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blue oils

Allergy Relief Kit

Allergies are our immune system's reaction to a foreign substance, such as food, pollen or dust, known as allergens. Our immune system can become hypersensitive to certain allergens, mistakenly seeing them as a threat. In response to threats, our immune system releases histamine, which triggers swelling, inflammation and the leakage of fluid to protect the body from further invasion. We experience this histamine reaction as symptoms like inflammation of the skin, sinuses and nasal passages, airways or digestive system, including:

- Sneezing
- Itching of the nose, roof of the mouth or skin
- Runny, stuffy nose
- Watery, red or swollen eyes (conjunctivitis)
- Difficulty breathing or swelling of the throat
- Itchy watery eyes
- Sinus pressure or headache

How Essential Oils Relieve Allergies?

Essential oils help calm allergic reactions by calming the histamine and inflammatory response at the root of most allergic responses. Oils also help modulate the immune system.

For example, histamine released in response to allergic reactions is a normal defense mechanism. It is the exaggerated histamine response –overactive histamine receptor cells that triggers numerous immune system reactions – that can contribute to chronic inflammatory reactions of nasal passages, sinuses, lungs and eyelids, causing many of the symptoms we experience with seasonal allergies like sneezing, runny nose, watery, red, itchy eyes, rashes, breathing troubles such as wheezing, severe coughs, asthma, or hiccups

Histamine levels are designed to be kept in balance by two enzymes that break down excess histamine and prevent allergic reactions. One of these enzymes lives in the lining of our intestines and must be present to maintain balanced histamine levels in the gut. A damaged gut lining can compromise the production and secretion of this enzyme allowing histamine to build up and wreak havoc throughout the body.

The goal is to balance, not block, the histamine response as histamine performs critical functions in body, contributing to HCL production and neurotransmitter signals.

Essential oils, with their natural anti-inflammatory and immune modulating properties, can help balance histamine levels and naturally reduce inflammation, offering immediate and long lasting allergy relief.

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Histamine Balance™

— BRAIN BALANCE —



BENEFITS: Helps reduce over-active histamine reactions and modulate the immune response.

INDICATIONS: Histamine is a chemical compound released by the cells in response to injury, allergic or inflammatory reactions, causing contraction of smooth muscle and dilation of capillaries. Histamine plays a role in immune responses, regulates physiological function in the gut, and acts as a neurotransmitter in the brain.

While the release of histamine is a normal defense mechanism, an exaggerated histamine response can bind to cell receptor sites, causing irritation and chronic inflammation. This can cause sneezing, runny nose, watery, red, itchy eyes, rashes, and breathing troubles. Inflammation of the small intestine can present as food allergies and sensitivities. Inflammation of the brain presents as fatigue, headaches and brain fog.

Histamine levels are designed to be kept in balance, not blocked, as histamine performs critical functions in body, contributing to HCL production and neurotransmitter signals. The goal is to modulate excess histamine excretion, balancing histamine levels and helping to reset the immune response and reduce allergic reactions.

Application



HOW TO USE: Apply 1 -2 drops on bottom of feet, at base of skull, behind your ears, and sternum. Apply 1 - 2 drops to a Q-tip and gently swab inside both nostrils.

WHEN TO USE: To support histamine reactions in the gut, brain and body, apply 2 -3 times daily.

INGREDIENTS: Vibrant Blue Oils Brain Balance Histamine blend contains a proprietary formulation of Blue Tansy, Chamomile, Manuka, Lavender, Ravintsara, Vetiver, Spruce, Peppermint, and Rosemary in a base of fractionated coconut oil.

PRODUCT TIPS:

- To relieve congestion, apply 1 - 2 drops to a Q-tip and swab around the inside of both nostrils. This will initially cause an increased release of mucus followed by relief of symptoms.
- To calm an allergic reaction to food, rub clockwise around the belly button.



Proprietary brain balance blends are formulated to support optimal function of the brain to ensure that key hormonal and nervous system signals are sent and received.

