



Ancient Herb Meets Modern Science To Slash Rheumatoid Arthritis Symptoms In Half



Hello everyone, I hope all is well with you. I will be sharing information with you how to manage arthritis pain naturally, and information on some fabulous, luxurious health and wellness retreats in Japan, with HH Sheikh Hamdan bin Mohammed bin Rashid Al Maktoum, the Crown Prince of Dubai. Join HH luxury, health and wellness retreats, as this is for people over age 40.



Sheikh Hamdan is very much into health and wellness, and cares about the health of his followers. During the hot summer months, in the UAE, Sheikh Hamdan will open an indoor, walking and jogging trail in the major malls, like the Dubai Mall. Those wanting to keep doing their health and wellness program, can keep cool in the air conditioning inside the mall.

There's an interesting debate heating up among supporters of Cat's Claw. On the one hand, its track record providing centuries of relief speaks for itself. On the other, a group of scientists has, for lack of a better term, dissected it- and their findings are what's causing the controversy.



In the 1970s, scientists began to investigate this herb, used for centuries in South and Central America to treat disorders from asthma to ulcers. They identified several components that may contribute to its power. They cataloged at least six types of alkaloids, called oxindole alkaloids, which they found to have immune-boosting properties.

In dozens of clinical studies since then, Cat's Claw oxindole alkaloids have demonstrated their ability to stimulate the immune response and increase white blood cell production, as well as decrease inflammation. In fact, based on this research, Cat's Claw became a popular complementary treatment for fighting cancer and AIDS.

Scientists isolate alkaloids responsible for the power of Cat's Claw



Then a few years ago, a group of Austrian scientists probed a little deeper. They classified Cat's Claw oxindole alkaloids into two distinct groups: pentacyclic oxindole alkaloids (POAs) and tetracyclic oxindole alkaloids (TOAs). Their research showed that the POAs alone were responsible for Cat's Claw immune-enhancing effects-and that the TOAs actually inhibited the positive effects of the POAs. In one study, the author went so far as to say: "Recent studies have shown that the tetracyclic alkaloids exert antagonistic effects on the action of the pentacyclic alkaloids. Mixtures of these two types of drugs are therefore unsuitable for medicinal uses."

But the idea that one of the constituents does all the work doesn't sit well with a lot of people. It reminds me of the old commercial for peanut butter cups.



HSI panelist Leslie Taylor is among those herbal researchers that's skeptical about the validity of the findings against TOA. They point to decades of Cat's Claw research that demonstrates the plant's power without specifying TOA and POA content, and to the synergistic effects of the many other active phytochemicals in Cat's Claw.

In fact, in a report titled, "The Cat's Claw TOA/POA Controversy," Taylor wrote: "I've seen too many times where nature has provided us with a great beneficial and biologically-active medicinal plant-and a rich indigenous history of effective use-but some have a compelling present in such plants is staggering, and their interactions are subtle; science can only hope to understand most of them.



I don't believe that science can state, at this point, that Cat's Claw's 'active constituents' are its alkaloids, or just one group of alkaloids, extract them, and expect them to work as efficiently as the natural form.

That said, a study at Austria's Innsbruck University Hospital demonstrated the effectiveness of TOA-free Cat's Claw against rheumatoid arthritis. In this clinical trial, doctors recruited 40 patients who fulfilled the American College of Rheumatology's criteria for RA. All of the patients were taking sulfasalazine (Azulfidine) or hydroxychloroquine (Plaquenil) for their condition, as well as small doses of NSAIDs and or prednisolone as needed, but still suffered with painful, swollen joints, and morning stiffness. On average, the participants had been dealing with RA symptoms for seven years.



In the phase of the study, participants were divided into two groups and received either a capsule containing 60 mg of TOA-free Cat's Claw extract or a placebo three times a day. In the second phase, all participants received the Cat's Claw extract capsules. Phase one lasted 24 weeks, phase two continued another 28 weeks after that.

You can order Cat's Claw TOA-free at www.nutricology.com

Now, let's get on with the Sheikh Hamdan health and wellness retreat, for the Japan area.

For luxury flights, book with www.emirates.com

For business class flights, call +971 600 55 5555







































First Class

First Class passengers receive exclusive, premium designer bags packed with full-sized luxury skincare and fragrances. [\[1, 2\]](#)

- Women's: Feature elegant, cream-colored faux-leather pouches containing a gold-lacquered Bulgari mirror and the *Le Gemme Orom* fragrance collection. [\[1, 2, 3\]](#)
- Men's: Feature chestnut-brown fabric or faux-leather bags containing the exclusive *Le Gemme Kobraa* (or *Tygar*) cologne, aftershave balm, and a razor. [\[1, 2, 3\]](#)
- *Note:* You are also provided with an exclusive sleepwear set and a matching luxury tote bag for your belongings. [\[1\]](#)

Business Class

Business Class kit bags feature stylish faux-leather and fabric finishes, with designs regularly updated by Bulgari for seasonal collections. [\[1, 2, 3, 4\]](#)

- Women's: Chic, seasonal-colored clutches or pouches (e.g., coral and cream)











































