

Yes, No, Maybe Essential News

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THE POWER OF FOCUS

By Marcella Vonn Harting

In the last newsletter edition we started a series about a way of thinking to focus on results rather than tasks.

There are three steps to take control of your focus. **Step One:** *See The Situation As It Is, Not Worse Than It Is.* **Step Two:** *See The Situation Better Than It Is.* What is your vision for what you choose? What result do you choose to produce? What is your outcome? Remember, there is a difference between a goal and an outcome. People don't always achieve their goal, but they always attain an outcome. Even if it's not the outcome you expect, you always achieve one.

Step Three: *Make It The Way You See It.* In order to turn your vision into reality, you must develop an effective plan.

The quickest way to change your focus is through questions. The questions you ask yourself control what you focus on. If you ask yourself a better ques-

tion, you will come up with a better answer and therefore a better result. What will change your life is a new way of thinking..... asking yourself some new questions.

These are three questions I ask myself that will shape your thinking in a brand-new way, producing magnificent results and extraordinary levels of fulfillment.

1. **What's my outcome? What do I really choose?**
2. **What's my purpose? Why do I really choose it?**
3. **What specific actions must I take to make this happen?**

The sequence in which you answer these questions totally affects the outcome. For example, knowing all the numbers to a combination will not open a lock if they are not in the correct order. Those who succeed always start with the end in mind—they are totally clear about the final results they are after. They know why;

they have a burning desire to achieve their result and it is tied to a specific, clear goal. Creating the action plan is simple when these first two elements are put together. *When you have developed an outcome-focused, purpose-driven action plan for any project or goal that you are committed to achieving, you will have created the certainty of knowing that your dream is about to become a reality.*

QUALITY QUESTIONS CREATE A QUALITY LIFE.

Take a moment right now to answer the following questions:

1. **What are you happy about right now? What could you be happy or excited about?**
2. **What are you really proud of in your life right now? What could you be proud of?**
3. **What are you grateful for? What could you be grateful for? Who do you love? Who loves you? Who could** (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.

Marcella Vonn Harting

Chronobiotic™ News

By **G. I. "Atom" Bergstrom**

In the 1980s, when my mentor, Adano C. Ley, was teaching me "Texas t'ai chi," I had no idea it would have anything to do with my recent research on vapor pressures of essential oils. Adano taught me how to stay awake deep into the night by regulating the nitrogen and carbon dioxide in the air (by using my nose as a catalytic converter while doing rhythmic wavelike movements). He claimed hydrogen and oxygen were unavailable after sunset but nitrogen and carbon dioxide were readily available. It took nearly two decades to validate Adano's claim (which, at the time, I thought was only a clever pun on "night-rogen").

Indeed, atmospheric nitrogen peroxide and nitric anhydride are created after sunset, and both these nitrogen radicals are thoroughly

destroyed (photolyzed) by the RED spectrum of light at the first rays of dawn. Nitrogen peroxide and nitric anhydride then transform into atmospheric nitric oxide and nitrous oxide, sources of extra oxygen, ozone, and hydroxyl radicals for us to breathe throughout the day. Carbon dioxide values are also higher at night (some plants even produce oxygen during the day and carbon dioxide in the evening).

OK, so what's this got to do with essential oils? Plenty! If you use orange oil (rich in d-limonene) during the day, it takes twelve to forty-eight minutes for it to be oxidized into limonene breakdown products (e.g. limonene hydroperoxides), whereas in the evening d-limonene takes a mere fifty-four SECONDS to nine minutes to be oxidized (and into different breakdown products

than those produced during the day-time!). Limonene and its limonoids and glycosides are more effective in the morning.

Incidentally, folks are way better off getting their limonene from a natural source like Young Living Oils because, unfortunately, much of the limonene scents and flavors added to our foods, cosmetics, candles, etc. are synthetically manufactured from the 300 million automobile and truck tires that wear out every year.

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.

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you love? Who could you allow to love you?

Our lives are so complex today, we need a system. A system that is simple, easy-to-apply and effective. We must learn to create more choices in our lives and move ourselves in the direction we choose, rather than react to the demands of the moment. We

must put the stakes in the ground to control what we focus on. What will make us happy, ultimately, is if we spend our time, emotion, focus, and feeling on the things that matter most to us. This is how we create more time in our lives.

**Focusing on you,
Marcella Vonn Harting**

"Whenever you are fed up with life, start writing: Ink is the great cure for all human ills, as I have found out long ago!"

C.S. Lewis (1898-1963)

OXYGEN THERAPY continued from Page 4

and out! Breathing exercises like yoga and meditation are good. Tony Robbins teaches an exercise I call my power breathing. Breath in for a count of 1, hold for a count of 4, and breath out for a count of 2. For example breath in for 4 counts, hold for 16 counts, and out for 8.

2. Diffuse Oils: Use a diffuser in your house and office. Use a mixture of 1 drop of Purification to 1 ounce of purified water and spray throughout, especially the carpet and bedding witch traps these heavy elements from the air. Clean with Young Living products. Keep a chemical-free home.

