote relaxation with its woody scent. Ashwagandha root reduces the impact of stress on the skin while birch water purifies and tones the skin. Reishi and snow mushroom have also been added to further provide antioxidant benefits and reduce puffiness. This product can be used on the face and body as desired.



How to Forest Bathe

- 1 Choose an area in nature where you can safely spend some time
- 2 Put away phones and other electronics to stay present
- 3 walk at a leisurely pace or simply find a comfortable spot to sit or stand quietly
- 4 Pay attention to the sights, sounds, smells, tastes, and textures of nature.
- 5 If your mind wanders, gently guide your attention back to your surroundings or breath.



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The Skincare Scoop

New Pure Forest Collection continued



Shiitake & Ashwagandha Bi-phase mist - Boost moisture, sooth and protect skin with this ultra fine mist. The dual-layer formula combines to shield skin from drying environmental stressors while restoring hydration with every spritz. Made with Blue Light Complex, vitamin D-rich shiitake extract and ashwagandha, this mist helps the skin feel strengthened while supporting a balanced, hydrated complexion.

Snow Mushroom Moisture Cloud Eye Cream - Revitalize the eye area with a luxuriously fluffy eye cream. Super-hydrating snow mushroom provides intense hydration while powerful botanical peptides smooth roughness, decrease puffiness and diminish the appearance of under eye bags to reveal a refreshed appearance.



Birch Water Purifying Essence - Replenish skin with a lightweight essence that restores moisture levels. Birch water purifies the skin while botanical collagen increases elasticity and improves barrier function. An often overlooked step, an essence helps the skin to better absorb and retain the benefits of subsequent products.

As an exciting promotion, **we are happy to offer a free mini-sized eminence gift** to those who purchase an item from the new line while supplies last. We do also have a limited amount of samples available in the store to try these new amazing products out before purchasing. We truly feel that this new line greatly complements our philosophy of treating the whole body and using effective natural approaches to help the body function at its highest potential and are greatly looking forward to hearing about your experiences using them.



Spotlight Products

OrthoMune, EHB, My Community, Rapid Immune Boost

Whether it's ads on TV, social media, or recommendations from friends and family, you have probably heard of countless supplements meant to support the immune system. With so many choices and uncertainty around quality or effective ingredients it can be hard to know which supplements to choose.

We want to help you navigate this issue by showcasing some great supplement options to help strengthen the immune system and keep you healthy year-round. Our featured products OrthoMune, EHB, Mycommunity, and Rapid Immune Boost are all excellent choices; each contains different ingredients that can benefit different people in different ways. Read on to see which one may become your new secret weapon.



OrthoMune- This product supplies effective doses of some of the most tried and true immune supporting essentials. The formula includes quercetin, a powerful bioflavonoid that aids in supporting the immune system, Vitamin C and N-acetyl cysteine, potent antioxidants that promote respiratory function and support the function of quercetin. Vitamin D and zinc are important micronutrients needed to create a robust immune reserve. This powerful combination works to promote healthy respiratory and immune function in all patients, including those who are pregnant, breastfeeding or have autoimmunity. The feedback from this product continues to be extremely positive, with many reporting they are able to stay well through the flu season, holiday travels, and large seasonal gatherings.

EHB- Often overlooked due to its mysterious name, EHB combines vitamins, minerals and herbs in a complex immune formula that has been popular amongst doctors for many years. EHB which stands for echinacosides, hydrastine, berberine, contains herbs that are both antiviral and antibacterial making it a good match for whichever seasonal challenges you may encounter. Echinacea can also help to activate immune cells, modulate inflammation and improve respiratory health. Vitamin A, C, B6 and Zinc are also included as trusted immune building staples which can also help to shorten illness duration incase you happen to feel under the weather. Since a large portion of the immune system is in the gut, deglycyrrhizinated licorice or DGL can help support a healthy mucosal lining in the stomach and intestines, leading to a better immune response.



Spotlight Products

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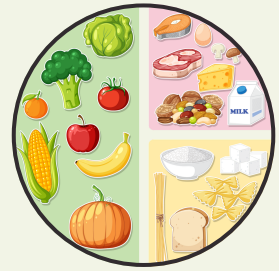
MyCommunity- Functional mushrooms continue to be an often discussed and requested supplement amongst those looking to support their immune systems, but with so many different species of mushroom it can be difficult to know which to take. MyCommunity is a mycologist formulated complex of 17 different mushroom species crafted to support an engaged yet balanced immune response. This scientifically researched formula aims to work with the body to promote the immune system's natural ability to communicate and react. Some common mushroom species such as reishi, lion's mane, and shiitake work synergistically with some more rare species such as amadou, mesima, and enokitake to up regulate immune cell signaling molecules and encourage tissue repair in the immune system. A peer reviewed study conducted in 2020 found that the numerous compounds found in the product appear to create a complementary immune response, working together to elicit a stronger and broader response than one set of compounds alone.

Rapid Immune Boost- This herbal tincture is a blend of broad spectrum support from echinacea, elcampane, spilanthus, Yerba Santa, horseradish, ginger, black elderberry, and wild indigo. It is highly digestible, fast acting, and can be added to water or a beverage of your choice for easy and flexible dosing. Manufactured in the Oregon countryside, this product uses organically grown and ethically sourced herbs. Black elderberry has been used for thousands of years as a remedy for colds, flu, and fevers with uses dating back to Hippocrates in 400 BCE as well as Native Americans as far back as 1300 BCE. Elcampane, Yerba Santa, and wild indigo all support the respiratory system by soothing cough, reducing inflammation, and clearing mucus from the lungs. Spilanthus has pain relieving properties while ginger and horseradish have antimicrobial and anti inflammatory benefits.





