

Essential Oils for Autoimmunity

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Welcome!

I'm Jodi Cohen, Founder of Vibrant Blue Oils. I also suffer from auto immunity and have had great success integrating essential oils into my protocol. When I was first introduced to essential oils, I intuitively tested to see which oil could help support my exhausted adrenal glands. I was surprised when instead of a single oil standing out, five of them tested well. I intuitively combined them into a blend that immediately helped my energy, mood and mental clarity. It was akin to that sensation of almost drowning, then coming up for air. Buoyed by my own positive experience, I began creating additional proprietary blends of organic or wild-crafted, therapeutic essential oils to support different organs in the body. These blends laid the foundation for Vibrant Blue Oils practitioner-tested blends designed to balance the underlying issues in the body, brain and emotions so we can heal!



I am also a nutritional therapy practitioner, certified herbalist and a yoga instructor with two young children and a new puppy. I fell into this field through my own personal health issues and those of my children, including ADHD, anxiety, hormonal imbalance, depression, fatigue and brain fog.

Essential oils have been an invaluable tool in managing my auto immunity and keeping my family healthy! That is why I'm so passionate to share my story and advice with you to help you keep you and your family healthy, happy and vibrant!

When I was first diagnosed with an auto immune disease, I tried conventional protocols with marginal success. It was only when I began integrating essential oils into the mix that I started to notice the dramatic health improvements I was seeking. My fatigue dissipated, mental focus improved, mood lightened and weight started to finally drop back into my normal range. Don't get me wrong. I am not claiming that essential oils by themselves are a magic bullet against auto immunity. But I do believe that when combined with other dietary and lifestyle modifications they can dramatically bolster and improve your health.

I hope you find the information in this guide as helpful in your life as I have with mine, and I hope you are inspired to learn more about integrating essential oils into your life!

In Vibrant Health,

Jodi



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What are Essential Oils?



Essential oils are the natural, highly concentrated essences extracted from specific herbs in their living state for their healing capabilities. Essential oils can be derived from plants, shrubs, flowers, grasses, fruits, bushes, seeds, roots, bark and trees.

Essential Oils provide key components of the plants' immune systems. They help the plants grow, thrive, evolve, and adapt to surroundings. For example, they protect plants from bacterial and viral infections, heal injuries, repel unwanted insects, prevent water loss and other environmental damage, play a role in plant pollination and deliver oxygen and nutrients into the cells. This is why they are "essential" for a plant -- without them, plants could not survive.

In the human body, they play a similar role -- transporting valuable nutrients to the cells. This is because the three primary elements - carbon, hydrogen and oxygen - are common to both human beings and essential oils.

This shared chemistry makes essential oils highly compatible with human biochemistry. Essential oils are also lipid-soluble with a protein-like structure similar to human cells, making them even more compatible with human cells and tissues.

Since essential oils are bio-familiar to humans, they can also help balance and support the human body to heal itself. Research has shown that essential oils help us fight infection (with anti-bacterial, anti-fungal and anti-viral properties), balance hormones and emotions and aid in regeneration. Essential oils also help the brain, reviving a tired mind and stimulating memory. Different fragrances of essential oils will relax, revitalise or renew your mind, body and soul.

Highly concentrated essential oils are also extremely potent. A drop or two can produce significant results because an entire plant, when distilled, might produce only a single drop of essential oil. They are approximately 75-100 times more concentrated, and consequently far more potent, than dried herbs.



Essential Oils for Auto Immunity



What is autoimmune disease?

An autoimmune disease develops when your immune system begins to attack its own healthy cells and tissues, often causing prolonged systemic inflammation and subsequent tissue destruction. Common autoimmune disorders include:

- Thyroid disorders, like Hashimotos
- Rheumatoid arthritis
- Crohn's disease
- Lupus
- Multiple sclerosis
- Celiac disease

Early Warning Signs of autoimmune disease:

Chronic, prolonged stress and inflammation can often present as early symptoms of auto immunity like:

- Fatigue and energy swings
- Pain or Inflammation
- Weight gain, especially around the waist
- Unexplained Anxiety or Depression
- Brain fog, Lack of concentration
- Food allergies/Food Intolerances
- Cravings for sugar, carbohydrates or caffeine
- Skin issues including dry skin, rashes or pimples
- Frequent colds, flu or infections
- Nutrient deficiencies

What Causes Auto Immune Disease?

There are many underlying factors that can contribute to an autoimmune condition, including:

- Poor Diet or Food Intolerances
- Chronic Inflammation in the Gut
- Chronic and Prolonged Stress
- High levels of Toxins or Infections coupled with Poor Detoxification.

