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# Practitioner Kit

Thank you for your order of the Practitioner Kit, which includes the following blends:

- Adrenal
- Anti-Inflammatory
- Circadian Rhythm
- Gall Bladder
- Heart
- Histamine Balance
- Hypothalamus
- Intestinal Mucosa
- Liver
- Nerve Repair
- Pancreas
- Parasympathetic

These blends can be used in combination to support:

- Sleep
- Stress Detoxification
- Gut Healing
- Inflammation
- Blood Sugar Balance
- Pain

Please feel free to contact us at [info@vibrantblueoils.com](mailto:info@vibrantblueoils.com) with any additional questions or concerns.

In Vibrant Health,

Jodi Cohen

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# Inflammation Support

## 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 nu- trients 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, includ-ing our ability to think, to handle stress, to maintain a healthy immune system and moderate our emo- tions. 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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# Stress Support

Stress is any reaction to a physical, emotional, psychological or environmental stimulus that triggers the release of adrenal hormones. Since our bodies prioritize a stress response over all other bodily systems, including the digestive and immune system, a chronic or prolonged stress response can throw all other systems out of balance and lead to degeneration and disease. Simply put, a body in stress cannot heal. Supporting the organs of stress is the highest priority for any healing protocol.

## What does stress do to the body?

Stress triggers a domino effect in the body to go on high alert “fight or flight” and free up all available energy and resources to escape the perceived threat. The organs involved in this stress response include the hypothalamus, adrenal glands and parts of the brain that control the circadian rhythms, including the pineal gland and the hippocampus. The constant stress can exhaust these systems and cause further damage to overall health.

**How to Support Stress:** Consider minimizing stresses in your life and support your stress organs with Vibrant Blue **Stress Support Kit** (including **Adrenal, Hypothalamus and Circadian Rhythm**).

**Adrenals:** The small, triangular-shaped adrenal glands situated on top of the kidneys, regulate the body’s stress response by secreting key hormones, like cortisol and adrenaline (epinephrine) that regulate energy production and storage, control blood sugar, immune function, heart rate, muscle tone, and other processes that enable you to rapidly respond to stress. The health and resilience of the adrenals (along with the hypothalamus and hippocampus) help to determine our tolerance to stress. To keep your adrenals in tip top shape for all other healing to occur, consider **Adrenal**.

**Hypothalamus:** This pearl size region of the brain located just above the brainstem serves as control center for neural and hormonal messages received from/sent to body. The hypothalamus brings together the **nervous system** (electrical signals to communicate to nervous system) and the **endocrine systems** (hormonal signals) to oversee the body’s homeostasis (internal balance). The ability of the hypothalamus to receive clear messages from the body is critical. All outgoing endocrine and neural signals are based on the clarity of these incoming signals. To optimize the vitality of the hypothalamus, consider Vibrant Blue **Hypothalamus** blend.

**Circadian Rhythm:** Our sleep/wake cycle, known as our circadian rhythm, requires the release of melatonin, a hormone crucial to sleep. Melatonin has an antagonist relationship to the stress hormone cortisol and the two hormones in conjunction help regulate our circadian rhythms. This means that when cortisol is high, melatonin is low. Chronic and prolonged stress triggers the adrenal glands to release cortisol and throws off the body’s natural cortisol/melatonin rhythm. Cortisol should be high in the mornings when you wake up and gradually taper off throughout the day so you feel tired at bedtime and can fall asleep. High levels of cortisol at night, drive down melatonin and make it difficult to fall asleep. To put the circadian rhythm back in balance, you might consider Vibrant Blue Oils **Circadian Rhythm** blend, which triggers the natural release of melatonin.

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# Detox Support

Detoxification is the body's natural process to rest, repair and heal. It is how the body cleans house and clears out potential illnesses and disease. This process should occur on a daily basis, but with the toxic overload of modern life, sometimes the organs of detoxification can get overwhelmed and toxins, i.e. any substance that creates irritating and/or harmful effects in the body, can get reabsorbed or stored in fat cells. Toxins can limit the ability of cells to function.