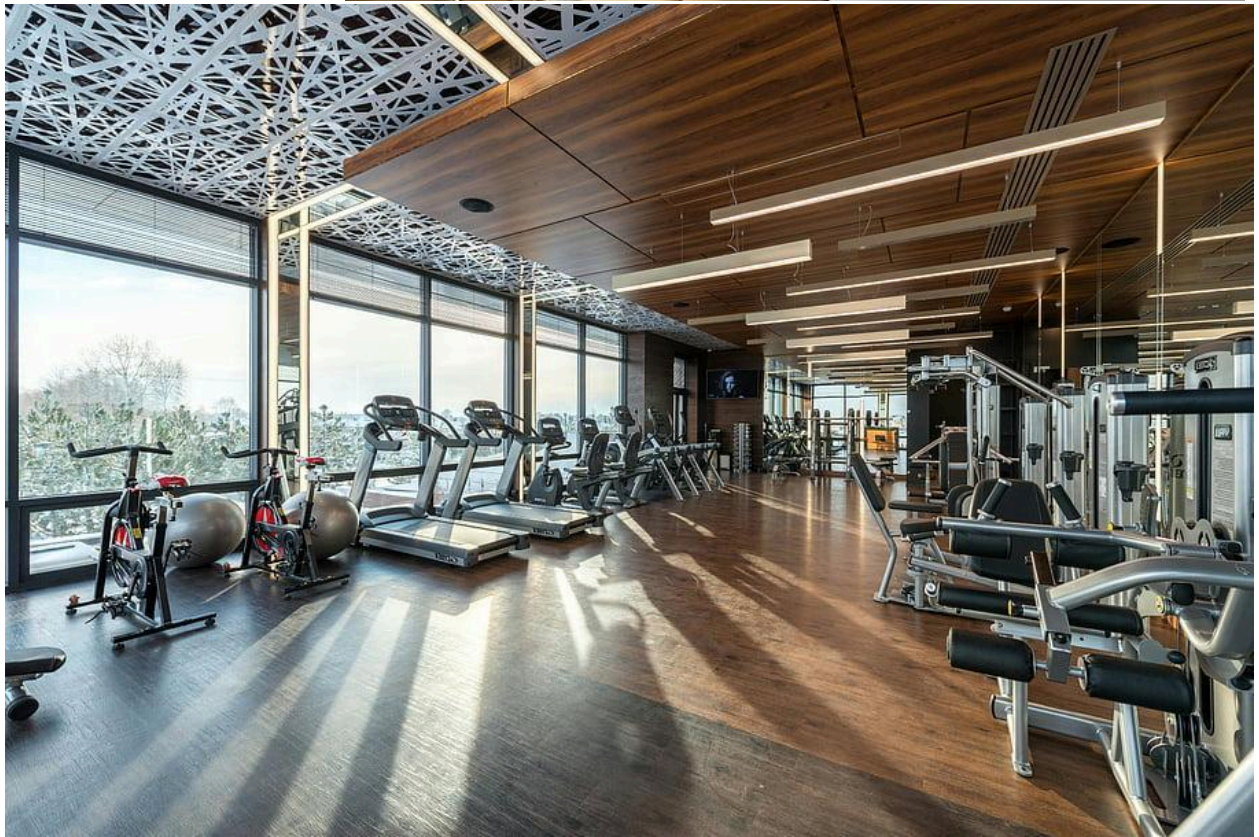






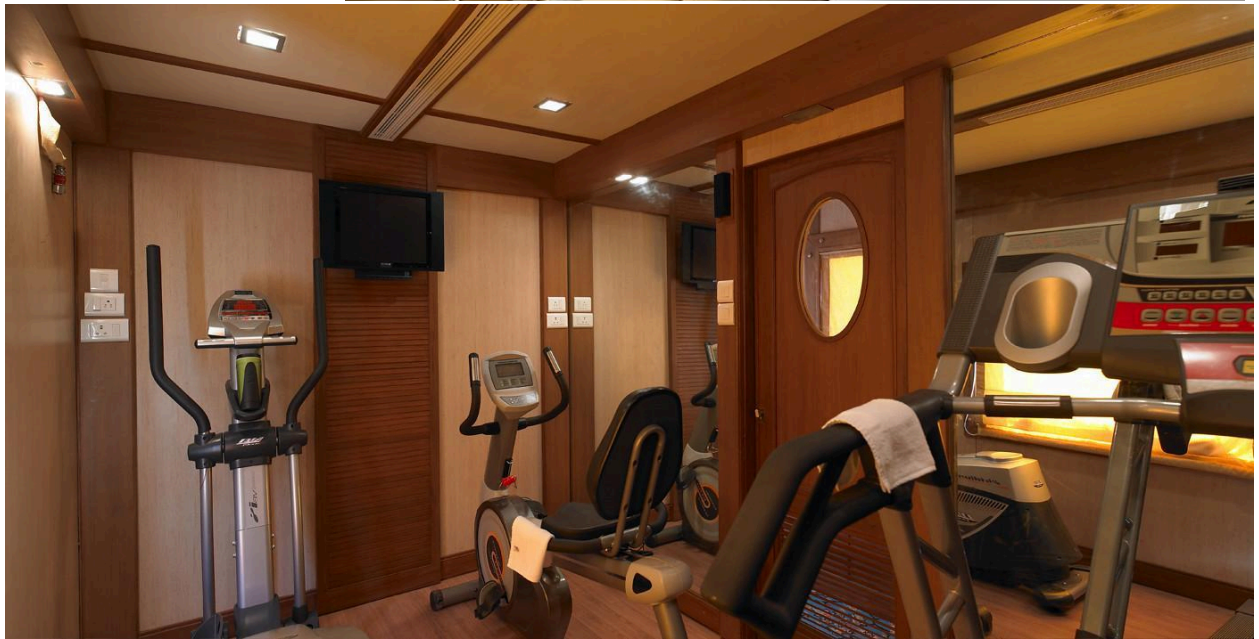
HH Sheikh Hamdan does his daily workouts at Nas Sports
Complex in Dubai. +971 4 383 3833
