



HYPOTHALAMUS

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

- Body temperature problems/ Cold intolerance
- Constipation
- Depressed mood
- Excessive thirst/frequent urination
- Fatigue

- Hair or skin changes
- Mental slowing
- Menstrual cycle changes
- Weight gain
- Lowered libido

CIRCADIAN RHYTHM

If you answer yes to one or more below, you may benefit from Vibrant Blue Oils **STRESS SUPPORT PROTOCOL** or **CIRCADIAN RHYTHM** blend

- Difficulty falling asleep
- Difficulty staying asleep
- Difficulty waking up in the morning.
- Don't feel well rested after sleep
- Difficulty recovering from physical activity.

- Energy drop between 4 and 7 in the afternoon
- Get sleepy in the winter, especially as the light diminishes.
- Get afternoon headaches
- Don't remember your dreams
- Wake up wide awake

ADRENAL FATIGUE

If you answer yes to one or more below, you may benefit from Vibrant Blue Oils **STRESS 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 CORTISOL – ADRENALS OVERWORKING

If you answer yes to one or more below, you may benefit from Vibrant Blue Oils **STRESS 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”