

Yes, No, Maybe Essential News

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This newsletter is published on the web site and is available free of charge. Back issues are also available free on the web site. You can purchase Marcella Vonn Harting's book, tapes and videos on the web site.

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

*We're on the web:
www.marcellavonnharting.com*

Secrets of Facial Rejuvenation: Face Lift w/o Surgery

Facial rejuvenation is about feeling good on the inside for everything you think can reflect on your face. As you are connected to your soul or essence the calm and peace of mind will show on your face.

As you live from your ego or subconscious, fear, worry, guilt or anger will show on your face. You can age quickly by not trusting yourself and feeling afraid. Every thought we have sends an electrical charge to the rest of the body, a message that will either deplete us or nourish us, depending upon whether the message is negative or positive. When negative thoughts produce ill thoughts this can affect your digestive tract by turning the body acidic rather than alkaline.

Taking personal time for you is a part of staying young and vital. Facial rejuvenation consists of diet, exercise, acupressure self help, herbs, essential oils and attitude.

As you touch a point on your face while putting on makeup or taking it

off or cleansing your face you affect the organs in your body. As you put an essential oil on an acupressure point you are stimulating your brain and affecting your organs. At a physical level the oils can help improve digestion, open the sinuses and transform the entire body into an instrument of health. Oil essences advance cellular renewal by increasing circulation, dehydration and waste removal while they regulate, invigorate and stabilize the function of internal organs. Many essential oils help the body regenerate at a cellular level which aids rejuvenation. Essential oils may help reduce stress lines and puffiness and keep collagen in good condition.

The stomach meridian starts underneath the eyes and the emotion is linked to worry or stress or overthinking. Every time you touch under your eyes you are stimulating your digestive tract and can release worry or stress by using a positive affirmation. When you use Lavender on your facial

points you are affecting your digestion by bringing calm into your life.

The Acupressure Facelift is a non-surgical and painless method of erasing years from your face. The facelift is a revitalization process designed to help the whole body look and feel younger. As you touch your face with love you help to bring inner nourishment to every cell in your body. Remember you are what you think.

The Acupressure Facelift helps connect you to your core and helps you to replenish from the inside out. Your eyes are governed by the liver so as you touch outside the eyebrows at the outer corner of the eyes you are stimulating the Gall Bladder Meridian which has to do with letting go of anger and making decisions. As you touch this point you can make a decision to be happy, peaceful and healthy. The gall bladder is the partner of the liver.

Facial acupressure involves stimulating certain points by pressing gently with the tips of (continue on Page 2)

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April-May-June 2006

**July 21-23, 2006
Playing to Claim
Your Excellence
Playshop in
Louisville, KY**
Presented by Marcella
Vonn Harting and
Anthony Robbins
Trainers & Coaches,
Friday, July 21, 7-10 PM
Saturday, July 22,
9 AM-9 PM
Sunday, July 23,
9 AM-9 PM

\$350 per person early registration by June 15, or \$400 after deadline
Marriott Louisville East, Summit Conference rooms B & C

To Register or for more information phone or email: Mary Clark at 502-767-4130 Email: maryclark@younglivingworld.com or Donna Duncan at 502-772-9447 Email: jbdonna@netzero.com

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NATURAL BALANCE By MARCELLA VONN HARTING

Depression, insomnia, fatigue, weight gain, acne.....many women can chalk these symptoms up to hormone imbalance. "If you're one of them, read on."

In healthy women, the ovaries and the adrenal glands produce various hormones that handle the ebb and flow of everything from menstruation to metabolism to sleep, after which they're broken down by the liver, kidney, and digestive systems, then excreted. If any part of the chain isn't working properly, your hormones aren't in balance, and the impact can be widespread.

For most women, the problem boils down to one cause: estrogen dominance.