How Essential Oils Can Support Auto Immunity

Returning the body to balance by addressing the underlying issues of stress, inflammation and detoxification at their root cause can help mitigate, stop or reverse an auto immune reaction.

Topically applied Essential Oils may help support the treatment of autoimmune disorders, by both balancing the organs under stress and circumventing an inflamed gut which is often unable to properly assimilate healing nutrients.

How Essential Oils Work



Essential oils can help us return to our natural state of balance, known as homeostasis, so that we can heal.

There is a balance in nature – the tides, the seasons, the moon cycles all ebb and flow in balance. I believe that our bodies were designed to maintain a similar natural rhythm.

When we lose this connection to nature, it interferes with our internal rhythm and balance, impeding our ability to sleep, detoxify, digest, anti-inflame and relax.

When our bodies are in a balanced state, these natural processes flow easily without interference. The body can easily recognize or respond to a stressor and then return to balance.

Connecting with nature – either by consuming nutrient-dense whole food and minerals or inhaling or topically applying essential oils derived from plants — allows us to align with the balance of nature so our bodies can return to balance and heal.

The definition of balance is to “maintain a steady state to avoid falling”. Falling into ill health, negative thoughts, depressed or anxious mood. As our thoughts shift, so does our balance. But nature remains steady. Plants, trees, rocks – their energy

remains grounded and constant. Thus, if we can align ourselves with that grounded energy of nature, it can help us return to and stay in balance.

There is something in nature that holds that consistent frequency and consistent balance. This is where I believe the benefits of essential oil lay – helping our bodies reconnect to nature and our internal sense of balance.

Just as you can reboot or repair a computer, I believe the body's software code can also be repaired and rebooted, and plants and essential oils can play a critical role in the process.

You see, humans and plants are bio-familiar. This means that in essence we both use the same software codes, called frequencies, with each plant having its own unique frequency, much as you would perceive a unique color.

Just as you can mix paint colors to match a wall, you can mix the frequencies of different plants through the use of their oils to match the frequency or code of a particular organ, brain or emotional energy.

This is what we are doing with the Vibrant Blue Oil blends – blending the frequencies of different plants to match the frequency of the body, brain and emotions in balance.



Proprietary Blends for Healing



As a nutritional therapist and mom with an auto immune issue, my intention with Vibrant Blue Oils was to create easy to use, affordable and effective blends that I could use on myself and my family. It felt expensive and wasteful to purchase a lot of single oils to blend myself.

I wanted blends that I knew would balance my body to support optimal performance, weight and healing. I firmly believe that blends are more powerful than single oils as the synergistic combination of several single oils is almost always greater than the sum of the parts.

Blends can yield not only the power of the combined chemical constituents and frequencies of individual oils, but also the synergy of how they interact together. This means that the respective benefits of the individual oils change to enhance their energy. For example, the anti-inflammatory effects of Chamomile are increased when combined with Lavender.

Vibrant Blue Oils blends are uniquely formulated, proprietary blends developed to balance the body, brain and emotions to support optimal healing. Instead of just providing temporary relief from symptoms of imbalance in the body, I wanted to actually use the amazing healing power of oils to balance the underlying issues so that we might actually heal and reach our fullest potential in life, not hindered by pain, anxiety or poor mental focus.

These blends have been designed to work in tandem with dietary changes, providing specific plant and herb nutrients to support healing in a bio-available form that even those with digestive challenges can easily assimilate.

Our proprietary blends are uniquely formulated to balance different organs in the body and regions of the brain to help return our bodies to balance for optimal performance, weight loss and healing. When used in combination with the Paleo diet, Vibrant Blue Oils blends help balance underlying issues that contribute to ill health, including sleep, digestion, detoxification, stress and blood sugar balance.

How To Use Essential Oils



Essential oils can be absorbed into the body via:

Inhalation: Our sense of smell influences many physiological pathways including the stimulation of hormones and other metabolic processes. When an essential oil is inhaled, it enters the nose, moves to the lining of the lungs, where it is then absorbed into the bloodstream within seconds. Research has shown that aromatic compounds exert strong effects on the brain, especially on the hypothalamus (the hormone command center of the body) and the limbic system (the seat of emotions). Some essential oils can dramatically increase oxygenation and activity in the brain. Inhalation is ideal for young children and pregnant or nursing mothers.

