

Yes No Maybe Essential News

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Marcella Vonn's

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How Can I Add More Value?

By Marcella Vonn Harting

How can I add more value? I ask myself this question daily with my Young Living organization. I came across a study showing job dissatisfaction is the number one cause of death with heart attacks for people 50 years old and younger.

Where your focus is, is where you direct your life. Everything we do has consequences.

Are you being creative?

Are you giving?

Are you making a difference in someone's life?

Are you achieving your goals?

My whole life, as far back as I can remember, I dreamed of being a doctor. Today I am not a licensed medical doctor and yet I save and make a difference in many peoples' lives through my Young Living business. Helping people was the reason behind my dream of being a doctor in the first place.

My dream or goal of being a doctor put me on a journey which has become my destiny. Sometimes not getting your goal gives you your destiny. For me, a wife of 23 years and a mother of two children put me on my journey of helping

people. Young Living gave me a vehicle to reach many people and achieve my goals. I had to become a wife and mother to achieve my goals. *Who would you have to become to achieve all your goals?*

I believe sometimes we discover our destinies in the smallest ways--- helping someone, in a fascination with words, a smile on someone's face or a conversation.

We all can add value daily to our lives and those around us. Discover your purpose and start living it and sharing it. A great way to start is to diffuse and wear *Magnify Your Purpose and Highest Potential essential oils*.

Essentially yours,

MARCELLA VONN HARTING

Chronobiotic™ News

It gives me great pleasure to introduce my co-author Atom Bergstrom to you. Atom will write a new feature column entitled CHRONBIOTIC™ NEWS beginning next month. Atom will explore and investigate our relationship with time and ingesting nutritional Young Living supplements.

Atom and I co-authored a book, *Yes, No, Maybe. . . Chronobiotic™ Nutrition*, now available on our websites www.marcellavonnharting.com and www.yesnomaybe.net MVH



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

#19 Skin	Boredom Demarcation	Cedarwood, Roman Chamomile, Myrrh, Cypress, Frankincense	Gentle Baby, Inner Child, Relieve It, Sensation	ADE, Ultra Young, Genesis or Sensation Lotion, NeuroGen, Regenolone	Acceptance, Grounding, Sacred Mountain, Live with Passion, Purification, Dream Catcher, Gathering, White Angelica
#20 Pancreas	Laughter Location	Coriander, Dill, Cypress, Vetiver, Geranium, Peppermint	Exodus II, ImmuPower, Thieves	Exodus, Stevia ImmuneTune, VitaGreen, Detoxzyme	Joy, Inner Child, Grounding Live with Passion, Harmony, Present Time
#21 Posterior Pituitary	Grief Liquification	Cedarwood, Frankincense, Helicrysum, Sandalwood, Peppermint, Lavender, Vetiver, Tangerine	Brain Power, Clarity, Valor Citrus Fresh, EndoFlex, 3 Wise Men, Acceptance, Harmony	VitaGreen, RoyalEssence, Aura Light, Ultra Young	Forgiveness, Trauma Life, Inspiration, Gathering, Into the Future, Helicrysum
#22 Parathyroid	Anger Experience	Myrrh, Myrtle, Lemongrass, Spruce, Cedarwood	EndoFlex	Ultra Young, Thyromin, VitaGreen, Mineral Essence, Sulfurzyme	Acceptance, I Believe, Release, Dream Catcher, Forgiveness, Envision, Gentle Baby, Gratitude, Inspiration, Joy, Live with Passion, Present Time
#23 Spleen	Antagonize Rejection	Clove, Oregano, Lemon, Grapefruit, Cinnamon, Goldenrod, Thyme, Melaleuca	Exodus II, Thieves, ImmuPower, Di-Tone	ImmuGel, Detoxzyme, Radex, ImmuneTune, Sulfurzyme, Super C, Rehemogen	Acceptance, Forgiveness, White Angelica, Gathering, Gratitude, Joy, Sacred Mountain, Relieve It, Release
#24 Lymph	Enthusiasm Acceptance	Ledum, Lemon, Lemongrass, Grapefruit, Myrtle Helicrysum, Cypress, Orange Tangerine	Di-Tone, Thieves JuvaFlex, RC, EndoFlex, Acceptance, Citrus Fresh	Cel-Lite Magic, Radex, ImmuGel, Longevity Caps, Cleansing Trio, Stevia, Immune Tune	Grounding, Acceptance, Clarity, En-R-Gee, Citrus Fresh, Gathering Legacy, Longevity, Present Time, Peace & Calming, Release, Harmony

Self Awareness Formulas (SAF) is a registered trademark of Kathy M. Scogna.

Essential oils suggested can be purchased through Young Living Essential Oils. Chart continued from page 3.