ESTROGEN DOMINANCE SYMPTOMS:
Acceleration of the aging process, Allergies, Breast tenderness,

Decreased sex drive, Depression, Dry hair, Facial hair, Endometriosis, Fatigue, Fibrocystic breasts, Foggy thinking, Hot flashes, Headaches, Hypoglycemia, Increased blood clotting, Irregular cycles, Infertility, Leg/muscle cramps, Memory loss, Miscarriage, Migraine, Mood swings, Osteoporosis, Pre-menopausal bone loss, Prostate problems, Sinus infection-that hangs on, PMS, Thyroid dysfunction, Uterine cancer, Uterine fibroids, Water retention, and Bloating.

All of these undesirable effects of estrogen are countered by natural progesterone. Dr. John Lee, who was a leading authority on the study of hormones, has observed that estrogen is only needed by a very small percentage of women and then

only for a short time. Dr. John Lee says, "Western women tend to have a 10 to 15 year period prior to menopause when they are estrogen dominant and suffering from estrogen dominance symptoms."

BALANCING ACT
So what causes this excess estrogen? Beyond our bodies simply making too much, probable causes include environmental toxins, rampant stress, nutritional deficiencies, and the estrogens introduced into the food supply. I have found often, just adding more progesterone is enough to balance everything else.

THE 5 MAJOR HORMONES:

ESTROGEN
Source: Ovaries, adrenal glands, fat cells.

Role: Make every cell in (Continue on Page 3)



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

WE'LL HAVE A HOT TIME IN THE OL' NOSE TONIGHT. Combine rose oil with clove oil to get the odor of carnation. This recent scientific discovery proves odor is FREQUENCY, not chemistry.

Here's the story "they" don't want you to know. This so-called "recent" scientific discovery was actually discovered 58 YEARS AGO at Yale. 58 years ago, Yale scientists (Prof. W.R. Miles and Dr. L.H. Beck) proved ...

(1) Odor is a heat frequency. We're talking infrared wavelengths.

(2) Odor is a broadcast sense. Odor doesn't travel to you. Your nose's heat waves travel to the essential oil molecule. Your odor "receptors" receive nothing. They're infrared "transmitters." (This is simple heat physics. When you sit in a cold chair, the cold of the chair doesn't enter your body; heat from your body escapes into the chair.)

(3) Odor can pass through a solid "odor-proof" and "vision-proof" wall as

long as the wall doesn't block or filter infrared radiation.

(4) Odor frequencies operate between 62.6 to 104 degrees Fahrenheit. Odor broadcasters can't operate outside of this temperature range. (Don't confuse odor temperature with environmental temperature!)

(5) Odor occupies the frequency band between 8 to 14 microns. What a coincidence - the same size (and shape) as the infrared "broadcasters" up your nose!

Next issue: How to use water's zero-point energy to increase the potency of an essential oil.

G. I. "Atom" Bergstrom is coauthor of "Yes, No, Maybe" Chronobiotic™ Nutrition with Marcella Vonn Harting. Reach "Atom" for workshops on Chronobiotic™ Nutrition and Muscle Language Analysis at 2116 Clay Street, Kilgore, TX, 75662 or phone 903-984-3458.

Uses of Purification By Sarita Young

In a 2 oz. glass bottle with sprayer, fill with distilled water leaving 3/4" air space at the top. With Love, drop 12-13 drops of Purification essential oil blend into the bottle. Attach sprayer top and shake.

Ways you can use:

- Spray on body to refresh and clear energy
- Spray in car to refresh
- When around smokers, spray on your clothes afterwards
- In airplanes, spray on your seat and headrest
- In hotel rooms, spray on pillows and bedding and spray into the air to clear the room

Sarita Young is Marcella Vonn Harting's assistant. You can reach Sarita at saritayoung@earthlink.net Ph 480-443-3224 Mon-Fri 10-5 MT.

Continued from Page 4. your fingers. As you touch these points you are stimulating your blood flow and helping to increase oxygen to your face. Facial acupressure is about being conscious of how you touch your face and remembering you are the face of God.

