

# Yes, No, Maybe

## Essential News

### Hormones, Health and You by Marcella Vonn Harting

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Published Two to Four Times Annually

**Co-Publishers:**

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As a woman approaches and then enters midlife, she often notices that her body is changing. Because her hormone levels are decreasing, she may experience hot flashes, mood swings, insomnia, fatigue, vaginal dryness, loss of libido, incontinence-- a long list of symptoms that are uncomfortable.

Knowledge is key to a woman's understanding her hormones and the role they play in her health and the quality of life. The more she knows the better control she has over her body.

Hormones are chemical messengers that circulate throughout a woman's body, telling the cells what to do. These important hormones insure she will grow, develop and cycle regularly. The strength of a woman's muscle and bones, arterial and vein flexibility, digestion and elimination, her sexuality and ability to cope with stress, and the suppleness of her skin are all impacted by hormones.

Estrogens, progesterone, testosterone and DHEA are hormones. Each has specific jobs to do; they also work together as a team, intricately involved with each other. The amount of each in a woman's system is important, and so is the balance between them. When there isn't enough of one, or if the ratio between them is impaired, her cells may not receive the messages they need to function optimally.

Actually, estrogen is not a

single hormone, it is a category of hormones: estradiol, estrone, and estriol. Each functions differently and at different times in a woman's life. Estradiol is the most active of the estrogens and is primarily produced by the ovaries. It offers a woman protection against osteoporosis, heart disease, Alzheimer's disease, colon cancer, incontinence and tooth loss. It also enhances mental activity and memory and relieves menopausal symptoms. Estone is the estrogen commonly found in menopausal women. The body derives it from the hormones stored in body fat. While estrone does the same work as estradiol, it is considered weaker in its effects. Estriol is the weakest of the estrogens and is present predominantly in gestational woman to help their bodies adjust to pregnancy.

Progesterone decreases the risk of endometrial cancer, regulates fluid balance, enhances mood by inducing a calming effect and is involved in PMS reduction. Testosterone, present in both women and men, builds muscle and promotes muscle tone, as does dehydroepiandrosterone (DHEA), increases libido and helps strengthen bone.

A woman's body regulates the sex hormone level in much the same way that the thermostat on an air conditioner regulates the temperature in a room. The amount of hormones a woman has circulating is similarly controlled

by a "hormonal thermostat". When there is not enough of a particular hormone, more is produced. When there is the correct amount, production stops.

A complex system of checks and balances keeps a woman's hormone levels balanced, as her hormone levels are continually rising and falling at different rates. Every woman has a different hormone profile and each woman's hormonal thermostat works in a way that is unique to her.

When a woman is still having menstrual cycles, her body produces generous amounts of sex hormones, and she enjoys all the benefits of good health and disease protection they provide. During the years known as perimenopause and menopause; however, a woman produces fewer sex hormones. The decline in these important hormones can begin as early as 35 and continue gradually until she is well into her sixties and seventies.

This article is a start to take a look at the beauty of growing older, combining the wisdom of age with the vitality of youth. In combination with diet and fitness, and food grade supplements from Young Living, you can regain your zest for life at any age.

**See YL products on page 4.**

Discover the Hormone connection,  
Marcella Vonn Harting

## 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.

## Sharing The Essence of Oils

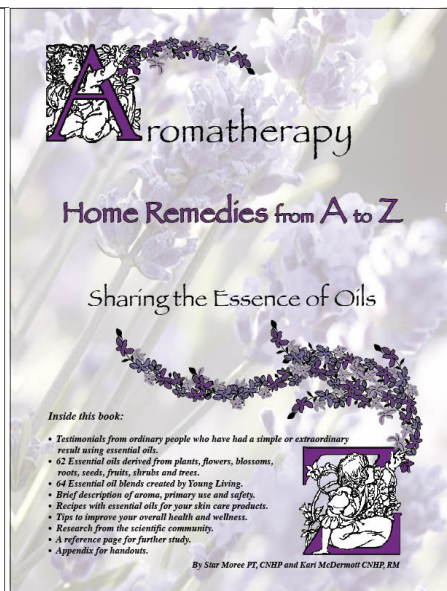
*Aromatherapy, Home Remedies from A to Z* by Star Moree, PT, CNHP and Kari McDermott, CNHP, RM presents testimonials from the simple to the extraordinary using essential oils. The book also includes an alphabetical list of 124 Young Living essential oils and blends with aromatherapy highlights, current research, tips, quotes and recipes. 67 uses for essential oil beginners, bible passages

for essential oils, Vita Flex hand and feet charts, basic organic chemistry and headline articles from Dr. Mercola's website are just a few of the additional pages included. This well organized and easy to read presentation also includes a page of ancient knowledge and present facts. Star writes, "We hope this book will serve as a stepping stone to share 'the essence of oils.'" This is

an informative book to share with beginners and long time users alike.

Order from :

Essentials for Healthy Living  
3903 Crestview Drive,  
St. Joseph, MN 56374  
Phone:  
320-363-1017  
Email:  
[vitalhealth@warpdiveonline.com](mailto:vitalhealth@warpdiveonline.com)



## Marcella Recommends Books & Movies

### MOVIE:

*The Ultimate Gift* is an Academy Award Nominated movie Marcella uses in her training when people come to her for mentoring and advise. Based on a best-selling novel by Jim Stovall, the

movie follows a young man of privilege, Jason Stevens, on an improbable journey as he discovers twelve gifts. His grandfather has died and left Jason twelve tasks to complete to receive his inheritance. The experience of accepting the challenge

and completing the tasks leaves Jason changed forever as he discovers the real meaning of wealth. The all-star cast includes James Garner, Brian Dennehy, Drew Fuller as Jason, and Abigail Breslin. The twelve gifts in-

clude the gift of work, money, friends, learning, problems, family, laughter, dreams (Jason helps others fulfill theirs), giving, gratitude, a day, and love. Ultimately Jason learns that life is how you live it . . . Not how you spend it. Available on DVD.