Detoxification efforts help free the vital cellular and organ activities to function productively and efficiently. There are several popular cleanses and detoxification diets that give the digestive system a break, helping to mobilize toxins. **It is important that the toxins are not only mobilized, but leave the body so they are not recycled and reabsorbed into the body.**

## Essential Oils for Optimal Detoxification Support

The detoxification process mobilizes then flushes toxins out of the body. This requires optimal function of the following organs and systems to ensure that toxins leave the body and are not reabsorbed:

- 1. Parasympathetic State:** Detoxification is a parasympathetic event. You need to rest and digest in order to detoxify. You can't heal under stress. In addition to reducing external sources of stress during a detox, you can apply the Vibrant Blue Brain Balance Parasympathetic blend to the vagal nerve (behind the earlobe on the mastoid bone) before meals stimulates the parasympathetic nervous system "rest and digest" state to promote optimal digestion, absorption and assimilation of the nutrients necessary to help the body heal and put it in optimal balance.
- 2. Liver Support:** The Liver plays a huge role in the detoxification effort, filtering toxins from blood and neutralizing the toxins in preparation for elimination. Vibrant Blue Oils Body Balance **Liver** helps support optimal health and vitality of the liver. This is a great blend to support any kind of digestive repair effort that would release extra toxins (like yeast die off), a detox cleanse or for anyone who demonstrates liver stress symptoms like sensitivity to smells (smoke, perfume, etc) and or chemicals or those who are easily intoxicated or hung over.
- 3. Gall Bladder Support:** The Gall Bladder concentrates the bile to help break down fat and carry toxins out of the body. If the bile becomes too thick, it doesn't flow as well and toxins don't move out of the system as efficiently. Vibrant Blue Oils Body Balance **Gall Bladder** supports the flow of bile and with it toxins out of the body. Some indicators that Gall Bladder Flow might be a helpful blend for you would be motion sickness, floating stools, avoiding fatty food like meat or if you do eating fatty food, needing to use the restroom shortly after, pain between shoulder blades, subtle headache above eyes.



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Blood sugar (or glucose levels in the blood) is the primary source of energy for the body's cells. Carbohydrates in the food we eat are digested and absorbed as glucose, then transported through the bloodstream, supplying energy to every cell in the body. The body is continually monitoring the levels of glucose (blood sugar) in the blood to ensure that it doesn't spike too high or dip too low. The goal is to maintaining a condition of internal stability necessary for optimal function.

Keeping blood sugar in balance is important for:

- Energy levels, including optimal sleep
- Brain health, including moods and mental focus.
- Hormonal balance
- Weight loss
- Optimal health, including the optimal function of every organ

Diet is a primary tool for controlling blood sugar, ideally limiting the intake of foods that spike blood sugar, like sugar and carbohydrates. Increasing the intake of healthy fats, and supporting the body's ability to digest and assimilate fats, can also help curb hunger cravings and sustain blood sugar levels for longer periods of time.

Essential Oils that Support the Organs of Blood Sugar Regulation – **Pancreas, Liver, Adrenals** - can also help to bring the body into optimal balance:

**Pancreas:** The digestive system breaks down the carbohydrates from food into glucose which goes straight into the bloodstream, causing blood sugar concentrations to rise. The **pancreas** releases insulin to transport the glucose into the cells. As more and more cells receive glucose, blood sugar levels come down to normal again. Excess glucose is stored as glycogen (stored glucose) in the **liver** and muscles. If you have not eaten for a while and blood glucose concentrations drop, the **pancreas** releases another hormone called glucagon. Glucagon triggers the breakdown of glycogen into glucose, thus pushing blood glucose levels back up to normal.

