

## Pain and Immune Support Kit

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 <a href="Parasympathetic">Parasympathetic</a> 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 antifungal 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 <a href="Immune Support">Immune Support</a> 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.



# Parasympathetic

— BRAIN BALANCE —



**BENEFITS:** Stimulates the parasympathetic "rest and digest" state of the nervous system in which optimal digestion, absorption and assimilation can best occur. The parasympathetic mode of the nervous system triggers the optimal digestive cascade including:

- Mouth release of saliva
- Stomach production of HCL
- Pancreatic release of digestive enzymes
- Gall bladder release of bile,
- Small Intestine enzymatic activity and nutrient absorption
- Sphincters relax for optimal elimination

**INDICATIONS:** When we eat in the sympathetic "fight or flight" state, the digestive cascade is inhibited, resulting in poor nutrient digestion, absorption and assimilation and digestive challenges including:

- Heartburn or Acid Reflux
- Bloating ,Gas, Stomach pains or cramps
- Constipation/Diarrhea

### Application

When you stimulate the parasympathetic nervous system, all downstream digestive function improves.



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 contains a proprietary blend of Lime and Clove.

### **PRODUCT TIPS:**

- Supports optimal digestion cascade
- Relieves Constipation
- Relieves Headaches



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.



## vibrant Immune Support<sup>tm</sup>

### - SYMPTOM SUPPORT -



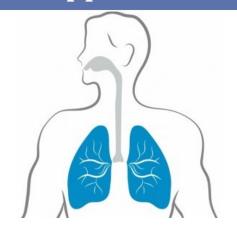
**BENEFITS:** Strengthens immune system and protects against flu, colds and coughs. Beneficial against infections, viruses, bacteria, microbes.

### **INDICATIONS:**

Formulated to strengthen the immune system against flu, colds, and coughs as well as infections, viruses, bacteria, fungus, parasites, and microbes.

May assist with fevers, chills, dental infections, strep, gum disease, throat infections, teething, cold sores, canker sores, pneumonia, sinusitis, bronchitis, headaches, nervous fatigue, infection, slivers and splinters (pulls to surface).

### Application



HOW TO USE: Dilute and apply 2 - 3 drops on the chest, throat or the bottom of the feet (undiluted). Ideal to rub on the bottom of the feet prior to bed.

WHEN TO USE: To prevent illness or nip it in the bud once it starts, apply 2- 3 times daily on the throat or the bottom of the feet.

**INGREDIENTS:** Vibrant Blue Oils Symptom Support Immune Support blend contains a proprietary formulation of Frankincense, Clove, Cinnamon, Lemon, Ajowan, Eucalyptus.

**CAUTION:** This blend contains some hot oils so dilute for use on sensitive skin

#### **PRODUCT TIPS:**

- Apply at first onset of cold or flu to nip it in the bud
- Apply to the bottom of the feet when flying to avoid any illness



Proprietary symptom support blends are formulated to support and relieve discomfort and painful symptoms while the underlying concerns are being addressed.



## Nerve Repair<sup>tm</sup>

### - 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, Peppermint, Helichrysum italicum and Marjoram.

#### **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.