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Practitioner Kit

Thank you for your order of the Practitioner Kit, which includes the following blends:

- Parasympathetic®
- Adrenal®
- Lymph™
- Fascia Release™
- Circadian Rhythm®
- Circulation™
- Histamine Balance™
- Hypothalamus™
- Heart™
- Liver™
- Gallbladder™
- Pancreas™
- Intestinal Mucosa™
- Anti-Inflammatory™



Please feel free to contact us at info@vibrantblueoils.com with any additional questions or concerns.

In Vibrant Health,
Jodi Cohen



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Parasympathetic™

—BRAIN BALANCE—



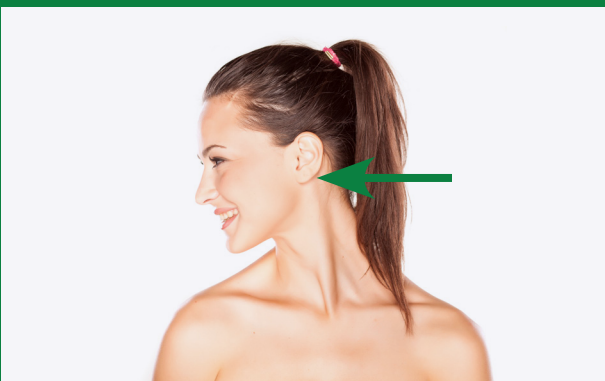
BENEFITS: Stimulates the parasympathetic “rest and digest” state of the nervous system in which turns on your body’s ability to heal.

INDICATIONS:

Your nervous system is the fuse box for your body. If it’s not turned on, your body doesn’t get the right signals to regain focus, boost energy, drop pounds, and reduce stress! The parasympathetic mode of the nervous system TURN ON healing by activating your nervous system to:

- Flip off the body’s stress response
- Slip into the body’s preferred state of relaxation and healing
- Enhance your body’s ability to purge harmful toxins
- Eliminate digestive issues
- Boost nutrient assimilation and absorption
- Sharpen memory and focus
- Clear up paralyzing brain fog
- Calm the fires of inflammation
- Melt away anxiety and depression

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 in a base of fractionated coconut oil.

PRODUCT TIPS:

- Supports health digestion, absorption, nutrient assimilation and elimination, including healthy bowel movements
- Controls pain and inflammation
- Calms anxiety, depression and brain fog



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.



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Adrenal[®]
— BODY BALANCE —



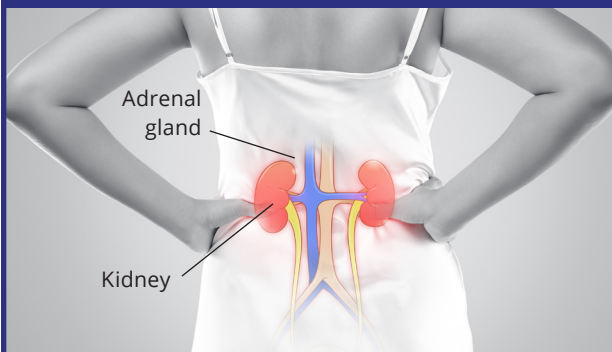
BENEFITS: The adrenal glands produce several hormones, including cortisol which is released to help the body manage stress. This stress response can throw the cortisol supply out of balance, either releasing too much (often called hyper adrenal conditions) or too little (often called adrenal fatigue).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

INGREDIENTS:

Vibrant Blue Oils Body Balance Adrenal blend contains a proprietary formulation of Thyme, Rosemary, Manuka, Galbanum, and Frankincense in a base of fractionated coconut oil.

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.



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Lymph™
— BODY BALANCE —



BENEFITS: Uniquely formulated to increase circulation of fats and white blood cells within the lymphatic system for optimal delivery of nutrients to cells and removal of waste from the cells.

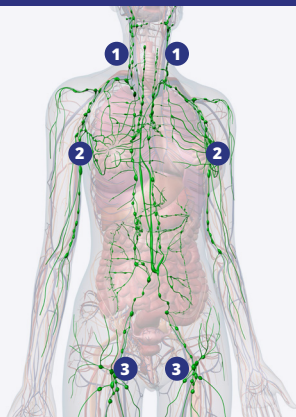
INDICATIONS:

The lymphatic system is the body's first line of defense against disease. It includes lymph nodes (with clusters found in the neck, chest, underarms, abdomen, and groin). Unlike the cardiovascular system, the lymphatic system does not have its own central pump — it only moves as the muscles squeeze it along. So the lack of movement makes the lymphatic system stagnant, with waste accumulating and excessive toxins building up.