3. Drink NingXia Red: It's anti-oxidant power helps you "out with the bad" and will keep the oxidative process decreased in your body. Since we can not increase the oxy-

gen percent in the air, we can give our bodies and those of our pets the benefit of plants oxygen power.

There is nothing better you could do for your pets than give them NingXia Red and spray them down with essential oils. They won't do Yoga!!

NingXia Red for Pets:

Give small pets 1/4 tsp a day;

Medium pets 1/2 tsp a day;

Large pets 1 tsp a day

Extra large pets 1 tablespoon a day

Visit my new website www.nancybrandtdvm.com for more interesting musings from a holistic veterinarian.

Dr. Nancy Brandt DVM, CVA, CAC, a veterinary medical doctor, can be reached 702-617-3285.

ORAC Tests

Tuft University developed the ORAC test. Free radicals cause oxidation, inflammation, toxicity and mitochondrial dysfunction in our bodies. They are produced by our metabolism and toxic environments. Foods can be tested to assay their capacity to neutralize these free radicals. Foods highest on the ORAC test are those which best neutralize free radicals.

What do the initials stand for?

ORAC: Oxygen radical absorbance capacity. Another test is for superoxides. **S-ORAC:** Superoxide radical absorbance capacity. Superoxides are the most dangerous and prevalent free radicals in our bodies.

The Doctors Forum

By Dr. Ken Krieger

"Let us not be content to wait and see what will happen, but give us the determination to make the right things happen."

Peter Marshall

over a billion dollars in sales and they don't even come close to NingXia Red! Hang on for the ride. . . It's going to be beyond your wildest dreams!

Yours for good health, Naturally,
Dr. Krieger

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

NOTE: To sign up for the YL-Showtime program go to www.superiorleadsystems.com

WE did it! Marcella and I were on the set for an infomercial promoting Young Living Essential Oils and had the opportunity to voice the attributes of NingXia Red. It was quite an experience to say the least. The set was at Channel 18 in Los Angeles. Both Marcella and I were not intimidated as we have done a lot of speaking in front of audiences and on radio and video prior to this. Things went well once we were able to get started.

There was no "canned, planned" pathway we followed. We just "winged it" as it were! The great thing about NingXia Red is it will almost sell itself. On the plane to LA, Marcella had the man sitting next to her liking the product from the beginning. She gave his a sample to try and a CD to "educate"

him. How much simpler could it be? This individual was taking another product that tasted awful and he was surprised at how good the NingXia Red tastes. Something that does what NingXia Red does shouldn't taste that good. Oh, but it does, and that is one of it's greatest attributes.

Marcella and I and two co-hosts were finished with the 30 minute infomercial in 57 minutes. The crew was "very" pleased just as were!

This will be an avenue for all distributors to use to help promote the product. Look for it to be unveiled at the end of September or the beginning of October. We haven't seen the finished edited edition ourselves. We are anxiously awaiting the reveal just as much as you are.

Other "similar" products have had

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This newsletter is published on the web site and is available free of charge. Back issues are also available free on the web site. You can purchase Marcella Vonn Harting's book, tapes and videos on the web site.

*Yes, No, Maybe
Essentials, Chronobiotics™ &
Conscious Communications*



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OXYGEN THERAPY By Dr. Nancy Brandt, DVM

Our bodies need oxygen, the breath of life. We can live months without food and days without water and maybe 10 minutes without oxygen. So why do we take breathing for granted? We can be grateful our bodies automatically take in the good and release the bad with our breath. Does your body really take in good oxygen and really release bad toxins and by-product of breathing?

The reactions in our body that use oxygen cause an oxidative process releasing free radicals. If we do not have antioxidants in our bodies we can not stop the damage caused by free radicals. Right! Breathing air is damaging to our body. Oxygen keeps us alive and oxygen in a discard form causes free radical reactions in our tissues. Exposing

oil to oxygen will make it go rancid or oxidizes it. Isn't it interesting that essential oils are used in preserving oils? Could they do the same in our bodies by stopping oxidative processes? Did you know essential oils are rich in oxygen, ozone and antioxidants? Essential oils can increase oxygen to our tissues through inhalation, ingestion and topical applications. Essential oils also are able to decrease oxidative processes in our body (just think of the smell of rancid oils). The oils are in the plant to do these very things to keep it alive and they will do this for us.

Dr. Alexis Carrel, a two-time Nobel prize winner, achieved startling results with chicken cells that he kept alive indefinitely in Petri dishes, proving his theory that

"cells will live forever" if they're given their basic needs and are not poisoned by their own environment.

Researchers analyzed air bubbles trapped in resin from 1000s of years ago and have found we have less percentage of oxygen in the air today than we once had. For every breath you take less oxygen is available for vital functions. Also there are more impurities in the air than ever before. Unless you live in a plastic bubble with medical grade oxygen pumped in, you are taking impurities into your body. Your pets are taking them in even more because they are closer to the ground where a lot of the heavy elements in the air settle.

So what can we do? **1. Breath:** Exercise helps move more air inContinue inside on Page 3