BENEFITS: Strengthens the thymus gland for optimal immune support against infections, viruses, bacteria, fungus, parasites, tumors and inflammation.

INDICATIONS: The thymus gland plays an important role in our immune system, maturing infection-fighting white blood cells (T cells) made in our bone marrow. Stimulating the thymus by gently tapping on the gland (thymus thumping) or using essential oils can increase the release of white blood cells and slow down gland atrophy that occurs after puberty, in part because we have lost the instinct to stimulate it regularly.

The thymus plays a vital role in regulating the immune system through the lymphatic system (the body's defense network) and endocrine system. It also houses our sense of self, not-self, self-worth and emotional boundaries with others, which allows us to separate what belongs in the body from what does not belong in the body and protects the body against autoimmunity, which occurs when the immune system turns against itself. Weak thymus energy makes us believe that something is innately wrong with us, which can manifest as immune issues, such as catching infections easily, or developing problems such as auto-immune disorders (an attack against the self) or cancer (the inability to defend oneself).

INGREDIENTS: Vibrant Blue Oils Body Balance Thymus blend contains a proprietary blend of Holy Basil, Clove Bud, Frankincense, Black Cumin, Ginger Root, Hyssop, Juniper Berry, Nutmeg, Oregano, Ravensara, Rosemary, and Blue Tansy in a base of fractionated coconut oil.

PRODUCT TIPS:
- Apply a few drops on each foot in the morning to protect against environmental chemicals.
- For children, apply under the arms to strengthen the immune system.

HOW TO USE: 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.

WHEN TO USE: For optimal immune support, apply morning and evening and throughout the day as needed.