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Digestion Support Kit

Our health depends not just on what we eat, but our ability to digest, absorb and assimilate our nutrients. Topically applied essential oils can play a key supporting role in optimizing our digestion.

Parasympathetic blend: Digestion is a “rest and digest” parasympathetic event. Our nervous system needs to be in this relaxed state for the optimal digestive cascade to occur. Applying a small drop of **Parasympathetic** blend to the vagal nerve (behind the ear lobe on the mastoid bone) helps begin the digestive process by trigger the mouth to release saliva and the stomach release HCL.

The **Pancreas** secretes digestive enzymes that help break down the carbohydrates, proteins, and fats so the nutrients can be properly absorbed in the small intestine. The pancreas also controls blood sugar levels and can get overworked and fatigued, impacting its optimal function. To put the pancreas in balance, consider rubbing some Vibrant Blue Oils **Pancreas** on the fifth rib (2 down from where the bottom of your bra) on the left side of the body to help put the pancreas back in balance for optimal function.

The **Gall Bladder** stores and concentrates bile, which helps to emulsify fats for optimal absorption. Bile is supposed to flow relatively easily through the bile duct to the small intestine. Unfortunately, it can often become viscous and stagnant, impeding fat digestion and resulting in symptoms like mild headaches, pain between the shoulder blades and floating stools. Fat assimilation is critical for numerous functions in the body, including the absorption of critical fat soluble minerals, like vitamins A, E, D and K. Applying some Vibrant Blue Oils **Gall Bladder** to the gall bladder, on the right side of the body under the bra underwire or along and slightly under the right rib cage, can help ease bile flow for optimal fat assimilation and digestion.





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Gall Bladder™

— BODY BALANCE —



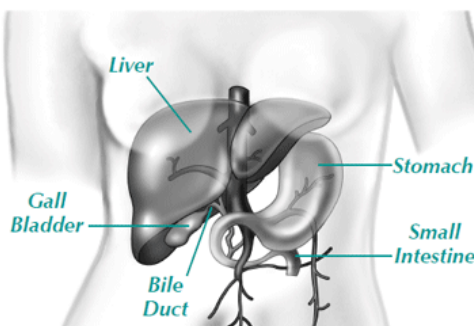
BENEFITS: The gallbladder is a small, pear-shaped organ that stores and concentrates bile, a fluid made in the liver that helps the body break down fat and carry toxins (including old hormones) out of the body.

When the bile thickens, it disrupts the flow and elimination of toxins from the body. Thickened bile results from a low fat diet, too much toxicity, estrogen dominance, or chronic stress. Gallbladder is designed to improve the viscosity of the bile and the health of the gallbladder, allowing better fat digestion and elimination of toxins and old hormones.

INDICATIONS: When there is not enough bile or bile is too viscous it prevents us from properly digesting fats and presents symptoms like:

- Motion Sickness
- Mild Headache above the eyes
- Pain between the shoulder blades
- Pain –mid to right upper abdomen
- Floating stools, diarrhea, greenish stools = signs of poor fat digestion
- Hormone imbalances including PMS and menopause symptoms
- Chronically dry skin and hair, a sign of poor fat digestion
- Gas, heartburn, and/or nausea after eating

Application



HOW TO USE: Apply 2- 3 drops underneath the ribs at the Gall Bladder (right side, underneath the ribs. If you lean forward, it is easier to apply under the ribs).

WHEN TO USE: Apply 2- 3 times daily or as needed to soothe mild headaches above the eyes.

INGREDIENTS: Vibrant Blue Oils Body Balance Gall Bladder blend contains a proprietary contains a proprietary blend of Black Cumin, Chamomile, and Rosewood.

PRODUCT TIPS:

- Apply topically to Gall Bladder (right side below ribs) before meals to improve fat digestion
- Apply topically to forehead to relieve headaches
- Enjoy aromatically or apply topically to Gall Bladder relieve motion sickness or nausea



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



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Pancreas™

— BODY BALANCE —



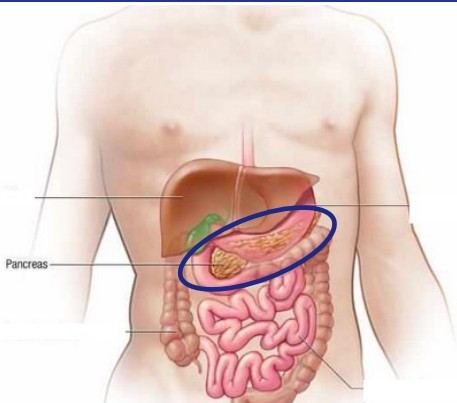
BENEFITS: Balances the pancreas against overload and fatigue to support optimal function.

INDICATIONS: Located deep in the abdomen between the stomach and the spine, the pancreas performs important digestive and hormonal functions. It secretes digestive enzymes that help break down and digest proteins, fats and carbohydrates in the small intestines as well as the hormones insulin and glucagon which work together to regulate the proper level of sugar (glucose) in the blood to be used by the body for energy.

Due to the widespread consumption of refined carbohydrates and lack of enzyme-rich raw foods, pancreatic overload is rampant. Stress and the consumption of excess sugars or carbohydrates can force the pancreas to constantly release insulin, leading to:

- Fatigue or Energy Dips during the day
- Weight Gain
- Sugar and Caffeine cravings
- Digestive distress from low digestive enzyme levels
- Hormone Imbalances

Application



HOW TO USE: Apply 2- 3 drops to the pancreas (left side of the body two-thirds of the way up from the belly button towards the ribs).

WHEN TO USE: To aid with blood sugar balance and digestion, apply before meals. To aid with blood sugar related night waking, put a few drops on a cotton ball placed

INGREDIENTS: Vibrant Blue Oils Body Balance Pancreas blend contains a proprietary blend of Geranium, Rose, Cucumber, Helichrysm, Anise and Rose Geranium

PRODUCT TIPS:

- Supports optimal digestion and blood sugar balance
- Helps support blood sugar related night waking.



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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, absorp-

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

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 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.