

Yes, No, Maybe

Essential News

Food Thoughts To Chew On

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Published Two to Four Times Annually

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Is what you are doing nutritionally and emotionally working? Is it time to wake up, smell the coffee or the tea or whatever you may be drinking, and do something different. Today let me share with you some concepts to think about~nutritional nuggets worth considering.

Start listening to your own body and your inner wisdom, experience and insights. Use experts as consultants ~ Listen to what they have to say, then make choices from your own sense of dignity and authority.

Are you still looking for the perfect diet "live it" ~ the one that will have us happy and healthy for the rest of our lives? Embrace the wisdom of the body and listen to your own desires. Listen to what you crave. Get feedback from your body. How do you feel now in relation to what you ate then? Can you notice how a particular food impacts you? Can you sense how a supplement or pill affects you?

Health ~ how do you define it? Is it who we are and how we think? What we feel and believe, how we conduct ourselves in the world, how honest we are, how authentic we are, our sense of spiritual connection, the degree of love in our life, of pleasure, rest, play, purpose and so much more. Health is diet and exercise~ it's also about who we are at the deepest place of our being.

Health issues are not a problem~ it's our solutions. Another view long held by the ancient Greeks and taught about as well in the mystic tradition of the Kabalah: every symptom or disease or unwelcome habit is really a visitation from your guardian angel. It's a divine intervention, a deep and holy experience designed as a course correction for the soul.

What would life be like if you saw a health challenge you face as an opportunity to grow and evolve?

Who are we as Eaters? Meaning, what we think, feel, believe, our level of stress or relaxation. The amount of pleasure in a meal, our attention to the eating experience, the inner story we are living out, the speed which we consume our food. The degree to which we feel nourished, the intention with which we choose a food~ all of these and more powerfully, literally and scientifically impact the metabolism of every meal we eat.

The Holidays are upon us, take the time to nourish yourself in everything you do and let's continue this conversation.....

Nourishing Wisdom,
Marcella Vonn Harting,
PhDc

*Candidate in
Psychoneurology &
Integrative Medicine*
480-443-3224

**Happy Thanksgiving
To All**

YLANG YLANG ESSENTIAL OIL ALCHEMY

The branches of a ylang-ylang tree have been compared to the “spokes in the wheel of life.”

A ylang-ylang tree can grow as high as 100 feet at a rate of 15 feet a year — placing its fragrant essential oil in the Zone One Morning category.

Ylang-ylang (ee-lang ee-lang) essential oil is especially effective for morning depression and/or anxiety when utilized before sunrise — it helps you push through the darkness into the light of the new day.

In morning depression, you resist facing your DAY.

In evening depression, you resist facing your SELF.

It’s said that ylang-ylang smells “like sex is about to take place,” and 3:00 to 6:00 am is Birth Control Time.

Related to this, fresh ylang-ylang seeds don’t sprout — they take up to a year to mature.

Ylang-ylang is a well-known aphrodisiac, and can ramp up your sex drive and help with pair bonding.

Patchouli (Zone Two Midday) is the oil of seduction and ylang-ylang is the oil of intimacy and sexual bonding.

Oxytocin is an intimacy hormone that is (rarely) self-generating — it’s the “It Takes Two to Tango” hormone.

The major sensual signatures of pair bonding are SMELL, TASTE, and TOUCH.

We make eyeglasses, telescopes, and microscopes to magnify SIGHT, and hearing aids, amplifiers, and telephones

to magnify HEARING but LOVE is the only pair of eyeglasses or hearing aid for magnification of SMELL, TASTE, and TOUCH.

3:00 to 6:00 am is the optimum time to attain Tantric Mastery.

Two things indicate a couple’s Tantric Mastery ...

(1) You and your partner can SEE in the dark, maximizing peripheral vision and minimizing foveal vision.

(2) You and your partner can GLOW in the dark, maximizing circadian bioluminescence — time-anchored “cold light” emission.

If you’re solitary or celibate, ylang-ylang oil can still be used to treat (in alphabetical order) ...

... arthritis, asthma, boils, diabetes, diarrhea, gout, headache, high blood pressure, hyperventilation, insomnia, lupus, malaria, nervous tension, nocturnal leg cramps, palpitations, restlessness, rheumatism, skin disorders, stomach problems, tachycardia, typhus, etc.

The U.S Army used ylang-ylang oil against malaria when quinine was in short supply during World War II.

Check out One Radio Network for Atom’s monthly Internet radio interviews (live & archived) and Atom Bergstrom Blog for much more info about Chronobiotic Nutrition and Body Language.

Atom Avive Bergstrom
available for lectures & workshops
Email Atom at
www.atom_2330@yahoo.com

Slique Tea

Gary Young launched a new Young Living product, Slique™ Tea, which has proven to be a HUGE success! Due to the great demand and overwhelming number of orders, YL is temporarily out of inventory and have halted sales of the Slique Tea. YL will announce the return of Slique Tea as soon as it is available for sale again. Thank you for your patience and continued loyalty!

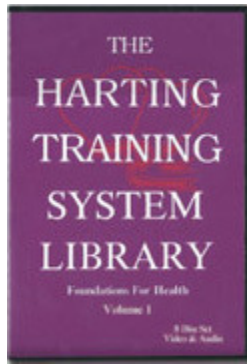


This exotic blend of natural ingredients is rich in antioxidants. Slique Tea blends Ecuadorian ocotea leaf and cacao sourced by D. Gary Young with jade oolong tea leaves, proprietary vanilla essential oil, and Arabian Omani frankincense. The result is a weight-management tea unlike any other, and a delightfully delicious way to sip your way to a slimmer you. Comes as the tea only or with a set of two mugs in a gift box. Watch for it's return coming soon.

Thanksgiving is a time to reflect on our blessings

What are you thankful for? What blessings have you received? Whose friendship has blessed your life? Now, the time of Thanksgiving, is a good time to contmplate the gifts in our lives, a good time to let people know we appreciate them, and a good time to give thanks for our many blessings.

Thank You for all your are and all you do.



Harting Training System Library CD Set

Products sold through **CrownDiamond Tools.com**

Marcella Vonn's Mission Statement



My mission is merging science and miracles by weaving state of the art knowledge of essences, Chronobiotic™ Nutrition, bodylanguage, 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.

NOTES:

You can follow Marcella's travels and learn where she 's presenting her next program by logging onto her website www.marcellavonnharting.com and checking her

Calendar.

Check into Marcella's blog for her latest thoughts and guidance on using essential oils and building your Young Living business.

Recognizing Harting's Leaders

March 2011

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April 2011

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May 2011

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June 2011

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This newsletter is published on
Marcella's website along with
back issues:

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