SAF-Self Awareness Formulas And Essential Oils Conversion Chart

SAF Organs And Glands	Emotions & Conditions	Single Oils	Oil Blends	Supplements	Stress 120 Questionnaire Emotional Support
#9 Bones & Muscles	Pain Locomotion	White Fir, Birch, Wintergreen, Helicrysum	PanAway, Peace & Calming, RC	Sulfurzyme, Super C, Ortho Ease, Regenolone	Joy, Gathering, Harmony, Hope, Sacred Mountain
#10 Thyroid	Anxiety Metaboliza- tion	Myrtle, Lemongrass Ledum, Myrrh, Spruce	EndoFlex	Thyromin, UltraGreen, Sulfurzyme	Peace & Calming, Harmony Hope, Sacred Mountain, I Believe
#11 Veins & Arteries	Resentment Circulation	Helicrysum, Frankincense, Goldenrod, Clove, Lemongrass, Cypress, Lavender Ylang Ylang	PanAway, Aroma Life	Super B, Longevity Caps, Dry Brushing, Rehemogen, ADE	Forgiveness, Joy, Gratitude, I Believe, Hope, Harmony
#12 Brain	Nervousness Electrification	Frankincense, Cedarwood, Vetiver Sandalwood, Black Pepper, Melissa, Peppermint	Brain Power, Clarity, Citrus Fresh, Aroma Life	VitaGreen, Natural Omegas, Ultra Young	Sacred Mountain, Peace & Calming, Valor, Inner Child
#13 Adrenal Glands	Courage Capacitance	Nutmeg, Clove, Sage, Rosemary	EndoFlex, Joy, En-R-Gee	Thyromin, VitaGreen, Master Formula	Valor, Sacred Mountain, Thieves, ImmuPower
#14 Mind	Wonder Analyzation	Sandalwood, Cedarwood, Vetiver, Lavender, Cardomon	Awaken, Clarity, Brain Power, En-R-Gee	Ultra Young, Power Meal	Present Time, Grounding, Gathering, Peace & Calming
#15 Hypo- thalamus & Senses	Attention Evaluation	Lavender, Ledum, Sandalwood, Frankincense	Clarity, Awaken, Brain Power	Longevity Caps, UltraGreen, Ultra Young	Joy, En-R-Gee, M-Grain, Peppermint, Rose, Lemon
#16 Kidneys	Fear Filtration	Juniper, Lemongrass, Idaho Tansy, Geranium, Ledum	Valor, Joy, Thieves, Acceptance, Di-Tone	K&B Tincture Radex	Valor, Acceptance, Hope, Present Time, Legacy
#17/18 Endocrine System	Conservative Equalize	Helicrysum, Spruce, Bergamot, Melissa, Black Pepper	EndoFlex, En-R-Gee, Humility	Thyromin, Ultra Young, Humility	Live with Passion, I Believe Into the Future, Sacred Mountain, Abundance, Legacy

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The Doctors Forum

By Dr. Ken Krieger

A WHIPLASH TRAUMA . . .
As a chiropractic physician for 31 years (seems like yesterday that I graduated!!), there is a great misunderstanding of what happens in a whiplash (hyperextension-hyper flexion trauma, if you are rear ended). Most people think the head whips back and forth and the injury will just heal itself. If the pain is gone it's OK! Nothing could be farther from the truth. Good health is not the lack of pain. Good health is PROPER FUNCTION. Don't let the medical establishment talk you into a false sense of security in not having pain. In a whiplash, neck injury, the spine compresses and then shears at the disc levels of C-5 and C-6 which creates the soft tissue injury and misalignment of the vertebral articulations. The pain may "go away" in a number of days or even weeks, but if untreated there will be a long standing degenerative situation set up in the vertebral motor units. You will begin to lose the functional range of motion. You will have more and more difficulty in turning your head as the years go by. Haven't you seen an older person trying to turn their head and they have to turn their whole upper body just to look around to the rear?

If the spine is aligned properly, you should retain your full range of motion for your entire lifetime. As you look at someone's posture from the side, is their head forward of the shoulders? The forward head syndrome will create wear and tear and degeneration of the disc spaces of primarily C-4-5-6, the loss of motion and ultimately the loss of proper function. The forward head syndrome is common after auto accidents, sports injuries, falls and sometimes even from the birth process itself. If you have been in an auto accident and have never had your spine checked by a chiropractic physician certified in spinal trauma (CCST), then you are going to have degeneration begin in the neck. Ultimately your posture and overall health will be affected. Oils we use in combination with the alignment of the spine are Marjoram, Basil, Aroma Seiz and Peppermint. They are helpers with the treatment of spinal misalignments, but are not a cure. Do you have proper posture, and ultimately proper alignment and function? This is the best way to achieve good health and maintain it.

Yours for better health, naturally. . .Dr. Krieger

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