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blue oils

Breathe Kit

Essential oils contain expectorant properties that can help de-congest and calm an irritated respiratory tract and support mucous drainage from your lungs. Expectorants help expel mucus out of your body and support your respiratory detoxification. In particular, eucalyptus oil possesses potent antibacterial, antiseptic, expectorant, and decongestant that can help clean and strengthen the lungs. Peppermint essential oil possesses expectorant qualities that may help support upper-respiratory congestion, caused by asthma, bronchitis, allergies, cold, or flu.

Eucalyptus radiata can be used on its own or as part of Breathe™ blend to help soothe inflammation in the lungs and calm bronchial spasms that can result in coughing fits. Since eucalyptus oil can be “hot,” meaning it can cause a hot or warming sensation when applied to the skin, including causing the skin to turn red, I recommend you dilute more aggressively with a carrier oil.

Essential Oils to Help You Breathe!

Breathe™ blend contains three different types of Eucalyptus oil, a potent antiseptic, expectorant and decongestant that can help clean and strengthen the lungs. Breathe™ also contains Peppermint™ essential oil whose expectorant qualities may help support upper respiratory congestion caused by asthma, bronchitis, allergies, cold or flu.

To use, apply 1-2 drops topically on throat and upper chest (Breathe™ contains a lot of hot oils and can turn the skin red. Therefore, we recommend diluting with castor oil, coconut oil or olive oil before topical application). Breathe™ can also be inhaled using steam inhalation (Place 2 to 3 cups boiling water + 5 drops of Breathe™ in a bowl, cover your head with a towel, close eyes and bring face close to the bowl and gently inhale the steam) or used with a hot wet towel compress to the lungs and throat areas.

Parasympathetic™: The vagus nerve connects your brain to all your lungs. Your vagus nerve tells your lungs when it is time to breathe and communicates with your diaphragm to produce deep breaths. This is a bi-directional signal, meaning that actively focusing on your breath and the movements of your diaphragm, like deep, calming diaphragm breathing, can help trigger the parasympathetic state and that inducing the parasympathetic state can help enhance deep breathing.

Slow, deep, intentional breathing not only allows us to take in oxygen and expel waste, it can also help us drop into the parasympathetic “rest and digest” state. Slow deep breathing tells the nervous system that there is no emergency that it’s safe to downshift into the parasympathetic state. To trigger the parasympathetic state, simply apply a drop of the Parasympathetic™ blend to the vagus nerve (behind the earlobe on the mastoid bone).

Circulation™: Supporting circulation can help to open your lungs and expand your capacity breathe deeply and assimilate oxygen. For example, essential oils in the Circulation™ blend can be used to help your veins contract, stimulating blood flow. Circulation™ contains high levels of Cypress essential oil, which has demonstrated protective properties that research has found to neutralize threats to the lung lining. Cypress oil calms the respiratory system, clearing congestion, eliminating phlegm and exhibiting antispasmodic and antibacterial properties that can support severe respiratory conditions like asthma and bronchitis along with respiratory infections caused by bacterial overgrowth, according to a 2004 study published in the Journal of Agricultural and Food Chemistry.

Apply 2-3 drops of Circulation™ on the sides or back of the neck, over the clavicles and lungs to help enhance breathing.

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Histamine Balance™: Histamine is a chemical substance that can be released in the lungs and cause narrowing of the bronchial tubes and difficulty breathing. While the release of histamine is a normal defense mechanism, an exaggerated histamine response can contribute to chronic inflammation of the nasal passages, sinuses and lungs contributing to breathing troubles such as wheezing, severe coughs, asthma, or hiccups. The goal is to balance, not block, the histamine response as histamine performs critical functions in body, contributing to HCL production and neurotransmitter signals.

To help reduce over-active histamine reactions and allow healthy breathing patterns, apply 1-2 drops of **Histamine Balance™** behind your ears, on the back of your neck, or on your sternum to open airways.

