



The father of modern medicine, Hippocrates, believed that all disease began in the gut. There is much modern evidence to support that **most diseases have chronic inflammation as their root cause.**

Inflammation begins in the gut and spreads elsewhere through the body. Therefore, if you can heal inflammation at its root – in the gut – you can heal it elsewhere in the body. The issues below all stem from systemic inflammation, often beginning with gut inflammation:

- Digestive issues such as gas, bloating, diarrhea or irritable bowel syndrome (IBS).
- Seasonal allergies, sinus infections or asthma.
- Hormonal imbalances such as PMS or PCOS.
- Diagnosis of an autoimmune disease such as rheumatoid arthritis, Hashimoto's thyroiditis, lupus, psoriasis, or celiac disease.
- Diagnosis of chronic fatigue or fibromyalgia.
- Mood and mind issues such as depression, anxiety, ADD or ADHD.
- Skin issues such as acne, rosacea, or eczema.
- Achy joints, headaches, arthritis
- Diagnosis of candida overgrowth or strong cravings for sugar or carbohydrates
- Food allergies or food intolerances.

How does inflammation in the gut lead to inflammation elsewhere in the body?

The cells lining the gut (small intestine) are connected by semi-permeable tight junctions that serve as important gatekeepers. They block pathogens, like undigested food, bacteria, fungus, yeast, parasites and other toxins from entering the body, while selectively allowing vital nutrients the body needs to be absorbed and assimilated.

When the gut is inflamed, these tight junctions are compromised, leading to increased intestinal per-meability which allows pathogens and undigested food to leak, into the body (Leaky Gut). This triggers an immune response where these toxins and undigested foods are tagged as "foreign invaders" and attacked by the body's immune system, often leading to food allergies/intolerances. It also prevents vital nutrients from being properly digested, absorbed and assimilated.

This chronic inflammation and immune response cycle left unchecked over time can lead to autoimmune issues. Often, when inflammation becomes chronic, there are often no discernible symptoms until there is a loss of function.

What triggers gut inflammation?

The consumption of inflammatory foods, including too much sugar, alcohol or foods they are sensitive to, or eating under stress, infections like candida, parasites, and small intestine bacterial overgrowth (SIBO), toxins, chronic stress, dehydration, antibiotics or medications like aspirin or steroids.



5 Steps to Heal Gut Inflammation

Healing the gut requires a combination of dietary changes, along with select supplements and essential oils. As we are all bio-individual, we encourage you to work directly with a healthcare practitioner to customize the 5 steps below to your specific needs.

- 1. Support Optimal Digestion:** Impaired digestion can contribute to inflammation. One of the most important elements of healing the gut is to eat in the optimal rest and digest Parasympathetic state. You can do this by really taking time to sit down, relax, and breathe before eating. We also recommend applying a drop of Vibrant Blue **Parasympathetic** oil to the vagal nerve (behind the earlobe on the mastoid bone) before meals to trigger optimal digestion. You might also consider **Pancreas** Oil to support digestive Enzymes and Vibrant Blue **Detox Support Kit** to support optimal detoxification.
- 2. Reduce Inflammation:** In order for the gut to heal, you need to remove the source of damage. This could include inflammatory foods, medications, alcohol and intestinal infections. Consider a strict elimination diets that remove all grains, sugar, dairy, corn, soy (and in some cases nuts, eggs and night- shades). You can also help to reduce inflammation through topical application of Vibrant Blue **Anti- Inflammatory** oil rubbed clockwise around the belly button 2 – 3 x daily.
- 3. Repair Intestinal Mucosal Lining:** Healthy gut flora and mucosal lining are critical for absorbing nutrients from food neutralizing toxic substances. To repair both, it is important to add in nutrient dense whole foods, supplements and essential oils to support digestive weaknesses, including **Intestinal Mu- cosa** Oil rubbed clockwise around the belly button 2 – 3 x daily. to help restore the balance of healthy intestinal flora.
- 4. Stress Modifications:** The body's response to stress throws other systems, including the digestive and immune system, out of balance and can seriously undermine efforts to heal the gut. Our adrenal glands help determine and regulate the body's stress response by secreting key hormones, like cortisol and adrenaline (epinephrine). The health and resilience of these key stress response organs (along with the hypothalamus) determine our tolerance to stress. So you want to keep your adrenals in tip top shape for all other healing to occur. To do so, consider minimizing stresses in your life and support your stress organs with Vibrant Blue **Stress Support Kit** (including **Adrenal**). **The adrenals also play a key role in Blood Sugar Regulation. You might consider supporting those organs with Vibrant Blue Blood Sugar Support Kit.**
- 5. Sleep:** Adequate, restful sleep is critical for maintenance and repair of the mind and body, including our ability to think, to handle stress, to maintain a healthy immune system and moderate our emotions. This means not only the ability to fall asleep, but also to stay asleep and achieve a restful REM state. For help falling asleep, you might consider Vibrant Blue Oils Pineal Rhythm blend, which triggers the pineal gland to release melatonin or Sleep blend for general relaxation. For night waking, consider the Vibrant Blue **Blood Sugar Support Kit** or Vibrant Blue **Detox Support Kit.**

