



HYPO - ADRENAL

If you answer yes to one or more below, you may benefit from Vibrant Blue Oils **BLOOD SUGAR SUPPORT PROTOCOL** or **ADRENAL** blend

Slow starter in the morning
Chronic low back pain, worse with fatigue
Become dizzy when standing up suddenly
Pain after or difficulty maintaining manipulative correction

Crave salty foods or salt foods before tasting
Chronic fatigue, or get drowsy often
Afternoon yawning or headache
Tendency to need sunglasses

HYPER - ADRENAL

If you answer yes to one or more below, you may benefit from Vibrant Blue Oils **BLOOD SUGAR SUPPORT PROTOCOL** or **ADRENAL** blend

Tend to be a "night person"
Difficulty falling asleep
Tend to be keyed up, trouble calming down
Blood pressure above 120/80
Feeling wired or jittery after drinking coffee

Clench or grind teeth
Calm on the outside, troubled on the inside
Arthritic tendencies
Perspire easily
Tendency to sprain ankles or "shin splints"

HYPO-GLYCEMIA

(caused by fatigue of the adrenals and the pancreas)

If you answer yes to one or more below, you may benefit from Vibrant Blue Oils **BLOOD SUGAR SUPPORT PROTOCOL** or **PANCREAS/ADRENAL** blends

Awaken hours after going to bed
Find it difficult to go back to sleep
Binge, have uncontrolled eating or struggle to be satiated
Crave coffee or sweets in the afternoon

Feel sleepy or have energy dips in afternoon
Feel irritable or shaky if meals are skipped or delayed
Have difficulty concentrating before eating
Never skip meals

HIGH BLOOD SUGAR

(hyper-glycemia, insulin resistance, diabetes)

If you answer yes to one or more below, you may benefit from Vibrant Blue Oils **BLOOD SUGAR SUPPORT PROTOCOL** or **PANCREAS/ADRENAL** blends

Have trouble falling asleep
Feel fatigued after meals
Crave sugar and sweets after meals
Experience on-going sugar cravings
Frequent thirst and/or urination

Need stimulants such as coffee after meals
Have difficulty losing weight?
Waist girth larger than hip girth
Feel like skipping breakfast
Gain weight under stress

LIVER

If you answer yes to one or more below, you may benefit from Vibrant Blue Oils **BLOOD SUGAR SUPPORT PROTOCOL** or **LIVER** blend

Become sick or easily intoxicated when drink wine
Easily hung over when drink wine
Long term use of prescription/recreational drugs
Sensitive to smells, like tobacco smoke

Pain under right side of rib cage
Hemorrhoids or varicose veins
Chronic fatigue or Fibromyalgia
Microwave foods or cook/re-heat food in plastic or teflon