Topical Application: Due to their natural molecular composition, essential oils are easily absorbed by the skin and can be safely applied topically. When applied to the skin, essential oils quickly penetrate into the pores, moving rapidly through the cells into the bloodstream for internal benefit throughout the body. For example, an essential oil placed on the foot will be distributed to every cell in the body within 21 minutes. They will even penetrate a finger or toe nail to treat fungus underneath. This also means that topical application of essential oils can have immediate, localized benefit to the target area of application. The longer essential oils stay in contact with the skin, the more likely they are to be absorbed, so don't wash them off too soon. The bottom of the feet are the safest place to apply essential oils, especially for young children.

Ingestion: We do not recommend ingesting essential oils as they usually do not make it through the digestive track to the area you are trying to treat. We have found topical applications to be more effective. For example, oils touted for internal use of digestive distress, like peppermint oil, can also produce the same results when massaged on the stomach. Another internal option would be to place a drop of essential oil on the inside of the cheek which allows the oils to be absorbed directly into the bloodstream. While many essential oils are generally regarded as safe for dietary use, some oils should not be taken internally. Do not use an essential oil internally if it does not list appropriate dietary supplement facts on its label.

Oils for Optimal Digestion



It is not just what we eat, but our ability to digest, absorb and assimilate it. Often, when our body is out of balance from an auto immune condition, digestion can be compromised, making it challenging to assimilate the nutrients we need to heal. When healing from an auto immune condition, the digestion and assimilation of fat can be especially challenging. Fats serve an important role as the building block for hormones and cells as well as carriers for fat soluble vitamins A, D, E and K. Conversely, undigested fats can rancidify creating an additional toxic burden for an already challenged body.

Topically applied essential oils can help support the digestive process/organs of digestion including:

Parasympathetic State of the Nervous System:

Your body needs to be in the parasympathetic "rest and digest" nervous system state to promote optimal digestion, absorption and assimilation. It is in this optimal parasympathetic state that the mouth releases saliva, the stomach releases HCL, the pancreas releases digestive enzymes and the gall bladder releases bile to emulsify and break down fat. It also allows for the small intestine to assimilate nutrients and the large intestine to excrete waste. To stimulate the optimal "rest and digest" parasympathetic state, apply the Vibrant Blue **Parasympathetic** blend to the Vagus Nerve (behind the earlobe on the mastoid bone) before meals.

Liver: The liver produces bile which aids in the emulsification of fats and the digestion and absorption of fat-soluble substances, like Vitamins A, D, E and K. The liver also stores fat-soluble toxins, including old hormones (like excess estrogen), in the bile for transport out of the body. You can support optimal liver function by applying Vibrant Blue Oils **Liver** over the liver (right side of the body, under the ribs) 2 – 3 times daily.

Gall Bladder: Once the liver produces bile, it is stored and concentrated in the gall bladder. When we eat a meal with fat, the bile should flow freely to help emulsify and break down and absorb fat. Bile also serves as a depository to carry toxins and old hormones out of the body in the stool. But stress, hormones, and excess fat consumption can make the bile thick, viscous and stagnant, which impedes its ability to flow out of the body. Toxins that are not eliminated from the body, are often reabsorbed, contributing to hormonal and gall bladder challenges.

To support the optimal flow of bile from the Gall Bladder, apply Vibrant Blue Oils **Gall Bladder** on the right side of the body under the bra under-wire or along and slightly under the right rib cage. This can help ease bile flow for optimal fat assimilation.

Pancreas: The pancreas secretes digestive enzymes into the small intestine. Some of these enzymes, called lipolytic enzymes, further break down the fat and allow us to absorb it. To support optimal enzyme release for fat digestion, apply 2 – 3 drops of Vibrant Blue Oils **Pancreas** on the fifth rib (2 down from where the bottom of your bra hits) on the left side of the body.



Essential Oils for Healing the Gut



Healing the gut can reduce systemic inflammation that is so prevalent in auto immunity.

As you may know, the cells lining the small intestine are connected by semi-permeable tight junctions that serve as important gatekeepers. They block the undigested food, bacteria, fungus, yeast, parasites and other toxins while selectively assimilating and absorbing the vital nutrients the body needs.

Gut inflammation from food allergies, stress or infections can compromise these tight junctions, leading to increased permeability and allowing harmful pathogens and undigested food to pass, or "leak", into the body. This triggers an immune response where toxins or undigested foods are tagged by the immune system as "foreign invaders". This prevents vital nutrients from being properly digested, absorbed and assimilated and can lead to food allergies/intolerances.

Support Optimal Digestion: Impaired digestion can contribute to inflammation. One of the most important elements of healing the gut is to eat in the optimal "rest and digest" Parasympathetic state. You can do this by really taking time to sit down, relax, and breathe before eating. We also recommend applying a drop of Vibrant Blue Parasympathetic oil to the vagal nerve (behind the earlobe on the mastoid bone) before meals to trigger optimal digestion. You might also consider Pancreas Oil to support digestive Enzymes and Gall Bladder to support optimal fat digestion.

