

# Yes, No, Maybe Essential News

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[www.marcellavonnharting.com](http://www.marcellavonnharting.com)

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## Making Sense of Scents

**O**n a planet with 6 billion people, scent is our one universal language. A scent can immediately evoke the details and mood of an old experience, as vividly as though no time at all has passed. The olfactory membrane is the only place in the human body where the

nervous system comes into contact with the environment. Strong reactions are elicited with odors.

The perfume business is linked to the perfumed gloves made in France in the 1700's. All fragrances were extracted from plants. In the early 1900's the floral notes were coaxed out of petals by the use of lard and eventually solvents.

The use of synthetic extenders made formulating perfume less expensive and more consistent by 1915. And by the 1920's the shift had been made – extolling the virtues of synthetics.

The synergy of advertising and synthetics brought perfume to the lifestyle of modern women, and the fragrance industry blossomed into the billion dollar global industry we know today.

In our eagerness to fragrance our bodies and environments with the illusion of synthetic chemicals, we have disguised our natural aromatic communication with each other and from our natural biological connection to nature.

Synthetic fragrances may prove to be a contributing health hazard with the

increased incidence of asthma, allergies, multi-chemical sensitivities, infertility, and hormonal disruption. Synthetic fragrances listed as “fragrance” or “parfum” on ingredient listings are known to contain phthalates (pronounced tha-lates) which are plasticizing chemicals known to be human reproductive or developmental toxins and endocrine disruptors.

Phthalates cause reproductive birth defects in laboratory animals. Two phthalates often used in cosmetics (dibutyl and diethylhexyl) have been banned in the European Union. Unfortunately, phthalates are still found in some nail polishes, deodorants, and hair sprays, and commonly hidden on ingredient labels under the term “fragrance”.

Avoiding phthalate exposure is difficult, as U.S. cosmetic companies are not required to include them in ingredient lists.

The campaign for safe cosmetics ([www.campaignforsafecosmetics.org](http://www.campaignforsafecosmetics.org)) recommends that consumers steer clear of products with fragrance, especially pregnant women, babies, and pubescent young adults.

California recently passed a toxic toy bill, restricting and/or banning phthalates in toys.

Essential oils are fragrant essences of plants and may be distilled from leaves, flowers, or bark. Pure essential oils are from the same plant species consistently and are not adulterated or extended with synthetic chemicals.

Essential oils evoke our connection to the botanical world and with Mother Nature. They are renowned for their therapeutic and beneficial effects. The essences are dynamic, they contain a life force. Essential oils are highly concentrated, so a little goes a long way. Plants are a sacred medicine that predates written records. Essential oils enable us to appreciate the interconnectedness of life. Their aroma conveys their biography. They are an agricultural product and in many cases still a labor of love and passion much like making wine or olive oil.

Smell the difference. Young Living Essential Oils are the only oils I personally would trust my biology to!

Essentially yours,  
Marcella Vonn Harting

**Available on my**

**website:** [www.marcellavonnharting.com](http://www.marcellavonnharting.com)

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## Marcella Vonn Harting's Mission Statement

My mission is merging science and miracles by weaving state of the art knowledge of the essences, Chronobiotic™ Nutrition, body language, Conscious Communications, innovative health technologies, emotional healing and abundant prosperity strategies into our new Global Wisdom.

I am passionately committed to sharing the systems I use to embody personal fulfillment with my global family.

Marcella Vonn Harting

## Chronobiotic™ News By G.I. "Atom" Bergstrom

**S**ANDALWOOD OIL by G.I. "Atom" Bergstrom, aka Attar the Aroma-Alchemist

The sandalwood tree is a parasite that causes no harm to its hosts (it lives off the roots of up to 300 tree species, including its own).

Besides genetic replication from seed form, sandalwood can also replicate itself by "vegetative multiplication," bypassing genes and **RESETTING THE AGING CLOCK** (of particular interest to Extreme Longevity researchers such as yours truly).

SANDALWOOD OIL (*Santalum album*) is used for skin revitalization.

