

ARCANA TIMES

WELLNESS NEWSLETTER



SUMMER 2026



BURNOUT EDITION

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12250 El Camino Real, Ste. 108
San Diego, CA 92130

Rest & Relief Homeopathic Remedies Seminar

Join us for:

Rest & Relief: Natural Remedies for Better Sleep and Less Pain

on

September 30th at 10am

Free tickets for an opportunity to learn about remedies for better sleep and less pain from a Board-Certified Classical Homeopath. Click [here](#) to register!



If aches, pains, or poor sleep are slowing you down, this class is for you. Join **Samantha Conboy, Board-Certified Classical Homeopath**, for a practical introduction to natural remedies that gently support rest and relief without side effects. You'll learn what homeopathy is, how it works, which remedies are most helpful for common complaints, and how to get started at home.

Attendees of the seminar will be offered a **\$25 discount** on an Initial Consultation with Samantha. To book a consultation with Samantha, see page 5 of the newsletter or click [here](#).

JOIN US AT ARCANA EMPOTHECARY

Rest & Relief

Natural Remedies for Better Sleep & Less Pain

Wednesday, September 30, 2026
10:00 – 11:00 AM

Arcana Empothecary
12250 El Camino Real, Ste 108, San Diego, CA 92130

Have you noticed your sleep isn't what it used to be? Falling asleep fine, then wide awake at 2 or 3am with a racing mind, joint pain, or an ache you can't get comfortable around? You're certainly not alone. In this class, we'll look at homeopathic remedies for sleep and pain and start building your own home remedy kit together.

Attend and save: Your attendance includes a \$25 discount on an initial consultation with Samantha Conboy.

PRESENTED BY
Samantha Conboy
Board-Certified Classical Homeopath
Practitioner at Arcana Empothecary

FREE EVENT
Register Here



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Most of us enjoy the summer heat that welcomes beach visits, pool time, and relaxation; however, that heat finding its way into our digestive tract manifesting in **sharp pain, diarrhea, or dry constipation** is far from anyone's idea of "fun under the sun".

On the blog

The signs and symptoms of IBS include symptoms associated with abdominal pain, indigestion, and elimination. The symptoms are often triggered by food or stress. The diagnostic criteria is the Rome IV criteria, assessed using a bowel habit

For this edition of **On the Blog**, check out snippets from our **Irritable Bowel Syndrome (IBS)** blog to learn about how burnout can contribute to IBS symptoms. To read the full blog on our website, check out **Irritable Bowel Syndrome (IBS)**.



journal: symptoms at least one day per week in the past three months of abdominal discomfort associated with at least two of the following, relieved/related with defecation, change in stool frequency, or change in stool consistency.

IBS is a functional bowel disorder characterized by intermittent and chronic abdominal pain associated with a change in bowel movements; either constipation, diarrhea, or both.

The factors that are known to contribute to IBS include gastrointestinal motility disturbances, visceral hypersensitivity and altered perception, which may result from a remodeling of neural pathways in gut-brain

axis, psychiatric symptoms including anxiety and depression, intestinal inflammation as seen by increased lymphocytes and mast cells, fecal microbiome disruptions due to bacterial overgrowth, and post-infectious E. Coli and



Campylobacter bacteria. Some diseases that can cause IBS or make IBS worse include Fibromyalgia, Chronic Fatigue Syndrome, GERD, Major depressive disorder (MDD), and anxiety.

Dietary recommendations to support IBS patients mainly focus on adding fiber, avoiding trigger foods, appropriate hydration, and elimination diets. IBS patients should aim for 30 grams of fiber a day.

Supplements can also be used to achieve fiber goals. Psyllium husks are a popular fiber supplement for IBS. Our recommended Psyllium Husk supplement is **Organic Psyllium Husk Powder Metabolic Maintenance**. Another supplement that has fiber from multiple sources including Psyllium Husks is



Gastro-Fiber Standard Process. Some of our top fiber supplements include: **OptiFiber Lean Xymogen. TruFiber Master Supplements** and **Fiber Formula Integrative Therapeutics**.

