



If you are checking multiple boxes in one section or more than 13 boxes total, you may benefit from Vibrant Blue Oils [Gut Repair protocol](#) or [Anti-Inflammatory oil](#).

DIGESTIVE

- Nausea or vomiting
- Diarrhea
- Constipation
- Bloated feeling
- Belching, passing gas

MOUTH/THROAT

- Chronic coughing
- Gagging, need to clear throat
- Sore throat, hoarse
- Swollen, or discolored tongue, gums, lips
- Canker Sores

EMOTIONS

- Mood swings
- Anxiety, fear, nervous
- Anger, irritability
- Depression

SKIN

- Acne
- Hives, rashes, dry skin
- Hair loss
- Flushing or hot flashes
- Excessive sweating

LUNGS

- Chest congestion
- Asthma, bronchitis
- Shortness of breath
- Difficulty breathing

HEAD

- Headaches
- Faintness
- Dizziness
- Insomnia

NOSE

- Stuffy nose
- Sinus problems
- Hay fever
- Excessive mucus

MIND

- Poor memory
- Confusion
- Poor concentration
- Poor coordination
- Difficulty making decisions
- Stuttering, stammering
- Learning disabilities

HEART

- Skipped heartbeats
- Rapid heartbeats
- Chest pain

WEIGHT

- Binge eating/drinking
- Rapid heartbeats
- Chest pain
- Excessive weight gain
- Compulsive eating
- Water retention
- Underweight

EYES

- Water, itchy eyes
- Swollen, reddened or sticky
- Dark circles under eyes
- Blurred/tunnel vision

JOINT/MUSCLES

- Pain or aches in joints
- Arthritis
- Stiff, limited movements
- Pain, aches in muscles
- Weakness or tiredness

ENERGY/ACTIVITY

- Fatigue, sluggishness
- Apathy, sluggishness
- Hyperactivity
- Restlessness