If the lymphatic system is not working correctly, elimination, detoxification and immunity may be affected, resulting in symptoms such as:

- Soreness and/or stiffness in the morning
- Bloating or Fatigue
- Dry or Itchy skin
- Congestion, stuffy head, sinus or periodontal infection
- Holding on to water/ Rings get tight on fingers
- Breast swelling, soreness with each cycle or bladder infection
- Brain fog
- Cold hands and feet

Application:



HOW TO USE: Apply 2- 3 drops each to sides of neck (1), lymph nodes under arms (2) and around inguinal ligament/bikini line (3).

WHEN TO USE: 2- 3 times daily.

INGREDIENTS:

Vibrant Blue Oils Body Balance Intestinal Mucosa blend contains a proprietary blend of Vitex Berry, Spearmint, Palmarosa and Ylang Ylang in a base of fractionated coconut oil.

PRODUCT TIPS:

- Apply to lymph nodes to help clear infection
- Helps support fat assimilation, as fats go into the lymphatic system to be delivered throughout the body.
- Lymph blend is designed for liberal usage



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Fascia Release™

— BODY BALANCE —



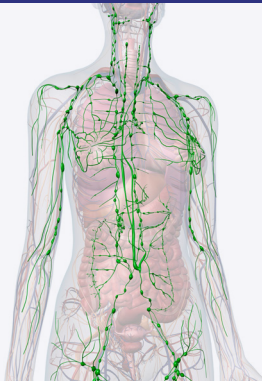
BENEFITS: Uniquely formulated to unravel deeply held tensions, constrictions and energetic blockages in your tissues to reduce pain, improve blood and lymphatic circulation and release fear, repressed emotions, and tension held in the body (organs, muscles, tendons, bones and joints) or the mind.

INDICATIONS:

Fascia is a system of connective tissue beneath the skin that attaches to, stabilizes, encloses, and separates muscles and other internal organs. Fascia also connects your skin to the tissue that is directly beneath it, helping to keep your body parts together and supporting proper movement and function in your body by reducing friction between structures.

Fascia is our biggest sensory organ. As such, supporting your fascia helps communicate to your nervous system that there is no longer any need for increased tension in that area, which starts to unravel and release tension and pain in other parts of the body along with the mind. From an emotional standpoint, the “issues are in the tissues” which means emotions that we have not released - especially stress and emotions from the past that we haven’t worked through - that emotional energy gets stuck in our joints, tissues, and organs—and stagnates within the body.

Application:



HOW TO USE: Designed for aromatic and topical use. If using topically, we recommend liberally applying around the jaw/neck/face, the shoulders/heart, the diaphragm/lungs, the stomach/gut, low back /hips, the ankles, or anywhere that tension presents.

WHEN TO USE: To aid with pain, muscle tension or discomfort, ideally before bed or first thing in the morning. Apply 2-3 times daily.

INGREDIENTS:

Vibrant Blue Oils Body Balance Fascia Release™ blend contains a proprietary blend of organic and/or wild crafted essential oils of Angelica Root, Black Pepper, Cypress, Elemi, Frankincense, Lavender, Rose, Geranium, Vetiver, Litsea Cubeba, Rosemary and Ylang Ylang in a base of fractionated coconut oil.

PRODUCT TIPS:

- Helps to release emotional traumas and energetic blockages.
- Can be combined with massage of fascia tissue to help restructure the extracellular matrix and remove fascia adhesions and blockages.
- 5ml bottle includes 100 drops, lasts about 30 – 50 days if used 2-3 times daily.



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Circadian Rhythm™

—BRAIN BALANCE—



BENEFITS: Supports healthy Pineal Gland function, promoting healthy circadian rhythms and optimal endocrine health.

