

Yes No Maybe Essential News

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Marcella Vonn's

CALENDAR OF EVENTS

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***The Miracle of
Young Living CD
a Gift to Assist
the People You
Support***

**Use the magic!
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Gratitude Essential Oil

A blend of therapeutic-grade oils designed to elevate, soothe and bring relief to the body while helping to foster a grateful attitude. Gratitude oil is nourishing and supportive to the skin. Contains Idaho Balsam Fir, Frankincense, Myrrh, Galbanum & Ylang Ylang.

Diffuse or apply topically to the neck, head (avoid the face) heart and feet. Add to Bath Gel Base of Epsom salts and use in bath water. Code #3346

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GRATITUDE **By Marcella Vonn Harting**

Travel outside the United States to appreciate the life we live and how much we really have. My daughter, Kortni and I traveled to England in late September. While I was there I learned the average Kenyan person uses 4 liters of water per day. One person in UK consumes 680 liters per day. 20% of the world's population does not have access to safe drinking water. Last century, the planet population was multiplied by 3; world water consumption was multiplied by 6.

The 20% of human beings who live in the wealthiest countries consume 60% of commercial earth energy. 40% of the world's population does not have electricity. On Earth, 826 million people are undernourished. 2.5 billion People (2 out of 5) have no adequate health supplies. 4% of the wealth of the world's 225 most wealthy families would provide access to basic needs and fundamental health care, education and nutrition for the world. 110 million children (1 out of 5) do not attend school.

Everyone can make a difference, starting right now.

HOW? This is the question of the day. My passion is teaching for the purpose of making better choices. Everyday we choose what shows up in our lives. Are you making the highest choice for your highest good?

My partnership with Young Living

Essential Oils gives me an opportunity to make a difference. To support a company whose products are not polluting my environment, a company who invest in education and a company who provides me a win/win marketing strategy so I can succeed and start to create a better world for myself and my family. Yes, I have a lot to be grateful for.

I'm grateful for each and every one of you, who sees by taking better care of him/her we can start to make a difference. By creating and maintaining balance in our lives we can mentor others on this journey.

Thank you for allowing me to share myself with you with my teaching. I have been nurtured and fulfilled in my journey to become a better sponsor and support to each and everyone of you.

Yes, I think we have a lot to be thankful for with Young Living Essential Oils and Mary & Gary Young.

In closing I'm excited to wish you all a HAPPY THANKSGIVING AND UP-COMING HOLIDAYS.

GRATEFULLY YOURS,
MARCELLA VONN HARTING

**"Love Yourself First And
Everything Else Falls Into Line.
You Really Have To Love
Yourself To Get Anything
Done In This World."**

—Lucille Ball



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

Essential oils follow the Law of Signatures, known also as the principle of "anatomical alliteration" or "body geometric resonance."

The three Zones of Chronobiotic™ Nutrition appear in the names "head notes," "heart notes" and "base notes" also known as Top Notes, Middle Notes and Bottom Notes.

Top Note oils float up to the morning Zone One treetops, hitching a ride up the sap as if their droplets were microscopic hydrogen dirigibles, taking up residence as close to the Sun as possible. Top Note essential oils tend to align and resonate with the skin, hair, nails, teeth, brain, pineal gland, mouth glands and the adrenal medulla. Lemon oil is a brain stimulant with increased effectiveness when applied in the morning.

Middle Note oils are less volatile and tend to prefer the company of midday Zone Two bushes, shrubs, vines, grasses and flowers. Middle Note essential oils tend to align and resonate with lymph, blood, bone, muscle, connective tissue, heart and adrenal cortex. Sage essential oil, a muscle stimulant which can increase athletic performance, is most effective when used in the afternoon.

Residual Bottom Note oils are least volatile and tend to drop into evening Zone Three rhizomes, roots, briny ocean flora and fauna and sex glands, such as the glands producing musk and civet. Bottom Note essential oils tend to align and resonate with respiratory

and digestive organs and the epithelial cells of the digestive tract. Bottom Note oils are associated with sexual and reproductive functions. Vetiver essential oil, from the root of a grass, used for grounding and as a nerve relaxant, is most effective when used in the evening, promoting a good night's sleep.

The Notes have to do with how long an oil "hangs around." Top Note oils are used for quick communication, such as fir and pine needle oils and citrus oils. Middle Note oils, (often used in the perfume industry) are from nurturing fruits and flowers, such as Rose oil, and diffuse less quickly. Bottom Note oils, such as Ginger oil, are more sticky and thick and have the longest "hang time."

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

Friends and Family

Essential Oil Kits for Your Holiday Gift Giving

Your holiday gift giving can be simplified by essential oil kits. Perfect for the season, **Essence of the Season** kit contains three oils, Frankincense, Myrrh and Christmas Spirit, and two bottles of resin, Frankincense and Myrrh. These exotic fragrances can lift emotions and heighten spiritual awareness.