Consultations



In current times, navigating your health can feel more confusing than ever. Medical appointments feel rushed, and it's rare to find the time and attention needed to truly understand your body's unique story. You deserve a plan as unique as you are, built on evidence and designed for real lasting results.

This is why our nutritional consultations provide a detailed evidence-based assessment of your individual needs, helping you move forward with clarity, confidence, and a plan that truly works for you regardless of where you are at in your health journey.

During your consultation you'll receive dedicated one-on-one time with our nutritionist who will conduct a comprehensive review of your medical history, medications, diet, lifestyle, and supplements. Together you'll identify potential root causes of imbalance to create a personalized holistic treatment plan that may include:

- **Targeted nutritional and lifestyle recommendations**
- **Guidance on botanicals, nutraceuticals, and subtle energy therapies**
- **Functional lab testing for deeper insights**
- **Practical strategies to integrate these changes into your daily routine**

Our goal is to help you achieve lasting improvements in your health by taking the time to truly understand all aspects of your life and creating personalized and realistic solutions. No two people are the same, so why would their treatment be?

Special Promotion: For a limited time, nutritional consultations are \$100 (regularly \$125) - a savings of \$25!
*****DISCOUNT CODE: WELLNESS2026**

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



Lauren Lehmkuhl, MS

Nutritional Consultation

Lauren has a B.S. in Dietetics, M.S. in Human Nutrition and Functional Medicine, and is currently a Certified Nutrition Specialist (CNS) candidate. She focuses on personalized nutrition and lifestyle guidance.



In today's fast paced world, stress is almost completely unavoidable. Whether its work demands, personal responsibilities, or global uncertainties, our bodies are constantly exposed to variety of both acute and chronic stressors. We know that stress can affect our mental and emotional health however it is frequently forgotten that stress can have a huge impact on our immune system.

Staff Pick

Alpha GABA



This is why our current staff pick is **Alpha GABA by Neuroscience**. With key ingredients like **L-theanine**, **Ashwagandha**, **Passion flower**, **Lemon balm**, **Taurine** and **Vitamin B-6**, Alpha GABA is formulated to promote calm during times of anxiousness while supporting a healthy response to stress. We love recommending this product to people who want a natural approach to combat stress and daily anxieties and have received incredible feedback from those who have already tried it.

Let's break down the ingredients and their benefits.

L-theanine is an amino acid found in green tea which promotes alpha brain waves and leads to a relaxed a focused state of mind.

Ashwagandha is a botanical adaptogen that helps the body to naturally cope with stress.

Passion flower, **lemon balm**, **taurine**, and **vitamin B-6** help to support the body's production of GABA which is the primary inhibitory transmitter in the brain and helps to achieve a relaxed body as well and mind.

When your body experiences stress it activates its "alarm" systems which are the sympathetic nervous system and the hypothalamic-pituitary-adrenal (HPA) axis. These systems trigger the release of cortisol, adrenaline, and various neurotransmitters in order to prioritize resources. This shifts the bodies focus away from general functions like immune response and towards functions that it sees as more essential such as increased alertness, elevated blood sugar and faster heartbeat.



When the exposure to stress is prolonged, the situation becomes even more problematic with the chronic changes in hormone levels, neurotransmitter signaling, and inflammatory pathways leading to diminished ability to fight infections, slower wound healing, increased inflammation, and possibly greater risk of chronic illness.

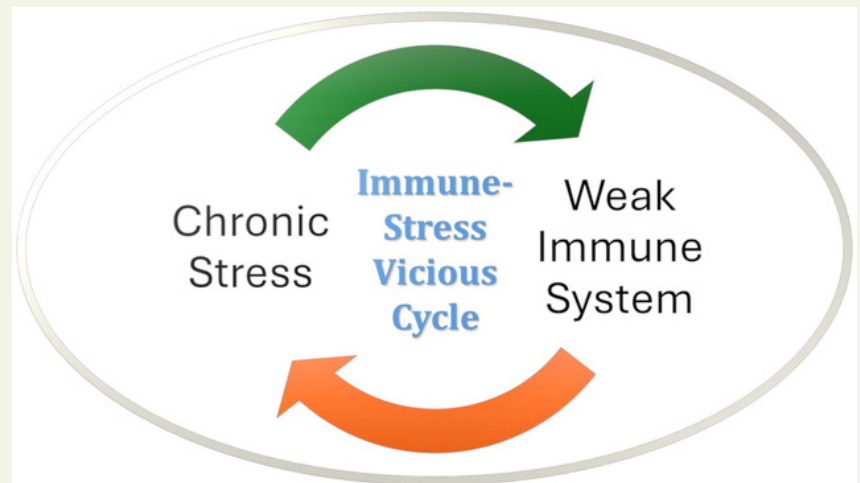
Stress is able to alter every process of immunity, from the development of stem cells into immune cells in the bone marrow to the programming of immune responses to specific antigens in the lymph nodes.

Even in the skin and gut, where mature immune cells are most likely to encounter infections, the cells can be regulated by stress hormones.

Therefore managing stress isn't just about feeling better, it's about preserving immune resilience and overall health. If stress is something that has been weighing on your body and mind, consider giving Alpha GABA a try and see why our staff finds it to be a valuable part of any immunity protocol.

Staff Pick

continued



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