



HYPO-GLYCEMIA (caused by fatigue of the adrenals and the pancreas)

If you answer yes to one or more below, you may benefit from Vibrant Blue Oils Blood Sugar Support protocol or PANCREATONE™/ADRENAL BALANCE™ blends

- Awaken hours after going to bed
- Find it difficult to go back to sleep
- Binge, have uncontrolled eating or struggle to be satiated
- Crave coffee or sweets in the afternoon

- Feel sleepy or have energy dips in afternoon
- Feel irritable or shaky if meals are skipped or delayed
- Have difficulty concentrating before eating
- Never skip meals

HYPO - ADRENAL If you answer yes to one or more below, you may benefit from Vibrant Blue Oils Blood Sugar 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

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

- Become sick or easily intoxicated when drink wine
- Easily hung over when drink wine
- Long term use of prescription/recreational drugs
- Sensitive to smells, like tobacco smoke

- Pain under right side of rib cage
- Hemorrhoids or varicose veins
- Chronic fatigue or Fibromyalgia
- Microwave foods or cook/re-heat food in plastic or teflon

HIGH BLOOD SUGAR (hyper-glycemia, insulin resistance, diabetes) If you answer yes to one or more below, you may benefit from Vibrant Blue Oils Blood Sugar Support protocol or PANCREATONE™/ADRENAL BALANCE™ blends

- Have trouble falling asleep
- Feel fatigued after meals
- Crave sugar and sweets after meals
- Experience on-going sugar cravings
- Frequent thirst and/or urination

- Need stimulants such as coffee after meals
- Have difficulty losing weight?
- Waist girth larger than hip girth
- Feel like skipping breakfast
- Gain weight under stress

HYPER - ADRENAL If you answer yes to one or more below, you may benefit from Vibrant Blue Oils Blood Sugar 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"