

# Yes, No, Maybe

## Essential News

### Super Micronized Progesterone & Frankincense

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**A** new concept, Pro Active Prevention, was presented at Young Living's Convention by Dan Purser, MD. Here is a recap of my notes:

#### Low Progesterone Causes:

PMS, Headaches (especially bad migraines), Endometrioses, Hot flashes, Day & night sweats, TMJ disorders, Insomnia, Demyelization-Neuropathies (tingle or burning in toes), Lack of libido (feeling of sexiness), Hair loss, Increase acne (clogged pores). **Most physicians believe these symptoms are caused by low estrogen; WRONG,** only 2% night sweats are from estrogen dominance.

#### The 5 B's of Estrogen Dominance:

Backache, Bleeding (excessively), Bloating, Breast (tenderness), Bitchiness. Uterine fibroids (it's a stretch, we know....)

- Estrogen dominance means *too much* versus *not enough* progesterone to balance.
- Progesterone always balances estrogen.

#### Do you know who the 7 Menopausal Dwarfs are?

Sweaty, Bloaty, Sleepy, Forgetful, Itchy, Witchy (with a B) and Psycho!

#### Benefits of Progesterone in women:

Cool arteries, Prevents 98% of hot flashes, Prevents 98% of menopausal night or day sweats, Prevents 98% of PMS, Prevents 98% of migraines/ head aches (women only), Really improves post partum depression, Aids in weight loss, Helps regain hair in women (improves alopecia), Decreases acne in younger women (decreases sebum production), Mood elevates (quality of life/ well being), Stops 95% of TMJ inflammation, Reduces breast cancer risk, Aids somnolence (make you sleepy), Heals nerves (causes nerve remediation), Reduces and can get rid of endometriosis symptoms, Improve bone density, Improves libido, Husband Favorite: make breast light and fluffy.

#### P4 or Human Bioequivalent Progesterone:

Synthetic "progesterone agents" worsen the risk of breast cancer: Birth control pills-MPA or Levonorgestrol are synthetic hormones, **Synthetic is bad =** causes cancer. After taking one birth control pill (Not the pack) you have 10+ years increased risk of breast cancer.

**Natural = Good:** Made from wild yams (natural compounding process).

#### Progescence Plus = fully formed progesterone:

Not a yam precursor like some OTC's, Pure progesterone is the END product, Super micronized for tiny particle size (less than 5 microns better absorbed by women). *There is a lot of BAD compounded progesterone out there!*

#### Check Blood Levels:

Salivary test are too inaccurate, **No post-menopausal women should ever have a serum level of less <1.0ng/ml (EVER).** Normal serum level for a healthy happy symptom free female is >2.0ng/ml.

#### Progesterone, P-4, for Nerve Healing (demyelization):

P4 assist in myelination of nerves, Women with low P4 levels often have tingling or burning or a gross neuropathy\_ and normalizing P4 can reverse this demyelization. Prevents/ relieves TMJ, temporomandibular joint, Benefits/halts PMS symptoms, Endometriosis, Increases libido, Sleep aid.

#### PROGESTERONE IS INDEED THE WOMEN'S FEEL GOOD HORMONE!

**Application (faster absorption):** Neck (over the carotids), Fore-arms

(Continue on Page 2.)

# 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.

## Essential Frequencies By Atom Bergstrom

**FOLLOW YOUR NOSE**  
Breathing on time is known as "making it by the skin of your nose." The nose "knows" and is a regulator of the human "internal clock" (the subject of *Yes, No, Maybe: Chronobiotic Nutrition*).

"Best to just follow your nose" because it is a built-in compass to high-level wellness.

Zone One morning essential oils are usually lighter and more volatile. "Top note" oils like pine, citrus, and eucalypt-

-tus contain more monoterpenes than sesquiterpenes, and one's highest choice is to use tree oils in the morning. They work best from 12:30 am to Noon, and especially benefit the lungs and brain.

Zone Two midday essential oils are often heavier and less volatile. Bush, vine, and flower "middle note" oils have lower flash-points than tree oils. They work best from 11:30 am to 7:00 pm, and especially benefit the heart and intestines.

Zone Three evening oils are

often heaviest and least volatile. Root and heartwood "bottom note" oils with longer-lasting odors. They work best from 6:30 pm to 1:00 am, and especially benefit the liver and genitals.

Zone One morning essential oils with a high monoterpene content, like eucalyptus and citrus, are mostly clear, mobile (have a low viscosity), and most volatile.

Zone Two and Three essential oils with a high sesquiterpene content, such as patchouli or

sandalwood, often have a much higher viscosity. Their color varies from yellow or dark yellow to brown.