Reduce Inflammation: In order for the gut to heal, you need to remove the source of damage. This could include inflammatory foods, medications, alcohol and intestinal infections. Consider a strict elimination diets that remove all grains, sugar, dairy, corn, soy (and in some cases nuts, eggs and night-shades). You can also help to reduce inflammation through topical application of Vibrant Blue Anti-Inflammatory or Histamine Balance rubbed clockwise around the belly button 2 – 3 x daily.

Repair Intestinal Mucosal Lining: Healthy gut flora and mucosal lining are critical for absorbing nutrients from food and neutralizing toxic substances. To repair both, it is important to add in nutrient dense whole foods, supplements and essential oils to support digestive weaknesses, including Intestinal Muscosa blend rubbed clockwise around the belly button 2 – 3 x daily to help **restore the balance of healthy intestinal flora.**

Heal Infections by Fortifying Boundaries: Gut Infections like yeast, candida, parasites, fungus and bacteria all contribute to gut inflammation, so it is important to help address and neutralize these infections when attempting to heal the gut. In addition to upholding physical boundaries, the small intestine plays a discerning role with emotions. When you have weak energetic boundaries, you open yourself up for all sorts of infections. Conversely, when you improve energetic boundaries, pathogens are no longer an energetic match and often dissipate. To help support energetic boundaries, consider Vibrant Blue Oils Small Intestine Support either to the small intestine or the ears several times daily.



Essential Oils for Stress



Physical, emotional or mental stress can often be the tipping point that triggers autoimmune disease. Our bodies are designed to manage short bursts of acute stress, where the short-term inflammatory response temporarily boosts the immune system, giving the body the energy to support an immune response. Unfortunately, the chronic stress state that most of us live in does not allow us to drop into the Parasympathetic “rest and digest” state where the body can rest, recover and repair. As a result, your body continuously cycles through periods of high inflammation, which can damage the gut lining, and suppress the immune system. The following essential oils can be great tools to help the body to return

Parasympathetic: The “Rest and Digest”

Parasympathetic state of the nervous system allows the body to regenerate, repair and heal. The stress response throws the body into the Sympathetic “fight or flight” state. To reset the body into the parasympathetic healing mode, apply a drop of Vibrant Blue **Parasympathetic** oil to the vagal nerve (behind the earlobe on the mastoid bone) before meals.

Adrenal: The adrenal glands help determine and regulate the body's stress response. The health and resilience of these key stress response organs determine our tolerance to stress. To keep your adrenals in top shape and help the body adapt to stress, smell or apply Vibrant Blue Oils

Adrenal blend on the adrenal glands (back of the body, one fist up from 12th rib).

Release Negative Emotions: As you may know, stress can often stem from deep seated emotions like fear, worry, anger or trauma and their resulting thought patterns. Unfortunately, the body's stress response cannot differentiate between current physical stresses or emotion and thought driven stressors. In other words, stressful thoughts or emotions can trigger a stress response in the body. To help address the emotions at the root cause of stress, consider **Emotion Support** blends.

Hypothalamus: The hypothalamus in the brain

initiates the stress response by triggering the adrenal glands to secrete stress hormones. It controls all messages sent to and received from the body. It is constantly assessing and adjusting cortisol levels via signals to the adrenals. Chronic and prolonged stress can damage the hypothalamus's ability to receive clear messages which impacts all outgoing signals (i.e. cortisol levels). Apply Vibrant Blue Oils **Hypothalamus** over the third eye to reset the hypothalamus to receive clear messages.

Circadian Rhythm: A critical component to healing

the adrenals is quality sleep – both falling asleep easily and staying asleep through the night. The hormone melatonin promotes sleep, but can be thrown off by the stress hormone cortisol. Melatonin has an antagonist relationship to cortisol which means when cortisol levels are high, melatonin levels stay low. Chronic and prolonged stress keep cortisol levels high and throw off the body's natural sleep/wake cycle, known as the Circadian Rhythms. To return the circadian rhythm to balance, apply Vibrant Blue Oils **Circadian Rhythm** blend before bed to trigger the release of melatonin.



Essential Oils for Sleep



Restful sleep, defined as the ability to both fall asleep and stay asleep for 7-8 hours per night, allows the body to recharge and heal so you can sustain mental and physical energy throughout the day. Sleep is super important for both parents and children and essential oils can be powerful tools for restful sleep!