A **low FODMAP diet** is also recommended for IBS patients since food that is poorly absorbed in the small intestine is likely to be fermented by intestinal bacteria, which produces a large amount of gases causing abdominal bloating.



Probiotics are one of the main supplements used in IBS since alterations in the gut microbiome can cause or exacerbate IBS symptoms. Randomized controlled clinical trials using probiotics have shown benefits of using probiotics for IBS, but they are not likely to resolve all symptoms. For a list of our probiotic options click [here](#). For IBS, it is recommended to take spore forming probiotics at 4 billion CFUs. For a spore forming probiotic at this dosage, try **Megaspore Biotic Microbiome Labs** or **Ortho Spore IG Ortho Molecular**.

Enteric coated peppermint oil is another supplement that has shown to be effective with IBS. It inhibits GI smooth muscle action, improves rhythmic contractions of the intestinal tract, and relieves intestinal spasm.



For enteric coated peppermint oil, we recommend **IB Care BioClinic Naturals** or **Peppermint Oil G.I. Protocol for Life**.

Ginger is another supplement that has shown to be effective against IBS. It may improve constipation by stimulating the activity of the migrating motor complex, which is the nerve and muscle complex that promotes peristalsis and elimination.

Artichoke leaf can be helpful for improving digestive function by promoting bile production and can help relieve IBS symptoms. A supplement that we offer including both ginger and artichoke is **Motility Activator Integrative Therapeutics**.



Digestive enzymes taken with meals can improve symptoms related to foods that commonly trigger IBS type symptoms.

On the blog continued

Another aspect in the treatment of IBS is to control the psychological components, especially stress. Anxiety, fatigue, hostile feelings, depression, and sleep disturbances are reported by almost all patients with IBS and symptom severity and frequency tend to correlate with these psychological factors.

Some herbal treatments for stress and anxiety in IBS include adaptogenic and nervine herbs. Some herbs to use include Bacopa, Holy Basil, and Ashwagandha. The adaptogenic properties of these herbs help to support the adrenals to mitigate stress; the nervine qualities of the herbs help to calm the mind to address stress and anxiety.



There are a few alternative treatments that have shown to help improve symptoms of IBS including hypnosis, relaxation therapy, cognitive behavioral therapy, acupuncture, and exercise.

Light to moderate exercise has shown to be beneficial for IBS patients, but particularly intense exercise can be a contributing factor to IBS and should be avoided.



To learn more about the specifics of IBS as well as a deeper dive into treatment options and supplements supportive for IBS, please check out the full **Irritable Bowel Syndrome (IBS)** blog on our website.



Consultations



Curious about **homeopathy** but don't know what remedies are best for you and your individual health concerns? Homeopathy is more than just picking remedies based on a symptom or two you might be experiencing. If you want to use homeopathy to produce a **deep, lasting change with minimal aggravation**, schedule a consultation with our new Homeopath Samantha Conboy.

Samantha Conboy is a Board-Certified Classical Homeopath and Certified Intuitive Eating Counselor. She specializes in chronic physical and emotional health concerns, treating each person holistically using individualized classical homeopathy, Bach Flower Remedies, and Intuitive Eating support.

During your consultation, you'll receive dedicated one-on-one time with Samantha who will conduct a thorough review of your physical symptoms, emotional patterns, and life circumstances. Together, you'll explore underlying patterns and root causes to then find the remedies that are most suited for you.

Your individualized treatment plan may include:



- **Classical homeopathic remedies using 6th Edition Organon methodology**
- **LM/Q potencies of homeopathic remedies**
- **Bach Flower Remedies**
- **Intuitive Eating counseling**



These consultations provide a comprehensive plan tailored to your unique health needs, helping you address underlying imbalances, improve vitality, and support long-term wellness.

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

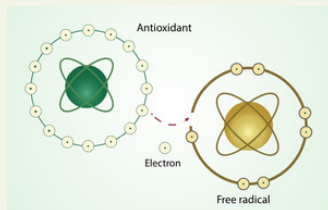


Most of us know that we can apply sunscreen to protect our skin from the sun, but did you know that you can protect your body from sun damage from the inside? This is where antioxidants come in. Antioxidants are natural compounds that help protect the body from harmful free radicals. UV radiation from the sun triggers the production of free radicals in the skin, but antioxidants may help neutralize these free radicals before they damage your cells. Below are some snippets from our antioxidants monograph; to read the full monograph on our website, click [here](#).