INDICATIONS: The Pineal Gland is a small endocrine gland located near the center of the brain involved in several functions of the body including:

- Production and secretion of the sleep hormone Melatonin Modulation of the circadian rhythms (sleep wake cycles) and seasonal functions.
- Regulation of Endocrine Functions and hormonal signals.
- Optimal Pineal Gland function helps balance the adrenal output of the stress hormone cortisol which has an antagonistic relationship to the sleep hormone melatonin. Cortisol levels should be highest in the morning and then wane as the day wears on. Elevated cortisol levels at night when people are wired, tired and unable to fall asleep throws off the body's circadian rhythm and actually turns off melatonin production. If you trigger the pineal gland to naturally release melatonin, it forces the stress hormone cortisol down and serves as a back door to balancing the stress response and endocrine health.

Application:



HOW TO USE: Apply 2-3 drops to three different points on the head:

1. Top of the ears on skull
2. Apex of the skull (top of the head)
3. Very back of the head (in middle)

WHEN TO USE: To trigger natural release of melatonin before bed.

INGREDIENTS:

Vibrant Blue Oils Brain Balance Circadian Rhythm blend contains a proprietary blend of Rose Geranium, Grapefruit, Melaleuca, Myrtle, Lavender, Balsam of Peru, and Myrrh in a base of fractionated coconut oil.

PRODUCT TIPS:

- Supports natural and restful sleep.
- Can encourage vivid dreams and enhance intuition
- Helps decalcify the pineal gland.



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Circulation™

—BRAIN BALANCE—



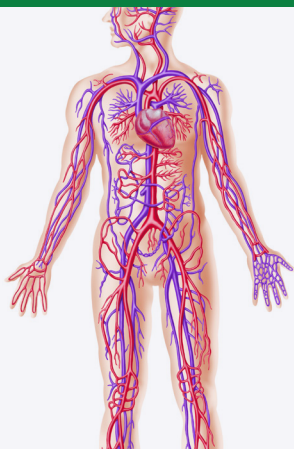
BENEFITS: Formulated to support healthy circulation to deliver oxygen and nutrient rich blood to the body and the brain, while simultaneously carrying toxins and waste to the kidney and liver to be eliminated.

INDICATIONS:

Use it to support energy, brain endurance and warmth of the distal extremities, like the fingers and toes. When blood circulation to the brain becomes sluggish, it can impact your physical and mental abilities. Poor circulation can also contribute to:

- Fatigue (Lack of or Low Energy)
- Vertigo or dizziness
- Memory loss
- Frequent and unexplained headaches
- Numbness or loss of sensation or tingling in the hands or feet
- Changes in skin temperature (cold hands, feet, legs, and ears)
- Hair Loss
- Vertigo or Dizziness
- Edema or Swelling in the feet, legs and/or fingers
- Varicose Veins, Leg Ulcers and Foot Ulcers

Application:



HOW TO USE: Apply 2-3 drops on the sides or back of the neck, over the left clavicle, on the wrists or ankles

WHEN TO USE: Apply as needed when an elevated mental state, energy or warmth is needed.

INGREDIENTS:

Vibrant Blue Oils Brain Balance Circulation™ blend contains a proprietary formulation of organic and/or wild crafted essential oils of Cypress, Frankincense, Myrtle, Nutmeg, Black Pepper, Ginger Root, Peppermint, and Grapefruit in a base of fractionated coconut oil.

PRODUCT TIPS:

- Apply topically on the wrists and ankles for physical warmth
- Supports brain endurance and mental stamina when applied to the base of the skull or sides of the neck



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Histamine Balance™

—BRAIN BALANCE—



BENEFITS: Helps reduce overactive histamine reactions and modulate the immune response.

INDICATIONS:

Histamine is a chemical compound released by the cells in response to injury, allergic or inflammatory reactions, causing contraction of smooth muscle and dilation of capillaries. Histamine plays a role in immune responses, regulates physiological function in the gut, and acts as a neurotransmitter in the brain.

While the release of histamine is a normal defense mechanism, an exaggerated histamine response can bind to cell receptor sites, causing irritation and chronic inflammation. This can cause sneezing, runny nose, watery, red, itchy eyes, rashes, and breathing troubles. Inflammation of the small intestine can present as food allergies and sensitivities. Inflammation of the brain presents as fatigue, headaches and brain fog.

Histamine levels are designed to be kept in balance, not blocked, as histamine performs critical functions in body, contributing to HCL production and neurotransmitter signals. The goal is to modulate excess histamine excretion, balancing histamine levels and helping to reset the immune response and reduce allergic reactions.

