

# Yes, No, Maybe Essential News

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*The Magic of Essential Oils & Chronobiotics™*

*and The Language of Mastery*

Two Exciting Workshops  
presented by  
Marcella Vonn Harting

Learn and experience the value and how to use Essential Oils. Learn how time of eating affects our wellness and vitality. Discover the power of your words. *I can, I am, I will, I have, I choose, I create, and I enjoy* are words to enhance life.

Vonn says "timing will change the world as we know it. The factor which will allow us to experience having it all in our daily lives is our awareness of how time relates to eating, sleeping, exercising, and living our lives to the fullest."

Saturday, February 12 and Sunday, February 13, 9 am to 6 pm, Woods Academy, Bethesda, MD. For more information phone Joan Anderson, 202-332-5197, Dee Oldham, 703-243-3253 or Marjorie Perine, 301-465-2826.

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## FINDING BALANCE BETWEEN WORK AND HOME By MARCELLA VONN HARTING

If tomorrow were the last day of your life, what would you do? With whom would you spend your time? I ask you this question to have you ponder about your priorities in life. Many of us spend the majority of our time working rather than being at home with our families. More than 25 million Americans work at least 49-59 hours a week.

So, how do we get things done and still have time and energy to experience and enjoy the special moments with those we care about most?

According to the American Institute of Stress time away from home often leads to stress, the number one health problem. The institute's research also indicates that nearly 80% of all illnesses are either caused by or made worse by stress.

With so many hours spent "on the clock" and the potential damage this can cause, you see why it's so important to find more balance between work and family.

*"We first make our habits, and then our habits make us."*

One solution may be to create a richer sense of passion, joy and fulfillment in your life by building an Young Living Essential Oil organization. Building a successful residual income with your family and friends can be a tool to help establish better connections with your loved ones.

For me, my family has been a large part of my building my Young Living organization. We have all experienced our great products and shared our testimonials with our friends and new acquaintances. I work

from my home which creates a comfortable atmosphere to share.

The English poet John Dryden once said, "We first make our habits, and then our habits make us." Instead of making long lists of things you need to accomplish in a day, make a list of outcomes that actually mean something to you and your family.

Building an Young Living Essential Oil organization can be an effective and prosperous way to help make the most of the time you spend with your family. Ultimately, building a successful business with your family can create more balance in your life and allow you to more effectively serve yourself and your family.

Finding balance,  
Marcella Vonn Harting



## Marcella Vonn Harting's Mission Statement

**M**y 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**

## Chronobiotic™ News By G.I. "Atom" Bergstrom

**E**ssential oils are more potent at sea level, especially Zone One morning oils (12:30-11:30 am) such as pine or citrus oils. Indeed, scientists are "supercharging" essential oils (as well as their component esters and ketones) by using them in a hyper baric chamber. Pressurized odor is an energetic remover of "bad memories" (via the amygdala and the glorified bleach known as melatonin). Lemon oil neutralizes the smell of death (as any true fan of television's CSI can tell you).

At higher altitudes and lower

atmospheric pressure, essential oils lose some of their punch-unless you understand Time-Lapse and Time-Latency. A Zone Three evening oil (6:30 pm-12:30 am) such as Ginger oil is more potent than a Zone One morning oil at higher elevations. To rev up the power of any essential oil on your next visit to the mountains, eat adequate amount of the organic anti-inflammatory copper-binding salicylates found in such Zone One foods as almonds, apples, apricots, cherries, nectarines, peaches, plums, prunes and oranges; and found in such Zone Two

foods (11:30 am-6:30 pm) as broccoli, chili peppers, cucumbers, green peppers, spinach, zucchini, cayenne, blackberries, boysenberries, currants, gooseberries, grapes, raisins, raspberries and strawberries.

G. I. "Atom" Bergstrom is co-author of "Yes, No, Maybe" Chronobiotic™ Nutrition with Marcella Vonn Harting.

Reach "Atom" for workshops on Chronobiotic™ Nutrition and Muscle Language Analysis at 2116 Clay Street, Kilgore, TX, 75662 or phone 903-984-3458.

### Spititual Renewal in Daily Life

**W**intertime is the time for going deep within, renewing yourself and setting goals. It is the time to hibernate and review your life and see if you are living up to your potential.

