



vibrant
blue oils

Spleen Support™

— Releasing Worry —



BENEFITS: Assists in calming worries, easing anxiety and balancing and stabilizing obsessive thoughts and emotions

INDICATIONS: The spleen, located in the left upper quadrant of the 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 that cause pneumonia and meningitis.

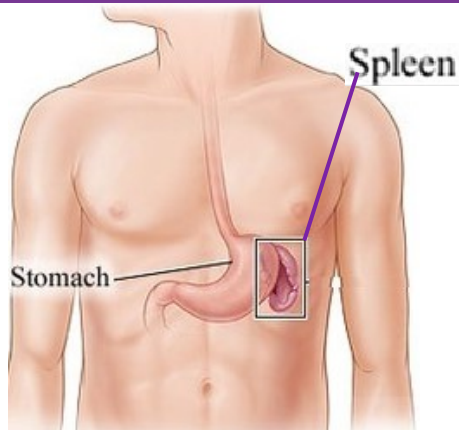
According to Chinese medicine, the Spleen houses the body's thoughts and intentions and is responsible for analytical thinking, memory, cognition, intelligence, and ideas.

These emotions in their extreme states - over-thinking, worry, excessive mental and intellectual stimulation or any activity that involves a lot of mental effort -- can create disharmony in the spleen.

If you "ruminate" and obsess constantly about life experiences, you literally are not "transforming" them into positive fuel to motivate taking action and moving forward in life.

AFFIRMATION: *I release worry and embrace balance. I love and approve of myself and trust the process of life to be there for me. I am safe. All is well.*

Application



HOW TO USE: Apply 2- 3 drops over the spleen (left side of body, under breast) or around earlobes for emotional support.

WHEN TO USE: To help clear overthinking and worry, apply 2-3 times daily or as needed.

INGREDIENTS: Vibrant Blue Oils Emotion Balance Spleen Support blend contains a proprietary formulation of Lavender, Patchouli and Vanilla in a base of fractionated coconut oil.

PRODUCT TIPS:

- Supports openness, equanimity, balance, and acceptance.
- Helps to balance worry, excessive thinking, regret, obsessions, and self-doubt.



Emotion Balance blends are designed to acknowledge and release underlying emotions that can impede healing.