Application:



HOW TO USE: Apply 1 -2 drops on bottom of feet, at base of skull, behind your ears, and sternum. Apply 1 - 2 drops to a Q-tip and gently swab inside both nostrils.

WHEN TO USE: To support histamine reactions in the gut, brain and body, apply 2 -3 times daily.

INGREDIENTS:

Vibrant Blue Oils Brain Balance Histamine Balance blend contains a proprietary formulation of Blue Tansy, Chamomile, Lavender, Manuka, Rosemary, Peppermint, Spruce, Ravensara and Vetiver in a base of fractionated coconut oil.

PRODUCT TIPS:

- To relieve congestion, apply 1 - 2 drops to a Q-tip and swab around the inside of both nostrils. This will initially cause an increased release of mucus followed by relief of symptoms.
- To calm an allergic reaction to food, rub clockwise around the belly button.



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Hypothalamus™

—BRAIN BALANCE—



BENEFITS: Designed to regulate hunger and balance the hypothalamus, the control center for all hormones, controlling the endocrine system, digestive system and nervous systems. When the hypothalamus functions optimally, the cascade of hormones falls into balance.

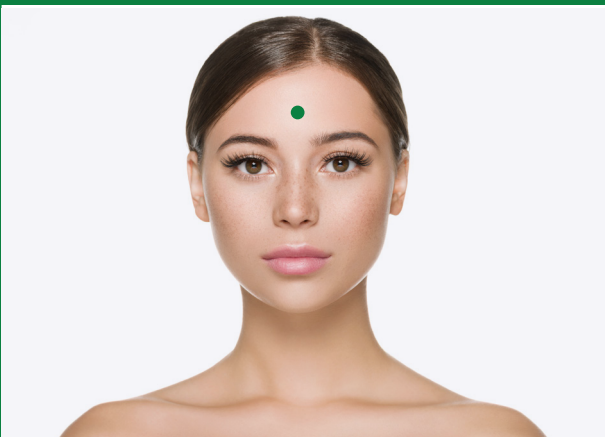
INDICATIONS:

The hypothalamus, a pearl size region of the brain located just above the brainstem, controls all hormonal messages for the endocrine, stress and digestive systems. It both sends and receives signals to the body. This means it needs to be functioning optimally for the appropriate signals to both be sent and received.

When the hypothalamus is out of balance, it can negatively impact:

- Adrenal Function
- Thyroid Function
- Hunger impulses
- The ability to handle stress
- All endocrine Function (including the sexual organs)

Application:



HOW TO USE: Apply 1 drop to the forehead right above the third eye (right above the nose between eye-brows and hairline).

WHEN TO USE: Apply up to 6 times daily to aid with digestive or hormonal issues.

INGREDIENTS:

Vibrant Blue Oils Brain Balance Hypothalamus blend contains a proprietary contains a proprietary blend of Mandarin, Patchouli, Frankincense, Bay Rum, and Pine in a base of fractionated coconut oil.

PRODUCT TIPS:

- Supports balance in the face of long-term stress, adrenal stress, thyroid, hormonal or endocrine challenges
- Controls the hunger impulses
- Helps connect left and right sides of brain, igniting creativity and waking up intuition to see through the heart center and inspiring feelings of safety



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Heart™
— BODY BALANCE —



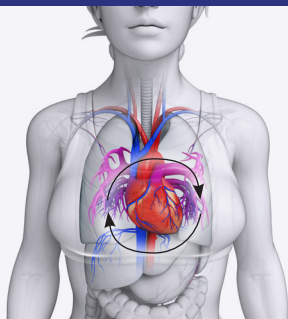
BENEFITS: Balances the heart to support, integrate and reset all the systems of the body, including mental clarity, physical health and emotional balance. Supports feelings of openheartedness, expansiveness, receptivity while mitigating loneliness, sadness and grief.

INDICATIONS:

The heart integrates and balances the physical, emotional, and mental body, providing blood to every cell and every organ. It also serves as a complex information processing center, influencing brain function, the nervous system, hormonal system and most of the body's major organs.

When any part of the body isn't functioning at an optimal level, the heart has to work harder. For example, when the body is in a state of stress, it needs more oxygen which increases the heart rate. The heart is our body's reset button, but a state of constant stress can fatigue the heart and compromise our ability to reset, leading to inflammation, infections, toxicity and heart disease. By retuning the heart to balance, we support the cardiovascular and circulatory system, regenerate the structure of the heart and helping to reset the homeostatic mechanism for the entire body.