Adrenal™: Your adrenal glands produce hormones which affect the lungs so that extra oxygen may be absorbed.

Adrenaline from the glands causes the bronchioles of the lungs to expand for extra air flow into the lungs. Cortisone and cortisol are produced which affect the lung tissue itself. When babies are born prematurely, they are given cortisone to help their lungs develop. One sign of adrenal exhaustion happens to be frequent respiratory infections, so supporting the health of your adrenal glands can help you breathe easier.

Adrenal™ helps bolster the resilience of your adrenal glands to help support lung health. **Adrenal™** contains a proprietary formulation of Cinnamon, Galbanum, Manuka, Rosemary, and Thyme essential oils. Rosemary and Manuka in particular are known to help support respiratory disorders.

Apply 1-2 drops of **Adrenal™** on the adrenal glands (on the lower mid-back, one fist above the 12th rib on each side).

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Breathe™

— SYMPTOM SUPPORT —



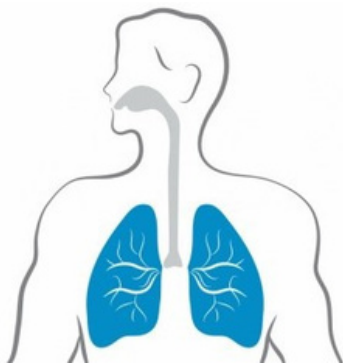
BENEFITS: Supports respiratory and cardiovascular systems. Reduces inflammation to support and relieve congestion, colds, flu, bronchitis, coughs, sore throats, sinus infections, pneumonia and asthma.

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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Parasympathetic[®]

— BRAIN BALANCE —



BENEFITS: Stimulates the parasympathetic “rest and digest” state of the nervous system in which turns on your body’s ability to heal.

INDICATIONS: Your nervous system is the fuse box for your body. If it’s not turned on, your body doesn’t get the right signals to regain focus, boost energy, drop pounds, and reduce stress! The parasympathetic mode of the nervous system TURN ON healing by activating your nervous system to:

- Flip off the body’s stress response
- Slip into the body’s preferred state of relaxation and healing
- Enhance your body’s ability to purge harmful toxins
- Eliminate digestive issues
- Boost nutrient assimilation and absorption
- Sharpen memory and focus
- Clear up paralyzing brain fog
- Calm the fires of inflammation
- Melt away anxiety and depression

Application



HOW TO USE: Apply 1 drop to the vagal nerve (behind ear lobe, on mastoid bone on the neck). You can apply behind one or both ears depending on how stressed you feel.

WHEN TO USE: To trigger the optimal digestive cascade, apply before meals.

INGREDIENTS: Vibrant Blue Oils Brain Balance Parasympathetic blend contains a proprietary blend of Clove Buds and Lime in a base of fractionated coconut oil.

PRODUCT TIPS:

- Supports health digestion, absorption, nutrient assimilation and elimination, including healthy bowel movements
- Controls pain and inflammation
- Calms anxiety, depression and brain fog



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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Circulation™

— BRAIN BALANCE —

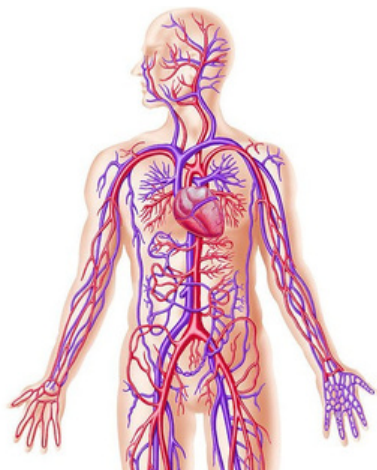


BENEFITS: Formulated to support healthy circulation to deliver oxygen and nutrient rich blood to the body and the brain, while simultaneously carrying toxins and waste to the kidney and liver to be eliminated.