It's most potent in the **EVENING** (you'll find it in Young Living's ART Night Repair, Dream Catcher, and Evening Peace Bath & Shower Gel).

The fragrance of sandalwood is always located **NEAR THE ROOT** (in the central heartwood), never higher in the tree (or in the outer wood).

Sandalwood oil activates the emotional brain and the pineal, which may be why it's so prominently featured in the *Kama Sutra*.

Sandalwood oil is in the following **YOUNG LIVING OIL** products ... 3 Wise Men, Acceptance, ART Day Activator, ART Gentle Foaming Cleanser, ART Night Repair,

Awaken, Boswellia Wrinkle Cream, Brain Power, Dream Catcher, Evening Peace Bath & Shower Gel, Forgiveness, Gathering, Harmony, Highest Potential, Inner Child, Inspiration, KidScents Tender Tush, Lady Sclareol, Lemon-Sandalwood Bar Soap, Magnify Your Purpose, Release, Sandalwood Moisture Cream, Transformation, Trauma Life, Ultra Young, Ultra Young +, & White Angelica.

**G. I. "Atom" Bergstrom** is coauthor of "Yes, No, Maybe" Chronobiotic™ Nutrition with Marcella Vonn Harting.

## The Doctors Forum By Dr. Ken Krieger

It's summer, and one of the things that we have plenty of is the availability of fresh fruits and vegetables. I love this time of the year for that fact alone! So let's talk about one of those fruits. It's **WATERMELON!** Good old watermelon, that myself and a couple of buddies would steal out of the neighbors garden when they were just about ready to be picked. (I was 12 years old at the time!) We'd break them open and eat the heart out of them. Only got caught once.....it was difficult to sit for a couple of days after that! Oh yes....that was the last time I got caught, cause I didn't steal anymore water melons. Well, back to the article.

There is basically nothing bad about watermelon. It's very low in calories (about 50 per cup), and it can get rid of your sweets cravings while it gives you additional hydration! I know it seems like a great thing to eat ice cold from the refrigerator, however, if you let it set on the counter until the day before you are going to eat the melon, it will ripen more and actually be better for you. I'm not kidding! The added ripening will yield greater lycopenes, and beta-carotene. The anti-oxidants in watermelon are a good enhancer for your body to help fight cancer!

One of the reasons that I mentioned that watermelon has basically nothing

bad about it, is because there are those who need to watch their intake of watermelon. Those who are on dialysis need to moderate their intake of watermelon due to the high water content, and it's moderate potassium levels.

Obviously, for those of you who already know about NingXia Red, it too has lycopenes, anti-oxidants, beta-carotene and can be used for great nutrition year round, even when there is no watermelon! What a product, and **EVERYONE** should be using it! Tell your friends about the nutritional benefits of watermelon, then get the information to them about NingXia Red! I tell people, it's health in a bottle!

Yours for better health, naturally!  
Dr. Krieger

## Toxic Chemicals Found In Our Pets

**T**oxic chemicals have been found in our pets at alarming levels according to a study from Virginia by the Environmental Working Group. Overall 35 chemicals in dogs and 46 chemicals in cats were found.

For example: Brominated flame retardants in cats were 23X higher than in humans  
(from sitting on furniture or by electronics)

Mercury levels in cats were 5X higher (fish in food products)

Perfluorinated chemicals were 2.4X higher in dogs (coatings from toys)

“We need a better system of regulating toxic chemicals in this country” said Bill Walker, vice president of the west coast Environmental Working Group, “We need to test the chemicals before they are allowed on the market. Our animals are trying to tell us something here.”

There has been a drastic increase in such diseases as cancer and hyper/hypo-thyroid diseases, all which have chemical links. “In lab animals, fire retardant was shown to cause hyperthyroidism” Arlene Blum of the UC Berkeley chemistry department goes on to say “chemicals are killing our pets and our people.” She tested her own hyperthyroid cat, furniture, and household dust and found high levels of fire retardant. “What goes into our furniture goes into our dust, cats and our children and these unnecessary toxic chemicals were banned in children’s clothes but not furniture,” she went on to say. Blum and others like her are pushing for more regulation of toxic chemicals.