Victoria Mogilner

Victoria is author of *Secrets of Facial Rejuvenation, Facelift Without Surgery*. She owns East West Rejuvenation Clinic in Scottsdale, Arizona. Reach her at 480-663-8208.

Time for NingXia Red

NingXia Red has really boosted my energy level. I was pretty sluggish and wanted to sleep all day if I could before I got my first 2 oz of NingXia Red. My body response was very positive. I have started on my Spring cleaning on my own (I usually ask for help). I get up

earlier and I don't have that "when-can-I take-a-map" feeling at 3 or 4 pm. I get a complete night's sleep and wake up refreshed. What a great juice. Excuse me. . . It is time for my NingXia Red!!!

Submitted by D. Nero
Of Oakland, California

Consider a Second Opinion and Consultation For Your Pet

Have you ever considered getting a second opinion? Have you ever asked the advice of several friends before you embarked on a new project? Have you ever consulted all the reviews before picking which movie you will see for the weekend?

Why do we collect all this data before making a decision? Do we want as many options as we can in order to make an informed decision? Do you ever feel like you go into a health store and want advice and are sold products? Do you ever feel like you asked a friend for help and were given their opinion and found that they did not have an educated opinion and it lead you to do something un-resourceful? A good example would be getting dating advice from your single friends who are not dating.

This is the internet and all its advice. How do you decide who has the knowledge? How do you know that they are

giving you good advice?? How would you choose who to ask which essential oils or YLEO products to use for your pet? Who would you ask?

I have worked as a veterinarian in YLEO and have done phone consults independently for 8 years now and what I have found is people don't want answers, they want options and results. I have been blessed to talk with pet owners form all over the world and help them through some amazing battles. Some pets have battled cancer and won. Some pets are healthy; and their owners want to help them be better.

A consultation is a one on one session with a veterinarian who has studied many natural medicines and the essential oils, uses the oils in practice and has served the animal community by doing consultations for 8 years, empowering the animal guardians with options and ways to heal. Where would you begin with out getting your

questions answered?

My job is to coach you through the various life stages and challenges of your pet's life and empower you with choices so you can make an informed decision. This can include anything from why do we spay dogs to what essential oils are best for cancer. This advice may include more than the essential oils and may be nutrition counseling or even referring you to a veterinarian. This consultation is designed to educate you on your options so you can make the best choices for your pets. The choice is yours – wade through the muck and the mire of the Internet or be informed.

What makes Dr. Brandt the obvious expert? Doctor of Veterinary Medicine with 16 years experience., Pioneering Veterinarian in Animal aromatherapy and essential oil use, Certified animal acupuncturist, Certified animal chiropractor, Advance course in Chinese medicine, Advance course in animal nutrition, Studies in Naturopathic medicine, Advance course in energetic medicine, Veterinary consultations and coaching for the life of your pet: Why: You can call from the comfort of home or office. You do not have to take off work. You talk to Dr. Nancy Brandt DVM who is an authority on holistic options. Answers to your questions. Ongoing energy work with out time away from your busy schedule, Hope and options, Strategies for change, How: contact us and a time will be set up with-in the doctors' schedule, One time coaching or packages available, You may get energy help without the consultation, Coming soon a complete website filled with downloadable strategies, Sign up for ongoing energy work or advise, Payment: Visa/MasterCard or American Express or Money order sent prior to consultation, Paving the way for medical intuitive healing in animals, Integrating a complete tool box™ of holistic medicine.

Dr. Nancy Brandt, Holistic Veterinarian Natural Care Institute LLC, 4845 S. Rainbow Blvd., Suite 403, Las Vegas, NV 89103, Phone: 702-617-3285, www.naturalcareinstitute.com or nancy-brandtdvm.com

The Doctors Forum By Dr. Ken Krieger

It's difficult to believe that we are now months into the year of 2006. Already there are significant changes in the social demographics we wouldn't have planned on in our wildest dreams. Life must go on, and we must take care of our health now more than ever. Do you believe the reports on the so-called "bird flu"? Those of you who are old enough will remember the fiasco of the swine flu "shots" and the tremendous side effects of the injections themselves. I have no other opinion except that we are being set-up for another type of the same thing with the bird flu.

