



Our health depends not just on what we eat, but our ability to digest, absorb and assimilate our nutrients. Topically applied essential oils can play a key supporting role in optimizing our digestion.

To help determine the best oils to support your optimal digestion, please fill out the checklist below.

## PARASYMPATHETIC

If you answer yes to one or more below, you may benefit from Vibrant Blue Oils [PARASYMPATHETIC](#) blend

Eat meals under stress or on the run  
Mouth feels dry/frequently thirsty  
Experience heartburn or acid reflux  
Have trouble relaxing, sitting still, resting, and being idle.

Experience racing heart or rapid breathing  
Feel fatigue/desire to sleep when relax/slow down  
Frequently Anxious or Worried  
Tendency to think too much/Very active mind

## GALL BLADDER

If you answer yes to one or more below, you may benefit from Vibrant Blue Oils [GALL BLADDER](#) blend

Pain between my shoulder blades  
Stomach feels upset by greasy foods  
Stools are greasy, shiny or float in the toilet.

Nausea or motion sickness  
Dry skin, itchy feet or peeling skin on the feet  
Mild headache over eyes

## PANCREAS

If you answer yes to one or more below, you may benefit from Vibrant Blue Oils [PANCREAS](#) blend

Frequent Gas  
Bloating after meals  
Undigested food in stool  
Vitamin deficiencies, in iron, vitamin B12, folate, and calcium

Loose, oily stools or diarrhea,  
Abdominal pain often in the right upper quadrant of the abdomen  
Bone pain, muscle cramps, night blindness or easy bruising.  
Trouble tolerating fatty foods