Until that time comes we know exposure will happen, so what are we doing about protecting our pets?? Now that we know just by being closer to the ground our pets are exposed to upwards of 40X the amount of toxicity, and at the same time they are up to 20X less in body mass. So what will we do to protect them now?

My top 10 suggestions are:

1. Purification Essential Oil Blend. (one drop of essential oil to every one ounce of water in to misting bottle and mist both pet and environment every 12 hours to neutralize the exposure amount)
2. NingXia Red (One ounce per day per every 25 pounds of body weight)
3. Maintain a clean and evolutionary appropriate diet
4. Maintain a clean water source
5. Raindrop Technique at least monthly (Get our video)
6. Call for a phone consult to test and customize prevention programs ([www.nancybrandtdvm.com](http://www.nancybrandtdvm.com))
7. Tune into one of my free teleseminars
8. Increase exercise
9. Do a detoxification program at least once a year for 3 months
10. Become more aware of the chemicals you can control in your environment. (Rub a Dub Dub . . . Is Cancer in Your Tub? pamphlet)

In short the chemicals will not go away or be regulated any time soon so this is the time to use the fabulous products from Young Living to protect those you love.

Dr. Nancy Brandt, Holistic Veterinarian

Natural Care Institute LLC, 4845 S. Rainbow Blvd., Suite 403, Las Vegas, NV 89103

Phone: 702.617.3285 Web site: [www.nancybrandtdvm.com](http://www.nancybrandtdvm.com)

### Neuricular Technique

Konnie M. Smith attended Dr. Gary Young’s program in Ecuador in February of this year and learned about Neuricular Technique.

She has been using it in her massage sessions ever since with remarkable results. She says, “NT helps with knee and hip issues, with injuries, and is really impressive with respiratory concerns. I’m seeing results with long-term conditions that are really

starting to reverse, much more so than with massage alone!”

Konnie has been a licensed massage therapist for 17 years and works with Pebble Creek Spa in Phoenix, Arizona.

She is also certified in Geriatric Massage and combines Raindrop Technique and Lymphatic Massage along with NT.

Konnie says, “Neuricular Technique has changed the way I do body work. I’ve had amazing results with

clients I’ve had for years going to a different level — a more effective level. I have a 100 year young client who is challenged with upset stomach, arthritis and respiratory issues. She told me, ‘I’ll never get to go “home” if you keep working on me!’ Her issues have so greatly improved!”

Reach **Konnie M. Smith** at [khrysalistherapies@yahoo.com](mailto:khrysalistherapies@yahoo.com) or phone 602.427.8890

## Yes, No, Maybe Essential News

Marcella Vonn & Jim Harting  
8714 N. 58th Place  
Paradise Valley AZ 85253

Phone: 480-443-3224

Email: mvonn@aol.com

Web: www.marcellavonnharting.com

Sponsor # 9248

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*Yes, No, Maybe  
Essentials, Chronobiotics™ &  
Conscious Communications*

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## Recognizing Harting's Leaders

### April Advancements

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#### **SILVER**

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NOEL CUNNINGTON

RANI SO

#### **EXECUTIVE**

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DANA SCHRIVER

HELGA PIEKNI

INC. VIBRATIONAL

JANN HOPKINS

JILLIAN LANGE

JUDITH RODGERS

KEIKO WATANABE

KINGSBURY

KRISTINA JONES

NEXT STEP RESOURCES

ROBIN CUNNINGTON-

STEPHEN RUGGIERI

TERRI HYBNER

TROY WOLD

VEGIE CURRY MAN

### May Advancements

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#### **SILVER**

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GREG & AMANDA

RUTH PONTVIANNE

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ANITA BRENNAN

BILAL FERNANDEZ

BRIGITTA NEUBERGER

CONNIE FLETCHER

DANA PHILLIPS

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GLENDA CAMPBELL

JEFFRA SINCLAIR

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MELISSA J GIAQUINTO

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ROSE MARY QUADER

TAWN TATMAN HOWE

URBAN ZEN LLC

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### June Advancements

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OPB CONSULTING

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YVONNE LITZA

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