



vibrant  
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# Back to School Kit

The return to the classroom means more in person connection and interaction.

Topically applied essential oils can be especially powerful in keeping your family healthy, happy and calm. 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 essential wellness include:

The back to school kit contains 3 powerful oils to help support your mental, physical and emotional health, including your immune health.

## Back to School Kit

**Parasympathetic™:** The autonomic nervous system has two states: the “fight-or flight” sympathetic state and the “rest-and-digest” parasympathetic state. The parasympathetic state helps to reset the immune system and switch off production of proteins that fuel inflammation. Another key impediment to immune health is an impaired digestive system. If you are not absorbing and assimilating nutrients that are the raw materials to support the immune system, it is hard to heal. To ensure optimal immune function, you can apply the **Parasympathetic™** blend, which contains clove oil found to support immune modulation, to the vagus nerve (behind the earlobe on the mastoid bone) before meals to stimulate the parasympathetic nervous system “rest-and-digest” state.

**Adrenal™:** The adrenals produce and release the body’s stress hormone, cortisol, which provides you with energy to survive physical or emotional stress. When your adrenal glands are overtaxed or fatigued, they are not able to supply critical energy necessary to heal. Essential oils can be used like adaptogenic herbs to help support the adrenal glands for the optimal energy reserves required to support your physical and mental health. The **Adrenal™** blend also contains several stimulatory oils like Thyme, Cinnamon, and Rosemary that you feel invigorated, revitalized and energetic.

Balancing the adrenal glands with **Adrenal™** can help calm these hormones and with them the anxiety symptoms. Smelling **Adrenal™** through the left nostril or applying to the adrenal glands (on the lower mid-back, one fist above the 12th rib on each side).

**Immune Support™** Your immune system protects your body from toxins and other foreign substances. When out of balance, the immune system can fail to protect the body and even attack it, mistaking “self” cells for invading pathogens, resulting in autoimmune diseases. **Immune Support™** can bring the immune system back in to balance and help you heal.

To prevent illness or nip it in the bud once it starts, apply **Immune Support™** 2- 3 times daily on the throat (diluted) or the bottom of the feet. To keep the family healthy, rub the oil on the bottom of the feet prior to bed (kids can even be asleep when you apply it).



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Adrenal™

— BODY BALANCE —



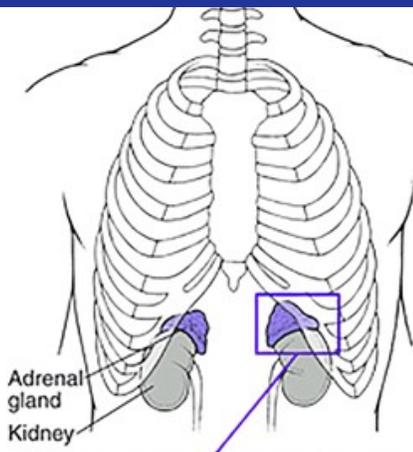
**BENEFITS:** The adrenal glands produce several hormones, including cortisol which is released to help the body manage stress. This stress response can throw the cortisol supply out of balance, either releasing too much (often called hyper adrenal conditions) or too little (often called adrenal fatigue).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

**INGREDIENTS:** Vibrant Blue Oils Body Balance Adrenal blend contains a proprietary formulation of Galbanum, Thyme, Cinnamon, Nutmeg, Helichrysm, Manuka and Rosemary in a base of FCO.

**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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# Immune Support™

— SYMPTOM SUPPORT —



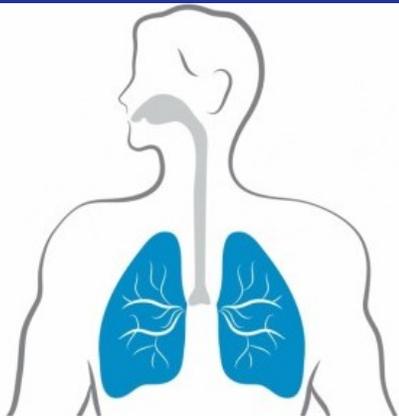
**BENEFITS:** Strengthens immune system and protects against flu, colds and coughs. Beneficial against infections, viruses, bacteria, microbes.

## 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 in a base of FCO..

**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.



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# 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



**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.

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

**INGREDIENTS:** Vibrant Blue Oils Brain Balance Parasympathetic blend contains a proprietary contains a proprietary blend of Lime and Clove in a base of FCO.

### 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.