Application:



HOW TO USE: Apply 2-3 drops over the heart (left side of chest).

WHEN TO USE: During times of intense stress and fatigue, use as often as is needed (every 20 -30 minutes). During times of normal stress, use 2-3 times daily to calm and uplift the heart and the body.

INGREDIENTS:

Vibrant Blue Oils Body Balance Adrenal blend contains a proprietary formulation of Jasmine, Chamomile, Spruce, Blue Tansy and Neroli in a base of fractionated coconut oil.

PRODUCT TIPS:

- Very uplifting, comforting, gives courage and peace
- May also assist in lowering blood pressure, reducing stress and alleviating hemorrhoids.



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Liver™
— BODY BALANCE —



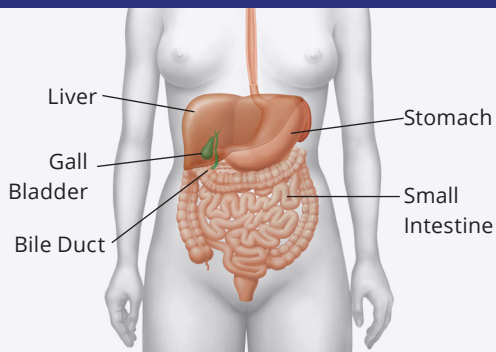
BENEFITS: Designed to strengthen, balance and energize the liver to perform its numerous functions with optimal vitality. The liver processes everything we eat or drink and filters and detoxifies any harmful substances from the blood. It also plays a critical role in fat digestion and managing our energy by storing and releasing blood sugar. Without healthy liver function, sugar cravings, and other health concerns are almost guaranteed.

INDICATIONS:

If too many toxins accumulate in the liver, function is compromised. The liver only produces obvious symptoms after extensive damage but some early indicators of liver stress include:

- Exposure to environmental toxins
- Poor Diet including processed food, sugar and artificial sweeteners
- Infections such as hepatitis A, B, C, D, E,
- Excess drug/alcohol consumption (including aspirin/prescription drugs)
- Fatty liver, Edema, or swelling of the body due of decreased protein production by the liver
- Increased bruising, cirrhosis or varicose veins
- Chronic fatigue or Fibromyalgia.
- Metabolic syndrome – Excess body weight, Insulin Resistance/Type 2 diabetes, high levels of triglycerides (fats) in the blood

Application:



HOW TO USE: Apply 2-3 drops over the liver (right side of the body under ribcage). Can also be applied before sleep or during the night (for night waking).

WHEN TO USE: Apply 2-3 times daily, ideally first thing in the morning and before bed.

INGREDIENTS:

Vibrant Blue Oils Body Balance Intestinal Mucosa blend contains a proprietary blend of PLavender, Peppermint, Ylang Ylang, Chamomile, Balsam, Caraway in a base of fractionated coconut oil.

PRODUCT TIPS:

- Support Blood Sugar and cravings
- Reduce hangover symptoms
- Minimize night waking between 3 a.m.– 4 a.m.



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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.

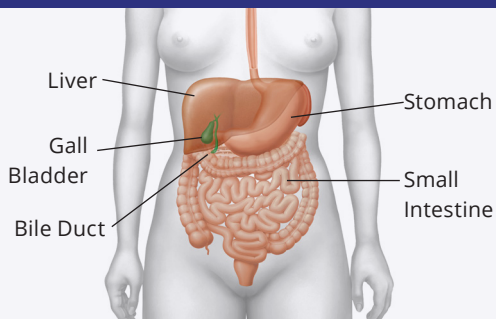
When the bile thickens, it disrupts the flow and elimination of toxins from the body. Thickened bile results from a low fat diet, too much toxicity, estrogen dominance, or chronic stress. Gallbladder is designed to improve the viscosity of the bile and the health of the gallbladder, allowing better fat 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 Adrenal blend contains a proprietary formulation of Palmarosa, Chamomile, Black Cumin in a base of fractionated coconut oil.

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



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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
- Poor Sleep Quality
- Brain Fog

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 inside or near the pillow case.

INGREDIENTS:

Rose Geranium, Anise Seed, Geranium, Cucumber and Rose in a base of fractionated coconut oil.