You must remember to keep your immune system at peak performance. Your diet with low or no sugar, no white flour, limited salt, proportions of proteins, fats, and carbs, and most of all your supplementation (what works for you), and you will have yourself prepared for the long haul. If you don't exercise you are leaving yourself open for disease and distress! A minimum of 30 minutes 3 times per week, and if you will, 60 minutes four times per week is

even better. Weight lifting, and cardio in combination will keep your heart healthy, and more in tune for the proper weight. Do you set realistic goals for your health? In the scriptures in the book of Habakkuk it says we should "Write the vision and make it plain." Do you write your vision so you can make it plain? We know statistically that less than 3% of the population writes down their goals for life. Are you one of them? Basketball games would be boring if they only passed and dribbled the ball and didn't have a basket (GOAL) to shoot for. No one would score! I have my patients write down their health goals and we work together to achieve them. Please, "write it down and make it plain!"

Yours for Better Health Naturally,
Dr. Ken Krieger

Dr. Ken Krieger is a Chiropractic Physician in Phoenix, AZ. Reach Dr. Krieger by Phone: 623-561-2478, Email: Drkriegerstria@aol.com, Web site: www.arizonaspinedoc.com

NATURAL BALANCE Continued from Page 1

the body grow; it's a rejuvenating hormone that keeps you young, lifts your mood, and protects your heart and bones.

Too much: Unpleasant symptoms of PMS, including moodiness and foggy brain. Excess is also linked to cancer.

Not enough: Rapid aging; unpleasant symptoms of menopause, including hot flashes and vaginal dryness.

NOTE: There are three types of estrogen: estriol (pregnancy), estradiol (youth), and estrone (menopause). Some women have enough estrogen, but too much of the wrong kind.

PROGESTERONE

Source: Ovaries

Role: Balances other major hormones. Calms you, regulates cell growth, boots metabolism.

Too much: Excess progesterone can lead to fatigue and possibly depression.

Not enough: Signs of menopause.

TESTOSTERONE

Source: Ovaries and adrenal glands.

Role: Considered a male hormone (women produce about 15% the testosterone per day that men do), it aids clear thinking, a positive outlook, and sex drive.

Too much: Makes you feel edgy, and may induce masculine elements.

Not enough: Low sex drive, decreased ability to build muscle.

DHEA

(DEHYDROEPIANDROSTERONE)

Source: Adrenal glands.

Role: Production starts around age 6, peaks in the mid-20s, and steadily declines from the early 30s on. Men have higher levels than women. It converts easily into other hormones, particularly testosterone.

CORTISOL

Source: Adrenal glands

Role: It's the stress hormone that hammers you right before you give a speech or right after you have a near miss on the highway. Small amounts are helpful in regulating the body's use of proteins, carbohydrates, and fats, and can aid weight control.

Too much: Taxes body systems; contributes to rapid aging; makes every hormone level rise.

Not enough: Fatigue, weakness. Most people have too much.

7 STEPS TO TAKE TO START TO BALANCE

1. Start with a test. Women should first learn where their hormone levels are. A blood, urine, or saliva test can be

ordered from online suppliers; like one available from ZRT labs at salivatest.com. Typically, these tests will determine your levels of five different hormones (estrogen, progesterone, testosterone, DHEA, and cortisol). If any one of these is out of balance, the entire body feels out of balance. Often, just adding more progesterone is enough to balance everything else.

2. Eat hormone friendly. No medication can entirely overcome the effects of a poor diet.

3. Drink lots of water. Water helps cleanse your liver and kidneys, allowing your body to excrete hormones efficiently.

4. Keep stress in check. When you are under severe stress, we're less likely to ovulate. If you don't ovulate, you don't produce progesterone during the second half of your cycle. Without enough progesterone to keep estrogen in check, the negative effects of estrogen can become more pronounced. Stress also raises levels of cortisol, which causes other hormones to get out of balance.