Twelve Oils of Ancient Scripture™ kit contains the most significant oils found in the Bible. Purchasing the kit

is a cost effective way to give a meaningful and inspirational gift to a loved one.

7th Heaven™ kit contains essential oils used and recognized to balance the pineal and pituitary glands helping attain a higher spiritual frequency. These beautiful oils have been used to elicit joy. A perfect gift for yourself or someone needing



a “lift” for the holidays.

For those of us who have been known to truly indulge during this season **Golden Touch 1™** is the answer to our prayers. The kit contains seven blends; **Di-Tone™**, **EndoFlex™**, **Ju v a F l e x™**, **M e l r o s e™**, **Raven™**, **R.C.™** and **Thieves®**.

We know emotions can be triggered during the holidays. The oils in the **Feelings™** kit assist in our coping and clearing negative emotions. Created

after extensive research into an ancient Egyptian ritual clearing ceremony, the twelve essential oils and oil blends have assisted numerous people in releasing emotional bondage.

You can be sure your gift is appreciated when the benefits of **Essential 7™**, the most popular kit, are experienced. These therapeutic-grade essential oils

and blends can be diffused, applied to the feet, added to bathwater in Bath Gel Base or Epsom salts, applied topically or used for massage.

For your friends and family who love to give massages **Raindrop Technique®** kit is a terrific gift. Containing nine oils/oil blends and two 4 ounce bottles, **Ortho Ease™** Massage Oil and **V-6™** Advanced Vegetable Oil Complex, the kit contains all you need to give a “Raindrop” massage.

Another kit to consider is the new **Chivalry™** including the new essential oil blend and massage oil. Blending the power of Valor, Harmony and Gratitude essential oil blends evoke feelings of courage and nobility.

Aroma Complete™ is the ultimate gift containing 123 essential oil singles and blends. Ideal for massage therapists, health professionals and serious essential oil advocates.

Leadership Update — Wholesale Pricing

Young Living has made it easier for beginners to purchase at wholesale pricing! As of November 1, 2003 the parameters for purchasing products at wholesale price have changed. All Distributors and Affiliates may purchase products at the published wholesale (instead of Preferred Customer) pricing by meeting one of the following: 1. Purchase the Success Kit (\$20) and enroll in a 100 QP Autoship order, or 2. Purchase the Success Kit and achieve the rank of Star (500 OPQ & 100 PQP).

Wholesale pricing is not permanent until the Distributor reaches the rank of Star. To maintain wholesale pricing at the Distributor or Affiliate rank, the member must have a valid 100 QP Autoship order. Canceling Autoship before reaching the rank of Star reverts one to the Preferred Customer pricing. **NOTE: Distributors who are currently paying wholesale prices do not need to purchase the Success Kit.** Preferred Customers continue to purchase at the Preferred Customer prices.

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*Yes No Maybe
Essentials, Chronobiotics &
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The Doctors Forum

By Dr. Ken Krieger

A DD and ADHD or (Hyperkinetic Children)

The past 3 decades have seen a recognition of this syndrome. It is now being diagnosed more frequently. You can now hear, "let's tone the children down by giving them meds" (Ritalin, Prozac, etc.) so their "behavior" is dampened. What a travesty!! Why are these children behaving from impulsive and occasionally aggressive or destructive activity to being withdrawn? Believe it or not the psychopathologic mechanism has not been defined. In my experience, the root cause is biochemical and hypoglycemic in nature. What are these children being fed? They have become carbohydrate eating machines, with non-productive "diets" eating plain garbage foods from almost the day they were born.

Not only is their diet terrible, but they have no idea how to act around others. Many are taught not to "touch" nor are they allowed to be hugged by those around them. A child's attention span can be so short, their environment stimulates a hyper response and there are often coordination difficulties. Intellectually they vary from normal to varying degrees of "slowness" to exceptionally bright kids.

Childhood behavioral problems will generally respond to intense Nutritional Therapy. Children who have been raised on high carb diets and highly processed foods are most apt to be in this category. A complete change of intake with added natural supplementation often completely reverses the behavioral pattern. Total elimination of white sugar and flour is mandatory for improvement. Increase protein synthesis is of great value. Use timed intake as shown in Vonn's new book as a guide for new and improved food intake. High potency B-complex, **Super B™**, serves as a primary nutrient of the nervous system. **Mineral Essence™**, and at least 2,000 Mg of **SuperC™** am and pm are important. (If the child begins to have a loose stool, reduce the vitamin C intake accordingly). I have found that **Brain Power™** and **Lavender** used as fragrance inhalant have a great effect on these children. Put a cotton ball with these two essential oils in a zip lock bag. Have them use it as aroma therapy every hour for the first 2 weeks after the diet change. You will be amazed at what can transpire.

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

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