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# Fertility Support Kit

Hormonal imbalances can trigger monthly pain and bloating, impede our sleep and wreck havoc on our energy, moods and fertility. When looking to balance our hormones, the key players are Estrogen and Progesterone.

As you may know, 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.

## *What is Estrogen Dominance?*

The term Estrogen Dominance describes a hormonal imbalance between the levels of estrogen and progesterone. Estrogen Dominance is a key contributor to infertility and can throw off other functions in the body, including:

- Salt and fluid retention
- Impaired thyroid function
- Weight Gain or Sluggish metabolism
- Poor sleep/insomnia
- Increased risk of breast, uterine and ovarian cancer
- Allergies/Food Intolerances and Gut Permeability
- Insulin resistance
- Autoimmune disorders and acceleration of the aging process

## *What Causes Estrogen Dominance?*

Estrogen dominance can result from a deficiency in progesterone which is common in anyone who suffers from prolonged stress. This is because progesterone and the stress hormone cortisol share the same precursor ingredient, pregnenolone. The body prioritizes the stress response necessarily for survival over all other bodily functions and will literally steal the pregnenolone that was earmarked to make progesterone to make the cortisol necessary for survival, depleting the progesterone reserves and tipping the hormonal balance in favor of estrogen dominance. It is important to address ongoing stress in the effort to support estrogen dominance.

Impaired detoxification can also 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 re-moved. If things are working properly, estrogen is also excreted in the feces. Some estrogen is packed 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 re-absorbed by the body and sent into recirculation.

## *Essential Oils to Support Fertility*

Vibrant Blue Oils Fertility Support Kit™ contains five powerful oils – Parasympathetic™, Adrenal™, Hypothalamus™, Gallbladder™ and Liver™ – that when used in combination with healthy lifestyle changes, help support the gentle detoxification of old hormone and the ideal balance of the estrogen levels and the endocrine system to support optimal fertility.

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Adrenal<sup>®</sup>

— BODY BALANCE —



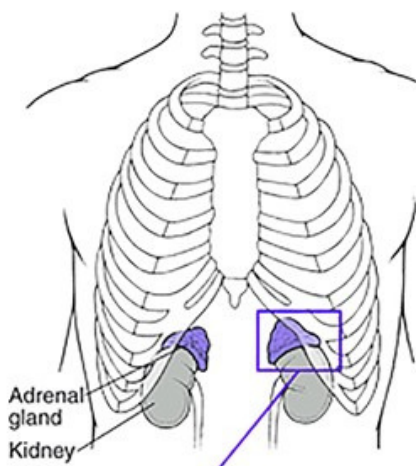
**BENEFITS:** The adrenal glands produce several hormones, including cortisol which is released to help the body manage stress. This stress response can throw the cortisol supply out of balance, either releasing too much (often called hyper adrenal conditions) or too little (often called adrenal fatigue). 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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# Gallbladder Support™

— BODY BALANCE —



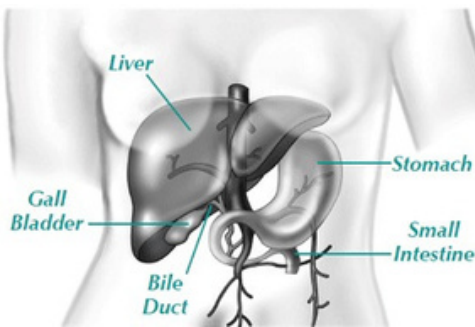
**BENEFITS:** The gallbladder is a small, pear-shaped organ that stores and concentrates bile, a fluid made in the liver that helps the body break down fat and carry toxins (including old hormones) out of the body.

When the bile thickens, it disrupts the flow and elimination of toxins from the body. Thickened bile results from a low fat diet, too much toxicity, estrogen dominance, or chronic stress. Gallbladder is designed to improve the viscosity of the bile and the health of the gallbladder, allowing better fat digestion and elimination of toxins and old hormones.

**INDICATIONS:** When there is not enough bile or bile is too viscous it prevents us from properly digesting fats and presents symptoms like:

- Motion Sickness
- Mild Headache above the eyes
- Pain between the shoulder blades
- Pain – mid to right upper abdomen
- Floating stools, diarrhea, greenish stools = signs of poor fat digestion
- Hormone imbalances including PMS and menopause symptoms
- Chronically dry skin and hair, a sign of poor fat digestion
- Gas, heartburn, and/or nausea after eating

## Application



**HOW TO USE:** Apply 2- 3 drops underneath the ribs at the Gallbladder (right side, underneath the ribs. If you lean forward, it is easier to apply under the ribs).

