

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
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Di-Tone

This oil blend assists in relieving digestive irregularities and disturbances such as upset stomach, belching, heartburn and bloating.

Di-Tone contains the essential oils of Tarragon, Ginger, Juniper Berry, Anisum, Fennel, Patchouly, Peppermint and Lemon-grass .

It may be irritating to those with sensitive skin. Avoid eye contact.

Companion products are ComforTone and JuvaTone.

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Health Basics **By Marcella Vonn Harting**

Last month we addressed Business Basics. This month let's talk about Health Basics. Health Basics to me is balance with your mind, body and spirit. Living a healthy life extends far beyond eating right, exercising and taking care of your body. Finding balance throughout your life is to truly experience the highest level of complete health. Relationships with your body, spirit and mind, allow you to grow and contribute to yourself, your family, your community and your world in exciting and new ways. Young Living is creating a balanced approach with all of our services and products with the NEW ESSENTIAL BALANCE WHEEL.

Today is the day to take ACTION. I teach strategies based around balance to enhance the health, vitality and fulfillment you experience every day in your life. The Young Living Balance Wheel provides unparalleled lessons in how to care for yourself with essential oils, supplements and business strategies.

I believe when we are out of balance in any area of our life, it is reflected in our capacity to achieve the life we deserve and become our full potential. In order to be healthy on the outside, we must first go within.

There is a way to navigate your way through life and achieve balance in health and wealth. Young Living provides us with a vehicle to create

balance in all aspects of our lives. Every day we cleanse our bodies internally and externally. Cleanse and detoxify is one spoke on the wheel of balance. The first step towards a more vital and healthy lifestyle is to stop putting poisons and toxic substances into your body. Did you know on the average each one of us will consume approximately seventy tons of food in our lifetime? Hundreds of billions of cells in your body die off every day and must be replaced by new cells. The building blocks for their replacement come from the foods you eat. Vibrant health is your birthright. Of the approximately 127 medical schools in the United States, 70 percent do not require a single course in nutrition to become a medical doctor and in 30 percent of these medical schools, nutrition is not even offered, let alone required.

The secret to long-term, vibrant health lies in the cleansing of the inner body. Literally hundreds of billions of old cells are replaced with new cells every single day. The worn-out, spent cells are toxic and must be eliminated, and the body uses the elimination organs to get rid of them. When more toxins are produced than are removed, the excess remains in the body. When this happens inside the body the results are symptoms of pain and disease. The foundation product in the Essential Balance Wheel for cleansing is the Cleansing Trio. **Comfortone** is an all-natural, herb-based colon cleanser



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

To Your Pets' Health

by Dr. Nancy Brandt DVM, CVA, CAC

Five Aroma's for Dogs, continued from April.

Excerpts from Dr. Nancy Brandt's upcoming book "Clinical Applications of Veterinary Aromatherapy"

Aromatherapy for animals is highly understudied. Much aromatherapy use in dogs is extrapolated from human use. There are many conflicting opinions on aromatherapy for animals. I have used Young Living Essential Oils in my practice since 1998 and other aromas previously. As a Holistic Veterinarian the following are my top 5 picks for the most effective and life changing Young Living Essential Oil Blends for dogs. (Cats are very different and are covered in another area)

3. Valor

- k. A proprietary blend of rosewood, blue tansy, frankincense and spruce in a carrier base of almond oil
- l. It helps balance electrical energies within the body. "It has been found to help the body self-correct its balance and alignment giving relief of pain." (EDR)
- m. This blend can act as a "chiropractor in a bottle" on the physical and on the emotional levels by building courage, confidence and self-esteem. If your animal is getting routine chiropractic Valor can help with maintaining adjustments.
- n. Place 5-8 drops in your hand with 1-2 drops of V-6 mixing oil, mix clockwise 3 times and place at the points of

shoulders, between shoulder blades, on the breast bone, the points of the hips, top of the head between the ears and the tip of the tail.

- o. Mandy was a rescued corgi who had been mistreated, she was very timid and nervous. With several applications of valor she appeared to regain her courage and confidence so she did not hide from the world.

4. Peace and Calming

- p. A proprietary blend of blue tansy, patchouli, tangerine, orange and ylang ylang.
- q. This blend promotes relaxation.
- r. This blend is used to reduce anxiety and hyperactivity in animals. Dogs are placed in environments today that are stressful. Poor diet, toxic environments and "concrete cities" or confined living conditions lead to anxiety and "stress" induced bad behaviors such as chewing, barking and hyperactivity.
- s. Diffuse daily, use like purification in water. Mix 5 drops in a 4 ounce bottle of lavender essential water and mist on your dog 2-3 times a day. Use on their bedding to help with sleep patterns. *Continued in the next issue.*

Phone Dr. Brandt for a consultation.

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SUMMER TREAT OR TOXIN?

Have you ever really thought about what ingredients make up ice cream? The next time you are tempted to buy a cone, this information may give you something to think about! Most ice creams on the market today are made using the offal and scraps from slaughterhouses, rather than cream from milk. They purchase these remains and the fat rendered out of them is used instead. Cooked tallow, suet, and lard are in most ice creams, not cream. Then the additives are added. Most ice creams are synthetic from start to finish. Analyses have shown the follow

1. Piperonal is used in place of vanilla. It is also used to kill lice.

2. Amyl acetate is used for banana flavor. It is also a paint solvent.
3. Butyraldehyde produces a nut flavor. It is used in rubber cement.
4. Benzyl acetate is used for strawberry flavor. It is used also as a nitrate solvent.

