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Blood Sugar Support Kit

Blood sugar (or glucose levels in the blood) is the primary source of energy for the body's cells. Carbohydrates in the food we eat are digested and absorbed as glucose, then transported through the bloodstream, supplying energy to every cell in the body. The body is continually monitoring the levels of glucose (blood sugar) in the blood to ensure that it doesn't spike too high or dip too low. The goal is to maintaining a condition of internal stability necessary for optimal function.

Keeping blood sugar in balance is important for:

- Energy levels, including optimal sleep
- Brain health, including moods and mental focus.
- Hormonal balance
- Weight loss
- Optimal health, including the optimal function of every organ

Diet is a primary tool for controlling blood sugar, ideally limiting the intake of foods that spike blood sugar, like sugar and carbohydrates. Increasing the intake of healthy fats, and supporting the body's ability to digest and assimilate fats, can also help curb hunger cravings and sustain blood sugar levels for longer periods of time.

Essential Oils that Support the Organs of Blood Sugar Regulation – **Pancreas, Liver, Adrenals** - can also help to bring the body into optimal balance:

Pancreas: The digestive system breaks down the carbohydrates from food into glucose which goes straight into the bloodstream, causing blood sugar concentrations to rise. The **pancreas** releases insulin to transport the glucose into the cells. As more and more cells receive glucose, blood sugar levels come down to normal again. Excess glucose is stored as glycogen (stored glucose) in the **liver** and muscles. If you have not eaten for a while and blood glucose concentrations drop, the **pancreas** releases another hormone called glucagon. Glucagon triggers the breakdown of glycogen into glucose, thus pushing blood glucose levels back up to normal.

Liver: The liver acts as the body's glucose (energy) reservoir and helps to maintain steady and constant blood sugar levels by balancing the uptake, storage and release of glucose depending on the body's need for energy. More specifically, excess glucose is removed from the blood, and converted into glycogen (the storage form of glucose) which is stored in the liver. When blood sugar levels drop, the liver initiates a process called glycogenolysis where glycogen is converted back into glucose, and gradually released into the bloodstream until levels approach normal range. If the body's glycogen stores dwindle, the liver helps to produce glucose through a process known as gluconeogenesis or by converting other sugars into glucose. Finally, the liver produces ketones from fats when glucose is in short supply.

Adrenal Glands: A blood sugar imbalances can exhaust the adrenals. For example, eating a sugary meal will spike then quickly crash blood sugar, requiring the adrenals to release cortisol to stabilize blood sugar. Similarly, stress hormones such as adrenaline (epinephrine) can increase blood sugar levels to meet your body's demands for energy. Every stress response is a blood sugar response and fatigued adrenal glands can drop cortisol, and blood sugar, levels.



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Adrenal™

— BODY BALANCE —



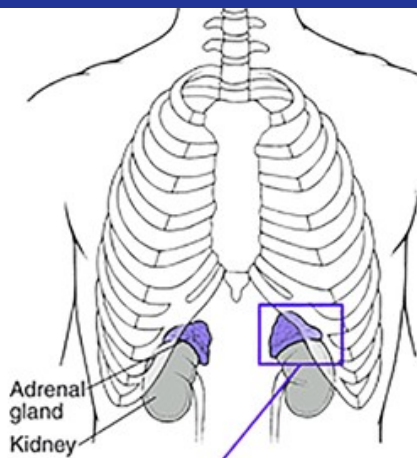
BENEFITS: The adrenal glands produce several hormones, including cortisol which is released to help the body manage stress. This stress response can throw the cortisol supply out of balance, either releasing too much (often called hyper adrenal conditions) or too little (often called adrenal fatigue).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

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

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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Liver™

— BODY BALANCE —

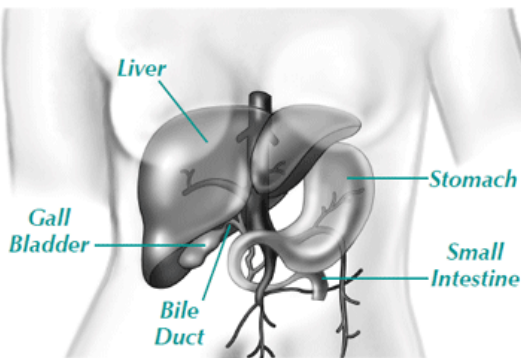


BENEFITS: Designed to strengthen, balance and energize the liver to perform its numerous functions with optimal vitality. The liver processes everything we eat or drink and filters and detoxifies any harmful substances from the blood. It also plays a critical role in fat digestion and managing our energy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

— BODY BALANCE —



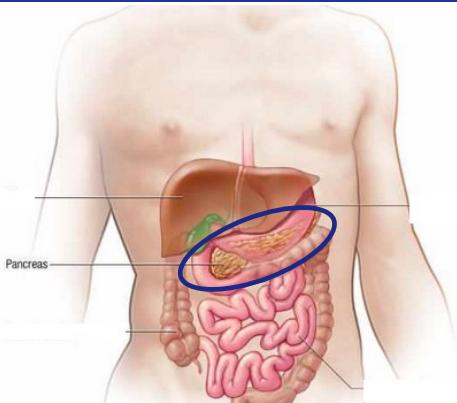
BENEFITS: Balances the pancreas against overload and fatigue to support optimal function.

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



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Detox Support Kit