

Yes No Maybe Essential News

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Marcella Vonn's

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State of Grace

By Marcella Vonn Harting

 In 1995 I became aware of my language and thoughts in an AH-HA moment of consciousness. I for the first time in my life consciously asked and claimed GRACE and EASE in all I do. What does the phrase "*a state of grace*" mean? For many traditions, the Christians, the Buddhists, the Native Americans, the goddess traditions, ect., the mystical experience of GRACE is a state through which people in all these traditions have felt a sense of connection with a larger whole.

Charles Darwin's (in *On the Origin of Species*) more poetic passages points out that there could have been no flower before there was an eye to see it. Flowers are a response to animals seeing them. Their perfumes have evolved along with the animals that smell them. Flowers have been around for a least sixty or seventy million years, whereas human beings haven't been around for longer than a million or two.

It is my personal opinion we experience "*a state of grace*" every time we experience (smell, touch, feel, etc.) essential oils and aromatherapy. It has been said the greatest sin is when we as humans

refuse to become who we are.

Nature is Grace. For me, it is an awareness of being in grace. Being awake (AWAKEN ESSENTIAL OIL). Grace is a state of joy (JOY ESSENTIAL OIL).

How can we experience a state of grace without feeling joy? As a culture we are short in the area of JOY in our lives. A great place to start with Young Living is with the diffusion and application of JOY oil.

I ask the question how can I become more aware of the beauty in Nature, the grace in Nature. My answer: giving myself (INNERCHILD OIL) permission to embody grace with essential oils (nature in its purest form). I invite you to journey into "*a state of grace*" with Young Living Essential Oils.

Gracefully yours,

MARCELLA VONN HARTING

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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

When to Eat What By G. I. "Atom" Bergstrom

Chronobiotic™ Nutrition synchronizes you with nature's solar cycles by knowing when to eat what. A time component exists in every biological organism on Earth in greater or lesser synchronization with our central environmental clock, the Sun. This results in "synchronous" absorption resulting in high level wellness and vibrant aliveness.

The chronobiological light cycle is a timing function regulating the growth cycle of all life on planet Earth. Our primary and intrinsic biological pacemaker has been genetically hard-wired into us by billions of sunrises and sunsets on this planet. Evolution has calibrated organic life's DNA to the 24-hour cycle of day and night.

Chronobiotic™ Nutrition reestablished the resonant bond between man and the environmental field. The secret of dynamic health is ludicrously simple. All vegetation on our planet processes sunlight in three different ways. The three different ways relate directly to our human bodies. We are eating crystallized sunlight.

Eat tree foods for breakfast, bush and grain foods for lunch, and root and underwater foods for supper and you are automatically synchronizing your biological rhythms to the health giving solar rhythm.

Many athletes know their athletic abilities are enhanced at specific times; they know when their bodies perform best. For instance most track and field records are broken in the afternoon. Whether an Olympic competitor or a recreational jogger, your oxidative rate is highest between 3:00– 5:00 p.m., which is the time when most Olympic records are broken requiring endurance.

In subsequent columns I will address essential oils and timing.

G. I. "Atom" Bergstrom is coauthor of "Yes, No, Maybe" Chronobiotic™ Nutrition.

To reach "Atom" for workshops on Chronobiotic™ Nutrition and Muscle Language Analysis write to him at 2116 Clay Street, Kilgore, TX 75662.

"Yes, No, Maybe" Chronobiotic™ Nutrition

By Marcella Vonn Harting and

G.I. "Atom" Bergstrom

"It is a must read for anyone who would choose a healthy lifestyle", Terry Shepherd Friedmann, M.D., A.B.H.M., one of 25 pioneers in Holistic Medicine. Order the book at an introductory price from www.yesnomaybe.net

**A Holiday Gift for
Your Health Conscious
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A Visit to England to Observe Midwives Using Aromatherapy

A colleague, **Nancy Wiand**, MSN, RN, CNS, FACCE, IBCLC, with Women's & Family Health Services Robinson Memorial Hospital, in search of written documentation on aromatherapy and essential oils, entered into dialog with two hospitals in England. An invitation followed for a visit. In the frustration of very little clinical documentation, Nancy Wiand like Gary Young is creating her own with cooperation from Robinson Memorial Hospital where they are using many essential oils daily with their patients. Nancy and I went to England to observe first hand the application of aromatherapy in a hospital environment. I'm thrilled to have witnessed the use of complimentary medicine, including aromatherapy practiced by midwives in the hospitals. MVH
(See article by Nancy Wiand on Page 3.)