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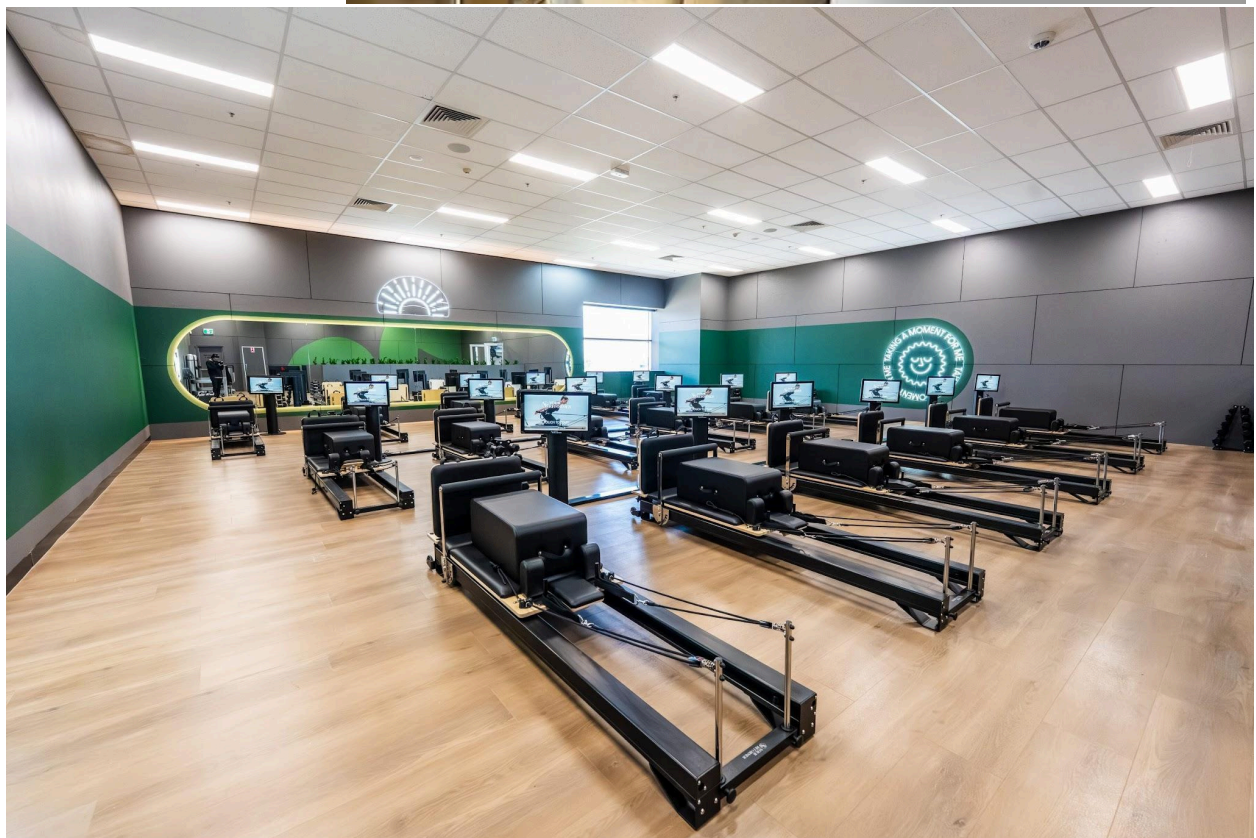




















































