



vibrant
blue oils

Spleen Qi™

— BODY BALANCE —



BENEFITS: Supports the Vitality and Energy of the Spleen to promote healthy blood cells increase the flow of Qi energy in your body and brain. Assists in digestive issues and can bring vibrancy to your energy.

INDICATIONS: Your spleen, located in the left upper quadrant of your abdomen, acts as a filter for blood as part of the immune system. Old red blood cells are recycled in the spleen, and platelets and white blood cells are stored there. The spleen also helps fight certain kinds of bacteria.

According to Traditional Chinese Medicine (TCM), the spleen is said to pull qi from all the foods we eat and transports and transforms the nutrients into blood which then nourishes and strengthens the energy (or Qi) delivered to your body and your brain through your blood.

Spleen qi refers not only to the actual Spleen organ but to the entire digestive system and aspects of the circulatory system. When your spleen qi is flowing properly, the digestive system also functions properly. Blood and all the fluids of the digestive system move smoothly, with no stagnation in the organs.

Qi deficiency, or low energy/stagnation in specific organs of the body and the brain, are believed to contribute to illnesses and disease along with physical and mental fatigue. The Spleen is also said to house thought processes. For example, over-thinking (like worrying) is believed to lead to Spleen Qi deficiency.

Qi deficiency may also result from burning through too much energy in daily life. Stressful, on-the-go, busy lives, with little downtime quickly drain the body of vital energy.

Application



HOW TO USE: Apply 2 – 3 drops over the spleen (left side of the body, under breast) or over the Spleen 6 point (inside of leg just above the highest peak of your ankle (four finger widths up from, apply deep pressure slightly behind the tibia bone).

WHEN TO USE: To help support energy, digestion and balance the reproductive system.

INGREDIENTS: Vibrant Blue Oils Body Balance SPLEEN QI™ blend contains a proprietary formulation of organic and/or wild crafted essential oils of Mandarin, Fennel, Black Pepper, Celery Seed, Helichrysum, Oregano, Myrrh and Vitex Berry in a base of FCO.

PRODUCT TIPS:

- Supports energy, digestion and menstruation symptoms.
- Can help when feeling weak, tired, and worried.



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