Oils to help you Fall Asleep

Our sleep/wake cycle, known as our circadian rhythms, are regulated by the sleep hormone, melatonin. The body should naturally release melatonin in the evening when it gets dark. But chronic and prolonged stress can interfere with our natural sleep cycles. You see, the stress hormone, cortisol, has an antagonistic relationship with the sleep hormone melatonin, so any nighttime anxiety triggers the release of excess cortisol at night, driving down melatonin and making it difficult to fall asleep. If you struggle to fall asleep due to stress or racing thoughts, consider **Circadian Rhythm**, which triggers the pineal gland to naturally release melatonin. For children, you can apply undiluted to the bottom of the feet or just put a drop on cotton ball near their pillow.

Gentle Sleep Blends

Vibrant Blue Oils offers several mild oils to help calm the mind and the body before bed. **Sleep** blend contains Spikenard which is known for its relaxing qualities. The **Calm** blend and **Lavender** are also very relaxing and work well on small children, especially when added to an Epsom salt bath or on the pillowcase before bed.

Oils to help you Stay Asleep

Waking up in the middle of the night and feeling so wide awake that you could tackle endless piles of laundry or clean the kitchen can suggest blood sugar issues. If blood sugar plummets during the night, the adrenal glands release adrenalin as an emergency blood sugar raising tactic. This adrenalin surge is what wakes you up. The pancreas then has to kick into high gear to return blood sugar levels to normal. Supporting the pancreas in this effort with Vibrant Blue Oils **Pancreas** blend helps return the body to balance so you can fall back asleep.

If you wake up between 1 a.m. – 3 a.m. but are still groggy enough to fall back to sleep, that is often because the Liver is overloaded. During the night, the liver is busy rebuilding the body and cleansing it of accumulated toxins. The liver is most active between 1 - 3 AM, often peaking at 3 AM. When you awaken at this time, it is often a signal that the liver needs a little support. Vibrant Blue Oils **Liver** blend applied before bed and during night waking can help you return to a restful slumber.



Oils to Support Detoxification



One key trigger in auto immunity is high levels of toxins that can include everything from heavy metals to toxic chemicals in our food, air, home and water.

If your detoxification abilities are over taxed, toxins are not eliminated and can recirculate through the body affecting the body's ability to function and presenting like symptoms such as fatigue, depression, anxiety, allergies, asthma, joint pain, skin problems, headaches or the inability to concentrate. Inadequate detoxification can also contribute to the onset of degenerative diseases, including auto immune conditions. Supporting the organs of detoxification can help prevent and heal from auto immune conditions.

Get into Parasympathetic state: In order for the body to detoxify and heal, it needs to be in the "rest and digest" parasympathetic state of the nervous system. **You literally cannot heal when you are under stress.**

The parasympathetic state also allows for optimal digestion to occur. Eating in the "fight or flight" sympathetic state impairs the absorption and assimilation of nutrients, adding another stress to the body as **undigested food particles add to the toxic burden**. To ensure optimal digestion, you can apply the Vibrant Blue **Parasympathetic** blend to the vagal nerve (behind the earlobe on the mastoid bone) before meals to stimulate the optimal parasympathetic state of digestion.

Support the Liver: The Liver plays a huge role in the detoxification effort, filtering toxins from blood and neutralizing the toxins in preparation for elimination. But dumping more toxins into an already overworked liver can be a recipe for disaster. The liver needs the energy and vitality to keep up with the increased toxic burden. Vibrant Blue Oils **Liver** helps support optimal health and vitality of the liver. This is a great blend to support any kind of digestive repair effort that would release extra toxins (like yeast die off), a detox cleanse or for anyone who demonstrates liver stress symptoms like sensitivity to smells (smoke, perfume, gas fumes) and/or chemicals or those who are easily intoxicated or hung over.

Support the Gall Bladder: The Gall Bladder concentrates the bile to help break down fat and carry toxins out of the body. If the bile becomes too thick, it doesn't flow as well and toxins (especially estrogen) don't move out of the system and often get reabsorbed. Vibrant Blue Oils **Gall Bladder** supports the flow of bile, and toxins, out of the body. Some indicators that the Gall Bladder blend might be a helpful blend for you would be motion sickness, floating stools, avoiding fatty food like meat or if you do eat fatty food, needing to use the restroom shortly after, pain between shoulder blades or a subtle headache above eyes.

Aid the Lymphatic System: Interstitial lymph fluid flows through the lymph nodes where toxins are filtered out. Unlike the cardiovascular system, the lymphatic system does not have a pump to move fluid through the body. The more you can help the lymph fluid flow, the more quickly you can move toxins out of the body. Vibrant Blue Oils **Lymph** blend helps keep lymph flow to move toxins out of the body.