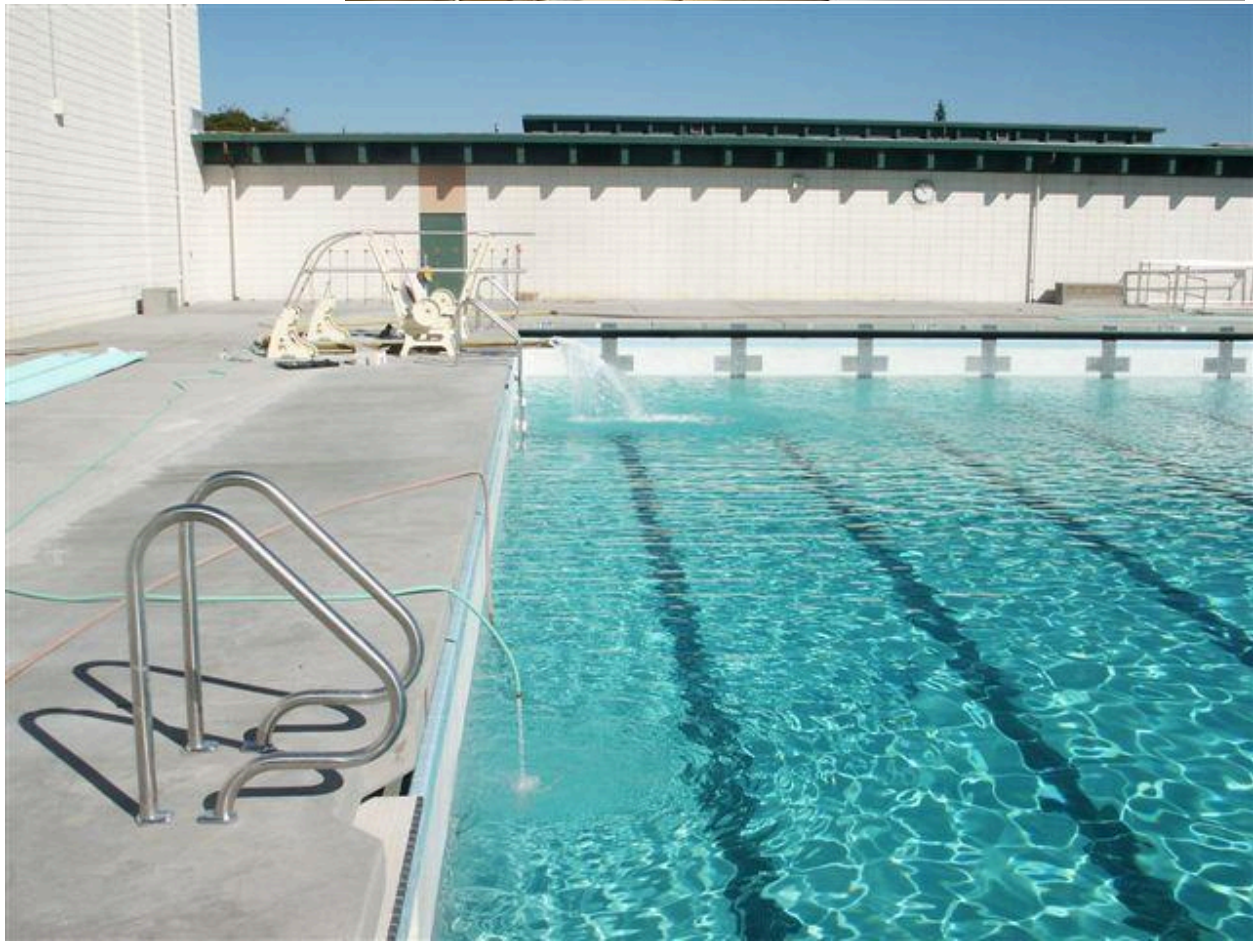










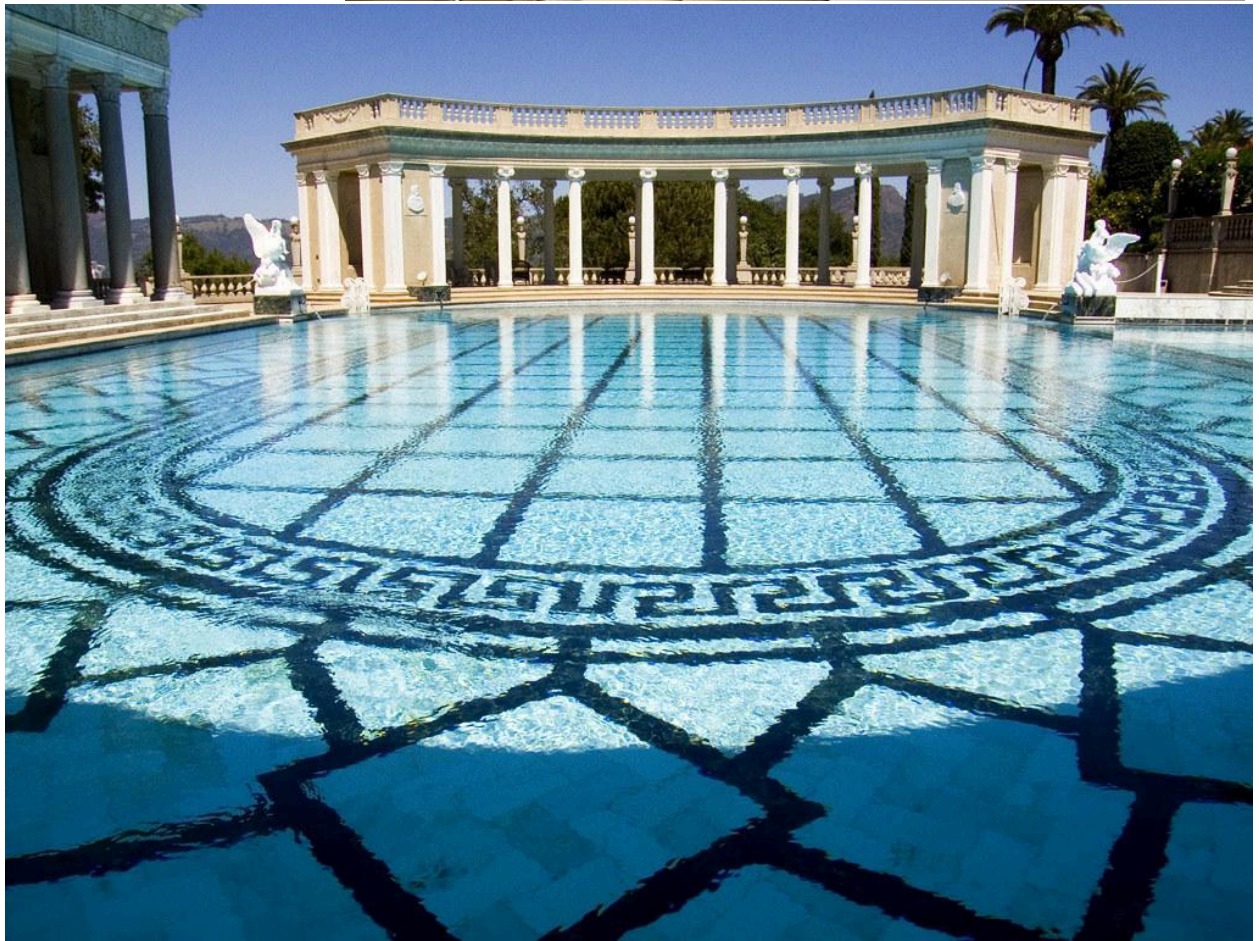


















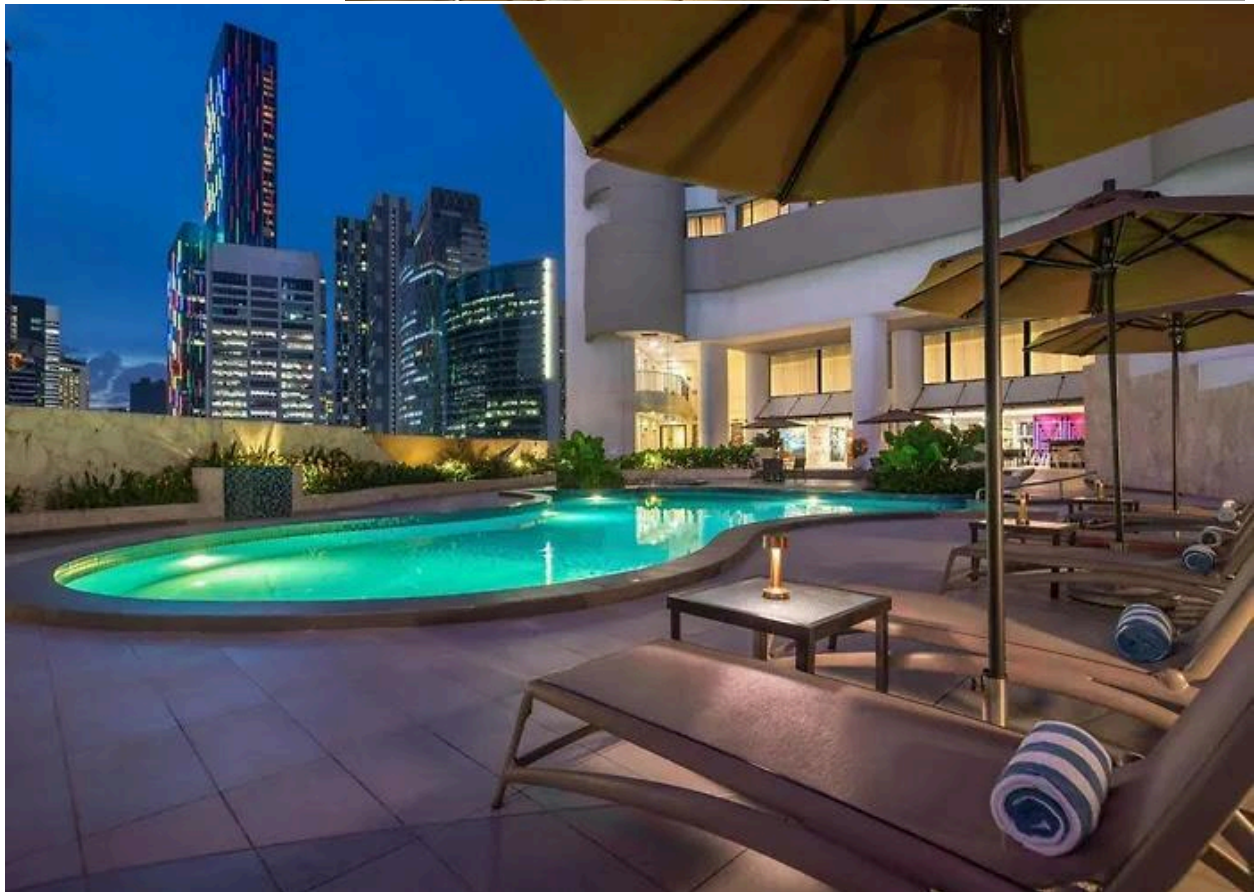












We will be touring a luxury health and wellness retreat,
near Kyoto, Japan. You can book at www.retreatjapan.com



3-Day Hakone Wellness Retreat for Team Building

Following business events in Tokyo, the team traveled to Hakone for a three-day wellness retreat designed to strengthen team connection, restore focus, and create space for reflection. Surrounded by nature, the program blended traditional Japanese practices with restorative experiences.

- Zen meditation session to cultivate clarity and presence
- Guided nature hike focused on team bonding and reflection
- Matcha tea ceremony for mindfulness
- Onsen soaking for full-body recovery
- Prayer ceremony at Hakone Shrine for intention-setting and renewal
- Curated local gastronomy showcasing regional flavors

Comment from our coordinator

This itinerary was developed at the request of company leadership to recognize the team following a demanding business event in Tokyo, while also supporting intentional team building. The program integrated Zen meditation, a shrine prayer for well-being, shared meals featuring local cuisine, and a guided nature walk. An onsen hotel with well-designed communal spaces



and private transportation throughout ensured a smooth, distraction-free experience, fostering trust, open communication, and stronger team cohesion.



Consult with a Specialist

Company Name .

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A Co-created Zen Retreat is a collaborative partnership where we design transformative travel experiences alongside community leaders and influencers. It is a profit-sharing business model where we build success together, tailored to your audience and vision.

We do much more than just provide travel logistics. From building seamless booking platforms and handling guest relations to providing strategic marketing support, we serve as



your dedicated partner. Together, we will bring to life the ultimate wellness retreat experience in the heart of Japan.

A Timeless Sanctuary for the Soul

Japan offers a rare harmony where ancient wisdom meets serene modern design. It is not just a destination; it is a space that invites your community to slow down, gain a fresh perspective



on life, and find inspiration in the quiet beauty of everyday rituals.

Deep Immersion Beyond the Surface

This is travel with intention. Blending Zen-inspired mindfulness with forest therapy, we move beyond conventional sightseeing to support personal growth and authentic connection. Each experience is thoughtfully designed to be more than just Instagram-worthy—it is deeply soulful, fostering meaningful relationships that endure long after the journey ends.