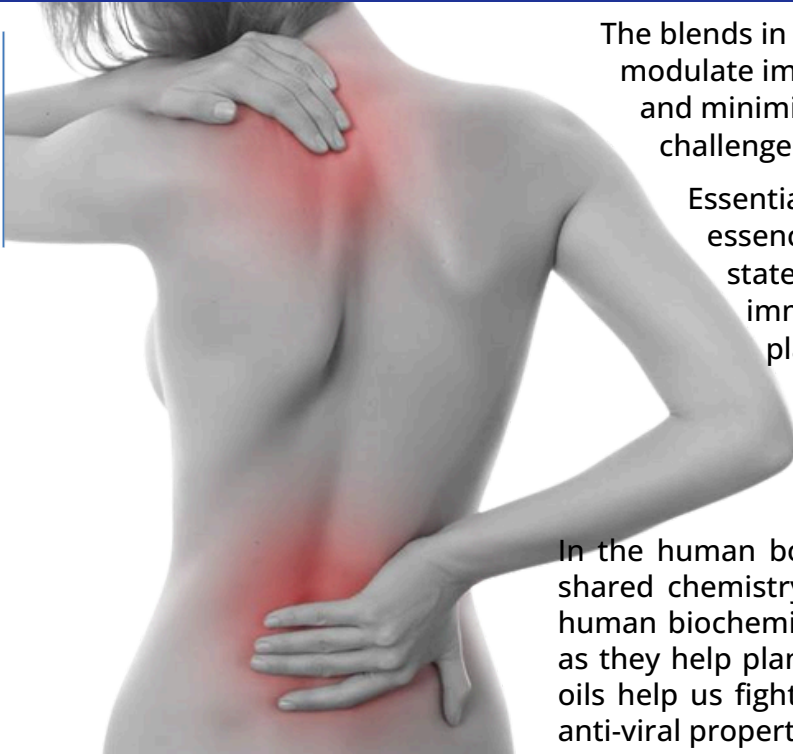
**Liver:** The liver acts as the body's glucose (energy) reservoir and helps to maintain steady and constant blood sugar levels by balancing the uptake, storage and release of glucose depending on the body's need for energy. More specifically, excess glucose is removed from the blood, and converted into glycogen (the storage form of glucose) which is stored in the liver. When blood sugar levels drop, the liver initiates a process called glycogenolysis where glycogen is converted back into glucose, and gradually released into the bloodstream until levels approach normal range. If the body's glycogen stores dwindle, the liver helps to produce glucose through a process known as gluconeogenesis or by converting other sugars into glucose. Finally, the liver produces ketones from fats when glucose is in short supply.

**Adrenal Glands:** A blood sugar imbalances can exhaust the adrenals. For example, eating a sugary meal will spike then quickly crash blood sugar, requiring the adrenals to release cortisol to stabilize blood sugar. Similarly, stress hormones such as adrenaline (epinephrine) can increase blood sugar levels to meet your body's demands for energy. Every stress response is a blood sugar response and fatigued adrenal glands can drop cortisol, and blood sugar, levels.



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## Pain and Immune Support



The blends in the Pain and Immune Support Kit can help to modulate immune reactions reduce systemic inflammation and minimize pain often associated with auto immune challenges, Lyme disease and chemotherapy treatments.

Essential oils are the natural, highly concentrated essences extracted from specific plants in their living state. They play a key role in supporting the immune system of the plants, helping to protect plants from bacterial and viral infections, heal injuries, prevent environmental damage and deliver nutrients into the cells. This is why they are “essential” for a plant -- without them, plants could not survive.

In the human body, they can play a similar role because our shared chemistry makes essential oils highly compatible with human biochemistry and helps us heal in much the same way as they help plants to heal. Research has shown that essential oils help us fight infection (with anti-bacterial, anti-fungal and anti-viral properties) and aid in regeneration.

These anti-bacterial and anti-microbial properties make topically applied essential oils ideal for help support auto immune, cancer, Lyme and other challenging health situations.

**Support Parasympathetic “Rest and Digest” State** - Your body needs to be in the parasympathetic nervous system “rest and digest” state to heal. Battling a chronic health challenge can be stressful for the body and keep us in the perpetual “fight or flight” sympathetic state. Applying the Vibrant Blue Parasympathetic blend to the vagal nerve (behind the earlobe on the mastoid bone) helps the body drop into the parasympathetic “rest and digest” state. The Parasympathetic blend contains Clove Oil which is one of the strongest and most potent antimicrobial, antiseptic, antiviral and anti-fungal oils.