Although many antioxidants can be obtained from food sources such as sprouted grains and fresh fruits and vegetables, it is difficult to get enough of them from these sources. We can minimize free radical damage by taking supplements of key nutrients. A high intake of antioxidant nutrients appears to be especially protective against cancer.

Antioxidants work synergistically in giving protection against free radical damage, so it is better to take smaller doses of several different antioxidants than a large amount of only one. There are many good combination formulas available that make it easy to take multiple antioxidants every day.

Substances known as antioxidants neutralize free radicals by binding to their free electrons. Antioxidants available in supplement form include the enzymes superoxide dismutase and glutathione peroxidase; vitamin A, beta-carotene, and vitamins C and E; the minerals selenium and zinc; and the hormone melatonin. By destroying free radicals, antioxidants help to detoxify and protect the body.



Featured Monograph

Antioxidants

Meet a few of the antioxidants:

Alpha-lipoic acid (ALA) is a powerful antioxidant – both on its own and as a “recycler” of vitamin E and vitamin C. It can restore the antioxidant properties of these vitamins after they have neutralized free radicals. ALA also stimulated the body’s production of glutathione and aids in the absorption of coenzyme Q10, both important antioxidants



Flavonoids are especially potent antioxidants and metal chelators. They are the largest category of plant compounds called polyphenols. They are chemical compounds that plants produce to protect themselves from parasites, bacteria, and cell injury. More than 4,000 chemically unique flavonoids are known; they occur in fruits, vegetables, spices, seeds, nuts, flowers, and bark.



Selenium is an essential trace mineral that functions as an antioxidant in partnership with vitamin E to protect tissues and cell membranes. Among other things, it increases antioxidant enzyme levels in cells. Selenium is also an integral component of the antioxidant enzyme glutathione peroxidase.



For a comprehensive list of our available antioxidant supplements, click [here](#).



Homeopathy Corner

Bioplasma Cell Salts Hyland's

Cell salts are a group of twelve homeopathically prepared minerals and mineral salts that are easy for the body to absorb. Cell salts help support mineral imbalances in the body. They are called cell salts because they rebalance the functioning of the body at a cellular level in order to stimulate the body's natural healing process. We recommend Hyland's Bioplasma cell salts, a homeopathic preparation that contains all 12 cell salts.

One reason to take cell salts is to support the **electrolyte balance** in the body so that your body stays properly hydrated in the summer heat. During the summer, we are often sweating more because our body uses sweat to cool us down. Conventional electrolyte drinks often contain lots of sugars, dyes, and sometimes even high fructose corn syrup. Thus, it can be helpful to make your own electrolyte drinks so you can be sure you know what all the ingredients are.

Homemade Homeopathic Electrolyte Drink

- 32 oz water
- 3 tablets of Hyland's Bioplasma Cell Salts
- 1/8 tsp sea salt or Himalayan Salt
- 2 tbl lime juice
- 1-2 tsp maple syrup
- Optional: 1 tsp rose water or a few fresh mint leaves for an extra cooling effect

Hydration does not come from guzzling down a gallon of water a day. Yes, your body needs the right amount of water to stay hydrated, but it also requires **minerals** that help maintain fluid balance and enable your cells to retain water. The minerals that help you stay hydrated are called **"electrolytes"**. One way to get easy to absorb electrolyte minerals into your body is through homeopathic cell salts.



If you prefer, you can also use an electrolyte supplement or powder to keep yourself hydrated this summer. To check out our offerings of electrolyte supplements, click [here](#).

Other reasons to use homeopathic cell salts are to boost your overall health, to boost energy levels, support skin health, improve digestion, relieve stress, and to promote detox.



Cell salts are a great option for people who want gentle support for their body's health. Homeopathic remedies such as cell salts are particularly great for people who are taking medications and thus may not be able to take supplements that may interact with their medication, for children, and for pregnant and breastfeeding women whose supplement list can also be limited.