**WHEN TO USE:** Apply 2- 3 times daily or as needed to soothe mild headaches above the eyes.

**INGREDIENTS:** Vibrant Blue Oils Body Balance Gallbladder Support blend contains a proprietary blend of Palmarosa, Chamomile, and Black Cumin in a base of fractionated coconut oil.

### PRODUCT TIPS:

- Apply topically to Gallbladder (right side below ribs) before meals to improve fat digestion
- Apply topically to forehead to relieve headaches
- Enjoy aromatically or apply topically to Gallbladder relieve motion sickness or nausea



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# Hypothalamus™

— BRAIN BALANCE —



**BENEFITS:** Designed to regulate hunger and balance the hypothalamus, the control center for all hormones, controlling the endocrine system, digestive system and nervous systems. When the hypothalamus functions optimally, the cascade of hormones falls into balance.

**INDICATIONS:** The hypothalamus, a pearl size region of the brain located just above the brainstem, controls all hormonal messages for the endocrine, stress and digestive systems. It both sends and receives signals to the body. This means it needs to be functioning optimally for the appropriate signals to both be sent and received.

When the hypothalamus is out of balance, it can negatively impact:

- Adrenal Function
- Thyroid Function
- Hunger impulses
- The ability to handle stress
- All endocrine Function (including the sexual organs)

## Application



**HOW TO USE:** Apply 1 drop to the forehead right above the third eye (right above the nose between eyebrows and hairline).

**WHEN TO USE:** Apply up to 6 times daily to aid with digestive or hormonal issues.

**INGREDIENTS:** Vibrant Blue Oils Brain Balance Hypothalamus blend contains a proprietary blend of Mandarin, Patchouli, Frankincense, Spruce, Bay Rum, Sandalwood, and Pine in a base of fractionated coconut oil.

### PRODUCT TIPS:

- Supports balance in the face of long-term stress, adrenal stress, thyroid, hormonal or endocrine challenges
- Controls the hunger impulses
- Helps connect left and right sides of brain, igniting creativity and waking up intuition to see through the heart center and inspiring feelings of safety



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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# Liver™

— BODY BALANCE —

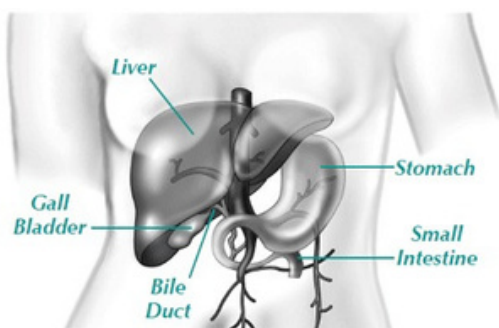


**BENEFITS:** Designed to strengthen, balance and energize the liver to perform its numerous functions with optimal vitality. The liver processes everything we eat or drink and filters and detoxifies any harmful substances from the blood. It also plays a critical role in fat digestion and managing our energy by storing and releasing blood sugar. Without healthy liver function, sugar cravings, and other health concerns are almost guaranteed.

**INDICATIONS:** If too many toxins accumulate in the liver, function is compromised. The liver only produces obvious symptoms after extensive damage but some early indicators of liver stress include:

- Exposure to environmental toxins
- Poor Diet including processed food, sugar and artificial sweeteners
- Infections such as hepatitis A, B, C, D, E,
- Excess drug/alcohol consumption (including aspirin/prescription drugs)
- Fatty liver, Edema, or swelling of the body due of decreased protein production by the liver
- Increased bruising, cirrhosis or varicose veins
- Chronic fatigue or Fibromyalgia.
- Metabolic syndrome -- Excess body weight, Insulin Resistance/Type 2 diabetes, high levels of triglycerides (fats) in the blood

## Application



**HOW TO USE:** Apply 2-3 drops over the liver (right side of the body under ribcage). Can also be applied before sleep or during the night (for night waking).

**WHEN TO USE:** Apply 2-3 times daily, ideally first thing in the morning and before bed.

**INGREDIENTS:** Vibrant Blue Oils Body Balance Liver blend contains a proprietary blend of Lavender, Peppermint, Ylang Ylang Extra, German Chamomile, Balsam of Peru, and Caraway in a base of fractionated coconut oil.

### PRODUCT TIPS:

- Support Blood Sugar and cravings
- Reduce hangover symptoms
- Minimize night waking between 3 a.m. – 4 a.m.



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# Parasympathetic<sup>®</sup>

— 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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