Seamless Peace of Mind



Japan's renowned safety and legendary hospitality (omotenashi) create a setting where guests can truly relax and engage. With every detail carefully managed by our local team, you're free to be fully present—focusing on your guests, nurturing connection, and guiding an experience they will remember long after the journey ends.

Licensed for Your Peace of Mind

We hold an official travel agency license in Japan—a legal essential for hosting groups and making specialized arrangements. As your legally trusted partner, Tranquwell



ensures that every logistical detail is secured, allowing you to host with absolute confidence and professional integrity.

Masters of Wellness Curation

We are Japan's premier specialist team dedicated entirely to wellness retreats. With profound roots in Japanese culture and holistic practices, we don't just plan trips; we architect transformative experiences. We translate the "soul of Japan" into a journey that perfectly aligns with your vision.

Bridging Worlds with Confidence



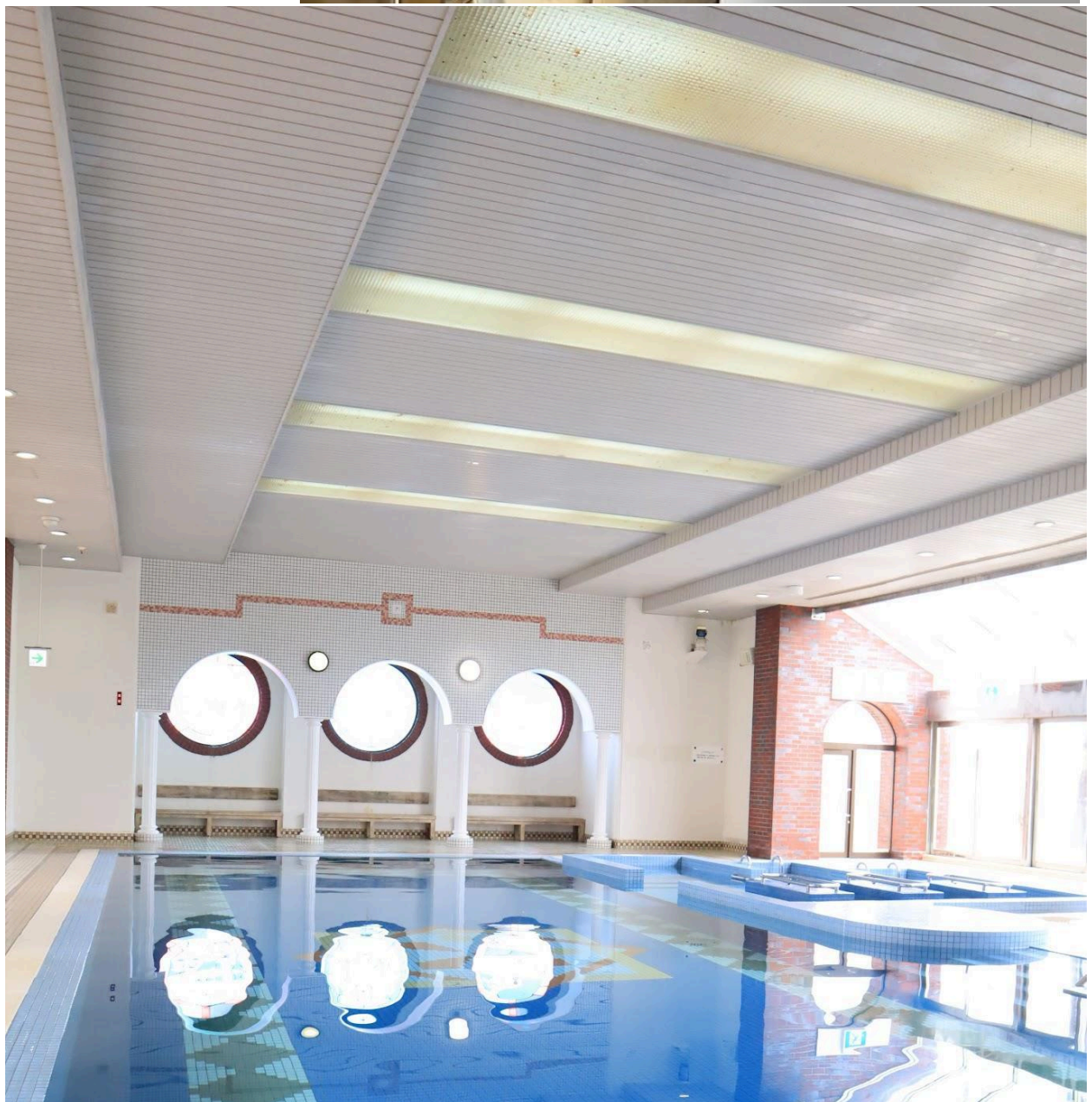
Experience seamless communication and professional ease.

With fluent English support and deep business expertise in retreat management, we bridge every cultural gap. We handle the complexities of local operations so that your message remains clear and your hosting experience remains effortless.