Of course, always consult your doctor before taking a homeopathic remedy to ensure it is safe for you.



Aroma on Tap

Calabria diffusion blend,
Carrot Seed essential oil, and
Sunburn Salve

If you are looking for a way to bring the summer sun into your home, a great way to do that is to diffuse a **summer scent**. If you have had a little too much summer sun, **aromatherapy** can also be a great way to help **heal your burned out skin**.



Calabria Diffusion Blend

When we think of summer we think of fresh fruit, the warm sun, and a pep in our step. If we cannot stay outside for too long because of the beating sun, we can bring summer into our homes with an uplifting, bright, and warm diffusion blend.

The Calabria diffusion blend is a great uplifting blend that can brighten our home and bring the sun inside with us. The blend includes Bergamot, Balsam Copaiba, Grapefruit, Fennel, Cinnamon, and Cypress. The cinnamon and fennel bring the warmth into the blend, the grapefruit and bergamot lift your mood with their monoterpenes that stimulate and energize, and the balsam and cypress add some woody base notes to the blend.



To use this blend:

Put 5-15 drops of this blend (depending on your room size) into your diffuser and let the summer scent fill your home.

Carrot Seed Essential Oil

Most people associate carrots with healthy eyes due to their beta-carotene content which your body converts to Vitamin A. The essential oil that comes from its seed may not have the same benefits for eye health, but it is well-known for its antioxidant and anti-aging properties.

Carrot seed essential oil contains **Daucol** and **Carotol**, two sesquiterpenes that supply its antioxidant and anti-aging benefits. These compounds assist in tissue repair and cell rejuvenation. It is often used in cosmetic emulsions to help reduce signs of aging and reduce oxidative damage.

It is also often used in natural sunscreens to help boost the SPF. However, **do not apply this oil to your skin before going into the sun**. The furanocoumarins in the oil can increase your skin's photosensitivity. Thus, it is important to avoid direct sunlight on the areas you put the oil for 48 hours to prevent higher risk of sunburn, rashes, or skin irritation.



Aroma on Tap

continued

Make sure to always dilute this oil in a base oil when applying to your skin using a 3-5% dilution for concentrated areas or 2% for a full body massage. If you are using it to support sun-damaged skin, make sure to cover those areas when going into the sun the following 48 hours. Do not apply to areas of open, damaged skin such as on a sunburn.



Some ways to use this oil are:

- Add it to your own facial oil by combining essential oils with a base oil at a **3% dilution** and use as part of your skincare routine
 - A good combination for an anti-inflammatory facial oil to support scarring is Carrot Seed and Chamomile
- Essential oil
 - Here is an example recipe for this facial oil blend:
 - 24 drops Carrot Seed
 - 12 drops Chamomile
 - 2 oz Rosehip Oil
- 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 a bowl of hot water and hold your face above the steam for 5 minutes to allow the oil to penetrate the skin to exert its healing properties
- Blend with a base oil as a first-aid for minor bumps, bruises, and scars.

Essential Oil Sunburn Salve

Want to make your own sunburn salve for summer sunburns? Try this essential oil recipe:

Ingredients:

- 2 tbl Aloe Vera Gel (pure, no artificial colors)
- 1/4 cup extra virgin coconut oil, softened (not melted)
- 12 drops Lavender Essential Oil
- 2 drops Peppermint Essential Oil
- 6 drops Rose Geranium Essential oil



Aloe helps to soothe and heal the skin with its compounds like aloin and gibberellin that block inflammatory markers and prostaglandins, its polysaccharides that stimulate fibroblast activity to help the skin regenerate faster, and water and amino acids that prevent the skin from drying out, peeling, or cracking. Lavender oil helps soothe and heal burned skin. In fact, the way aromatherapy began was when French chemist Maurice Gattefosse put his hand in lavender oil after burning it in his lab. He went on to study essential oils after experiencing lavender's healing properties for burns. Peppermint essential oil adds cooling relief. Rose Geranium oil helps accelerate skin repair and may prevent post-exposure peeling.