Release Toxic Emotions: Detoxification occurs on a physical, spiritual and emotional level. Often, the more toxins a person releases, the more stored emotion that is also released. It is important to process and **release these emotions** to avoid causing additional stress that would undermine the detoxification process.



Oils for Pain and Inflammation



Pain can really interfere with our work outs, our sleep and our quality of life. Essential oils are great tools for helping to relieve or reduce pain, muscle spasms, and inflammation which make them great for those acute sports injuries as well as chronic conditions like arthritis and fibromyalgia.

The following oils can be topically applied, used during a massage or with a hot or cold compress, or added to a bath with Epsom salt (mix oils with Epsom salt before adding water)

Adrenal – The adrenals sit on top of the kidneys in the low back and impact the muscles supporting the pelvis and lower back. When the adrenal glands are under more acute or chronic and prolonged stress than they can handle, these muscles will directly be affected and the support to the lower back and hips will be lost, leading to low back pain. Vibrant Blue Oils **Adrenal** blend helps balance the adrenals and with them, the muscles supporting the low back. The formulation also includes key oils for pain such as Rosemary which is good for relieving back, muscle and joint pain and Thyme which is also an antispasmodic, good for joint, muscle and back pain.

Nerve Repair – Assists in reducing inflammation, swelling, and cramps and helps to heal and repair damaged connective tissue. **Nerve Repair** is formulated with oils like Helichrysum and **Peppermint** known for pain reliving properties, including muscle, joint and nerve pain. Helichrysum in particular has anti-inflammatory, antispasmodic and analgesic properties that help provide near instantaneous relief from pain.

Histamine Balance: Histamine reactions cause muscles to contract which can limit range of motion and cause pain. Modulating the histamine response with **Histamine Balance** can relieve pain.¹⁴

Anti Inflammatory – This blend helps reduce inflammation and encourage regeneration of damaged or stressed connective tissues. It works well for both acute and chronic inflammation, including the small intestine for leaky gut, joints for pain, head for migraines or the bottom of the feet for acne. The **Anti-Inflammatory** blend is formulated with oils like **Frankincense** known for its anti-inflammatory and sedative properties.

Migraine Relief – Offers relief from inflammation and associated migraine pain. **Migraine Relief** is formulated with oils like **Lavender**, Chamomile and **Peppermint** that are known for their pain relief qualities. Lavender in particular has anti-inflammatory, anti-microbial and sedative properties and it helps to relieve muscle tension and spasms, joint pain and headaches.

PMS Support – **PMS Support** blend alleviates pre-menstrual and menstrual discomforts including low back pain, cramps and bloating. It is formulated with pain reducing oils like Clary sage, Sandalwood and Vetiver. Clary sage especially helps ease muscle tension, spasms and PMS pain. Sandalwood also relieves muscle spasms and helps sedate the nervous system to reduce nerve pain. Vetiver is a wonderful pain reliever .



Essential Oils for Immune Support



Immune Support: This blend traces its origins to the bubonic plague when thieves were stealing the gold teeth out of the mouths of the dead. When they were apprehended, they were offered a lesser sentence in exchange for sharing how they avoided the illness. Their secret was this blend of hot oils that strengthens the immune system against flu, colds, and coughs. To prevent illness or nip it in the bud, apply Immune Support 2-3 times daily on the throat (diluted) or the bottom of the feet. I always rub the oil on the bottom of the feet prior to bed (kids can even be asleep when you apply it).

Breathe: Opens and soothes the airways to support and relieve congestion, colds, flu, coughs and sore throats. To apply, dilute with another oil, like coconut oil, and rub 1- 2 drops topically on throat and upper chest. You can also put a few drops on a hot, wet towel and apply over the throat for about 15 minutes for respiratory conditions. You can also put a few drops on the pillowcase at night. This oil can feel hot, so we do not recommend applying it undiluted to the skin.

Thymus : The thymus gland, located in front of the heart, plays an important role in the immune system, maturing infection-fighting white blood cells. Stimulating the thymus by gently tapping on the gland (thymus thumping) or using essential oils can increase the release of white blood cells. To support optimal immune function, apply 2-3 drops on the thymus (on breastbone at third rib) in a clockwise motion for 30 seconds and then stimulate the thymus by gently tapping.

Histamine Balance: This “miracle in a bottle” works magic on runny noses and allergies. Just apply a small amount to a Q-Tip and rub it around the inside of the nose. This will often trigger the release of a lot of mucus followed by relief of symptoms. It can also be rubbed on the bottom of the feet and behind the ears to help relieve congestion, itchy eyes and other cold, flu or allergy symptoms.