**Strengthen the Immune System** - Chronic health challenges can exhaust and weaken your immune system. Topically applied essential oils can greatly boost the immune system, giving the body the energy to help modulate immune and inflammatory responses. Vibrant Blue Oils offers several blends to support the immune system. The one that continually earns rave reviews in our Immune Support blend that includes several oils with antimicrobial, anti-viral and anti-bacterial properties such as Frankincense, Clove, Cinnamon, Lemon, Eucalyptus, Thyme, Oregano and Rosemary. Frankincense, in particular, reduces inflammation and helps modulate the immune response. Thyme and Oregano are antibacterial and Cinnamon is a powerful antimicrobial oil.

**Manage Pain** - Chronic health challenges can be extremely painful. Headaches. Joint Pain. Muscle Pain. Nerve Pain. Essential oils can be powerful tools with pain management. Vibrant Blue Oils Nerve Repair blend can help to mitigate and manage pain and are easily applied directly into the skin, muscles, tendons and joints. Vibrant Blue Oils Symptom Support Nerve Repair includes Basil, Peppermint - a great anti-spasmodic that calms inflammation and swelling -- Helichrysum italicum and Marjoram, a powerful antibacterial.



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# Adrenal<sup>®</sup>

— BODY BALANCE —



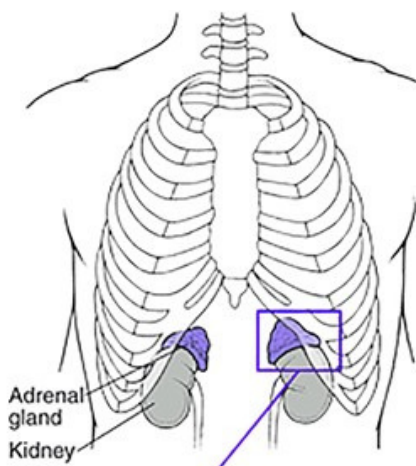
**BENEFITS:** The adrenal glands produce several hormones, including cortisol which is released to help the body manage stress. This stress response can throw the cortisol supply out of balance, either releasing too much (often called hyper adrenal conditions) or too little (often called adrenal fatigue). 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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# 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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# vibrant blue oils Circadian Rhythm<sup>®</sup>

— BRAIN BALANCE —



**BENEFITS:** Supports healthy Pineal Gland function, promoting healthy circadian rhythms and optimal endocrine health.

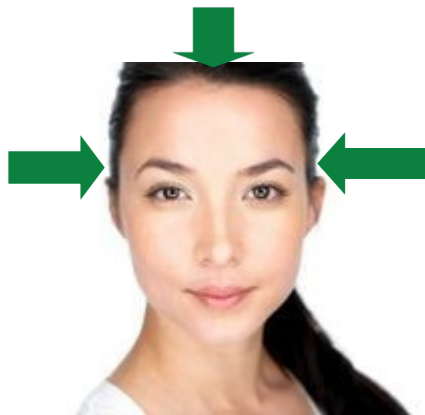
**INDICATIONS:** The Pineal Gland is a small endocrine gland located near the center of the brain involved in several functions of the body including:

- Production and secretion of the sleep hormone Melatonin
- Modulation of the circadian rhythms (sleep-wake cycles) and seasonal functions.
- Regulation of Endocrine Functions and hormonal signals.

Optimal Pineal Gland function helps balance the adrenal output of the stress hormone cortisol which has an antagonistic relationship to the sleep hormone melatonin. Cortisol levels should be highest in the morning and then wane as the day wears on. Elevated cortisol levels at night – when people are wired, tired and unable to fall asleep – throws off the body's circadian rhythm and actually turns off melatonin production.

If you trigger the pineal gland to naturally release melatonin, it forces the stress hormone cortisol down and serves as a back door to balancing the stress response and endocrine health.

## Application



**HOW TO USE:** Apply 2-3 drops to three different points on the head:

1. Top of the ears on skull
2. Apex of the skull (top of the head)
3. Very back of the head (in middle)

**WHEN TO USE:** To trigger natural release of melatonin before bed.

**INGREDIENTS:** Vibrant Blue Oils Brain Balance Circadian Rhythm blend contains a proprietary blend of Rose Geranium, Grapefruit, Melaleuca, Myrtle, Lavender, Balsam of Peru, and Myrrh in a base of fractionated coconut oil.