PRODUCT TIPS:

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



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Intestinal Mucosa™

— BODY BALANCE —



BENEFITS: Designed to gently permeate topically through the skin to regenerate and heal the mucosal lining of the small intestine to increase optimal nutrient absorption and support the healing of food intolerances and Leaky Gut conditions.

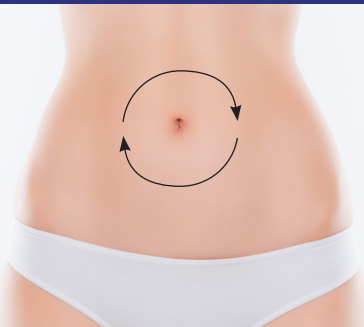
INDICATIONS:

The Ideal for food intolerances, leaky gut, chronic pain and fatigue, auto-immune conditions or any kind of chronic intestinal issues.

The small intestine, and the intestinal mucosa that keep it healthy, play a critical role in digestion and immune function. It is through the small intestine, not the stomach, that the food we consume is absorbed and assimilated into the body. The small intestine also serves as a barrier and a gatekeeper for our immune system, keeping undesirable organisms, like undigested food particles and pathogens (bacteria, fungus, yeast, toxins and parasites) from passing through the intestinal lining into the body. The intestinal mucosa protects the cells and nourishes "good" bacterial flora which in turn feeds the lining of the small intestine keeping it robust, healthy and able to support the final steps of digestion, allowing only appropriately digested food particles to be absorbed.

Healing the small intestine is a critical component of all elimination diets and efforts to reduce systemic inflammation, including digestive dysfunction, chronic pain and fatigue and auto-immune conditions.

Application:



HOW TO USE: Apply 2-3 drops in a clockwise circle around the belly button. Use in combination with Anti-Inflammatory Oil to both anti-inflate and heal gut lining.

WHEN TO USE: If possible, apply 3 times daily, 10 minutes prior to meals or 2 times daily (upon rising and before going to sleep).

INGREDIENTS:

Vibrant Blue Oils Body Balance Intestinal Mucosa blend contains a proprietary blend of Frankincense, Cypress, Nargamotha, Wintergreen, and Cardamon in a base of fractionated coconut oil.

PRODUCT TIPS:

- Supports small intestine healing in combination with elimination diets.
- Effective with food intolerances, leaky gut, chronic pain and fatigue, auto-immune conditions or any kind of chronic intestinal issues.



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Anti-Inflammatory™

—BRAIN BALANCE—



BENEFITS: Designed to reduce inflammation and encourage regeneration of damaged or stressed connective tissues that have been chronically inflamed or acutely inflamed, including the small intestine for leaky gut, joints for pain, head for migraines or the bottom of the feet for acne.

INDICATIONS: Inflammation can protect the body from injuries and infections. This acute response allows blood vessels to expand, increasing the permeability and blood flow so immune supporting white blood cells can more easily flow into the injured area. The increased blood supply results in redness, swelling and heat. Pain and immobility also protect the area and facilitate healing.

Chronic low-grade and systemic inflammation can exist undetected for years without noticeable symptoms, silently damaging the tissues of joints, arteries, organs, and the brain. Inflammatory conditions include:

- Leaky Gut/Food Allergies = Inflammation of the Small Intestine
- Dementia = Inflammation of the Brain (Neuro Inflammation)
- Asthma attack = Inflammation of small tubes transporting air to lungs
- High blood pressure /kidney failure = Inflammation of Kidneys
- Cramps and diarrhea = Inflammation of Large Intestine (Colitis)

Application:



HOW TO USE: Apply 2-3 drops to inflamed area — around the joint (top, bottom and sides), clockwise around the belly button, at base of skull or on vagal nerve (behind ear).

WHEN TO USE: To aid with pain, inflammation, leaky gut and migraines, apply 2- 3 times daily or as needed during painful moments.

INGREDIENTS:

Vibrant Blue Oils Brain Balance Anti-Inflammatory blend contains a proprietary blend of Dill Seed, Frankincense, Ginger Root, Grapefruit, Tarragon, Ylang Ylang in a base of fractionated coconut oil.

PRODUCT TIPS:

- Supports balance in the face of long-term stress, adrenal stress, thyroid, hormonal or endocrine challenges
- Controls the hunger impulses
- Helps connect left and right sides of brain, igniting creativity and waking up intuition to see through the heart center and inspiring feelings of safety



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