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# Thrive Kit

In order to thrive, your body needs energy, optimal brain function and the ability to rest, repair, detoxify and heal. When the body lacks this vitality, toxins - i.e. any substance that creates irritating and/or harmful effects in the body - can get reabsorbed and limit the ability of your cells to function.

Topically applied essential oils can be especially powerful in supporting the vitality of your body and your brain. When inhaled, oils directly communicate with the brain, which in turn signals the body to respond with elevated energy levels. Essential oils also affect a number of biological factors, including heart rate, stress levels, blood pressure, breathing, and immune function that can return your body to balance and help you thrive. Research shows that essential oils topically applied on the skin gets into the bloodstream within 20 minutes.

Further, the brain is comprised primarily of fat and essential oils are fat soluble so they easily penetrate and assimilate into the system. Specific oils for supporting vitality include:

## Essential Oils to Thrive

**Lymph™:** The lymphatic system is the body's first line of defense against disease, working to recirculate body fluids, stimulate functioning of the immune system, and balance the autonomic nervous system. The lymphatic system needs to be functioning optimally in order for toxins to be removed from the brain and the body. If you think of the body like a hydraulics system where congested tissue downstream prevents optimal flow upstream, congested lymphatic vessels in the neck will impede drainage of toxins from the brain. To enhance lymphatic flow and drainage, generously apply Lymph™ around the sides of the neck.

**Parasympathetic™:** Your body needs to be in the Parasympathetic rest and digest state to heal. When the parasympathetic nervous system kicks in, your mind and body relax and calm the release of stress hormones, like cortisol, allowing for optimal energy flow. Applying 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.

**Adrenal™:** The adrenals are small triangular glands that sit on top your kidneys and produce and release the body's stress hormone, cortisol. Cortisol provides the body with the energy it requires to survive physical or emotional stress. When your adrenal glands are overtaxed or fatigued, they are not able to supply the body with the energy it needs to heal, a state known as Adrenal Fatigue. Essential oils can be used like adaptogenic herbs to help support the adrenal glands for the optimal energy reserves required to support your healing. The Adrenal™ blend also contains several stimulatory oils like Thyme, Cinnamon, and Rosemary that you feel invigorated, revitalized and energetic. To use, either smell or topically 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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# 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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Lymph™

— BODY BALANCE —



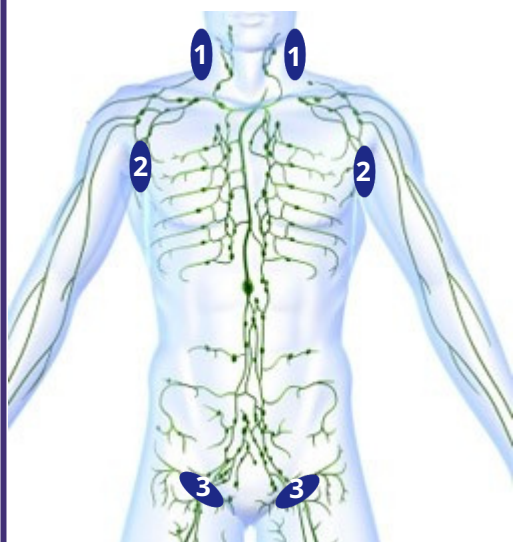
**BENEFITS:** Uniquely formulated to increase circulation of fats and white blood cells within the lymphatic system for optimal delivery of nutrients to cells and removal of waste from the cells.

**INDICATIONS:** The lymphatic system is the body's first line of defense against disease. It includes lymph nodes (with clusters found in the neck, chest, underarms, abdomen, and groin). Unlike the cardiovascular system, the lymphatic system does not have its own central pump — it only moves as the muscles squeeze it along. So the lack of movement makes the lymphatic system stagnant, with waste accumulating and excessive toxins building up.

If the lymphatic system is not working correctly, elimination, detoxification and immunity may be affected, resulting in symptoms such as:

- Soreness and/or stiffness in the morning
- Bloating or Fatigue
- Dry or Itchy skin
- Congestion, stuffy head, sinus or periodontal infection
- Holding on to water/ Rings get tight on fingers
- Breast swelling, soreness with each cycle or bladder infection
- Brain fog
- Cold hands and feet

## Application



**HOW TO USE:** Apply 2- 3 drops each to sides of neck (1), lymph nodes under arms (2) and around inguinal ligament/bikini line (3).

**WHEN TO USE:** 2- 3 times daily.

**INGREDIENTS:** Vibrant Blue Oils Body Balance Lymph blend contains a proprietary blend of Vitex Berry, Spearmint, Palmarosa, and Ylang Ylang in a base of fractionated coconut oil.

### PRODUCT TIPS:

- Apply to lymph nodes to help clear infection.
- Helps support fat assimilation, as fats go into the lymphatic system to be delivered throughout the body.
- Lymph blend is designed for liberal usage



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

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Adrenal<sup>®</sup>

— BODY BALANCE —



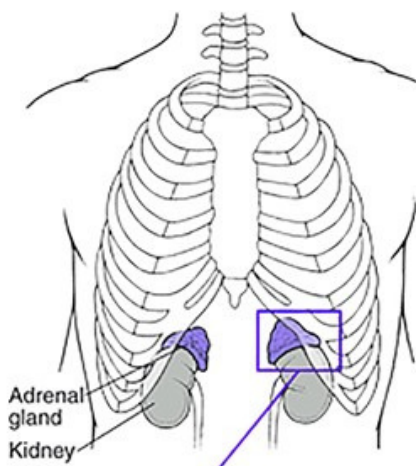
**BENEFITS:** The adrenal glands produce several hormones, including cortisol which is released to help the body manage stress. This stress response can throw the cortisol supply out of balance, either releasing too much (often called hyper adrenal conditions) or too little (often called adrenal fatigue).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