### PRODUCT TIPS:

- Supports natural and restful sleep.
- Can encourage vivid dreams and enhance intuition
- Helps decalcify the pineal gland.



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# Gallbladder Support™

— BODY BALANCE —



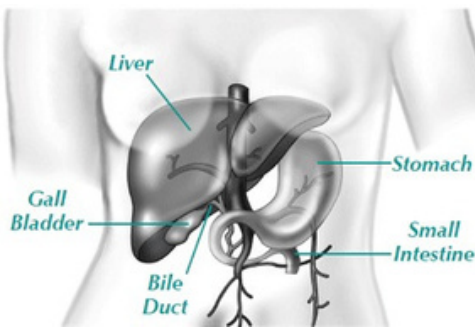
**BENEFITS:** The gallbladder is a small, pear-shaped organ that stores and concentrates bile, a fluid made in the liver that helps the body break down fat and carry toxins (including old hormones) out of the body.

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



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

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Heart™

— BODY BALANCE —

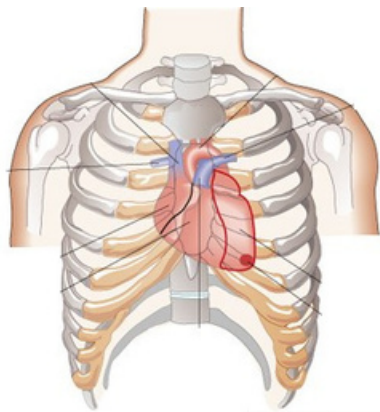


**BENEFITS:** Balances the heart to support, integrate and reset all the systems of the body, including mental clarity, physical health and emotional balance. Supports feelings of openheartedness, expansiveness, receptivity while mitigating loneliness, sadness and grief.

**INDICATIONS:** The heart integrates and balances the physical, emotional, and mental body, providing blood to every cell and every organ. It also serves as a complex information processing center, influencing brain function, the nervous system, hormonal system and most of the body's major organs.

When any part of the body isn't functioning at an optimal level, the heart has to work harder. For example, when the body is in a state of stress, it needs more oxygen which increases the heart rate. The heart is our body's reset button, but a state of constant stress can fatigue the heart and compromise our ability to reset, leading to inflammation, infections, toxicity and heart disease. By returning the heart to balance, we support the cardiovascular and circulatory system, regenerate the structure of the heart and helping to reset the homeostatic mechanism for the entire body.

## Application



**HOW TO USE:** Apply 2-3 drops over the heart (left side of chest).

**WHEN TO USE:** During times of intense stress and fatigue, use as often as is needed (every 20 -30 minutes).

During times of normal stress, use 2-3 times daily to calm and uplift the heart and the body.

**INGREDIENTS:** Vibrant Blue Oils Body Balance Heart blend contains a proprietary blend of Neroli, Spruce, Chamomile, Blue Tansy, and Jasmine in a base of fractionated coconut oil.

### PRODUCT TIPS:

- Very uplifting, comforting, gives courage and peace
- May also assist in lowering blood pressure, reducing stress and alleviating hemorrhoids.



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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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# 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



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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.

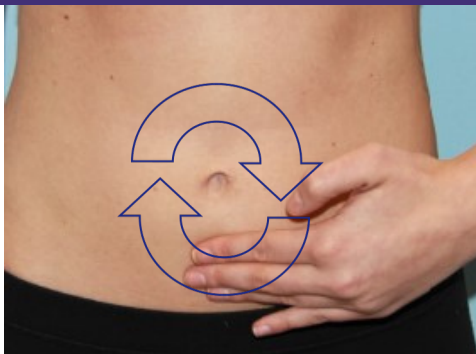
**INDICATIONS:** The Ideal for food intolerances, leaky gut, chronic pain and fatigue, auto-immune conditions or any kind of chronic intestinal issues.

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.



