

Yes, No, Maybe Essential News

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This newsletter is published on the web site and is available free. Published 6 times annually.

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

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NingXia Red— "The Ultimate Superfood"

NingXia Red, the proprietary blend from Young Living contains the following ingredients: whole Ningxia Wolfberry, blueberry, pomegranate, apricot, raspberry, organic blue agave, grape, lemon, and orange.

Ningxia Wolfberries have amazing medicinal properties for helping our bodies stay healthy. With antioxidants, 19 amino acids, including eight essential amino acids, 20 trace minerals, vitamins and phytochemicals, the Ningxia Wolfberries are one of the most nutritious foods know to man.

Studies have shown Ningxia Wolfberries protect against the free radical attack on mitochondrial DNA-our energy furnaces inside each cell. Antioxidants fight against mitochondrial destabilization.

Antioxidants fight arteriosclerosis and atherosclerosis aiding the circulatory system, including the heart.

The ample antioxidants in the Ningxia Wolfberry helps to strengthen the immune system. Antioxidants permeate cell walls and attack free radicals before they damage the DNA of the cell nucleus. The free radical scavengers found in the Ningxia Wolfberry strengthen the cell wall and support efficient transport of flavonoid nutrients into the cell and waste products out of the cell.

The Ningxia Wolfberry helps the eyes. The berry contains a complete array of antioxidant carotenoids including beta-carotene and zeaxanthin. And, unlike most berries, the wolfberry contains natural vitamin E, a restorative antioxidant.

The Ningxia Wolfberry is high in protein, containing more than whole wheat, an essential cellular building block.

In addition, the berry provides powerful anti-fungal and anti-bacterial action since it contains solavetivone, an amino acid.

The Ningxia Wolfberry reduces pain caused by inflammation because the berry contains Beta-Sitosterol, an anti-inflammatory.

Purchase NingXia Red in 1 liter, a 2 pack or a 4 pack of 1 liter bottles.

When enrolling new distributors be sure to give them the option to join with the NingXia Red Starter Kit at \$149.95 PV. It's a fabulous way to begin their experience of Young Living products and start receiving the benefits of this wonderful, nutritious beverage.

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Volume 4, Issue 6

www.marcellavonnharting.com

November-December 2005

Exciting PLAYSHOPS

Presented by
**Marcella Vonn
Harting**

A PLAYSHOP can be brought to you and your downline with a commitment of 100 people or more.

This two day event will immerse you in a program designed to break the patterns stopping you from achieving your dreams. Create the life you've dreamed of at this event. Create a new focus and a new physiology! Give yourself the gift of "yes."

Phone Marcella Vonn at 480-443-3224. Go to the website to check out currently scheduled PLAYSHOPS.

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Formula For Success By MARCELLA VONN HARTING

**The General
Formula For
Success is Five-
fold:**

1. Clearly Identify your ultimate goal.
2. Construct a game plan for reaching that goal.
3. Use this plan to set up short-term goals that lead towards your ultimate goal. They should be bite-sized, feasible, and, if possible, measurable.
4. Attack each of your short-term goals in order, one at a time, by focusing all your energies on it. Once it is accomplished, move on to attack your next short-term goal.

5. Monitor your overall progress toward your ultimate goal as more information becomes available. Consider whether or not you need to modify your game plan. If you modify the plan, change your short-term goals accordingly.

In general, the key to meeting your long-term goals is to successfully meet your short-term goals. Short-term goals are the key goals.

Long-term goals supply overall direction and motivation.

The "Golden Rule" for anyone working towards a goal is to test any action before taking it with the question "Will

this help me get what I choose?" If the answer is not yes, don't do it.

To your success,

Marcella Vonn
Harting

FREE

Frankincense Oil
December 1st, '05–
January 15th, '06

Take advantage of Young Living's amazing offer: Any Member that purchases 250+ (PV) in any single order will receive YL's "holy anointing oil, 'Frankincense' for FREE! A value of \$68.50 wholesale.

You can order once in each calendar month, December & January!! Place your order today.



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

The Heart & Rose Oil By G.I. "Atom" Bergstrom

Are you left-brained or right-brained? A common question. Are you left-hearted or right-hearted? An uncommon question. We actually have two hearts sharing one location.

The "lung" half-heart is on the right side, and connects us to the atmosphere (read: atmosphere) and the hydrosphere (read: ocean). The larger "body" half-heart is on the left side and is the secondary booster of the right-sided half-heart. The left heart and the pancreas connect us to the sperm and the male gender. The right heart and the liver connect us to the ovum and the female gender.

