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Vagus Nerve Kit™

Repair Vagus Nerve Dysfunction

Your vagus nerve serves as the primary communicator between your brain, cardiovascular, immune, respiratory, endocrine and digestive systems, conveying information to the major organs in your body including your stomach, gut, liver, gall bladder, pancreas, lungs, throat, and heart.

As such, your Vagus Nerve controls nearly every major function in the body - including hormones, digestion, sleep, energy, stress, relaxation, sexual function, heart rate and blood pressure. Most importantly, it activates the parasympathetic “rest and digest” branch of your nervous system and calms your sympathetic “fight or flight” response to danger.

Any interference in the vagus nerve’s ability to communicate or drop into the healing parasympathetic state – from infection, inflammation, physical compression or psychological stress can contribute to physical and mental health consequences that present as vagus nerve dysfunction.

Your vagus nerve – like all tissues and nerves in your body - is enclosed in fascia and surrounded by lymph. Any adhesions in the fascia or congestion in lymph can compress the vagus nerve, impacting its function and contributing to vagus nerve dysfunction symptoms.

Essential Oils to Repair the Vagus Nerve

Topically applied essential oils can play a huge role in helping the vagus nerve detoxify and heal, especially as essential oils are fat soluble and easily penetrate the skin to support fascia, lymph and vagus nerve. Specific oils for supporting vagus nerve health include:

Parasympathetic™: Your vagus nerve starts at the base of the brain and travel down the neck on both sides of the body. Infections in that vicinity –like heavy metals, pathogens, infections, viruses or environmental toxins that drain from the mouth along your trigeminal nerve and intersect with the vagus nerve in the neck – can contribute to congestion in the vagus nerve. Topically applying **Parasympathetic™** blend on the vagal nerve behind the on the neck can help clear congestion for optimal drainage from the brain.

Lymph™: Your lymphatic system works in concert with your fascia alongside your vagus nerve. If there is congestion in the lymphatic system in the neck or downstream in the body, it will impact the fascia and vagus nerve. 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. Unfortunately, the lymphatic system doesn’t have a pump and lymphatic fluid can accumulate and stagnate. To enhance lymphatic flow and drainage, generously apply **Lymph™** around the sides of the neck to relieve congestion, improve drainage and reduce brain inflammation.

Fascia Release™: Helps support lymph drainage by helping to stimulate the lymphatic system, release adhesions and fascial restriction, increase circulation, decrease swelling in the tissue. By supporting the fluid dynamics of the fascial system, this blend may help ease a congested lymphatic system and decrease swelling. The essential oils in the **Fascia Release™** blend are uniquely formulated to unravel deeply held tensions, constrictions and energetic blockages in your tissues to reduce pain, improve blood and lymphatic circulation and release fear, repressed emotions, and tension held in the body (organs, muscles, tendons, bones and joints) or the mind. To release fascia and support vagus nerve health, liberally apply **Fascia Release™** around the jaw/neck/face, the shoulders/heart, the diaphragm/ lungs, the stomach/gut, low back /hips, the ankles, or anywhere that tension presents.

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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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Lymph™

— BODY BALANCE —



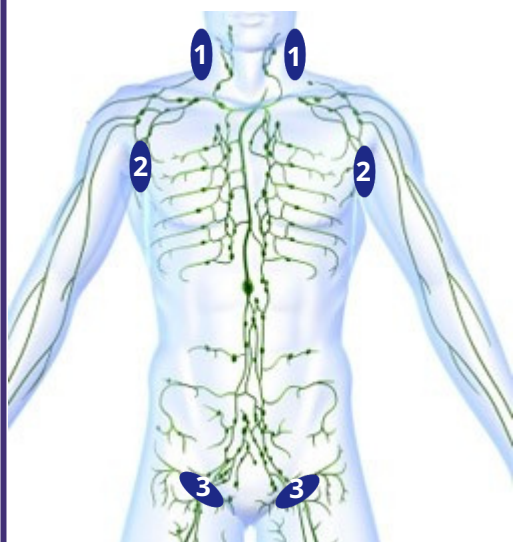
BENEFITS: Uniquely formulated to increase circulation of fats and white blood cells within the lymphatic system for optimal delivery of nutrients to cells and removal of waste from the cells.

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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Fascia Release™

— BODY BALANCE —

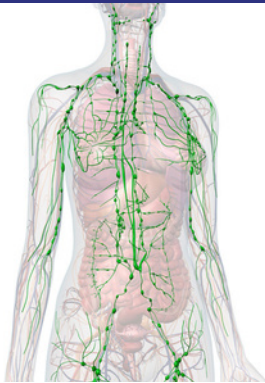


BENEFITS: Uniquely formulated to unravel deeply held tensions, constrictions and energetic blockages in your tissues to reduce pain, improve blood and lymphatic circulation and release fear, repressed emotions, and tension held in the body (organs, muscles, tendons, bones and joints) or the mind.

INDICATIONS: Fascia is a system of connective tissue beneath the skin that attaches to, stabilizes, encloses, and separates muscles and other internal organs. Fascia also connects your skin to the tissue that is directly beneath it, helping to keep your body parts together and supporting proper movement and function in your body by reducing friction between structures.

Fascia is our biggest sensory organ. As such, supporting your fascia helps communicate to your nervous system that there is no longer any need for increased tension in that area, which starts to unravel and release tension and pain in other parts of the body along with the mind. From an emotional standpoint, the “issues are in the tissues” which means emotions that we have not released - especially stress and emotions from the past that we haven’t worked through - that emotional energy gets stuck in our joints, tissues, and organs—and stagnates within the body.

Application:



HOW TO USE: Designed for aromatic and topical use. If using topically, we recommend liberally applying around the jaw/neck/face, the shoulders/heart, the diaphragm/lungs, the stomach/gut, low back /hips, the ankles, or anywhere that tension presents.

WHEN TO USE: To aid with pain, muscle tension or discomfort, ideally before bed or first thing in the morning. Apply 2-3 times daily.

INGREDIENTS:

Vibrant Blue Oils Body Balance Fascia Release™ blend contains a proprietary blend of organic and/or wild crafted essential oils of Frankincense, Angelica Root, Cypress, Black Pepper, Lavender, Litsea cubeba, Geranium, Elemi, Vetiver, Ylang Ylang, Rosemary, and Rose in a base of fractionated coconut oil.

PRODUCT TIPS:

- Helps to release emotional traumas and energetic blockages.
- Can be combined with massage of fascia tissue to help restructure the extracellular matrix and remove fascia adhesions and blockages.
- 5ml bottle includes 100 drops, lasts about 30 – 50 days if used 2-3 times daily.



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

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These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.