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Anti-Inflammatory™

— BRAIN BALANCE —



BENEFITS: Designed to reduce inflammation and encourage regeneration of damaged or stressed connective tissues that have been chronically inflamed or acutely inflamed, including the small intestine for leaky gut, joints for pain, head for migraines or the bottom of the feet for acne.

INDICATIONS: Inflammation can protect the body from injuries and infections. This acute response allows blood vessels to expand, increasing the permeability and blood flow so immune supporting white blood cells can more easily flow into the injured area. The increased blood supply results in redness, swelling and heat. Pain and immobility also protect the area and facilitate healing.

Chronic low-grade and systemic inflammation can exist undetected for years without noticeable symptoms, silently damaging the tissues of joints, arteries, organs, and the brain. Inflammatory conditions include:

- Leaky Gut/Food Allergies = Inflammation of the Small Intestine
- Dementia = Inflammation of the Brain (Neuro Inflammation)
- Asthma attack = Inflammation of small tubes transporting air to lungs
- High blood pressure /kidney failure = Inflammation of Kidneys
- Cramps and diarrhea = Inflammation of Large Intestine (Colitis)

Application



HOW TO USE: Apply 2-3 drops to inflamed area — around the joint (top, bottom and sides), clockwise around the belly button, at base of skull or on vagal nerve (behind ear).

WHEN TO USE: To aid with pain, inflammation, leaky gut and migraines, apply 2- 3 times daily or as needed during painful moments

INGREDIENTS: Vibrant Blue Oils Brain Balance Anti-Inflammatory blend contains a proprietary formulation of Frankincense, Dill Seed, Ginger Root, Ylang Ylang, Tarragon, and Grapefruit 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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Intestinal Mucosa™

— BODY BALANCE —



BENEFITS: Designed to gently permeate topically through the skin to regenerate and heal the mucosal lining of the small intestine to increase optimal nutrient absorption and support the healing of food intolerances and Leaky Gut conditions.

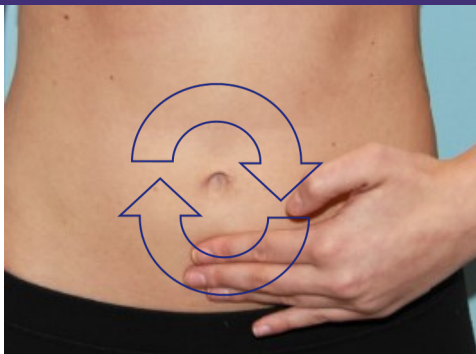
INDICATIONS: The Ideal for food intolerances, leaky gut, chronic pain and fatigue, auto-immune conditions or any kind of chronic intestinal issues.

The small intestine, and the intestinal mucosa that keep it healthy, play a critical role in digestion and immune function. It is through the small intestine, not the stomach, that the food we consume is absorbed and assimilated into the body. The small intestine also serves as a barrier and a gatekeeper for our immune system, keeping undesirable organisms, like undigested food particles and pathogens (bacteria, fungus, yeast, toxins and parasites) from passing through the intestinal lining into the body.

The intestinal mucosa protects the cells and nourishes “good” bacterial flora which in turn feeds the lining of the small intestine keeping it robust, healthy and able to support the final steps of digestion, allowing only appropriately digested food particles to be absorbed.

Healing the small intestine is a critical component of all elimination diets and efforts to reduce systemic inflammation, including digestive dysfunction, chronic pain and fatigue and auto-immune conditions.

Application



HOW TO USE: Apply 2- 3 drops in a clockwise circle around the belly button. Use in combination with Anti-Inflammatory Oil to both anti-inflate and heal gut lining.

WHEN TO USE: If possible, apply 3 times daily, 10 minutes prior to meals or 2 times daily (upon rising and before going to sleep).

INGREDIENTS: Vibrant Blue Oils Body Balance Intestinal Mucosa blend contains a proprietary blend of Cypress, Tarragon, Nagarmotha, Marjoram, Cardamom, Elemi, and Wintergreen in a base of fractionated coconut oil.

PRODUCT TIPS:

- Supports small intestine healing in combination with elimination diets.
- Effective with food intolerances, leaky gut, chronic pain and fatigue, auto-immune conditions or any kind of chronic intestinal issues.



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

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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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