Spleen: The spleen, located in the left upper abdomen, is an important part of the immune system. It helps fight certain bacteria, like those that cause pneumonia and meningitis and serves as a reservoir for blood, filtering and purifying the blood and lymph fluid that flow through it. A damaged spleen makes you more susceptible to infections. You can support the spleen by applying 2-3 drops over the spleen (left side of the body, under breast) or around the earlobes.

Lymph: 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. If the lymphatic system becomes stagnant, waste and excessive toxins accumulate, impacting immunity. To increase circulation of the lymphatic system to support immunity, apply 2- 3 drops each to sides of neck, lymph nodes under arms and around inguinal ligament (bikini line area – think where your leg creases when you lift it). This blend can be used liberally.



Oils for Focus and Mood



Oils for Focus: Essential Oils can be powerful tools to help with focus and concentration. From homework help to a little extra support for important meetings, events or pressing deadlines.

Focus blend, Brain Boost blend or Peppermint oil, applied on the temples, back of the neck or just inhaled, can help boost concentration and mental clarity. Attention blend can also be useful in grounding ADD/ADHD behavior to help optimize focus. Citrus blends like Lemon and Orange are also great for aiding in concentration , especially with young children who often enjoy the smell.

Oils for Depression: We all have bad days. Fortunately, essential oils can be a wonderful non-invasive pick me up, especially for kids. Some of my favorite essential oils for bad days include Uplift, Rose, Lemon, Frankincense or Lavender. All of these oils can lift the mood immediately. You can either smell them, apply over the heart, around the ears or the bottom of the feet for immediate relief. You can read more about the benefits of these oils for depression [here](#)

Oils for Anxiety: Adrenal blend is extremely helpful for managing anxiety and panic attacks. Just smelling the blend can immediately help reduce anxiety. The Kidney Support blend is also an excellent choice for reducing fear and calming an anxiety attack, especially when smelled or massaged along the ridge of the ears. The Small Intestine Support blend massaged along the ears is another great fix for anxiety, especially social anxiety or externally triggered overwhelm. Rose, Frankincense and Lavender also work well for anxiety.

Calming Oils: Calming oils have been a huge help for everything from anxiety around social situations and work to competitive events. Some of my favorite calming blends include the Calm or Heart blend applied over the heart or sprayed in the air. It is very subtle and gentle, but instantly settles down worries and calms nerves (it can also work well for constipation when applied around the belly button). Adrenal blend immediately relieves anxiety when smelled or applied mid-back above kidneys (always dilute with coconut oils or olive oil for kids). Lavender is a great calming oil for any situation,



Balancing Emotions



Patterns of constant stress often stems not solely from stressors in the present moment, like a job, relationship or finances, but from deep seated emotions and their resulting thought patterns.

Stress is often triggered by memories of past trauma or fears and worries about the future. The body's stress response in the body cannot differentiate between physical or emotional and thought driven stressors.

In other words, stressful thoughts or emotions triggered a stress response in the body. And a body in stress cannot heal. To help release the emotions and old thought patterns so you can heal, consider the following emotion balance blends designed to support the release of emotions and the associated organs:

- **Bladder Support** – Releasing Trauma
- **Calm** – Supporting Anxiety
- **Kidney Support** – Releasing Fear
- **Large Intestine** -Surrendering Control
- **Liver Support** -Releasing Anger
- **Lung Support** -Supporting Grief
- **Small Intestine** – Supporting Healthy Boundaries and Self Worth
- **Spleen Support** – Easing Worry
- **Thyroid Support** – Supporting Clear Expression
- **Uplift** – Supporting Depression



Healing Baths with Essential Oils



Sweat glands of the skin act are one of the body's avenues for elimination and healing baths are one of the best ways to induce sweating therapy to remove toxins. By supporting the detoxification pathway via the skin can lessen the burden on other detox organs like the liver and the kidneys.

Healing baths with Epsom Salt!

A healing bath with Epsom salt can help support any detoxification effort or instantly reset any mood, stop a headache, prevent a cold or induce sleep.

For further detoxification support, add a few drops of **Parasympathetic**. The clove oil in the blend helps to pull toxins out of the skin to lessen the burden on the liver, gall bladder and kidneys.

For additional suggestions on oils for every issue, check out our **Guide to Healing Baths**.

Healing baths can support detoxification, reduce inflammation, improve circulation, support depression, relieve muscular tension, strengthen cellular immunity and calm the nervous system, reducing anxiety and supporting optimal sleep.