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

You can reach Atom by email at Atom\_2330@yahoo.com

## Super Micronized Progesterone & Frankincense continued

**Essential Oils Enhance Skin Penetration:**  
Apply anytime you have symptoms, Rub on temples if you have migraine, Safe for young girls if they're PMS'ing: they will get REAL happy and calm FAST and no more crying or screaming that time of month.  
**Cycling is not necessary – USE WHEN EVER YOU NEED IT, (Original concept is from crusty old men who developed the birth control pill), No medical reason for cycling.**  
**Safe for young girls:** Will not suppress their own progesterone production-enhances their own production, If period is heavy-

use MORE, Excessive bleeding –see DOCTOR.  
**DON'T USE DIRECTLY ON MEN\_ WILL SHUT DOWN LIBIDO**  
**Remember what Suzanne Somers said in her great book, "AGELESS":** Don't let doctors JUST remove body organs \_there's always a better way! If 1 Progesterone doesn't work ...take 17! She wished she'd taken Progesterone instead of developing breast cancer. Why suffer needlessly?  
**TAKE PROGESTERONE!** (These notes are paraphrased from Dr. Dan Purser's presentation.)  
Taking progesterone,  
-Marcella Vonn Harting

# Super Saturday with Young Living Essential Oils

Super Saturdays are the newest addition to Young Living Essential Oil's educational opportunities. Another "don't miss" event, these educational events are packed full of influential speakers, educators, and professionals to help you achieve greater wellness, purpose, and abundance.

Our next Super Saturday is in Indianapolis, Indiana, on September 11. To register, go to [www.ssindy.eventbrite.com](http://www.ssindy.eventbrite.com).

Our breakout sessions are nothing short of incredible! The speakers included Marcella Vonn Harting, Teri Secrest, and Star Moree—all top YL leaders and creative thinkers. Their presentations explained how to use specific Young Living products to help build business.

You will have the pleasure of hearing Marc Schreuder speak about some of Young Living's newest products and how they meet the strictest quality standards in the business.

Dr. Dan Purser discusses the important role progesterone plays in women's health. He outlines some of the most common women's health concerns and how they relate to a lack of progesterone in the system. One of Young Living's newest products, Progesence Plus Serum, addresses these deficiencies and helps women achieve greater vigor and well-being.

The day closes with a "Momentum Session" by master coach, trainer, and speaker John Lenberg.



**Dan C. Purser, MD**

Dr. Purser has an impressive resume that includes practices in family medicine with an emphasis on geriatrics, as well as in-depth medical studies and interests in neurological studies, with an emphasis in pituitary dysfunction, and intensive preventive care of the body. Dr. Purser is a longstanding Utah Medical Association delegate with honors and has earned certificates and outstanding achievements from the American Medical Association. Dr. Purser is currently doing research in cardiology and endocrinology.



**John Lenberg**

John Lenberg works for Anthony Robbins Institute, a global seminar company which trains individuals and organizations around the world in leadership strategies. Join him at Super Saturday to be a part of a "momentum session." Learn to create a specific plan for personal fulfillment and to overcome the mental blocks that may be preventing you

Speakers include Young Living leaders and corporate staff.

You truly won't want to miss this Super Saturday.

Lenberg teaches the crowd how to recognize limiting behaviors and how to move beyond them to create a more satisfying life. He ends the two-hour session with one of the most exciting drills ever seen at a Young Living event.

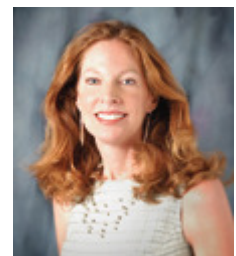
## Register Today For A More Abundant Future

- ♥ See & sample the newest Young Living products
- ♥ Discover more new ways to share Young Living
- ♥ Learn how to maximize your commission checks as a Young Living independent distributor
- ♥ Network with your Young Living peers and regional leaders
- ♥ Be inspired by speakers

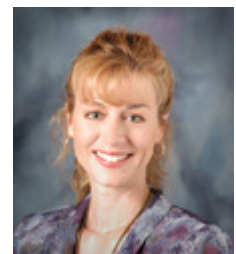
Dr. Dan Purser and John Lenberg



**Marcella Vonn Harting, Crown Diamond**  
Growing Up Red—Building with NingXia Red®



**Teri Secrest, Diamond**  
Share for Success—Sharing the Young Living Opportunity



**Star Moree, Gold**  
You're Invited—Create Your Own Young Living Experience



**Marc Schreuder, Director of Product Formulation**  
Essential Oil Innovations—The Science of Results

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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

April 2010

**Platinum:**

ABSOLUTELY ESSENTIAL

**Gold:**

JANIE AND JAY LEEK

**Silvers:**

COMPLETE HEALTH &  
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SANBORN'S ESSENTIALS

TAMMY A KOFOED

May 2010

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July 2010

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