

# Yes No Maybe Essential News

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January 2003

*Marcella Vonn's*

CALENDAR OF EVENTS

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## **A New Beginning** By Marcella Vonn Harting

**J**anuary is the month we all start over.....New Year Resolutions, goals, new desires and dreams. With Young Living we have an unique opportunity every day to start over. Every interaction with a new person is an opportunity to transform both your life and theirs. This is a wonderful moment if only we choose to recognize and take advantage of it. **Every encounter with a stranger is a chance to start over.**

Life is too short, to beat around the bush--so here is the real message.

Rather, it's an invitation. If taken, it can align you with your vision and manifesting your heart's desires. Do not be afraid to make a fool of yourself. Be bold! And give your all. Today let everyone you meet know you represent the highest quality Essential Oils on this planet.

**The single most important thing to change the quality of your life is ACTION.**

Simple put, let's simplify our lives. Simplify meaning live a life with purpose, in which every action is the result of a conscious choice. If you are committed to achieving an extraordinary quality of life; what actions are you taking daily to manifest this!

Have you ever said to yourself, "It's time to make a change in my life", and then not followed through? If this sounds familiar, then **STEP UP!** First, let's recognize what is it you choose, are you committed to achieving in your life and why you choose this. What is the driving, compelling, emotional purpose that will cause you to persevere through any obstacle before you figure out what it is you need to do! Have you got a plan for your life? Have you got a plan for sharing and building your Young Living business?

With all my appreciation for who you are and all you do, I love you.

MARCELLA VONN HARTING

Next month we will start our simple easy plan on how you can take your life to the next level.

## **The Doctors Forum**

**By Dr. Ken Krieger**

**H**appy New Year to all!! I pray this year will be the most profitable year for you in health, wealth and happiness. We have all seen the advertisements on TV and in magazines and heard those on the radio endorsing blood lipid lowering drugs. Last month I targeted the fact so many people are using so many drug and have no idea

about the possible harmful side effects, even if they are being taken "as directed or prescribed". I am amazed at the many people who have little regard for their safety and go blindly along with taking drugs, when there are so many alternatives.

When we discuss the lipid lowering drugs (for lowering cholesterol levels), the alternatives are at hand with the very products *Continue on Page 3*



## 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 Language, 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

### **C**an What We Say Affect Our Pets?

Do you say statements around your pets like "Sammy is just too old", "Taro is always crazy like that" or "Rosie is too sick to play"? Conscious language tells us what we speak will be manifested. If you say "Oh Mitzi is always hyper like that" then expect her to be so. Instead use the power of the spoken word to heal your animals. Even when you are away from your pets what you say and think can affect them energetically. Our furry friends already absorb our energy, let's not speak into existence manifested dis-ease for them. (Disease is out of ease, uncomfortable.) The same holds true for your children, spouse, friends and other loved ones.

Do you lie to your animal companions, "I'll be right back" or "I'll play with you in just a minute"? Instead keep your agreements with them and they will keep theirs with you. Other than punish an animal for rebellion when you are always gone and you told them you would be there for them. Rather speak the truth of the situation to them and then keep the agreements you have made with them.

We may habitually think the same thought over and over so it does not seem we are choosing the thought. We did make the choice. We can refuse to think negative just as we have chosen at times to refuse to speak positive about ourselves. Like saying to yourself "I can't do this positive speaking." Is this your heart's desire?

The Bible tells us to "Speak no evil". I encourage you to speak kindly and optimistically about your pets. It starts with the thought. Vonn calls a thought a prayer. Search in your heart for what you choose for your pet and then speak it, think it and believe it into manifestation. In Vonn's recent course on Conscious Language we learned: "It is not so much about right or wrong, good or bad as much as it is choices."

Choose to keep your agreements with your pets and those around you and peace, ease and joy will enter your life and the life of your animals. Your pets love you and only choose for you to have peace and joy in your life.

From Louise L. Hay's book, "You Can Heal Your Life": *We are each responsible for all of our experiences. (We are responsible for our pets.) Every thought we think is creating our future. (and theirs) It's only a thought, and a thought can be changed. (It's only a word and words can be changed.)*

Use essential oils such as Forgiveness, Acceptance, Gratitude, Believe, Abundance and Release when you are choosing to make Conscious Language changes with your pets. We can change our lives and the lives of our pets with essential oils and what we think and say.

**Forgiveness**-when asking for your pet to forgive your past thoughts

**Acceptance**-when asking your pet to accept your new choices

**Gratitude**-for times when your pet is making their own choices, such as transitioning

**Believe**-when you are struggling with your new choices

**Abundance**-when you count all your blessings

**Release**-to facilitate the release of old stored mental and emotional patterns in both you and your pet

Dr. Brandt's phone consultations are by appointment only.

**Dr. Nancy Brandt, DVM, CVA, CAC**  
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## Using Essential Oils in Unusual Ways

How do you use Dentarome and Dentarome Plus Toothpaste? Some people use a small dab under their arms for a deodorant!

How about RC? Ever apply RC to your bunions? It's been highly recommended as being effective in relieving and removing them!

To freshen your laundry toss a cloth with a drop or two of Lemon oil on it into the dryer.

Purification is fabulous in relieving the itch of an insect bite!

