

# Yes No Maybe Essential News

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Marcella Vonn's

CALENDAR OF EVENTS

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**Code 3215 90 Tablets**

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## **HEALTH AND DIETARY SUPPLEMENTS** **By Marcella Vonn Harting**

**L**ess than 20 percent of Americans eat the recommended five serving of fruits and vegetables a day, the best source of the essential vitamins and minerals the body needs to build and repair tissues and to function properly. When the body does not receive the nutrients it needs, its systems begin to break down which can lead to disease. Indeed, both the American Cancer Society and the American Heart Association find that nearly a third of all cancer and heart disease is related to poor nutrition.

Americans are catching on to the benefits of dietary supplements spending an estimated \$15.7 billion in 2000. Poor diets or what I call "live-its" (why would anyone use a word that starts with the word DIE) have lead health-care professionals to recommend supplements. This is why I advise going only to reputable sources specifically trained in nutrition and the body to understand how nutrients and supplements work together and affect each other.

For starters, experts caution that supplements are not a replacement for a healthy diet "live-it" rich in nutrient-dense foods. I highly advocate it's best for individuals to get the nutrients they need by eating a varied diet "live-it" including a majority of the foods from sources such as fruits, vegetables, grains, legumes and seeds. These foods contain

thousands of components working in synergism creating beneficial effects for our highest good.

Are you eating enough whole fruits and vegetables? If not this is where taking supplements becomes essential to good health. The most common vegetables chosen are the potato, corn and iceberg lettuce, all of which have little nutritional value.

Today many believe a nutritious diet "live-it" is not enough, citing how difficult it is to eat enough of certain foods to gain maximum benefit of their nutrition. I believe like the majority of health-care professionals, supplements offer benefits beyond health maintenance, moving into the therapeutic realm of disease prevention and, in some cases, reversal. Choose nutrient-dense foods to ensure the body gets what it needs; from fruits, always look to the berries which are lowest in sugars and highest in phytonutrients, especially the darker ones such as blueberries and blackberries. BERRY YOUNG JUICE is a great addition here. For vegetables, eat all that are bright and vibrant in color, limiting the whites.

Just like eating several meals a day to maintain glucose levels and nutrients, I look to the timing when taking my supplements to assure optimization. Watch for Atoms' column on timing when to

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## Marcella Vonn Harting's Mission Statement

**M**y 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**

### To Your Pets' Health by Dr. Nancy Brandt DVM, CVA, CAC

**B**ACK TO THE BASICS: Application of Essential Oils to Dogs and Cats.

Disclaimer: this article is only in reference to dogs and cats and does not include other species. The advice in this article is not designed as medical advice.

It is very important that cats must have very diluted oils used to accomplish the best results. There are several oils which should never be used around cats such as ones high in phenols and "hot" oils. Examples of these include Oregano, Thyme, Cedarwood, and the YLEO blend of Thieves.

With dogs they should have dilution and will tolerate most oils. With all species purity of the oils is crucial. One drop of cut adulterated oil (usually with ethylene glycol) could kill a cat.

Essential oils may be applied in 3 basic ways: **Topical - Inhalation - Internal**

**Topical:** Location: place diluted oil (45:1 or greater) directly on location. This is best used with superficial wounds. This will clean and disinfect and promote rapid healing.

**Bathing:** place 15 drops of the essential oil into 1 cup of DRY Epsom salts, mix well and allow sitting for 5 minutes. Disperse the salts into a sink full of water (approx. 5 gallons to 1 cup of salts) and allow the animal to soak for 5 minutes then rinse very well. This is a great way to detoxify and decongest the tissues. This is best used in rashes or to assist full body detoxification.

**HEALTH** Continued from Page 1

supplement for best assimilation and optimization.

For me personally, I enjoy MIGHTY VITES children vitamin & mineral supplement (for my inner child) and a must for me is MINERAL ESSENCE (all symptoms break down to a vitamin and mineral deficiency in the body). When traveling SUPER C CHEWABLE, POWER MEAL, and BERRY YOUNG JUICE. Of course I wear essential oils daily every day. Young Living nutritional supplements are enhanced by therapeutic

**Compress:** place diluted oil, as above, on location then place a warm wet washcloth on top of the oil application (make sure it is not too hot to touch). Then place a dry towel on top and let sit for 1-5 minutes. This is great for penetration of oils to deeper tissues such as muscle and bone pain or stomach upset.

**Inhalation:** Diffusion: using a cool air diffuser forced through a nebulizer allows the oils to be broken into small droplet's with out breaking apart the components of the oils. With pets it is best to place them in a small room like a bath or closet. Place the pet in a carrier or cage and diffuse 10 drops of the oil (usually for 10 minutes). If you do not have your pet in a carrier then place the diffuser into a wire basket and cover it so the animal can not knock it over.