Instructions:

Whip the softened coconut oil until creamy. Slowly beat in aloe. Add the essential oils and mix well. Refrigerate and use within a week.



In times of stress when our mental capacity is a bit taxed we might not have the time to sit down and figure out the perfect flower remedy for our current state. This is one of the reasons why Dr. Bach created his **Rescue Remedy**, a formula containing 5 flower essences for emergencies, grief, trauma, crisis, or the stress of summer.

As a recap for those of you who are new to using flower essences, flower essences treat emotional imbalances in order to allow the body's natural healing potential to work. Each remedy helps with specific imbalances; however, combination remedies can be helpful when you are dealing with multiple imbalances at once. One of those times is during a time of **stress** when you are most likely dealing with a lot of things at once.

Rescue Remedy contains five flower essences that each play a role in helping your body deal with stressful situations:

Impatiens:



For those who act and think quickly and have no patience for what they see as "slow". It teaches empathy and patience with others. It may help alleviate an impatient attitude and lower stress.

Star of Bethlehem:



This remedy is indicated for trauma and shock, either experienced recently or in the past. It teaches the ability to recover from traumas and to integrate them into the present life.

Rock Rose:



This remedy is indicated for experiences of panic or terror. It is for more panicky, terrorstruck fear that makes conscious thought and decision next to impossible. It provides calm and courage.



What's blooming?

Rescue Remedy

Cherry Plum:



Indicated for those who fear losing control of their thoughts and actions and doing things they know are bad for them or which they consider wrong. The remedy helps teach you to trust in your spontaneous wisdom and the courage to follow your path.

Clematis:



A remedy for those who find their lives unhappy and withdraw into fantasy worlds. It teaches you to establish a bridge between the physical world and the world of ideas; may foster great creativity. It is used to bring clarity and alertness to the present moment.

Circumstances to use Rescue Remedy include:

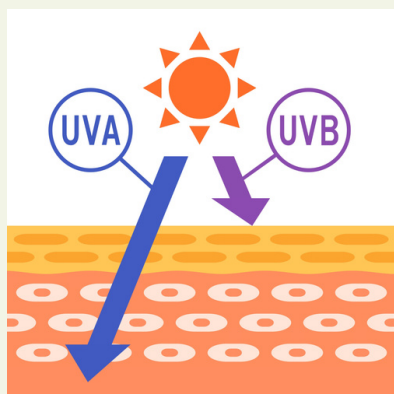
- getting bad news
- your child having a temper tantrum
- a job interview
- public speaking
- running late
- experiencing stress
- getting into an accident
- dealing with freeway traffic

Rescue Remedy is available in **dropper form**, as a **spray**, and a **cream**; there is also a **kids version**.



The Skincare Scoop

SPF



Does the thought of **sunscreen** evoke memories of long days on the beach and begrudgingly slathering on strong smelling chemicals in order to prevent being burnt to a crisp? Or do you picture an **essential step** in any skincare routine that can come in many different formulations to fit anyone's preferences?

SPF isn't just for preventing burns, it is also essential for protecting the skin from the damaging UV rays from the sun. In fact, the weather does not even have to be sunny nor do you even have to be outdoors to experience damage from UV rays. Cloudy days or even time spent near windows can contribute to damage to the skin, which can lead to **premature aging, dark spots**, or even accelerate the formation of some **dermatological conditions**.

Its easy to see that SPF is important to apply on a daily basis; however, many are still under the impression that you have to use either a goopy paste or toxic chemicals to get protection from the sun.

Luckily, Eminence Organics has formulated several SPF products that are not only free of chemical filters, but also come in a variety of colors and textures:



Sun Defense Minerals: If you want natural coverage and easy on the go reapplication, this product will be right up your alley. With a choice of **six different shades** including a sheer non-tinted option, there is something for everyone. The formula is also infused with antioxidants, vitamins, and minerals insuring that your skin is protected from UVA, UVB, and even blue light. The product is contained in an elegant gold tube with a built in brush, so you can reapply SPF easily throughout the day, including over makeup without missing a beat. A key ingredient is **Buriti oil**, an exotic Amazonian fruit extract, which is rich in vitamin E and helps to restore hydration to the skin. Despite containing this rare oil, the formula leaves a matte yet silky finish that will not leave the skin looking dry like other powders.