*Are you using oils in an unusual way? We would love to hear from you. Send an email to Marcella Vonn or Anita.*

**In the Beginning was the Word,  
and the Word was with God,  
and the Word was God.**

**The same was in the Beginning with God.**

*The Gospel According to John 1:1-2*

## Doctors Forum

Continued from page 1

you can order from YLEO. High lipid levels are responsible for the building up of plaque in the arteries. Resulting inflammation is the real culprit when it comes to heart attack, stroke and TIAs (transeschemic attacks) or mini-strokes. The main culprit is INFLAMMATION.

The increased levels of fatty substances in the blood, particularly cholesterol, may be the result of certain inborn metabolic errors with disorders of the metabolism caused by endocrine pathologies or specific organ failures. Fatty deposits seriously complicate such diseases as diabetes, and the nephritic syndromes (kidney disease), and liver billiary cirrhosis. The deposits may be uniformly spread throughout the circulatory system, causing hypertension, and are part of the prime factors in coronary artery disease.

First, we can lower the lipid levels in the blood by using JuvaTone, Vita-Green and the Cleansing Trio (ComforTone, I.C.P. and Megazyme). The use of HIGH amounts of magnesium will also benefit the changes required in this process. Magnesium is found in Mineral Essence. Use these as per label directions. The use of the essential oils of Rosemary, Roman Chamomile and Aroma Life have resulted in a real beneficial change with these difficulties for my clinical patients. The recipe I have patients use is 3 drops of Aroma Life, 10 drops of Rosemary and 5 drops of Roman Chamomile in a capsule 3 times daily; 5 days on, 3 days off, for 30 days. Then retest lipid levels. Also please limit your SUGAR!! Sweets set up the increase in lipid levels along with high fat diets. Much can be said for the prevalence of this condition in the western world. Obviously, the requirement of daily exercise and use of good water intake is essential for each and every person. As a side note: Please DO NOT stop taking a prescribed medication without consulting your Physician ahead of time and letting him/her know you are taking another approach for lowering lipid levels. Your Physician can help monitor lipid levels for you.

I hope this information will aid you in helping yourself have a healthy cardiovascular system.

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

*Dr. Krieger is a Chiropractic Physician in Phoenix, AZ. He has been in private practice for 30 years, and is in continued research on the benefits of nutrition, posture, exercise, spinal mechanics and the use of essential oils for the benefit of his patients. Reach Dr. Krieger at [Drkriegerstria@aol.com](mailto:Drkriegerstria@aol.com) and [www.arizonaspinedoc.com](http://www.arizonaspinedoc.com).*

Dr. Nancy Brandt's

General Guidelines

For Dogs & Cats

For disinfection of Raw Food use the following:

64 ounces of purified water  
5 drops of Grapefruit Essential Oil  
5 drops of Lemongrass Ess. Oil  
Place cubed meat into water, stir well, let sit for 5 minutes.  
Rinse meat with purified water and then feed.

You can also soak bones. You can soak raw veggies when they have been cleaned and cubed, before you blenderize, juice or crush them.

Instructions on feeding raw food can be found at the following:  
The Barf Diet\*, Biologically Appropriate Raw Food Diet,  
[www.barfworld.com](http://www.barfworld.com),  
[www.naturesvariety.com](http://www.naturesvariety.com) and  
[www.stevesrealfood.com](http://www.stevesrealfood.com)

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## **Acupressure Facial Rejuvenation** **By Acupuncturist Victoria Mogilner, C.A.**

**A**cupressure Facial Rejuvenation is a simple way to work on yourself with the oils and acupressure points to release stress and rejuvenate yourself from the inside out resulting in peace of mind.

This article gives you a few points to try at home. It is part of my acupressure booklet teaching you to love and nurture yourself.

As you slow down, breathe and touch each point, you are activating a meridian to open you spiritually, mentally and physically, and balance you from the inside out. This is a way to activate self love and self worth. Remember, you can't love another until you love yourself. As you use these points you are entering a world of total relaxation, joy, inner harmony and peace of mind. This is a natural way to relieve stress.

The first point is a gall bladder point called "Flowing Valley" and is located at the hair line above the eyes. Massage in small circles, press hard enough to feel the pressure, but not hard enough to hurt. The gall bladder has to do with making decisions. As you work on this part breathe in and out and make a decision to love yourself. This point is also for headaches. Use the essential oil Clarity to open your mind to new ideas.

Another point is called "Receiving Tears" and is a stomach point. Place your middle finger below the center of the eye on the ridge of the socket. Massage in small, clockwise circles to stimulate blood flow to the cheeks. Never put pressure on the eyeball. Relax and breath deeply in through the nose and out through the mouth. As you focus on the point reflect on how you nurture yourself daily on a mental, physical and spiritual level. You need an hour each day for self love. Use the oil Valor for self worth and self love.

Take time to light a candle and look in the mirror and say, "I love me" as you play with the oils and acupressure points.

**(Editors Note:** Never use essential oils close to the eyes! Massage the points noted using oils only with extreme caution, and never with a chance of getting oils in or near your eyes. Fumes from oils applied below the eyes will rise into the eyes and can cause extreme discomfort.)

*Victoria Mogilner is a certified acupuncturist specializing in facial rejuvenation. She is available to teach and lecture. To reach her or order her booklet, contact East-West Rejuvenation, 4110 N. Goldwater, #106, Scottsdale, AZ 85251. Phone: 888-473-2577 or 480-663-8208.*