This season is governed by the kidneys whose job is to give you the will power to actualize your life, wake up and live your dream. The emotion for the kidneys is fear or releasing past trauma.

The kidneys control your brain and your thoughts. Your body is made up of 90% water. Water is mutable or changeable by your thoughts. You can make a choice to let go of the past and create a life of joy and success. It takes 16 seconds to let go of a negative thought or old programming.

The essential oil to use is Valor. Place Valor on the bottom of the feet on a point called Bubbling Spring, a kidney point. It is in the indentation when you squeeze your toes. This point lowers blood pressure and brings the feminine

or soft energy into your being so you no longer need to struggle. Kidney time is 5:00-7:00 pm, a great time to be quiet and retreat.

Forgiveness is one of the keys to longevity as is learning to accept and love yourself. You will be good in business when you live from your heart and speak your truth with awareness.

**Victoria Mogilner** is a Rejuvenation specialist, acupuncturist and owner of East West Rejuvenation Center specializing in facial rejuvenation. Call 480-663-8208 for a free consultation.

## The Doctors Forum By Dr. Ken Krieger

**A**merican "Health Care" Under Siege!!

If you haven't already heard the news Vioxx is now taken off the market. This anti-inflammatory "arthritis" medication was, as we have seen in similar formulas, very hard on the kidneys and the liver. . . It also was creating heart rhythm difficulties among other side effects.

What should arthritis sufferers do now? What we have been preaching all along! Take enzymes! The true anti-

inflammatory of nature. These enzymes are the building blocks of ridding the body of the inflammation, and increasing the antioxidants to restore functional capacity of joints. They will also aid in the release of inflammatory sites of plaque in the blood stream, and reduce the probability of heart attack and stroke.

Enzymes break down the food we eat. If foods are not digested properly we will have the affects of fungi, yeast and parasites. Vegetable enzymes are crucial in breaking down proteins, and are made up of papain and bromelain.

My favorite enzymes continue

to be Essentialzyme™ and Detoxzyme®. Two to three capsules 45 minutes before a meal will aid in digestion. Exercise will also increase production of digestive enzymes. The older we get the more we tend to eat, and the more we eat the more exercise we need! The bottom line is eat less, eat right, and exercise and you will live longer and be happier.

Yours for better health naturally,

Dr. Krieger

Dr. Ken Krieger is a Chiropractic Physician in Phoenix, AZ. Phone:623-561-2478. Email: Drkriegerstria@aol.com Web: www.arizonaspinedoc.com

## To Your Pets' Health By Dr. Nancy Brandt DVM, CVA, CAC

**W**e have been feeding our pets poorly for so long we must now use supplements to jump start their natural digestion. Include high quality digestive enzymes, probiotics and antioxidants.

Enzymes digest food and also digest inflammation. In the presence of an invader the body will create inflammation (heat) as a way to make the environment unfavorable for the aliens to live in. When there is massive invasions (as with poor diets) we end up with chronic inflammation and use all our enzymes so we cannot shut off the inflammatory process. Taking very large doses of digestive enzymes will help resolve inflammation in the body. They will also facili-

tate better digestion supplying better nutrition to the body for repair and less garbage for the elimination organs to handle.

When we eat or feed our animals a raw food diet chronobiotically (as Vonn outlines in her book "Yes, No, Maybe") we deliver better building blocks for the body to continue repairs and defense.

When we feed processed dog or cat food it is as if we have delivered lumber splintered on each end. The body will use it like a builder. It will take more work, use more energy and certainly produce more waste.

If the colon creates diarrhea in response and we use a anti-diarrhea medicine what happens? The liver takes the gar-

bage and uses all it's energy to deal with it instead of our metabolic processes. Now the body sends it to be stored in the fat tissue and skin of our pets. Then they have allergies and obesity, the number one health problem facing vets.

Instead, use high quality enzymes and feed your pets a raw food diet.

**Dr. Nancy Brandt** can be reached at 2591 Windmill Parkway, Suite 2, Henderson, NV, 89014. Phone for a consultation: 702-617-3285.

"Our duty is not to see through one another but to see one another through."

*Leonard Sweet*

