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# Detox Support Kit

Detoxification is the body's natural process to rest, repair and heal. It is how the body cleans house and clears out potential illnesses and disease. This process should occur on a daily basis, but with the toxic overload of modern life, sometimes the organs of detoxification can get overwhelmed and toxins, i.e. any substance that creates irritating and/or harmful effects in the body, can get reabsorbed or stored in fat cells. Toxins can limit the ability of cells to function.

Detoxification efforts help free the vital cellular and organ activities to function productively and efficiently. There are several popular cleanses and detoxification diets that give the digestive system a break, helping to mobilize toxins. **It is important that the toxins are not only mobilized, but leave the body so they are not recycled and reabsorbed into the body.**

## Essential Oils for Optimal Detoxification Support

The detoxification process mobilizes then flushes toxins out of the body. This requires optimal function of the following organs and systems to ensure that toxins leave the body and are not reabsorbed:

- 1. Parasympathetic State:** Detoxification is a parasympathetic event. You need to rest and digest in order to detoxify. You can't heal under stress. In addition to reducing external sources of stress during a detox, you can apply the Vibrant Blue Brain Balance **Parasympathetic** blend to the vagal nerve (behind the earlobe on the mastoid bone) before meals stimulates the parasympathetic nervous system "rest and digest" state to promote optimal digestion, absorption and assimilation of the nutrients necessary to help the body heal and put it in optimal balance.
- 2. Liver Support:** The Liver plays a huge role in the detoxification effort, filtering toxins from blood and neutralizing the toxins in preparation for elimination. Vibrant Blue Oils Body Balance **Liver** helps support optimal health and vitality of the liver. This is a great blend to support any kind of digestive repair effort that would release extra toxins (like yeast die off), a detox cleanse or for anyone who demonstrates liver stress symptoms like sensitivity to smells (smoke, perfume, etc) and or chemicals or those who are easily intoxicated or hung over.
- 3. Gall Bladder Support:** The Gall Bladder concentrates the bile to help break down fat and carry toxins out of the body. If the bile becomes too thick, it doesn't flow as well and toxins don't move out of the system as efficiently. Vibrant Blue Oils Body Balance **Gall Bladder** supports the flow of bile and with it toxins out of the body. Some indicators that Gall Bladder Flow might be a helpful blend for you would be motion sickness, floating stools, avoiding fatty food like meat or if you do eating fatty food, needing to use the restroom shortly after, pain between shoulder blades, subtle headache above eyes.





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# Gall Bladder™

— BODY BALANCE —



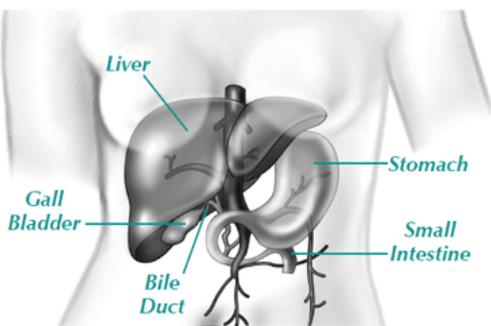
**BENEFITS:** The gallbladder is a small, pear-shaped organ that stores and concentrates bile, a fluid made in the liver that helps the body break down fat and carry toxins (including old hormones) out of the body.

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 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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# Liver™

— BODY BALANCE —

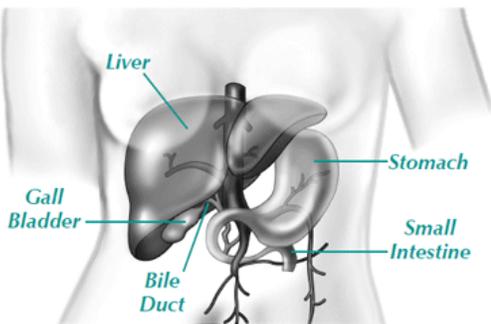


**BENEFITS:** Designed to strengthen, balance and energize the liver to perform its numerous functions with optimal vitality. The liver processes everything we eat or drink and filters and detoxifies any harmful substances from the blood. It also plays a critical role in fat digestion and managing our 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

## 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 Liver blend contains a proprietary blend of Ylang Ylang, Caraway, German Chamomile, Vitex Berry, Balsam of Peru, Peppermint and Lavender

### PRODUCT TIPS:

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



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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



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