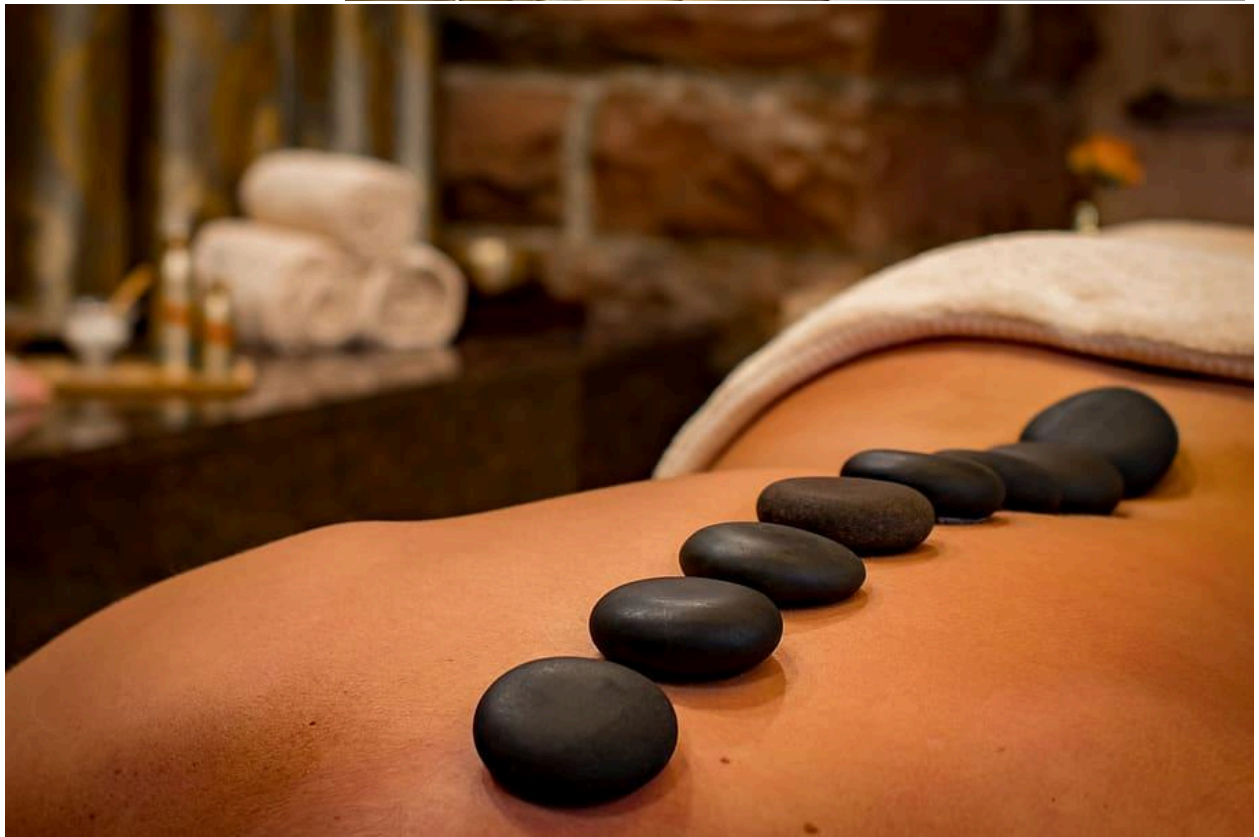






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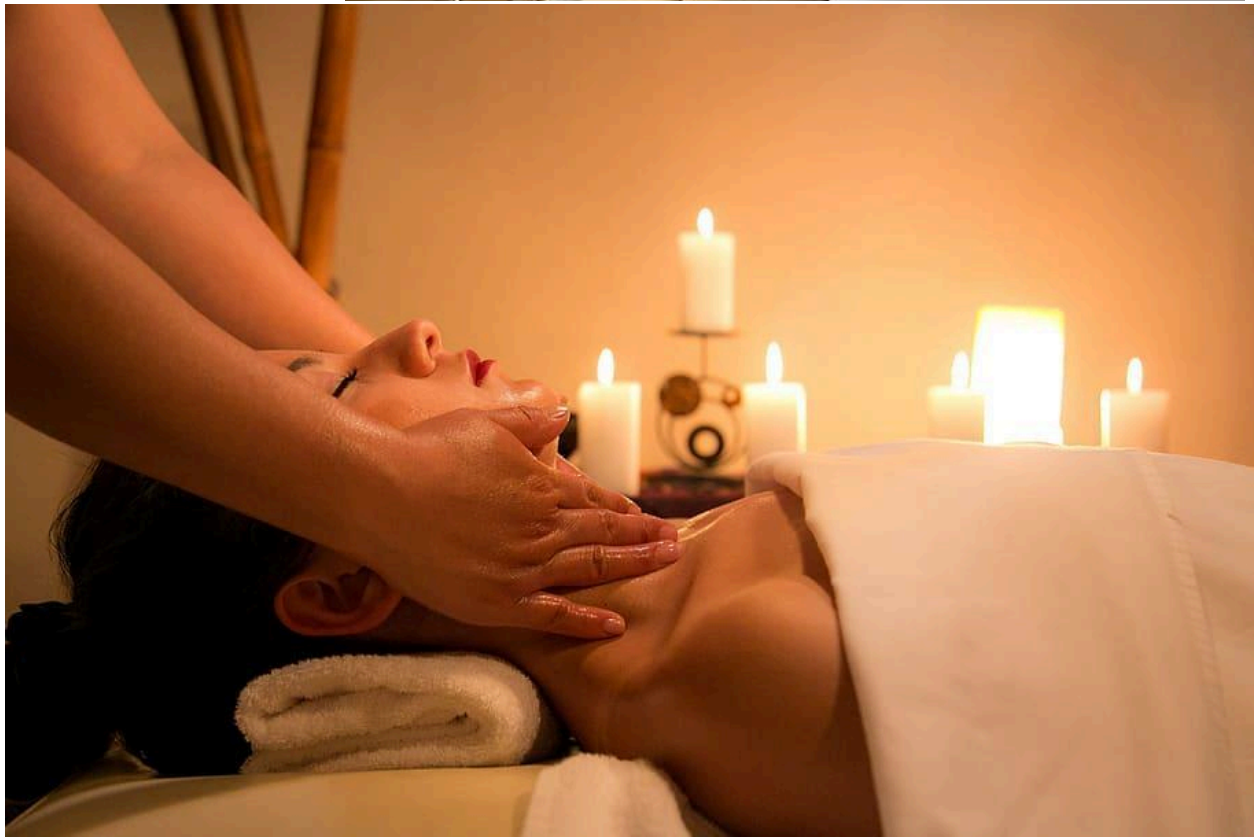












