

# Yes No Maybe Essential News

Volume 3, Issue 5

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May 2004

Marcella Vonn's

CALENDAR OF EVENTS

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***The Miracle of  
Young Living CD  
is a Terrific Gift***

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## Vetiver

Has a heavy, earthy fragrance similar to patchouli with a touch of lemon. Young Living's vetiver oil is hydrodiffused under ultra-low pressure. Vetiver oils is psychologically grounding, calming, and stabilizing. One of the oils that is highest in sesquiterpenes, vetiver was studied by Dr. Terry Friedmann for improving children's behavior. May help one cope with stress.

Code 3651

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## Create An Extraordinary Relationship With Your Health By Marcella Vonn Harting

**U**nderstanding the importance of physical health and how it can affect every aspect of your life is the subject of this month's newsletter.

Love is said to make the world go round. Love for that someone special in your life, family and friends. And of course the one who could really use your attention- **YOU**.

Many of us spend our time and lives searching to find and create love, while forgetting about ourselves completely, particularly our physical bodies.

What are you doing consistently to better serve your physical well-being?

Would you fall in love with you?

Understanding the importance of physical health and how it can affect every aspect of your life can aid you in choosing more positive choices for your health, your body and your future.

The first step is to identify what actions you are doing daily (create a routine/ritual) you create your ideal body.

Examples could be making a healthy breakfast and taking the

time to eat with your spouse and or children. Drinking more water (it will help your body work on its own rhythms more effectively), exercising, getting a good regular sleep, going for a walk or a swim, taking tennis or golf lessons, just to name a few.

**Write your own list of all the things you can do to create an even healthier lifestyle.**

A small investment here can benefit you and others around you, as it will help lead to increased productivity and effectiveness in all you do.

**IT'S WHAT YOU DO WHEN YOU DON'T HAVE TO DO ANYTHING THAT WILL DETERMINE WHAT YOU WILL BE WHEN YOU CAN NO LONGER HELP IT.**

This is a great time to start to incorporate Young Living Essential Oil products into your life. With the Berry Young Juice Special this month create an extraordinary relationship between you and our products. **Become a product of the product!**

Extraordinarily yours,

Marcella Vonn Harting



## 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

**F**IRST AID WITH YLEO The following list is a starting point for using essential oils in your home with your animals. **For cats the oils must all be diluted 50:1.** There is a (\*) by the oils which can not be used with cats. For dogs the oils should be diluted 20:1, and all have been safe in dogs. (Continued from last month with more oils.)

### OIL CHALLENGE

Peace & Calming promotes sleep  
decrease anxiety

Joy heart conditions  
difficulty with new situations

Di-Tone any digestive disorder  
constipation or diarrhea or vomiting or  
hairballs

### APPLICATION

use in areas of rest and relaxation  
diffuse, rub on spine, or water bottle method

drop of 50:50 dilution on chest  
diffuse or water bottle method

apply a diluted solution onto entire belly region

apply a diluted solution onto entire belly region and  
apply a moist compress

Phone Dr. Brandt for a consultation.

**Dr. Nancy Brandt, DVM, CVA, CAC**  
Henderson, NV 89014

2591 Windmill Parkway, Suite 2  
Phone: 702-617-3285

## The Doctors Forum

By Dr. Ken Krieger

### WHAT IS YOUR HEARTS DESIRE?

**D**o you really have a "hearts desire?" If you do, what does it mean to have a hearts desire? This is not the flesh and blood heart itself, but the desire of your heart, the desire of your spirit. God tells us that he will give to us our hearts desire. Have you set forth a plan for your life? Have you written it down after long contemplation? Have you set it in stone after praying about it? If you can't answer these questions with a resounding YES, then you had better make some changes in your life. Without a vision man perishes. Write it down and make it plain!! One of my great desires in my life is that I can help teach others about good health! Not the lack of symptoms health as the

health care system teaches, and adheres too, but about proper function. The best health is PROPER FUNCTION. I believe that this newsletter will help in that endeavor, and in the long run all of us can benefit from it. If you have learned one thing from this column, and it is written for just that, learning, then you have helped me obtain one of my hearts desires. If you truly have a hearts desire, and it is obtainable, if it is within reach, then write it down and make it plain, and GO FOR IT! Yours for better health, naturally.....Dr. 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

Happy Birthday to Dr. Ken Krieger!!

# TESTIMONIALS From Our Readers

After a long grueling seven year battle against brain cancer with my oldest son, Zakk lost his precious little life to a fifth brain tumor. From January 1995 to April 2002, he suffered four agonizing brain surgeries, 2 miserable rounds of chemo, and one sickening course of radiation. Endless hours of pain and anguish filled sleepless nights at Primary Children's Hospital. Tests, more tests, needles and spinal taps gone awry punctuated our existence. It was a grueling experience and Young Living Essential Oils was right there with us, making life a whole lot better.

The essential oils eased Zakk's pain, calmed his emotions (and ours) and we believe contributed greatly to his life span. The doctors estimated with the first tumor that Zakk would probably live another two years-he lived seven more years. It was heartwarming to be able to share with other parents at the hospital with their own children, but heartbreaking to see those parents lose their children one by one as the months crawled by. The doctors were astonished by Zakk's recovery time after time.

God works in mysterious ways. Because of Zakk's illness, I began to study health, herbs and supplements as related to the brain, endocrine and immune systems. My mother attended a lecture by Gary Young in Kansas City in March 1995 that served as the catalyst for my journey into the world of essential oils.

