

# Yes No Maybe Essential News

Volume 2, Issue 2

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February 2003

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## *Marcella Vonn's*

CALENDAR OF EVENTS

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**Feb 26, Wed, 7-9 pm (free)**

### **Intro to Essential Oils**

8714 N. 58th Place  
Paradise Valley, AZ 85253  
(480) 443-3224

**Feb 28, Fri, 7-10 pm (free)**

### **Business Potluck/Intro to new Young Living Compensation Plan**

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## **Planning For Results** By Marcella Vonn Harting

**H**ave you got a plan for sharing and building your Young Living Business? It's time to look at the past year and plan for the New Year, as you journey towards creating a life of lasting success and fulfillment. One of the biggest challenges in our business is so few of us were ever taught how to do it! Learning the fundamentals of Network Marketing is the task at hand.

What is Network Marketing? It is a means of moving product directly from the manufacturer to the consumer, eliminating the middleman. Our industry is based on simple word-of-mouth recommendation of products and services. All distribution moves directly from producer to consumer leaving out the middleman (agents and dealers who have nothing to do with production or consumption).

The average person needs as little as \$100 to \$200 to get started in this business. This includes some great products to be used personally and shared with others.

What are the benefits of Network Marketing?

1. Own your own business and be your own boss
2. Set your own schedule
3. Unlimited income
4. Low investment to get started
5. You can travel for business and pleasure
6. You can build your business on a part-time basis and then develop it into a full-time career
7. You can relocate and continue your business almost anywhere

8. Tax benefits (many of your expenses are deductible)

9. Allows you to create a lifestyle commensurate with your goals and dreams

When I was introduced to Network Marketing my focus was on the products and what they could do for me. I was uneducated at the time to the financial benefits of this business. Priorities very as widely as do people, so many people will choose Network Marketing as a means to an end (wealth), others simply enjoy it for its products.

Over 60% of all new network marketers quit in their first year. Survival is the name of the game, according to Webster's dictionary, "to survive" means to remain alive or in existence, particularly to live on after the death of others. Staying in the business after others leave many times is what leads to dramatic success and wealth. Are you willing to invest in you?... Your Dreams, your purpose, and your legacy? ...Given the possibility of earning more each month working from your home than you could ever earn in your present job!?

Next month we explore your goals and purpose.

It's been said mastery of any subject is ten percent how to do it and ninety percent why.

Let's discover your why . . .

Taking your life to the next level . . . . .  
. . . . . Marcella Vonn Harting

## **The Doctors Forum**

**By Dr. Ken Krieger**

### **Chronic (Yearly Repetitive) Bronchitis**

During this time of year many people suffer from bronchial cough and upper respiratory irritation and infection. The pathological consideration of bronchitis is the localized or diffused inflammation of the bronchial tree, caused by infections, or by chemical or physical agents.

In the chronic form, there is progressive degeneration of tissue with thickening of the bronchial mucosa developing inelasticity. With all the pollutants in our atmosphere, especially in large metropolitan regions, there is a greater susceptibility to the chronic type of bronchitis.

Treatment entails the alleviation of the irritating cough as the first consideration. It is usually a dry wracking cough which can be severe and debilitating. Measures must be employed to improve *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

**C**HIROPRACTIC FOR ANIMALS ( Spinal Adjusting)

Chiropractic adjustments help animals with a spine, bones, joints and muscles. Chiropractic in animals will increase their quality of life. Chiropractic adjustments alleviate subluxations or fixations along the spine to restore homeostasis.

Chiropractic is a drugless method of health care. Most people associate chiropractic care only with back problems. This is a misconception. Chiropractic deals with the nervous system housed inside the spinal column. The spinal cord carries all the nerves going to every organ in the body. Chiropractic maintains adequate nerve supply is vital to the proper functioning of the **entire** body. When the vertebral bones are misaligned, even very slightly, they affect the nerves and the flow of nervous energy. Chiropractors call these small misalignments "subluxations". A chiropractic adjustment is aimed at correcting the subluxation and restoring the proper functioning of the nervous system.

Chiropractic works to eliminate the cause of the problem and not just simply treat the symptoms. Treating just the pain is like treating the smoke and ignoring the fire that is producing that smoke. A subluxation may be caused by trauma such as slips, falls, automobile accidents and blows. These may be obvious or subtle such as a slip. Drugs, toxic environments and stresses are other causes of subluxations. As animals age, stresses naturally accumulate in their spine.

Chiropractic care takes time. We are allowing the body to heal itself after the proper nerve functioning has been restored. Animals recover very rapidly as a rule. Older animals and more serious problems take more time.

Your pet may feel sore, lethargic, clumsy or even be in pain for the first 24-48 hours. This is a result of moving tissues around which had become fixated in an abnormal

**by Dr. Nancy Brandt DVM, CVA, CAC**

position and are now protesting their move back to the correct location. Your pet may feel a spurt of energy and try to "over do" when the nagging pain is gone. **DO NOT** allow them to be over active the first 24 hours. After the first 24 hours encouraged them to move freely. Movement is the best way to keep the vertebrae from fixating again.

**Essential Oils which will help with chiropractic are the following:**

**Valor**—use on pets every day to keep them in alignment. This oil is known as "the chiropractor in the bottle". For dogs, place oil on all four feet, point of shoulder and point of hips. Dilute oil in dogs 1:1. In cats place a 10:1 dilution on point of shoulder and point of hips, do not place on feet. [Note: valor can stain white fur.]

**Basil**—Use for muscle pain. Place a 5:1 dilution in your hands and massage into their back before or after the adjustment.