Radiant Protection SPF Fluid: If you want a sunscreen product infused with spa quality skincare ingredients, this one is for you. It is rare to find a sun care product that not only is wonderfully pleasant to apply but also contains compounds that improve your skin each time you use it. Bakuchiol is a gold standard skin care ingredient that is used as an alternative to retinol with all of the benefits and none of the downsides. It increases collagen and diminishes signs of aging, all while causing zero sensitivity to the sun or peeling of the skin. Niacinamide is also added to help with pore size, hydration, skin barrier support, and hyperpigmentation. The texture is a light weight silky liquid that spreads and blends effortlessly, leaving a stunning glow that makes the skin appear both youthful and healthy.



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The Skincare Scoop

SPF continued



Daily Defense Tinted SPF: If you like the idea of a silky light weight sunscreen product with a gorgeous glow, but wish it had a tint, you are in luck. The Daily Defense Tinted SPF is enriched with prickly pear fruit extract and aloe vera which nourishes the skin while its universal tint not only increases the SPF level of the formula, but provides an absolutely white-cast free finish which will satisfy those that are the most skeptical of all mineral sunscreens. Thanks to rice bran extract, your skin will also see improvements over time in texture in tone with continued use. Rosemary extract is also included, which provides antioxidant benefits and a beautiful yet gentle smell.

Lilikoi Mineral Defense Sport Sunscreen: All of the products mentioned above are fantastic for the face, but what if you want something equally as luxurious for the body? The Lilikoi Mineral Defense Sport Sunscreen is a unique formula that allows you to enjoy the benefits of antioxidants like red raspberry seed and lilikoi oils, all in a non greasy water resistant formula. While actives such as swimming or sweating may lessen the efficacy of many products, this formula readily rises to the occasion. Aloe Vera is also added to help repair the skin from previous skin damage and keep you hydrated from head to toe.



Sunscreen is so much more than the unpleasant, chemical ridden product that is once was. With the creation of formulas that tie together the luxury skin care experience and the clinically proven efficacy of mineral SPF, preventing sunburns can be as easy as applying your favorite skincare products. This is why we are happy to offer and recommend **Éminence Organics** thoughtfully formulated range of SPF products.



Spotlight Products

HPA Adapt, Liposomal Magtein,
Traumeel, Phytomulti Superfoods

Burnout is not just something that can happen to your skin from too much time in the sun. Burnout can happen in many organs of your body due to **stress, lack of nutrition, or injury**. That is why we are putting a spotlight on a few products to have in your tool kit to prevent burnout of all kinds this summer.

HPA Adapt Integrative Therapeutics- A combination of powerful adaptogenic herbs that may help prevent adrenal burnout. Adaptogens are natural plant substances that support your body in managing stress, anxiety, and fatigue. They work by interacting with your body's stress response systems, one of which is the **Hypothalamic-Pituitary-Adrenal (HPA) axis**.

This formula helps to support **homeostasis** along the HPA axis to help maintain stress hormonal balance and a healthy stress response. The HPA



axis helps maintain hormonal homeostasis even during times of mental, emotional, and/or physical stress. It is designed to balance mood, energy levels, and cognition. It also helps support other

systems in the body that may be influenced as the body copes with stress, such as neurological, gastrointestinal, and immune function.

The herbs in this formula: **Rhodiola, Ashwagandha, Eleuthero Root, Maca, and Holy Basil** all work together to improve mood, create calm, reduce stress-related fatigue, and support cognitive function.

Liposomal Magtein Quicksilver- Around 70-80% of people in America are deficient in Magnesium. It is considered to be an “anti-stress” mineral due to its natural tranquillizing effect on skeletal muscles and smooth muscles.

It is also a mineral that supports restful sleep, which is key to preventing burnout because sleep is where all of the organs of our body rejuvenate and reset. Liposomal Magtein helps calm the nervous system to support deep, restorative sleep.