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# Liver™

— BODY BALANCE —

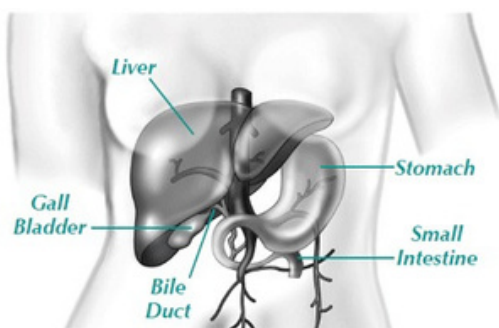


**BENEFITS:** Designed to strengthen, balance and energize the liver to perform its numerous functions with optimal vitality. The liver processes everything we eat or drink and filters and detoxifies any harmful substances from the blood. It also plays a critical role in fat digestion and managing our 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.



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

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# Nerve Repair™

— SYMPTOM SUPPORT —



**BENEFITS:** Repairs damaged nerves, relieves pain, fights infection, stimulates circulation, ease inflammation, swelling, helps regenerate new cells.

**INDICATIONS:** Formulated from oils known to assist in repairing damaged nerves, stimulating circulation, and reducing inflammation, swelling, and cramps. Nerve Repair works on the parasympathetic nerves. It is a great pain reliever and helps in healing and repairing connective tissue that has been damaged. It is restorative, a stimulant for nerves, and assists in the regeneration and repair of new cells.

## Application



**HOW TO USE:** Apply 2 -3 drops on area where the nerves have been damaged. For an earache, apply a couple of drops to cotton and place in the ear.

**WHEN TO USE:** To aid with any pain or nerve damage, apply 2- 3 times daily or as needed.

**INGREDIENTS:** Vibrant Blue Oils Symptom Support Nerve Repair blend contains a proprietary formulation of Basil, Helichrysum italicum, Peppermint, and Marjoram in a base of fractionated coconut oil.

### PRODUCT TIPS:

- Useful for managing pain and healing from injuries
- Helps with ear pain on flights



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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Pancreas™  
— BODY BALANCE —



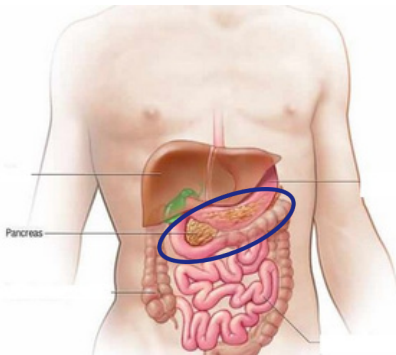
**BENEFITS:** Balances the pancreas against overload and fatigue to support optimal function.

**INDICATIONS:** Located deep in the abdomen between the stomach and the spine, the pancreas performs important digestive and hormonal functions. It secretes digestive enzymes that help break down and digest proteins, fats and carbohydrates in the small intestines as well as the hormones insulin and glucagon which work together to regulate the proper level of sugar (glucose) in the blood to be used by the body for energy.

Due to the widespread consumption of refined carbohydrates and lack of enzyme-rich raw foods, pancreatic overload is rampant. Stress and the consumption of excess sugars or carbohydrates can force the pancreas to constantly release insulin, leading to:

- Fatigue or Energy Dips during the day
- Weight Gain
- Sugar and Caffeine cravings
- Digestive distress from low digestive enzyme levels
- Hormone Imbalances
- Poor Sleep Quality
- Brain Fog

## Application



**HOW TO USE:** Apply 2- 3 drops to the pancreas (left side of the body two-thirds of the way up from the belly button towards the ribs).

**WHEN TO USE:** To aid with blood sugar balance and digestion, apply before meals. To aid with blood sugar related night waking, put a few drops on a cotton ball placed inside or near the pillow case.

**INGREDIENTS:** Vibrant Blue Oils Body Balance Pancreas blend contains a proprietary blend of Cucumber Seed, Rose Geranium, Anise Seed, Geranium, and Rose Otto in a base of fractionated coconut oil.

### PRODUCT TIPS:

- Supports optimal digestion and blood sugar balance.
- Helps support blood sugar related night waking.



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<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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