



Symptoms of Toxicity: The symptoms below indicate a high toxic burden that might be improved by a detox. If you answer yes to one or more, you might consider a detox.

Allergies	Lack of Energy	Skin Rashes
Insomnia	Poor Balance	Fatigue
Nausea	Difficulty Losing Weight	Mild Depression
Anxiety	Memory Loss	Vision Problems
Kidney or Liver Problems	Restlessness	Headaches
Nervous	Dizziness	Muscle stiffness
Body aches and pains	Mental Fog	Weakened Immune System

7 CRITICAL DETOX MISTAKES AND HOW TO AVOID THEM WITH ESSENTIAL OILS

- 1 Detoxing Under Stress:** There are 2 states of the nervous system: The Fight or Flight Sympathetic State and the Rest and Digest Parasympathetic State. In order for the body to detoxify and heal, it needs to be in the rest and digest parasympathetic state. You literally cannot heal when you are under stress. A key stressor and toxin creator is an impaired digestive system. If you are not absorbing and assimilating your nutrients, it puts another stress on the body and the undigested food particles add to the toxic burden.
- 2 Overburdening the Liver:** The Liver plays a huge role in the detoxification effort, filtering toxins from blood and neutralizing the toxins in preparation for elimination. But dumping more toxins into an already overworked liver can be a recipe for disaster. The liver needs the energy and vitality to keep up with the increased toxic burden.
- 3 Not Supporting the Gall Bladder:** The Gall Bladder concentrates the bile to help break down fat and carry toxins out of the body. If the bile becomes too thick, it doesn't flow as well and toxins (especially estrogen) don't move out of the system and often get reabsorbed.
- 4 Ignoring Emotional Release:** The Detoxification process occurs on a physical, spiritual and emotional level and can help uncover and express feelings, especially hidden frustrations, anger, resentments, or fear. Often, the more toxins a person releases, the more stored emotion that is also released. It is important that these emotions are allowed to be processed and released to avoid causing additional stress that would undermine the detoxification process.
- 5 Neglecting the Lymphatic System:** Interstitial lymph fluid flows through the lymph nodes where toxins are filtered out. Unlike the cardiovascular system, the lymphatic system does not have a heart to pump the fluid through the body. The more you can help the lymph fluid flow, the more quickly you can move toxins out of the body.
- 6 Forgetting that Skin is a Major Detoxification Pathway:** Sweat glands of the skin act are one of the body's avenues for elimination. The surface area of the skin covers 11,000 sq. feet, making sweating therapy effective to remove toxins. By supporting the detoxification pathway via the skin can lessen the burden on other detox organs like the liver and the kidneys.
- 7 Poor Sleep:** Adequate, restful sleep is critical for the body to detoxify and heal. If you are not sleeping, you will not detoxify. This means not only the ability to fall asleep, but also to stay asleep and achieve a restful REM state.



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Detox CHECKLIST

Before you jump into a detox, take this quick quiz to determine if any organ systems could use extra support

STRESS

If you answer yes to one or more below, you might consider supporting your stress load with Vibrant Blue Oils [Stress Support Kit](#) or [Parasympathetic oil](#).

- I eat meals under stress or on the run
- My mouth occasionally feels dry
- I find it hard to calm down after something upsets me
- I find myself getting impatient with delays or interruptions like waiting for a traffic light or elevator
- I feel nervous or scared without any good reason

I worry a lot

I try to do as much as possible in the least amount of time and feel vaguely guilty when I relax and do nothing during leisure time

I experience my heart racing or breathing difficulty, like rapid breathing

I frequently get angry or irritable or overreact to situations

EMOTIONS

If you answer yes to one or more below, you might consider supporting your emotional release with Vibrant Blue Oils [Liver Support](#).

- I feel irritable or impatient
- I experience inappropriate anger, including angry outbursts, "flying off the handle", over reactivity, or have a difficult time letting things go
- I experience feelings of not feeling heard, not feeling loved, not being recognized, inability to be honest with yourself and others

I experience resentment, frustration or bitterness

I can be judgemental, overly critical, fault-finding or complain

I feel the need to control situations and can be domineering or bossy

GALLBLADDER

If you answer yes to one or more below, you might consider supporting your gall bladder with [Vibrant Blue Oils Gall Bladder Flow](#).

- I experience pain between my shoulder blades
- My Stomach feels upset by greasy foods
- My stools are greasy, shiny or float in the toilet.

I experience nausea or motion sickness

I suffer from dry skin, itchy feet or peeling skin on the feet

I experience mild headache over eyes

LIVER

If you answer yes to one or more below, you might consider supporting your liver with [Vibrant Blue Oils Liver Vitality](#).

- I am easily intoxicated, hung over or sick when I drink wine
- I use over-the-counter, prescription or recreational drugs
- I am sensitive to tobacco smoke and/or chemicals like fragrances, cleaning agents, exhaust fumes or strong odors

I experience hemorrhoids or varicose veins

I experience chronic fatigue or Fibromyalgia

I consume fast food, processed food or products that contain artificial sweeteners, like Nutrasweet (aspartame)

SLEEP

If you answer yes to one or more below, you might consider supporting your sleep with [Vibrant Blue Oils Pineal Rhythm](#) or [Sleep blend](#).

- I have trouble falling asleep
- I have trouble staying asleep
- When I awaken during the night, I find difficult to go back to sleep

I have difficulty remembering my dreams

I don't feel well rested when I wake up in the morning

I feel tired during the day