Rose oil is the ONLY essential oil that works on both hearts. Rose oil's natural rhodinol (approx. one part geraniol to two parts citronellol) is mainly for the health of the right heart, whereas its natural (and odorless) stearoptin is for the health of the left heart. The cooperation of rhodinol with stearoptin stimulates the delta brain wave (bringing us full circle back to left-brained and right-brained).

The cooperative rhodium-

stearoptin also helps deploy the natural carotenoids found in rose oils (and is also associated with eugenol, farnesol, linalol, nerol, nonylic aldehyde, etc.)

Sniff rose oil at high noon, the time of Pan, the mythological "god" symbolizing the "strange attractor" nonlinear fractal behavior absolutely essential for the health of both hearts.

Next issue: How to potentiate the effects of rose oil.

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.

NingXia Red Drink

Can 2 ounces of NingXia Red change the course of your dog's disease? I have had the pleasure of doing phone consults all over the world on the use of Young Living products and the one product that will make the most difference when there is nothing else to use is the NingXia Red.

I have had dogs given only NingXia Red and made an amazing turn around. I had a dog with a brain tumor stop abnormal behavior and shaking after taking this drink. Is NingXia Red the cure all? - of course not. Nothing is a cure all. I do feel that there have been enough animals with increased health on this drink to warrant it in all diets.

Dr. Nancy Brandt DVM,CVA,CAC, A VETERINARY MEDICAL DOCTOR. Dr. Brandt can be reached for a consultation at 702-617-3285.

*"Watch your thoughts, for they become words.
Choose your words, for they become actions.
Understand your actions, for they become habits.
Study your habits,
for they will become your character.
Develop your character,
for it becomes your destiny." Anonymous*

Merry Christmas

This year has come to an end so quickly and with that I am sharing how grateful I am for each and everyone of you in my life. Christmas is my favorite time of year, connecting with people I love and letting go of anything and everything that does not serve me or support me or others anymore. I am committing to new beginnings. I'm excited to step into a new role of mentoring leaders and creating a more efficient and effective way of building and supporting my Young Living Organization which can be mastered. The necessary ingredients to mastery are: 1. MODELING: if you choose something, find someone who has already mastered what you choose to learn and then model them. 2. TOTAL IMMERSION: The human brain has the capacity to process so much rapidly. When you breathe, smell, taste, and live something day in and out, your learning curve explodes in terms of its tempo. That's how you go from dabbling or stressing to pure mastery. You're living it, you're breathing it, you're smelling it, and you're in the zone. (my playshops create this immersion-see my website for more details on upcoming playshops). 3. SPACED REPETITION: Spacing out your immersion sessions, you will maximize your ability to integrate and use what you learn. Also, one of our most important resources is our peer group. You become who you hang out with. This is so important and I will spend lots more time and energy talking about this in the new year. Looking forward to sharing, loving and teaching more in the coming year.

Love, Marcella Vonn

Wishing All of You a Happy Holidays and a Healthy New Year

From Dr. Ken Krieger

Dr. Ken Krieger is a Chiropractic Physician in Phoenix, AZ. Reach Dr. Krieger by Phone: 623-531-2478, Email: Drkriegerstria@aol.com

HAPPY HOLIDAYS FROM MARCELLA VONN HARTING & FAMILY



Striking a balance between holiday celebrations and maintaining good health can sometimes be a challenge. With the hustle and bustle of the holidays approaching, make sure to take time for yourself and beat stress this holiday season.

It is easy to step out of healthy routines during this busy time, so remember to eat in moderation, stay physically active and get plenty of rest.

Whether your health goals include weight loss, fitness, smoking cessation or staying healthy, Young Living can help you stay on track.

Young Living can be a great resource to help you manage your health and meet your wellness goals.

Enjoy the holidays and take some time for yourself!

Marcella Vonn Harting

This Holiday Season—Remember to Drink Plenty of Water

Drinking at least 8 glasses of filtered water a day helps to:

- Hydrate your skin and clarify your complexion
- Lubricate your joints
- Promote normal digestion and nutrient absorption
- Promote normal bowel movements
- Reduce fatigue
- Aid in weight loss by promoting a feeling of fullness
- Stop headaches
- Boost your immune system
- Give you more energy
- Prevent kidney stones