## HEAD, HEART, & BASE NOTES

Essential oils come in head, heart, and base notes, corresponding to the Three Growth Zones of Chronobiotic Nutrition (not to mention the origin of the three Ayurvedic body types of Vata, Pitta, and Kapha)

These three evaporation speeds are also known as top, middle, and bottom notes.

Most head notes derive from tree sources, and are especially good for head and lung ailments, best targeted from 12:30 am to 12:00 noon.

Most heart notes derive from bush, vine, and flower sources, and are especially good for heart and digestive ailments, best targeted from 11:30 am to 7:00 pm.

Most base notes derive from roots (and sex glands), and are especially good for the genitals and liver, best targeted from 6:30 pm and 1:00 am.

Knowing whether an essential oil derives from a tree, bush, or root gives important clues about its use.

What about the essential oils that don't fit this pattern?

Let's take basil oil. It's a midday oil and is a tonic for the heart.

Yet it's also considered a head note oil, not a heart note oil, which is why its fumes alone are so useful to treat earaches.

(This was proven beyond all doubt at Land-

spitali University Hospital in Reykjavik, Iceland.)

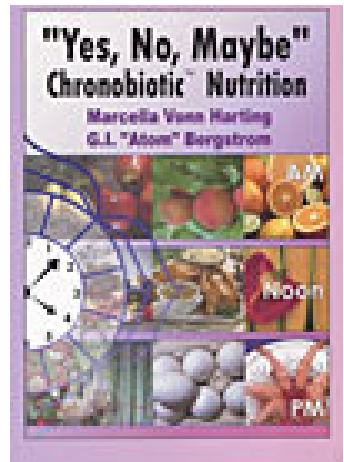
Midday, not morning, is the most effective time for the application of basil fumes to the ear.

This can be done in addition to the head note provided by the essential oil of choice for morning treatment of earaches ... tea TREE oil, also known as melaleuka oil.

The evening exception to the rule head note oil for earaches is ginger, the rhizome that fell from the sky.

I'll let the reader ponder the meaning of those enigmatic last seven words.

By **G.I. "Atom" Bergstrom**, coauthor of "Yes, No, Maybe" Chronobiotic™ Nutrition with Marcella Vonn Harting.



By Marcella Vonn Harting and G.I. "Atom" Bergstrom

*Knowing whether an essential oil derives from a tree, bush, or root gives important clues about its use.*

## Wellness Destinations Central Is America's Alternative Healthcare Directory

Wellness Destinations Central is America's fastest growing online alternative healthcare directory according to Carla Golden its creator. The directory is simple and free to use to find Raindrop practitioners, massage therapists, yoga instructors, chiropractors and 62 other holistic modalities in your area or where you travel. Practitioners can list their busi-

nesses absolutely free of charge.

Carla Golden started a blog entitled One Healthy Girl because of her passion for health. She said, "I try to give people little bits and pieces that they can incorporate in their daily life." Taking her wellness



crusade a step further, Carla's latest venture is creating a comprehensive online directory of alternative healthcare practitioners by dividing the states into "Well Spots" to identify and network with providers nationwide. Carla says, "This is not just for business sake. It's part of a larger movement to

bring alternative healthcare further into the mainstream."

You can log on at [www.WellnessDestinationsCentral.com](http://www.WellnessDestinationsCentral.com) between now and **June 30th 2009** get ten of your wellness friends or colleagues to list with WDC. Then submit your name and the names of your 10 friends using this free online form and ALL of you will get a **FREE upgrade** to a WebLink account for life (\$100/month value)!

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This newsletter is published on the website.

Back issues are also on the website:

www.marcellavonnharting.com

## Recognizing Harting's Leaders

November 2008

**Silvers:**

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LAURA WEAVER  
RAYMUNDO COLLAZO

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KIRK E DIMLER  
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RENAE MARIE LEABCH  
RICHARD STAUFFER  
ROBERT & CELMA  
SHARON MILLER  
SUSAN A SCALLIONS  
WAIL SHBIB  
WAYNE POWELL

December 2008

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MARTIENNE FREETH  
NEENA LOVE

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JENNIFER HARVEY  
LISA HOEKSTRA  
PATRICIA RAYBERN  
REBECCA FOLLARI  
RUDOLF PIEKNIK  
SHEENA'S NATURAL

January 2009

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ARDELL OR MARIAN

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HEATHER DAVIS  
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SHARI L HICKMAN  
TINA SCHMIDT

February 2009

**Golds:**

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JIMMIE

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BEVERLY BATHO  
L.P. CANTERBURY  
RUN  
MANDY LYNN CATA  
MARY PAULSEN  
MRS ANN HOCKMAN

### Hormones, Health and You by MVH continued

Marcella uses the following Young Living products for hormone health.

**NingXia Red**-nutrient-infused wolfberry drink with wide-spectrum antioxidant activity

**Master Formula Hers**

**Master Formula His**-support nutritional needs of female/male

**Mineral Essence**-ionic mineral complex with essential oils

**Estro**-support female glandular system

**FemiGen**-support female reproductive system

**CortiStop Women's**-helps body maintain natural balance and harmony

**Omega Blue**-critical for heart, eye, brain, and joint health

**PD 80/20**-maximize internal health, support endocrine system

**Super Cal**-calcium/magnesium

**Preolone Plus Body Cream**-moisturize and balance skin

**Progressence Cream**-rejuvenate skin