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Stress Support Kit

Stress is any reaction to a physical, emotional, psychological or environmental stimulus that triggers the release of adrenal hormones. Since our bodies prioritize a stress response over all other bodily systems, including the digestive and immune system, a chronic or prolonged stress response can throw all other systems out of balance and lead to degeneration and disease. Simply put, a body in stress cannot heal. Supporting the organs of stress is the highest priority for any healing protocol.

What does stress do to the body?

Stress triggers a domino effect in the body to go on high alert “fight or flight” and free up all available energy and resources to escape the perceived threat. The organs involved in this stress response include the hypothalamus, adrenal glands and parts of the brain that control the circadian rhythms, including the pineal gland and the hippocampus. The constant stress can exhaust these systems and cause further damage to overall health.

How to Support Stress: Consider minimizing stresses in your life and support your stress organs with Vibrant Blue **Stress Support Kit** (including **Adrenal, Hypothalamus and Circadian Rhythm**).

Adrenals: The small, triangular-shaped adrenal glands situated on top of the kidneys, regulate the body's stress response by secreting key hormones, like cortisol and adrenaline (epinephrine) that regulate energy production and storage, control blood sugar, immune function, heart rate, muscle tone, and other processes that enable you to rapidly respond to stress. The health and resilience of the adrenals (along with the hypothalamus and hippocampus) help to determine our tolerance to stress. To keep your adrenals in tip top shape for all other healing to occur, consider **Adrenal**.

Hypothalamus: This pearl size region of the brain located just above the brainstem serves as control center for neural and hormonal messages received from/sent to body. The hypothalamus brings together the **nervous system** (electrical signals to communicate to nervous system) and the **endocrine systems** (hormonal signals) to oversee the body's homeostasis (internal balance). The ability of the hypothalamus to receive clear messages from the body is critical. All outgoing endocrine and neural signals are based on the clarity of these incoming signals. To optimize the vitality of the hypothalamus, consider Vibrant Blue **Hypothalamus** blend.

Circadian Rhythm: Our sleep/wake cycle, known as our circadian rhythm, requires the release of melatonin, a hormone crucial to sleep. Melatonin has an antagonist relationship to the stress hormone cortisol and the two hormones in conjunction help regulate our circadian rhythms. This means that when cortisol is high, melatonin is low. Chronic and prolonged stress triggers the adrenal glands to release cortisol and throws off the body's natural cortisol/melatonin rhythm. Cortisol should be high in the mornings when you wake up and gradually taper off throughout the day so you feel tired at bedtime and can fall asleep. High levels of cortisol at night, drive down melatonin and make it difficult to fall asleep. To put the circadian rhythm back in balance, you might consider Vibrant Blue Oils **Circadian Rhythm** blend, which triggers the natural release of melatonin.



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Adrenal™

— BODY BALANCE —



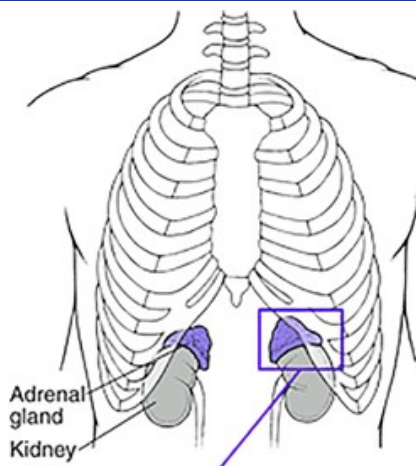
BENEFITS: The adrenal glands produce several hormones, including cortisol which is released to help the body manage stress. This stress response can throw the cortisol supply out of balance, either releasing too much (often called hyper adrenal conditions) or too little (often called adrenal fatigue). 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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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 eyebrows 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 blend of Frankincense, Bay Rum, Patchouli, Ylang Ylang, Pine Needle and Red Mandarin.

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



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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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 Balsam, Grapefruit, Lavender, Rose Geranium, and Melaleuca

PRODUCT TIPS:

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



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Pancreas™

— BODY BALANCE —



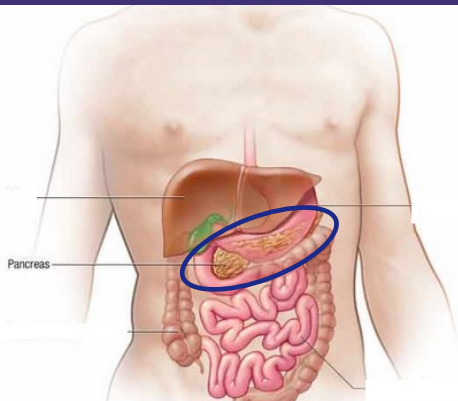
BENEFITS: Balances the pancreas against overload and fatigue to support optimal function.

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 inside or near the pillow case.

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