



vibrant  
blue oils

# Estrogen Balance™

— BODY BALANCE —



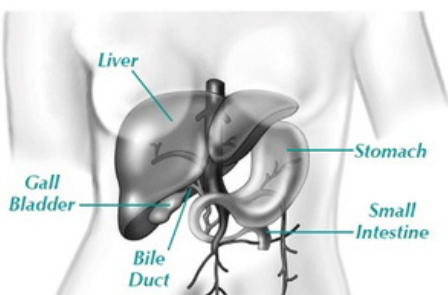
**BENEFITS:** Supports the balance of estrogen with progesterone for optimal liver function and the gentle mobilization and detoxification of excess estrogen.

**INDICATIONS:** Estrogen serves as a stimulating hormone and plays many important roles in the body, ideally as part of a delicate balance with the calming hormone Progesterone.

The term Estrogen Dominance describes a hormonal imbalance between the levels of estrogen and progesterone. Estrogen Dominance can throw off other functions in the body and contribute to weight gain, insomnia, infertility, impaired thyroid function, increased risk of cancer and autoimmune disorders.

Impaired detoxification can contribute to excess estrogen in the system. It requires a lot of effort and energy to eliminate estrogen from the body with the liver playing a key role. If the liver is fatigued or overburdened with other toxins, Estrogen can recirculate in the bloodstream. Estrogen is a long-acting hormone and will repeatedly deliver its chemical messages to the cells until it is successfully removed. If things are working properly, estrogen is also excreted in the feces. Some estrogen is packaged into bile, where it is excreted into the small intestines during digestion. There, the estrogen is eliminated as part of solid waste. If there is constipation or slow transit time, the estrogen can be reabsorbed by the body and sent into recirculation.

## Application



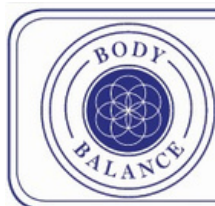
**HOW TO USE:** Apply 2 – 3 drops over liver with a castor oil pack 3 times weekly. You can also apply to the liver (right side of the body under ribcage) or on liver reflex points on the bottom of the right foot (beneath the ball of your foot from pinky to third toe).

**WHEN TO USE:** Ideal application is before bed as the liver works hardest between 1 a.m. – 3 a.m.

**INGREDIENTS:** Vibrant Blue Oils Body Balance Estrogen Balance blend contains a proprietary formulation of Orange, Rosemary, Celery Seed, German Chamomile, and Lemon in a base of fractionated coconut oil.

### PRODUCT TIPS:

- To Support optimal detoxification, use in conjunction with a dietary binder like chia seeds or psyllium.
- Works well in combination with Adrenal blend or any stress reduction measures.



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

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