INDICATIONS: Use it to support energy, brain endurance and warmth of the distal extremities, like the fingers and toes. When blood circulation to the brain becomes sluggish, it can impact your physical and mental abilities. Poor circulation can also contribute to:

- Fatigue (Lack of or Low Energy)
- Vertigo or dizziness
- Memory loss
- Frequent and unexplained headaches
- Numbness or loss of sensation or tingling in the hands or feet
- Changes in skin temperature (cold hands, feet, legs, and ears)
- Hair Loss
- Vertigo or Dizziness
- Edema or Swelling in the feet, legs and/or fingers
- Varicose Veins, Leg Ulcers and Foot Ulcers

Application



HOW TO USE: Apply 2-3 drops over temples, on the sides or back of the neck, over the left clavicle, on the wrists or ankles.

WHEN TO USE: Apply as needed when an elevated mental state, energy or warmth is needed.

INGREDIENTS: Vibrant Blue Oils Circulation blend contains a proprietary formulation of organic and/or wild crafted essential oils of Cypress, Frankincense, Myrtle, Nutmeg, Black Pepper, Ginger Root, Peppermint, and Grapefruit in a base of fractionated coconut oil.

PRODUCT TIPS:

- Apply topically on the wrists and ankles for physical warmth
- Supports brain endurance and mental stamina when applied to the base of the skull or sides of the neck



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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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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Adrenal[®]

— BODY BALANCE —



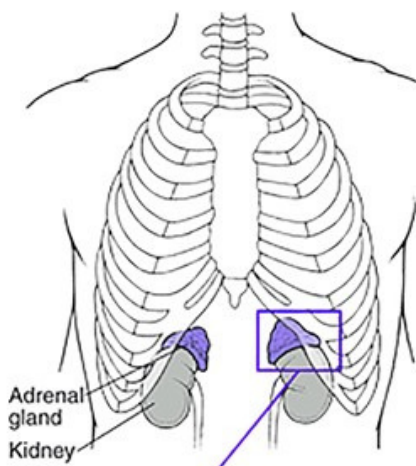
BENEFITS: The adrenal glands produce several hormones, including cortisol which is released to help the body manage stress. This stress response can throw the cortisol supply out of balance, either releasing too much (often called hyper adrenal conditions) or too little (often called adrenal fatigue). The Adrenal blend is designed to balance the extremes, calming the adrenals when too much cortisol is released and supporting them during periods of adrenal fatigue.

INDICATIONS:

Hyper Adrenal Symptoms: When we face ongoing stress, the adrenal glands produce too much cortisol, leading to symptoms including weight gain around the waist, poor sleep, fatigue, elevated blood sugar, menstrual irregularities, increased thirst, high blood pressure, and frequent infections.

Adrenal Fatigue Symptoms: As the chronic stress continues, it depletes the adrenal glands. The adrenals were designed to deal with stress in small spurts rather than in periods of days, months or years. Chronic stress overworks the adrenal gland to the point of exhaustion and eventually they become too fatigued to meet the needs of the body. Symptoms of exhausted adrenals include fatigue, sugar or salt cravings, low blood sugar, low blood pressure, skin rashes, allergies, poor sleep, depression & anxiety.

Application



HOW TO USE: Apply recommend 1- 2 drops on the adrenal glands (on the lower mid-back, one fist above the 12th rib on each side).

WHEN TO USE: To aid with energy, anxiety and stress, apply 2- 3 times daily or as needed during stressful or anxious moments.

INGREDIENTS: Vibrant Blue Oils Body Balance Adrenal blend contains a proprietary formulation of Thyme, Rosemary, Manuka, Galbanum, Frankincense and Cinnamon Bark in a base of fractionated coconut oil.

PRODUCT TIPS:

- Apply topically to the area of the adrenals 2- 3 times daily.
- Enjoy aromatically to return to balance during moments of anxiety or stress.



Proprietary body balance blends are formulated to balance key organs and systems of the body so the body can heal.

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