In Search of Aromatherapy Secrets for Birth

By Nancy Wiand, MSN, RN, CNS, FACCE, IBCLC

It was the year 1999 when two patients approached me about using aromatherapy during their labors. The first wanted only to use lavender oil. That seemed a no-brainer. She wanted no medication during labor and I had heard lavender oil was relaxing. The second patient wanted to use six different oils during her labor. That's when my antenna went up and I said to myself, if my patients want to use this therapy I'd better learn a whole lot about it. I began reading ferociously and became totally fascinated with aromatherapy. My literature search led me to these two very helpful pieces of literature:

Tiran, D. (1996). *Aromatherapy in midwifery practice*. Philadelphia, PA: Bailliere Tindall.

Burns, EE, Blamey, C, Ersser, SJ, Barnetson, L, & Lloyd, A. (2000). An investigation into the use of aromatherapy in intrapartum midwifery practice. *Journal of Alternative and Complementary Medicine*, 6(2), 141-147.

It was upon the above literature I built an aromatherapy program here at Robinson Memorial Hospital in Ravenna, Ohio,

where we do about 735 deliveries a year.

It was this literature that led me, along with Marcella Vonn Harting, to make a journey to England in September, 2003, to meet and learn from Denise Tiran, Ethel Burns and Carolyn Blamey.



Burns and Blamey collected data on 8,058 women using aromatherapy during labor.

Denise is a lecturer in Complementary Therapies at University of Greenwich where she trains nurse midwives. She also works one day each week in the prenatal clinic at Queen Mary's Hospital in Sidcup. We learned that she mostly does consulting on aromatherapy with antenatal women in the clinic there.

Ethel Burns was the maternity supervisor at John Radcliffe Hospital in Oxford who had the vision to implement the use of aromatherapy during labor there in 1990. Over the next 8 years, Carolyn Blamey, nurse midwife, assisted Ethel in the collection of data on 8,058 women using aromatherapy during labor.

Burns and Blamey found lavender, frankincense, and rose oil most helpful in reducing anxiety during labor. We learned during our visit that they used frankincense by placing a drop in the palm of the woman's hand with instructions to cup her palm over her nose to inhale the frankincense. Lavender oil and rose oil were placed in a foot bath or on a taper taped to the mother's

gown.

They tried clary sage with some women as a warm moist compress applied to the lower abdomen to strengthen contractions. Thirty-six percent of mothers found this intervention helpful. This is an area needing more research.

For nausea and vomiting, Burns and Blamey used peppermint oil. They would use a drop of peppermint oil, placed on the center of the forehead, alternated with peppermint oil on a taper attached to the woman's gown.

Burns and Blamey found a very low incidence of side effects associated with use of aromatherapy during labor, <1%. Untoward symptoms included nausea, itchy rash, headache, and rapid labor. Burns and Blamey learned from the rapid labor experiences to space out interventions with an hour in between. For example, if membranes are ruptured artificially with stripping of membranes to induce labor, wait an hour before starting aromatherapy. The research of this team has certainly provided an important piece of evidence for the safe use of aromatherapy during labor and what charming hostesses they were during our visit!

For more information about the aromatherapy program here at Robinson Memorial Hospital Birth Center, you can contact me at nwiand@rmh2.org.

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The Doctors Forum

By Dr. Ken Krieger

Having this great forum for helping others gain knowledge of the healing power of the body has given me an opportunity to share some of my research. Recently I wondered where the names of the essential oils and the plants they are derived from originated. The naming of plants including herbs came about because of a man named Carl Linnaeus. He was born in Sweden in 1707 and wrote many books and articles about botanicals. Linnaeus became the authority of the three kingdoms of nature; plants, animals and minerals. BINOMIAL NOMENCLATURE is the system founded on his book published in 1753 called *Linnaeus in Species Plantarum*. Linne (Linnaeus) gave plants two names, one representing the genus or family group, (ie; Johnson, in a family name), and the other naming the species. This system is still in use today. The names are also explicit as to the sexuality of the plant (isn't that clever!!) A plant either has a stamen or a pistil. The pollen is the essential of the stamen. The center of the flower is the pistil, which is really the ovary of the plant. Put the pollen on the ovary and WHA-LAH! All kidding aside this is how life as we know it exists and perpetuates.

I'll concluded by giving you the terminology of the three catagories of the forms of life established by Linneaus. They are genera, species, and varieties. For example an apple. The Paradise apple to be exact. The genus of the pome fruits is Pyrus. The species of the apple is called Malus. The variety of the apple is Paradisiaca. Therefore, the botanical name of the apple, in this case, is Pyrul Malus. To refer to the variety, the full botanical name is Pyrul Malus var. paradiscia, or the PARADISE APPLE. So, the first word of the name is the genus, the second word is the species and the third is usually the variety. Think about it....Lavendula Agustafolia Officianalis. The oil that we call Lavender. Now that you are totally confused, I leave you with this. Use the Binomial nomenclature whenever you can. The rest of the world is, so we should get on board and do the same. Then there would be no doubt as to the type of oil we use!
Just the best, Young Living!

Yours for better health, naturally. . .Dr. Krieger

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