**Water dispersal:** place 20 drops of oil into 32 oz of purified or distilled water, shake well before every use. Spritz onto bedding, carpet or anywhere the pet will frequent so they can breathe in the aroma.

**Vaporization:** as with a diffuser place your pet in a carrier in a small room. Boil a pot of purified water (glass pan is best), remove it from the heat and place it in the room (on a hot plate). Place 3 drops of each oil you choose to use and leave in the room at least 3 hours, overnight if possible. Do not use this method if animal can get near the pan.

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grade essential oils and are the highest quality available anywhere in the world.

With the concept of the Essential Wheel of Balance, Young Living offers you an opportunity to empower yourself physically, emotionally, spiritually and financially through products designed to help you move forward and achieve increased wellness, longevity and freedom in life.  
**MARCELLA VONN HARTING**

**JANUARY 15 THROUGH JANUARY 31,  
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Receive a FREE 15ml bottle of Idaho Balsam Fir (a \$57 value) when placing an order of at least 200 QP and including the new Re-JUVA-nate Kit. Gary Young has stated that digestion is the hub of health, and his newest dietary supplement kit is formulated to clean and eliminate toxins and waste while fortifying liver function.

Each Re-JUVA-nate Kit includes: A) Detoxzyme-A powerful vegetable enzyme complex that promotes cleansing, completes digestion and detoxifies. B) Com-

forTone-Contains herbs, minerals, bentonite, and essential oils that help with proper elimination and relax spasms that may occur. C) JuvaPower-An advanced phytonutrient supplement that cleanses the liver and intestines simultaneously. Contains the highest acid-binding foods for superior results. D) The Re-JUVA-nate Booklet. E) A new Audio Tape recorded this month by Gary Young titled "The Re-JUVA-nate Program-Cleansing with Comfortone, Juva Power and Detoxzyme".

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Wholesale Price: \$110

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**Congratulations! December 2003 was  
Young Living's best month ever**

All sales records were broken and excitement was at an all time high. Young Living will continue to offer specials and promotions, however they will not occur every month.

**The Doctors Forum**

**By Dr. Ken Krieger**

**Bronchitis...Don't let it sneak up on you!!**

This has been a devastating illness in the US and around the world this winter. It is characterized by a build up of mucus discharge along the linings of the bronchial tubes. It usually begins as a viral entity and then can turn into a bacterial infection in some individuals. If left unchecked, and it becomes chronic, it can turn into emphysema.

What may be a trigger for some may not affect others, however the most intriguing initiator of this malady is most likely air pollution and in home air pollution. How long has it been since you changed the filters in your home? If you need new air filters, please think about getting those from 3M, they take out most of the pollen and particulates. It is also necessary for you to clean your carpets to eliminate dander (if you have pets) and use Thieves Oil in the solution, or the dry cleaner, to eliminate bacteria that may be hiding there.

In my practice the most effective oils to diffuse have been RC and Thieves. Please don't diffuse Thieves longer than 15 minute intervals every

hour during the symptomatic episodes. Some cannot handle the potency of Thieves for longer periods of time. Raven is also a good way to help strengthen the respiratory system. Individual needs would require supplementation of ImmunoGel: 1/2 tsp every 4 hours, held under the tongue for 60 seconds, then swallowed.

Super C, 4,000 mg 3 times per day if having prolonged persistent cough, and mucus discharge will help in greater expectoration of the phlegm. Using direct exposure on the chest of oregano (be careful, it's a "hot" oil) if necessary dilute with olive oil, and RC and Raven will help break-up the congestion.

Keeping yourself in tip top shape will help you avoid these types of problems. But if you have any of these symptoms begin, this should be a great help to you.

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

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## Gratitude and Appreciation

As I journey toward creating a life of lasting success and fulfillment I'm in AWE of how MAGNIFICENT and AWESOME you all are! I'm talking about my Young Living Organization; Leaders and Potential Leaders who stepped up to creating the high sales in December.

It gives me great honor to acknowledge Jean Marie Hepworth and Dr. Terry Friedmann (Zia Essential Oils P.M.) in achieving the Young Living rank of CROWN DIAMOND. I applaud you in your hard work and consistent support to

your group. Your newsletter is excellent and you mentor us all in communication.

For all you who took advantage of the December special and received a free bottle of Frankincense, Thank You. Our efforts closed out the year with the highest sales of the whole year. I sincerely thank you from my heart for all you do and give.

Love and appreciation,  
MARCELLA VONN HARTING