**Dr. Brandt's Back Blend**—This blend has been used successfully for over 5 years in my practice to alleviate back pain and maintain adjustments longer: 2 tsp of V-6 mixing oil, 10 drops of Wintergreen, 10 drops of Cypress and 10 drops of Lemongrass. Apply 1-10 drops to your hand then rub along your pet's back. Place a warm moist towel over their back and then cover with a dry towel. Leave this warm compress in place for 1-5 minutes. [Note: if your animal ever resists oil therapy do not use the oils you picked. Remember their wisdom about the oils is far greater than ours. They are tapped into the source and know what is best for them.]

Have your pet get the most out of their adjustment by using these oils along with the benefits of chiropractic.

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

**Dr. Nancy Brandt, DVM, CVA, CAC**  
 2591 Windmill Parkway, Suite 2  
 Henderson, NV 89014 Phone: 702-617-3285

## What is Colonic Irrigation?

By Dr. LeRoy Anderson

**A** practice centuries old, colonic irrigation is simply a back-washing of the entire colon from the Cecum (beginning of the large intestine) to the Rectum. With modern equipment, this process takes approximately 45 minutes. It is made safe and comfortable by the specialized equipment used, as well as the expertise of the technician performing the service. A colon irrigation device regulates the temperature and pressure of "sanitized" water gently infused into the colon, through a speculum designed for this purpose, and washed out again. This cycle is repeated many times during the colonic irrigation treatment.

### Okay, so why should I have colonic irrigations?

Colon cleansings are important because the colon, like the teeth, veins and arteries, accumulates plaque thanks to our "American" diet, a polluted environment and life style. The colon is vulnerable to plaque accumulation especially when it has to deal with fecal matter lacking in roughage/fiber and laden with insoluble grease, saturated fats and pollutants from our environment and/or the chemicals we absorb through our skin.

Eventually everyone will deal with dysfunction of the colon; to ignore it could be fatal. We cleanse the colon for the same basic reason we brush our teeth, maintenance of good health through hygiene. If one has constipation, and most everyone does to some degree, harmful bacteria produces gas and potentially cancer-causing toxins tend to develop. Colonic irrigation not only cleans, it also helps the body maintain good balance. Additionally, many who have colonics report they experience an increase in energy.

*Dr. Anderson integrates Young Living Essential Oils in his colon hydrotherapy treatments. Reach Dr. Anderson at: Abundant Health: Colon-Hydrotherapy, 7350 East Stetson Drive, Ste 207 Scottsdale, AZ 8555251 Phone: (480)994-1511 office or (602)697-7915 cell*

### Do You Have Friends, Family or Contacts in Australia or Japan?

I will be attending both Young Living Grand Openings in Australia and Japan and would love to personally support you by meeting or talking with your contacts in these countries to assist you in building your international organization.

I will be in Brisbane, Australia on March 14th and 15th and in Tokyo, Japan on March 21st and 22nd of this year.

I extend an invitation to you, email me with information on how to reach your contacts. Include how you know them and your YLEO member number.

Email me at [mvonn@aol.com](mailto:mvonn@aol.com)  
Marcella Vonn

For more information you can email Young Living at [international@youngliving.com](mailto:international@youngliving.com)

## Doctors Forum

Continued from page 1

general circulation and increase the excretory and detoxifying activities of the kidneys, liver, skin and intestinal tract. Malnutrition is almost always a feature of the chronic form.

Drink large quantities of good, clean water with a small amount of Lemon oil (1 qt of water for every 50 lbs of body weight daily). Taking 1000 mgs of vitamin C every 2 hours for 3 days, then 2 to 4 times per day, will act as an antibiotic in these massive doses.

Diffusing Thieves oil for 15 minutes 3 times a day alternating with RC oil, also 3 times a day, will aid in recovery. Also rub RC oil on the chest. Eucalyptus polybractea layered over Oregano oil on the chest will loosen phlegm build up. Be sure you have a carrier oil handy to dilute Oregano oil as it can "burn" the skin.

Support of cough suppression is accomplished with the use of Mineral Essence; use as per label directions. Support the immune system with ImmuneTune. Detoxification of the liver and intestinal tract with the Cleansing Trio is also a key element. If you have a poor immune system, and are unable to help alleviate the cough and congestion, consult your physician.  
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).*

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# Imagination

## By Robert Tennyson Stevens

Imagination, in simple terms, is our pre-view of what is to come. When we pre-tend, we tend to our future until it becomes our current reality. Imagination, more than any other human function, defines our successes and our failures.

The author Neville has written many wonderful books on the subject of imagination. Before connecting with Neville's material I thought I was effective in imagination. Neville set me straight. The basic premise of his material supported me in shifting my focus from attaining (all "ing" words are process not outcome) to already having attained (outcome). More specifically, Neville writes, "The ideal you seek and hope to attain will not manifest itself, will not be realized by you, until you have imagined that you are already that ideal." Having added Neville's books to our suggested reading and course materials, I came to an interesting and perplexing awareness. Many people do not, even "cannot", imagine.

I was asked by my family, friends and students to share a class on imagination. Many were actually angry with Neville and then with me because they

could not "get it". The course I developed helped me create a system for actually imagining new realities. I use the system in each course I share, in my planning, my business, my health, my coaching sessions, and in my prayers and meditations. I learned: "True imagination is not moving the blocks of our reality from one spot to another, rather it is the pouring forth of an entirely new reality according to the well-spring of the dreams within our hearts."

True imagination requires a fully functioning endocrine system. Our body-mind-spirit is connected. If we have suppressed emotions, our endocrine system is potentially suppressed. Instead of active imagination we will only try to imagine a new state of health, happiness, love or abundance.

**Continued next month.**

**Robert Tennyson Stevens** is the creator and facilitator of a unique curriculum of personal and professional empowerment technologies, trainings, and support materials. Contact Robert at: *Mastery Systems Corporation*  
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