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Sinus Support™

— SYMPTOM SUPPORT —



BENEFITS: Helps to clear and open the nasal passages and supports the relief of sinus pressure from chronic sinus infections and/or sinus issues related to allergies.

INDICATIONS: The sinuses are a connected system of hollow cavities in the skull that are lined with soft, pink tissue called mucosa. Normally, the sinuses are empty except for a thin layer of mucus.

Most of our sinuses drain into our nose through small holes. Sinusitis (or inflammation of the sinuses) can be uncomfortable and difficult to treat. The pockets become filled with thick mucous, bacteria or fungus. The tissue swells and the drainage openings into the nose become inflamed and blocked no longer allowing fluid to escape. This then leads to the common symptoms of sinusitis: headaches, facial pressure and even toothaches from surrounding nerve impingement.

Essentials oils can easily travel into the small holes to loosen mucous and promote drainage. Sinus Support works as local decongestants that break up mucus, stimulate drainage of the nose and sinuses and relieve head pressure.

Application



HOW TO USE: Apply 2 – 3 drops to a Q-tip and swab the inside of the nasal passages 2 – 6 times daily. For optimal effectiveness, you can leave the Q-tip in the nasal passage for up to 20 minutes.

WHEN TO USE: To relieve sinus infections and/or sinus issues related to allergies, one 20 minute treatment is often enough for acute cases. For chronic issues, repeat daily for a week.

INGREDIENTS: Vibrant Blue Oils Symptom Support Sinus Support blend contains a proprietary formulation of Eucalyptus globulus, Peppermint, Thyme, and Lavender in a base of fractionated coconut oil.

PRODUCT TIPS:

- For optimal effectiveness, you can leave the Q-tip in the nasal passage for up to 20 minutes.
- Can support the relief of sinus pressure.



Proprietary symptom support blends are formulated to support and relieve discomfort and painful symptoms while the underlying concerns are being addressed.

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Breathe™
— SYMPTOM SUPPORT —



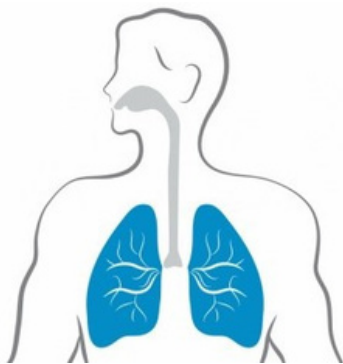
BENEFITS: Supports respiratory and cardiovascular systems. Reduces inflammation to support and relieve congestion, colds, flu, bronchitis, coughs, sore throats, sinus infections, pneumonia and asthma.

INDICATIONS: Vibrant Blue Oils Symptom Support Breathe blend is designed to open and soothe airways and tissues of the respiratory system, loosen and expel mucus, reduce inflammation and stimulate the regeneration of lung tissue.

Breathe can be useful in situations when the ability to breathe easily is challenged, including: allergies, asthma, bronchitis, colds, coughs, decongestant, expectorant, mucus, pneumonia, respiratory inflammation and congestion, sinusitis, sore throat, lung infection, bacterial and viral infections as well as chronic inflammation of the mucus membranes.

Also beneficial to those who practice yoga, for use before pranayama (breathing exercises).

Application



HOW TO USE: Apply 1- 2 drops diluted topically on throat and upper chest. Apply a hot wet towel compress to the lungs and throat areas and keep it on for about 15 minutes.

WHEN TO USE: To aid with sore throats or breathing, apply 2- 3 times daily or as needed during the day or night.

INGREDIENTS: Vibrant Blue Oils Symptom Support Breathe blend contains a proprietary formulation of Eucalyptus radiata, Eucalyptus citriodora, Myrtle, Peppermint, Spruce, and Basil.

CAUTION: This blend contains several hot oils and should not be applied directly to the skin without diluting. Asthmatics may react to Eucalyptus globulus; use this blend with caution.

PRODUCT TIPS:

- Use to nip a sore throat in the bud. Apply diluted over throat and neck area.
- Consider diluting with castor oil for greater healing impact.



Proprietary symptom support blends are formulated to support and relieve discomfort and painful symptoms while the underlying concerns are being addressed.

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