5. Get plenty of sleep. Sleep is when your body makes hormones. Get to bed by 10 p.m. (our body systems heal and repair optimally between 10 p.m. and 2 a.m.). Sleep in a

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cool, dark room, use aromatherapy—put lavender, peace and calming, valor on your feet before going to bed, a drop of dream catcher on your pillow.

6. Move your body. Exercise reduces stress. Improves sleep habits, and helps excrete surplus hormones. Out-smart your fat cells with exercise.

7. Boost progesterone. The most direct way to offset high estrogen levels and regulate other hormones is to take in more natural progesterone.

YOUNG LIVING PRODUCTS FOR HORMONAL WELLBEING & BALANCING

Progressence™ Cream #3725, contains essential oils, progesterone, wolfberry oil, wild yam, black and blue cohosh, MSM and vitamins

Protect™ #3231, formulated to accompany a retention enema or douche, balancing for men and women, contains essential oils

“Undergraduate researchers at Wheeling Jesuit University report that whiffs of peppermint can reduce drivers’ frustration and fatigue. Adding cinnamon aids alertness.”

*“Sweet-Smelling Wake-Me-Up”
Time, c. February 6, 2006.*

Prenolone® #3731, contains pregnenolone, a precursor to progesterone and estrogen, a silky cream moisturizes and balances skin, also contains progesterone, wild yam, MSM, wolfberry oil, St. John’s wort, Ginkgo biloba, blue and black cohosh, trace minerals, botanical oils and therapeutic grade essential oils of ylang ylang, clary sage, geranium, bergamot, fennel, sage and yarrow

Prenolone +® # 3732, same as Prenolone cream with the added benefit of DHEA

NeuroGen™ #3741, moisturizing lotion contains pregnenolone and essential oils for natural moisturizing and balancing, also contains wild yam, black and blue cohosh, ginseng and progesterone.

Regenolone™ #3729, contains extracts known for nourishing skin benefits along with pregnenolone, wild yam, progesterone, black and blue cohosh, and essential oils
PD 80/20™ #3263, a dietary supplement formulated to help maximize internal health and support the functions of the body, contains pregnenolone and DHEA
Ultra Young® #3255, oral infusion dietary supplement supports healthy pituitary and hGH secretions

Ultra Young® + #3245, same ingredients as Ultra Young and also includes DHEA

Thyromin™ #3246, blend of bovine glandular extracts, herbs, amino acids, minerals and therapeutic grade essential oils to maximize support of healthy thyroid function

EndoFlex™ #3333, helps maintain overall vitality

Goldenrod #3562, supports the circulatory system, urinary tract and liver function

Myrtle #3596, supportive of the respiratory system, skin and hair, and has been researched for its effects on glandular imbalance

Dragon Time™ #3327, a blend of calming and soothing essential oils

Clary Sage #3521, contains natural phytoestrogens and has an uplifting herbal scent supporting a healthy attitude during PMS and supportive for menopausal women

CortiStop™ Women’s #3275, a proprietary dietary supplement designed to help the body maintain its natural balance and harmony

Estro™ #3257, an herbal tincture to support the female glandular system and foster a normal, healthy attitude during PMS

FemiGen™ #3206, capsules formulated with herbs and amino acids designed to balance and support the female reproductive system from youth through menopause

NingXia Red™ #3003, nutrient-infused wolfberry drink contains whole Ninxia wolfberry puree, blueberry juice, pomegranate juice, apricot juice, raspberry juice, grape pomace, organic blue agave, lemon rind and orange rind

Check with your doctor for a consultation on hormone balancing, or with Dr. Ken Krieger; see page 5 for contact info.

Naturally Balanced,
Marcella Vonn Harting