We lived on the military base in Monterey, CA where I was in language school studying the Arabic language when Zakk passed away on April 9, 2002. The next day I flew with Kerrie, my wonderful wife, and two other sons to Utah to prepare for the funeral. When the plane landed, Kerrie went into labor and early the following day, April 11, she gave birth to our fourth son. Later the next day we had Zakk's funeral and at the end of the week we flew back to Monterey. We gave a collective sigh and looked forward to rebuilding our life. It had been a whirlwind week that capped off a long exhausting seven year battle-our family's personal Armageddon.

War torn and drained emotionally, physically and mentally, I sank into yet another hell. I began to experience fainting and weakness spells, which were diagnosed as Conversion Disorder; when emotionally grieving experiences are converted into physical symptoms. Within six months the unbelievable happened, I was diagnosed with grade 3 colon cancer and must have surgery. I was already so numb from years of struggling, that I took the news as if the doctor was telling me the weather. I thought nothing could be worse than what I had already been through.

The tumor was in my large intestine in the solar plexus region. I realized why I had not been able to make any progress in my weight training and cardio program during the last six months. The supplements I took had no effect on me. My

whole body had been hammered, my brain's neurotransmitter levels were zapped, and my body was full of cortisol. Cortisol is secreted by the adrenals during stress and is called the "death hormone" because it eats muscle tissue. My system was so acidic no nutrient could make it through my stomach. In one of Gary Young's lectures he aptly describes the depression process: your brain and body resemble a crumpled up piece of aluminum foil and cannot absorb anything. The tumor was the size of an apple and had almost entirely blocked off the large intestine leaving only a small opening the diameter of a pencil. The surgery in November 2002 successfully removed the tumor.

I used Berry Young juice for nourishment, lavender on the incision site, and frankincense for positive mood enhancement. Next came chemotherapy. Being in the military I'd been through some grueling, exhausting physical experiences, but it had not prepared me for the tortuous horrifying ordeal of chemotherapy. It was the worst thing I've ever had to endure.

My personal choice for recovery was to go all natural with herbs, oils and mental exercises. However, I was under military care and I did what was recommended. The chemo lasted six months and as with most chemo sufferers, I experienced extreme nausea, fatigue and couldn't tolerate even the smell of food. I couldn't get near any oils. My liver was toxic, I had no energy and slept 14 hours a day then woke up tired. I ate my food cold so I wouldn't have to smell it. I could only work 5-10 days a month. It was a miserable six months. When I finished the chemo I weighed 124 lbs and felt as if I were nearly dead.

When I was a boy Rocky was my hero. I played the drums in a band and played "Eye of the Tiger" with teenage gusto and exuberance. Rocky knew what it meant to be down and beaten with nowhere to go but up. I identified with Rocky's defeat and was determined to climb to victory as he had done. I dug out an old Rocky poster and tapped into that long ago emotion. I was more than ready for a Rocky-style comeback.

I vowed to get in the best shape ever and prove to myself that if I could do this, I could do anything. So, I combined the power of the greatest nutritional products on earth Ultra Young Plus, Berry Young Juice, Power Meal, Lavender, Marjoram, and the oil blends of En-R-Gee, Brain Power, and Joy, all taken at strategic times of the day for maximum benefit. I combined this with some high-powered personal motivation mind techniques and a very efficient weight training approach called Static Contraction Training.

I was working out again!! I only had energy for one or two workouts a month so it took from August 2003 to March 2004 (8 months-16 workouts lasting a mere 15-25 minutes each) to achieve the condition I'm in now. I went from 124 lbs with 9% body fat, to 130 lbs at 3.1% body fat. (Gained 12.5 lbs of

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Essentials, Chronobiotics &  
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## **Testimonials** continued from page 3

muscle and lost 7 lbs of fat.) I am still under construction! Just imagine where I'll be in another six months. My life's goal before I got sick was to be the world's greatest fitness trainer so I became certified as a personal trainer. Now I am ready and have dedicated my life to helping others achieve their health and fitness goals. I rediscovered the "Eye of the Tiger". I am moving forward with renewed strength, a stronger passion for living toward a bright future. I am armed with the most powerful health and fitness products on the planet (Young Living) and the greatest and most efficient training methods and mind power techniques. I have an intense desire to encourage others to overcome obstacles, find that one purpose in their life that will ignite the passion and get their "Eye of the Tiger" all fired up so they can make fitness happen in their lives.

I have drawn on my deep well of knowledge and experience to develop an online personal fitness-training program that incorporates cleansing, feeding and balancing the entire body. It is geared to each individual for maximum results.

I am extremely grateful to God for these trials, which have taught me so many life lessons. I am indeed inspired by my little son, Zakk, and his fighting spirit that never complained or resented, but always accepted loved and endured.

*Submitted by Chad Hilliard.* Thank you, Chad. Chad will receive a bottle of YL essential oil from Marcella Vonn.

Chad Hilliard, Certified Fitness Trainer and counselor, works at Stroop's Fitness Club in Clearfield, UT. An athlete and sports nutrition extraordinaire for 30 years. Herbal expert. Father of four boys. Husband to a goddess.

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**NOTE from Editor:** We would love to hear from YOU. Send your testimonials by email to [mvonn@aol.com](mailto:mvonn@aol.com) with a copy to [atamboli@msn.com](mailto:atamboli@msn.com). Include the word "Testimonial" in the subject line and a statement of release such as "I give permission for *Yes No Maybe Essential News* to publish my statement." Thank you.

We could learn a lot from crayons:

Some are sharp, some are pretty  
some are dull, some have weird names,  
and all are different colors. . .  
And, they all exist very nicely  
in the same box.