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# Brain Reboot Kit™

## How the Brain Drains Toxins

The cerebrospinal fluid moves quickly across the brain tissue in a sweeping motion around the neurons, and then exits along the veins. This movement is controlled by the lymphatic system in combination with glial cells known as astrocytes, also known as the glymphatic system, or glial-dependent lymphatic system.

Poor sleep can impede the glymphatic systems, allowing toxins to accumulate and damage neurons over time, contributing to degenerative brain issues, like Alzheimer's. The glymphatic system operates primarily during sleeping hours. There is very little activity of the glymphatic system during our waking hours.

## Essential Oils to Help Detoxify the Brain

Topically applied essential oils can play a huge role in helping the brain detoxify during sleep. Topically applied essential oils can be especially powerful in supporting the brain as the brain is comprised primarily of fat and essential oils are fat soluble so they easily penetrate and assimilate into the system. Specific oils for supporting brain detoxification include:

**Circadian Rhythm™:** Melatonin is the key hormone to help us fall asleep. It is typically released by the pineal gland in response to darkness, but modern toxins and artificial lighting can impede this release. Circadian Rhythm™ blend can be applied around the base of the skull (apex of head, above ears and back of head) to help trigger the natural release of melatonin. It should be noted that in addition to helping us sleep so our glymphatic system can operate, melatonin also serves as a powerful antioxidant and a potent detoxifier of the brain. Melatonin can help the brain detoxify from viruses, as well as heavy metals such as lead and cadmium and potentially mercury.

**Lymph™:** The lymphatic system needs to be functioning optimally in order for toxins to be removed from the brain. If you think of the body like a hydraulics system where congested tissue downstream prevents optimal flow upstream, congested lymphatic vessels in the neck will impede drainage of toxins from the brain. To enhance lymphatic flow and drainage, generously apply Lymph™ around the sides of the neck.

**Parasympathetic™:** Similarly, if an infection is impeding blood and lymph flow out of brain, pressure can build up and toxins and lymphatic fluid cannot drain effectively. The glymphatic system moves alongside the arteries and then drains alongside the veins. So if you have congestion or inflammation in this tissue or in the veins in the neck, that can impair the drainage of toxins from the brain. Toxins or infections in the mouth including amalgams, root canals, infections from wisdom tooth extractions or other dental or gum disease can lead to infection on the sides of the neck impacting the function of the vagus nerve to trigger the Parasympathetic rest and digest state. The vagus nerve travels down both sides of the neck and infections in that vicinity can be taken into the nerve and impede the ability of the nerve to trigger the parasympathetic state. Topically applying Parasympathetic™ blend on the vagal nerve behind the on the neck can help manually override the infection and help reset the autonomic nervous system for optimal drainage from the brain.



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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, absorption and assimilation and digestive challenges. When you stimulate the parasympathetic nervous system, all downstream digestive function improve.

## 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



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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# Lymph™

— BODY BALANCE —



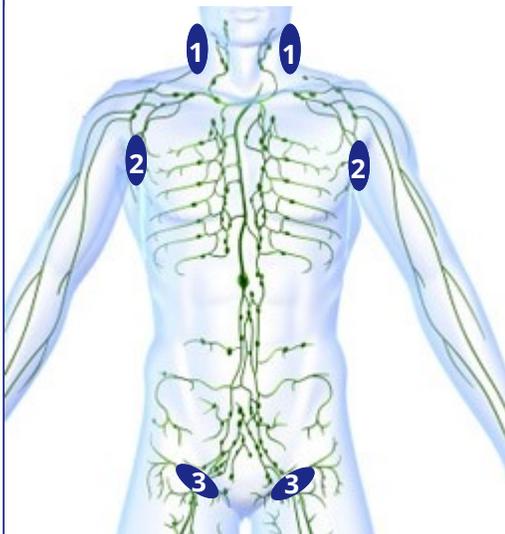
**BENEFITS:** Uniquely formulated to increase circulation of fats and white blood cells within the lymphatic system for optimal delivery of nutrients to cells and removal of waste from the cells.

**INDICATIONS:** The lymphatic system is the body's first line of defense against disease. It includes lymph nodes (with clusters found in the neck, chest, underarms, abdomen, and groin). Unlike the cardiovascular system, the lymphatic system does not have its own central pump — it only moves as the muscles squeeze it along. So the lack of movement makes the lymphatic system stagnant, with waste accumulating and excessive toxins building up.

If the lymphatic system is not working correctly, elimination, detoxification and immunity may be affected, resulting in symptoms such as:

- Brain fog
- Soreness and/or stiffness in the morning
- Bloating or Fatigue
- Dry or Itchy skin
- Congestion, stuffy head, sinus or periodontal infection
- Holding on to water/ Rings get tight on fingers
- Breast swelling, soreness with each cycle or bladder infection
- Cold hands and feet

## Application



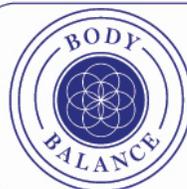
**HOW TO USE:** Apply 2- 3 drops each to sides of neck (1), lymph nodes under arms (2) and around inguinal ligament/bikini line (3).

**WHEN TO USE:** 2- 3 times daily.

**INGREDIENTS:** Vibrant Blue Oils Body Balance Lymph blend contains a proprietary blend of Palmarosa, Ylang Ylang, Spearmint, Helichrysm and Vitex Berry.

### PRODUCT TIPS:

- Apply to lymph nodes to help clear infection
- Helps support fat assimilation, as fats go into the lymphatic system to be delivered throughout the body.
- Lymph blend is designed for liberal usage



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



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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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