I ask you the question: Is ice cream a treat or toxin? The answer is found when you start to read labels. There are still some **real** ice creams made from pure ingredients. Your body will thank you in the long run for the little effort it takes to discover these brands. Another thing to think about is when to eat ice cream? My highest choice incorporating CHRONOBIOTIC™ NUTRITION is to eat ice cream in the afternoon. *Again I'm giving you something to think about!*

Health Basics

continued from Page 1

which supports normal peristalsis and as the name imply's provides comfort and toning to the intestines. **ICP / INTERNAL CLEANSING POWDER** contains a mix of toxin-absorbing fibers, including psyllium. Consistent intake of psyllium husk encourages good colonic microbial metabolism. It stimulates the implantation and growth of the many strains of friendly bacterial cultures making up the ecological system of the gut. Psyllium husk has the greatest bulking activity of the dietary fibers studied to date, making elimination smoother and more regular, and absorbing toxins on its journey through your system. **DETOXZYME** a combination of enzymes aiding the body in digesting food and necessary for optimal health. "The length of life is inversely proportional to the rate of exhaustion of the enzyme potential of an organism."---Dr. Edward Howell

Bottom line, every process of the human body involves enzymes. Life could not exist without them. Enzymes digest all our food and make it small enough to pass through the minute pores of the intestines into the blood.

Living a healthy life extends far beyond what you are doing daily to taking care of your body internally. Stop the poisoning and start cleansing daily. After cleansing your system of toxins, the next step is to keep them out while maintaining a new standard for what you now choose to put into your body. Young Living is the highest standard essential oils and supplements on the market today. Take ACTION and treat yourself to the best because you are worth it!

Achieving optimal balance,

MARCELLA VONN HARTING

The Doctors Forum

By Dr. Ken Krieger

BAD BREATH.....ARE YOU OFFENSIVE?

HALITOSIS (bad breath) can be caused by any deficiency of the digestive apparatus. Bad teeth, diseased gums or tonsils, retained food particles that become putrefied, can all be causes involved in creating bad breath. Failure of the detoxification systems to perform their functions allows the build-up of body toxins disabling absorption and assimilation of food. The liver-kidney-adrenal axis normally meshes the digestive function and the excretion mechanism to maintain health and well-being. Putrefaction of proteins takes place when there is a deficiency of HCL (hydrochloric acid) and other digestive secretions, especially those of the pancreas. The intestinal flora (bacteria) becomes abnormal with the build-up of these bacteria and the loss of the normal friendly bacteria. Improper bowel activity becomes a part of the picture and the total depressive effect on the body produces a stress condition and the adrenals become involved and start becoming depleted producing stress and fatigue which just adds to the burden.

Regulation of food intake must be considered first, as often noted with my patients with this symptom, they

usually eat too much too often. An imbalance of nutrients must be considered and corrected. Constipation **MUST** be overcome. This may be accomplished by drinking more water, and eating less large portions, and shifting your food intake to smaller meals 4 to 6 times per day. These meals should consist of a wider variety of foods, and not the processed foods that are so prevalent today. Using the digestive enzymes, Megazyme/Detoxzyme up to 6 capsules 4 times daily for 2 days, and then ramping down to 2 capsules 3 times per day will begin the process. After the initial 7 days, then 1 capsule 30 minutes before a meal will help to control the digestion. Di-Tone, 3 drops in warm water (8oz's) taken at night will further aid in the process.

Once the bowel structure function is regulated, then the Cleansing Trio (take by label directions) will complete the process. Attempting to "cover up" the symptom of bad breath with breath mints or even the use of essential oils is only a stop gap measure. Think, then act. Cleanse the system, and eliminate the cause, and then you are on the road to "the freshest mouth in town!" Yours for Better Health, Naturally, Dr. Krieger

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Body Language Basics By Robert Tennyson Stevens

Over the years, a beautiful system of body communication revealed itself to me. Vonn's article on Health Basics in this newsletter has inspired me to share some basics on Body Language Translation to help you with understanding what may be happening in consciousness during your healing path. Our bodies are great reflectors of our emotional states.

Since I mostly focus on asking questions in my coaching sessions instead of telling people things, letting them discover their own truths, I will share with you some of my questions for various body conditions.

For skin conditions, ask about challenges.

For kidneys, ask about forgiveness and partnerships.

For back conditions, check support issues.

For TMJ conditions, ask about conflict between thinking and feeling. Lower jaw is the

subconscious, upper jaw is the conscious self.

For gall bladder, ask about resentment.

For the spleen, ask about apathy and the "I can't's."

For the nose, "I can't" on the left nostril, "I won't" for the right nostril.

For the facial cheeks, ask about challenges about being seen for what is felt.

Allergies may be a function of suppressed grief.

Groin muscles may be about worrying about what people think of you.

By asking ourselves what is going on, we may be able to more rapidly give ourselves our healthy conditions. Restoring love is the real answer and all body symptoms are a call for more love.

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