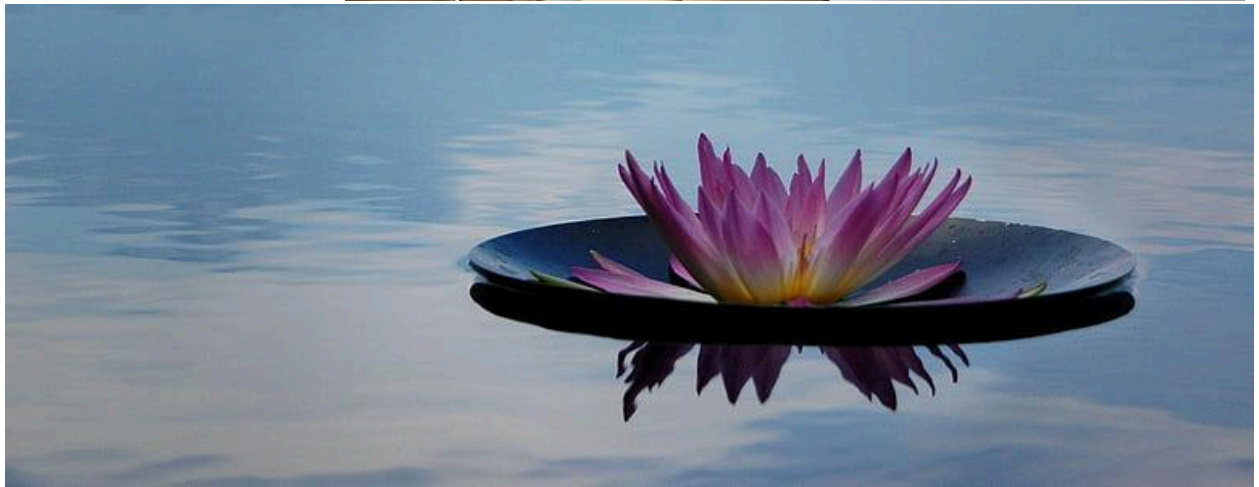




























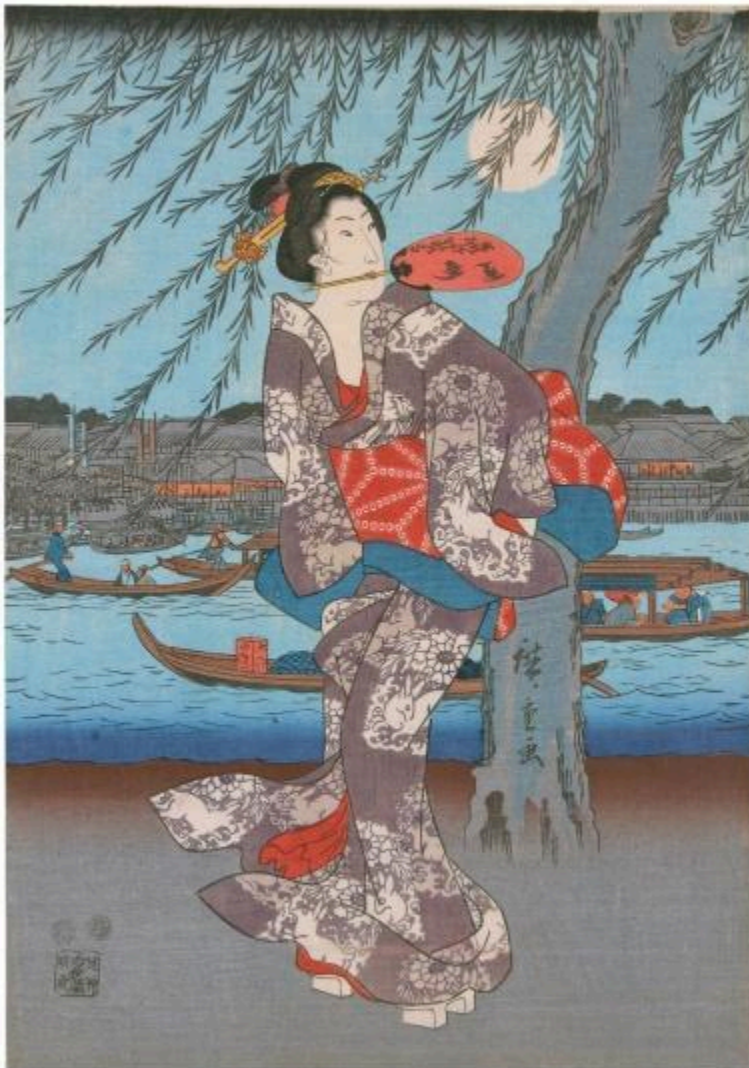
















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A colorful illustration of a Japanese street scene. In the center, a group of people in traditional Japanese clothing, including kimonos and haori, are gathered. To the left, several people in Western attire, including men in suits and women in long dresses and hats, are walking. The background shows a street with buildings and a bridge. The scene is framed by a decorative border with wavy lines.

HAPPY JAPAN. "Garden of Glitter."

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