



HYPOTHALAMUS

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

- | | |
|--|--|
| <input type="checkbox"/> Body temperature problems/ Cold intolerance | <input type="checkbox"/> Hair or skin changes |
| <input type="checkbox"/> Constipation | <input type="checkbox"/> Mental slowing |
| <input type="checkbox"/> Depressed mood | <input type="checkbox"/> Menstrual cycle changes |
| <input type="checkbox"/> Excessive thirst/frequent urination | <input type="checkbox"/> Weight gain |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> 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

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|--|--|
| <input type="checkbox"/> Difficulty falling asleep | <input type="checkbox"/> Energy drop between 4 and 7 in the afternoon |
| <input type="checkbox"/> Difficulty staying asleep | <input type="checkbox"/> Get sleepy in the winter, especially as the light diminishes. |
| <input type="checkbox"/> Difficulty waking up in the morning. | <input type="checkbox"/> Get afternoon headaches |
| <input type="checkbox"/> Don't feel well rested after sleep | <input type="checkbox"/> Don't remember your dreams |
| <input type="checkbox"/> Difficulty recovering from physical activity. | <input type="checkbox"/> 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

- | | |
|---|---|
| <input type="checkbox"/> Slow starter in the morning | <input type="checkbox"/> Crave salty foods or salt foods before tasting |
| <input type="checkbox"/> Chronic low back pain, worse with fatigue | <input type="checkbox"/> Chronic fatigue, or get drowsy often |
| <input type="checkbox"/> Become dizzy when standing up suddenly | <input type="checkbox"/> Afternoon yawning or headache |
| <input type="checkbox"/> Pain after or difficulty maintaining manipulative correction | <input type="checkbox"/> 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

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|---|--|
| <input type="checkbox"/> Tend to be a “night person” | <input type="checkbox"/> Clench or grind teeth |
| <input type="checkbox"/> Difficulty falling asleep | <input type="checkbox"/> Calm on the outside, troubled on the inside |
| <input type="checkbox"/> Tend to be keyed up, trouble calming down | <input type="checkbox"/> Arthritic tendencies |
| <input type="checkbox"/> Blood pressure above 120/80 | <input type="checkbox"/> Perspire easily |
| <input type="checkbox"/> Feeling wired or jittery after drinking coffee | <input type="checkbox"/> Tendency to sprain ankles or “shin splints” |