They can also increase the elasticity of skin and reduce symptoms of skin concerns such as rosacea, psoriasis and eczema.

Like sea water, Epsom salt baths contain minerals that can pass through our skin and support our healing. Water is an optimal carrier for nutrients as it both absorbs and magnifies their healing potential.

One teaspoon of water can actually absorb 4 teaspoons of nutrients. This is one of the reasons that bone broth is so healing. Similarly, warm baths with Magnesium Sulfate from Epsom salt and sodium bicarbonate from baking soda can create a similar healing experience.

Here's why: The combination of water, heat and minerals opens skin pores, allowing them to absorb the minerals and flush out harmful toxins through the sweat glands. Layering in specific essential oils can further enhance the experience.

For kids, just add a few drops of oil to 1 cup of Epsom salt and 1/2 cup of baking soda, then add warm water. Soak for up to 20 minutes.

How to Dispense Essential Oils

Essential oils are best dispensed by holding the bottle of oil 1 to 4 inches above the fingers or palm of the other hand. Tip it over and wait for the oil to drip out. Some oils, like the Vibrant Blue Oil Calm and Sleep blends flow very quickly, while others are thicker and require a gentle shake. If possible, avoid touching the center of the drop dispenser -- let the oil drip from the edge freely.

If an essential oil feels too hot or causes any redness, put a carrier oil, like olive or coconut oil on top of the essential oil. The carrier oil will dilute the essential oil and cause slower absorption. This will also diminish or stop the irritation while continuing to provide the therapeutic benefits of the oil. After you have applied enough carrier oil to stop the reaction, you can then use soap and water to wash it all off. Water does not work as well initially for an essential oil reaction as it traps the oil against the skin and can increase irritation.



Storage and care

Essential Oils are called "volatile," which means that they evaporate very quickly. Because of their volatile nature, they need to be kept in dark colored, preferably blue glass bottles (to protect them from ultra violet light) with airtight seals and away from heat, preferably in a cool dark space. The airtight seal prevents oxidation and keeps the volatile components of the essential oils in the bottle, thereby retaining their traditional healing properties.

Essential Oils do not come with an expiration date, but optimum shelf life is approximately two years. After this time they lose some of their potency. Citrus oils (orange, lemon, lime, etc.) tend to degrade most quickly (six month shelf life). However, some essential oils, such as Rose, Jasmine, Eucalyptus Globulus, Patchouli and Cypress actually become more potent with age.

Some essential oils' scents will change regardless of how they are stored. The scents do not go bad or turn rancid they simply lose their subtlety. Although some choose to refrigerate their oils, this is not necessary (except rose) and can be disadvantageous because some essential oils are solid at low temperatures.



Vibrant Blue Oils Commitment



Vibrant Blue Oils was founded by nutritional therapy practitioners who observed that certain lifestyle challenges -- sleep issues, constant stress, anxiety, depression and exhaustion -- impeded the body's ability to heal. Our exploration of non-invasive, natural solutions lead us to pure organic and wild-crafted essential oils. We have been amazed at how effectively they balance and relieve emotional, hormonal, digestive, immune, detoxification and nervous system challenges.

Vibrant Blue Oils is committed to:

- **PROPRIETARY BLENDS:** The Vibrant Blue Oils proprietary blends are uniquely formulated from pure organic or wild-crafted essential oils to balance the body, brain, emotions and support symptoms for optimal healing. These proprietary blends are designed to work with dietary changes, providing specific plant and herb nutrients to support healing in a bio-available form that even those with digestive challenges can easily assimilate.
- **THERAPEUTIC QUALITY:** Vibrant Blue Oils are the highest quality, properly extracted essential oils from wild-crafted, organic plants grown in their indigenous locations. They are pure from any adulteration. As a testament to their purity, Vibrant Blue Oils are packaged in cobalt blue bottles that protect and preserve the natural energy carried within the oil.
- **ENHANCING KNOWLEDGE:** Vibrant Blue Oils believes that essential oils are very powerful healing modalities that need to be used properly for optimal impact. For this reason, we are committed to educating health care providers and end users on the oils, their proper use and application.

Next Steps with Essential Oils



Here's what you can do next:

Step One: Take our [FREE Self -Assessment Quiz](#) to determine the best oils for your Vibrant health!

Step Two: Go to [Vibrant Blue Oils](#) to take advantage of free shipping with the coupon code "Auto Immune"

Step Three: Head over to the [Vibrant Blue Oils Facebook Discussion Group](#) and join us. There is nothing out there quite like this community. It gives you the insight and knowledge on essential oils and nutrition that you're going to love.

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