Liposomal Magtein contains **Magnesium L-Threonate**, a form of magnesium that has been shown to cross the blood-brain barrier to enhance memory, focus,



and cognitive performance. It also contains phosphatidylcholine, which provides extra support for healthy brain signaling. In this way, liposomal magtein is a great choice for those experiencing mental burnout due to its cognitive support.

For those experiencing **mental burnout, difficulty sleeping, or stress**, Liposomal Magtein is for you. Liposomal Magtein is available in two forms: a **bottle** or as individual servings in **sachets**.



Spotlight Products

continued

Traumeel- For some, burnout can be the result of an injury or chronic inflammation. These things involve the immune system and also trigger a stress response in the body. Due to a prolonged stress response as a result of an injury or chronic inflammation, the body can become burned out from using energy for tissue repair rather than daily maintenance.

Traumeel is a homeopathic cream that helps to stimulate the **body's self-regulating and self-healing mechanisms** in order to restore the balance of pro- and anti-inflammatory cytokine activity. In this way, it relieves pain and may prevent burnout from a prolonged inflammatory state and subsequent stress response.



Traumeel ointment is a topical analgesic cream, offering a natural alternative to effectively ward off pain.

In studies, Traumeel has been shown to be as effective as the topical NSAID Diclofenac in reducing pain and returning the body to normal function after injury.

Homeopathy offers gentle remedies that can be used longer term and tend to not interact with many medications. They are especially great for children, the elderly, pregnant women, and those seeking natural, gentle remedies.

PhytoMulti Superfoods Metagenics- One key way to prevent burnout is to provide your body with all the nutrients it needs so all your cells are nourished and your organs can function optimally. It is hard to eat all the fruits and vegetables we need to get the daily dose of nutrients our body needs to function optimally.

That is why PhytoMulti Superfoods is a great supplement to add to your daily routine.

It contains 20+ whole foods in every serving including fruits, vegetables, flax seed, chia, quinoa sprouts, herbs, plant enzymes, prebiotics, and probiotics.



This supplement can support a **healthy immune system** and provide **antioxidant protection**. This can help prevent burnout from a poorly functioning immune system. It may also provide an internal protection for your skin from oxidative damage from the sun due to its high level of antioxidant ingredients.

PhytoMulti Superfoods is perfect for anyone seeking preventative supplements for burnout of any kind and for those experiencing burnout who want to give their body a boost to help it get back to its optimal function.



Feeling **drained, exhausted, and burnt out** has become so common in current times that many feel as though they must accept it as a normal part of life. Many of us find ourselves reaching for coffee, stimulating herbs, or expensive vitamin injections, yet we still don't feel that boost of energy we desire.



Staff Pick

SiderAL Forte

If you feel like you've tried everything and still can't escape the feeling of burnout, it may be time to check your **iron levels**. Even if you have normal results on a CBC or complete blood count panel, there are many other often overlooked tests that could reveal an undiagnosed iron deficiency lurking in the background. In fact 1 in 7 adults in the US have iron deficiency, and more than 1 in 5 women of reproductive age are affected.

Here are some tests that you can ask your doctor about to determine if you may be struggling with iron deficiency.

Ferritin: This is your body's iron stores.

