



HYPOTHALAMUS

If you answer yes to one or more below, you may benefit from Vibrant Blue Oils Stress Support protocol or HYPOTHALAMUS™ blend

Body temperature problems/ Cold intolerance
Constipation
Depressed mood
Excessive thirst/frequent urination
Fatigue

Hair or skin changes
Mental slowing
Menstrual cycle changes
Weight gain
Lowered libido

PINEAL RHYTHM

If you answer yes to one or more below, you may benefit from Vibrant Blue Oils Stress Support protocol or PINEAL RHYTHM™ blend

Difficulty falling asleep
Difficulty staying asleep
Difficulty waking up in the morning.
Don't feel well rested after sleep
Difficulty recovering from physical activity.

Energy drop between 4 and 7 in the afternoon
Get sleepy in the winter, especially as the light diminishes.
Get afternoon headaches
Don't remember your dreams
Wake up wide awake

ADRENAL FATIGUE

If you answer yes to one or more below, you may benefit from Vibrant Blue Oils Stress Support protocol or ADRENAL BALANCE™ blend

Slow starter in the morning
Chronic low back pain, worse with fatigue
Become dizzy when standing up suddenly
Pain after or difficulty maintaining manipulative correction

Crave salty foods or salt foods before tasting
Chronic fatigue, or get drowsy often
Afternoon yawning or headache
Tendency to need sunglasses

HYPER CORTISOL – ADRENALS OVERWORKING

If you answer yes to one or more below, you may benefit from Vibrant Blue Oils Stress Support protocol or ADRENAL BALANCE™ blend

Tend to be a “night person”
Difficulty falling asleep
Tend to be keyed up, trouble calming down
Blood pressure above 120/80
Feeling wired or jittery after drinking coffee

Clench or grind teeth
Calm on the outside, troubled on the inside
Arthritic tendencies
Perspire easily
Tendency to sprain ankles or “shin splints”