



vibrant  
blue oils

# Histamine Balance™

— BRAIN BALANCE —



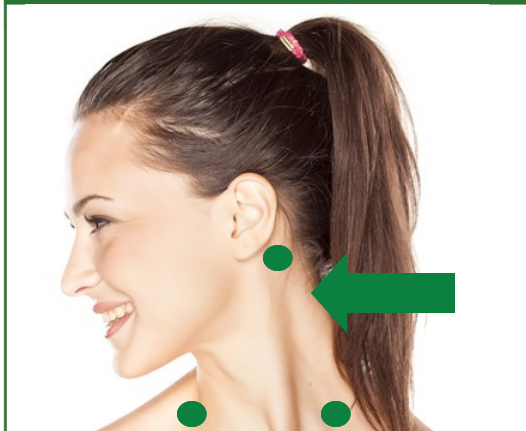
**BENEFITS:** Helps reduce over-active histamine reactions and modulate the immune response.

**INDICATIONS:** Histamine is a chemical compound released by the cells in response to injury, allergic or inflammatory reactions, causing contraction of smooth muscle and dilation of capillaries. Histamine plays a role in immune responses, regulates physiological function in the gut, and acts as a neurotransmitter in the brain.

While the release of histamine is a normal defense mechanism, an exaggerated histamine response can bind to cell receptor sites, causing irritation and chronic inflammation. This can cause sneezing, runny nose, watery, red, itchy eyes, rashes, and breathing troubles. Inflammation of the small intestine can present as food allergies and sensitivities. Inflammation of the brain presents as fatigue, headaches and brain fog.

Histamine levels are designed to be kept in balance, not blocked, as histamine performs critical functions in body, contributing to HCL production and neurotransmitter signals. The goal is to modulate excess histamine excretion, balancing histamine levels and helping to reset the immune response and reduce allergic reactions.

## Application



**HOW TO USE:** Apply 1 -2 drops on bottom of feet, at base of skull, behind your ears, and sternum. Apply 1 - 2 drops to a Q-tip and gently swab inside both nostrils.

**WHEN TO USE:** To support histamine reactions in the gut, brain and body, apply 2 -3 times daily.

**INGREDIENTS:** Vibrant Blue Oils Brain Balance Histamine blend contains a proprietary formulation of Blue tansy, Roman Chamomile, Vetiver, Peppermint, Rosemary, Lavender, Manuka, Ravensara and Spruce.

### PRODUCT TIPS:

- To relieve congestion, apply 1 - 2 drops to a Q-tip and swab around the inside of both nostrils. This will initially cause an increased release of mucus followed by relief of symptoms.
- To calm an allergic reaction to food, rub clockwise around the belly button.



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.