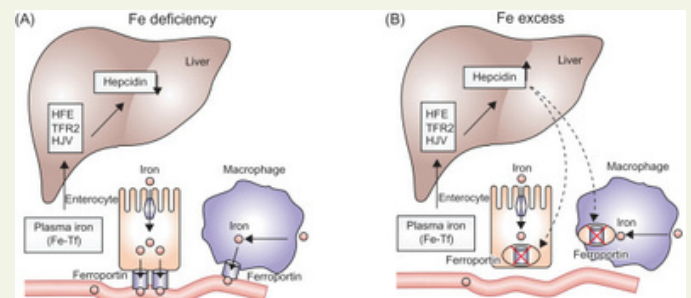
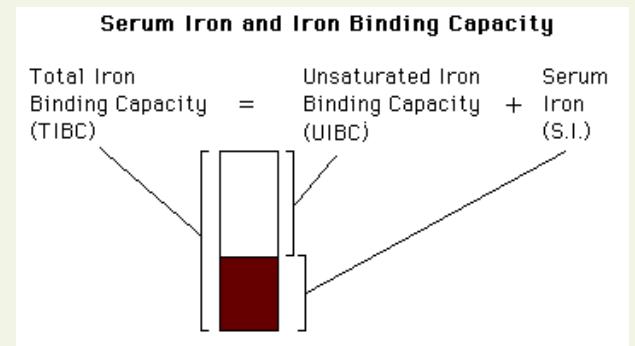
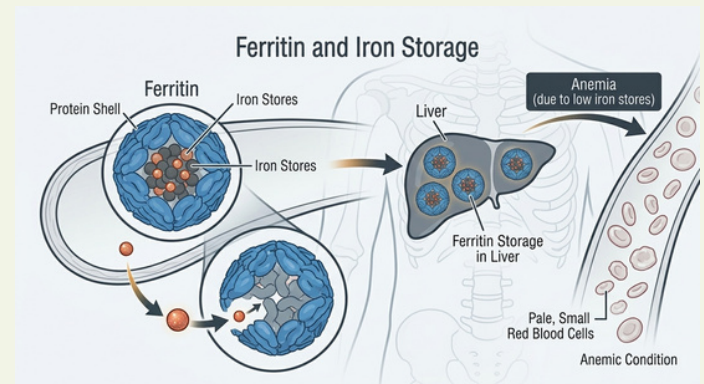
Transferrin Saturation (TSAT): Indicates how much iron is actually available for your body to use.

Total Iron Binding Capacity (TIBC): This number ostensibly increases when the body is trying to capture more iron.

Reticulocyte Hemoglobin Content (CHr or RET-HE): A newer test that can detect early iron deficiency before hemoglobin falls.

Soluble Transferrin Receptor: Can help distinguish true iron deficiency from anemia of chronic disease. This can be particularly helpful when inflammation falsely elevates ferritin levels.

It is very important to determine whether iron is appropriate for you to take before you decide to incorporate it into your supplement routine. Always speak to your doctor before taking an iron supplement.



Iron supplementation can have countless benefits such as supporting **energy production, oxygen transport, exercise performance, healthy hair**; unfortunately, it can also be one of the most difficult supplements for patients to tolerate.

Side effects such as constipation, diarrhea, bloating, gas, and nausea can often deter those who would benefit greatly from it. Not only that, but it can take many months to see the benefits of rising iron levels.



This is why our current staff pick is **SiderAL Forte Sucrosomial Iron**. This iron supplement sets itself apart by using a special encapsulation technology to achieve up to seven times higher absorption than a typical iron supplement without any of the side effects.

In a clinical study, sucrosomial iron was found to have comparable outcomes to IV-administered iron, but with far better tolerability. The technology that makes this iron supplement so superior lies in its phospholipid and sucrose ester matrix, which essentially coats the iron and allows it to bypass the stomach, making it fully intact when it arrives in the intestines where it is absorbed similarly to the body's natural nutrient uptake process.

Vitamin C is also included in the capsule, eliminating the need to purchase a separate supplement to support the iron's uptake.

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Staff Pick

continued

With over 150 clinical trials with over 7000 participants, Sucrosomial iron has proved time and time again to outperform all other traditional iron supplements for efficacy, tolerability, and lab results.

Now that we have had Sideral Forte in our store for some time we can happily share that the positive feedback on the supplement has been rolling in consistently. A staff member that admits typically skipping their much needed iron supplement due to extreme nausea and a feeling of heaviness in the stomach caused by taking their daily pill was excited to report being able to tolerate Sideral Forte with no side effects and has been able to experience the benefits of taking iron on a regular basis for the first time.

It is truly exciting for us to be able to confidently recommend a form of iron to our clients that we know will not only raise their levels quickly, but will do so without causing any uncomfortable issues. Each time a client returns to pick up a new bottle we are overjoyed to hear how much more energy and mental clarity they have found thanks to the product. At the end of the day, there is no better feeling than recommending a product, knowing that it has the capacity to provide truly life-changing results.

