

Yes No Maybe Essential News

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December 2002

Marcella Vonn's

CALENDAR OF EVENTS

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***The Miracle of
Young Living CD
is a Terrific Gift
for Christmas
or anytime
order at our web site***

Christmas Spirit #3315

This blend of oils has a delightful fragrance and is wonderful for uplifting spirits creating the feelings of joy and happiness. Also use this essential oil for air purification.

Christmas Spirit contains the oils of evergreens and spices, reminiscent of the Christmas season. The blend is comprised of essential oils of orange, cinnamon bark and spruce.

Diffuse, sprinkle on Christmas trees, on cedar chips for dresser drawers or on potpourri.

Use all year long.

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A Special Gift

By Marcella Vonn Harting

As the end of the year 2002 rapidly approaches, now is a great time to think about your life: who you are, what you are doing with all of the gifts you have, and how you can enhance your life in profound and meaningful ways.

During the holidays we get busy running around; decorating, shopping, worrying about relatives coming or going, travel plans, sending out cards, attending parties.

In the process of completing our list of tasks, are we missing the ball, the magic moments being created along the way. Have you forgotten and lost sight at how important it is to take the time to really experience life, to take it all in, appreciate it, and experience the gratitude, joy, and the passion of it?

Give yourself a gift, and take the time to reflect on where you are in your life and where you're headed. What did you accomplish? What are you proud of? What does your life mean to you? What will you do to

improve the quality of your life in a way bringing meaning to you?

I'm asking myself these same questions and pondering my answers. I know what brings passion to my life is teaching. If up-grading and taking your Young Living business to a new level shows up in your answers, please notify me and let's talk.

My YL business is a vehicle in my life which gives my life purpose. I can live it every single day. I can reach out and touch people, make a contribution, take challenges to hold myself to the highest standards. In building this business I enhance my life and also contribute to those around me. This is a journey towards creating a life of lasting success and fulfillment. I invite you to join me with passion, gratitude, playfulness like never before and let's soar into our new profound meanings for our lives. **MERRY CHRISTMAS**

With all my appreciation for who you are and all you do, I love you.
Marcella Vonn

The Doctors Forum

Legal drug use is a serious problem. Americans increasingly turn to pharmaceutical solutions (or what are perceived as solutions) for pain and other symptoms, placing their faith in modern chemistry. The public is seemingly unaware of the repercussions of using drugs unnecessarily, inappropriately or excessively.

As a Chiropractic physician, it is paramount to me to advise patients of the potential dangers of pharmaceuticals. Side effects, addiction and unnecessary costs are just a few of the pitfalls.

There are dangerous shifts in drug use in America. In a study in Senior Health Issues section of the Chiropractic Research Review *Continue on Page 3*



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 Language, 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

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

Are Your Pets Eating In Time?

The debate on what to feed animals is a hot topic among Veterinarians. There are many who believe any old dog food will do. There are those who believe we are killing our pets by what we feed them. Using Conscious Language and thinking, proper balancing of food and eating in the rhythm of the body is effective at diet control. Let's first look at what animals do in the wild. They eat specific foods at specific times of day, month or year. They select foods based on medical need as though they have downloaded the herbal material medica, in essence they have. They are still in intimate contact with their spirit's wisdom or instinct or intuition as some call it. They listen to their energetic body tell them what they should and should other than eat.

According to the book by Cindy Engel "Wild Health", animals know what plants will help them and eat according to their needs. "They eat plants that have medicinal properties. They select the right foods for a nutritionally balanced diet, often doing a better job of it than humans do. Animals even seed out psychoactive substances—they get drunk on fermented fruit, hallucinate on mushrooms, become euphoric with opium poppies. They also manipulate their own reproduction with plant chemistry, using some plants as aphrodisiacs and others to enhance fertility. . . Much of early human medicine, including many practices being revived today. . . arose through observations of animals."

In a lecture at the Pacific Institute of Aromatherapy a Medicine Woman described a story of Observation, "the deer had an open bleeding wound and walked for miles to find a specific shrub, the deer broke part of the shrub, then the deer rubbed the wound all over the shrub and ate some of it, the bleeding stopped immediately. That's how we knew that plant was to be used for bleeding."

According to Dr. Ian Billinghurst, the author of "The BARF Diet", animals have evolved over hundreds of thousands of years to eat specific foods. By following the patterns of behavior the dog and cat exhibited in nature we can surmise their dietary needs. They have evolved to eat a healthy raw food diet*. In the 1930's pets did not have the congenital and heritable diseases or the chronic diseases we see today. Dr. Billinghurst covers this in detail in his books.

Let's take this diet concept to the next level and add medicinal herbs and also feed during the time which the organ or damaged tissue we choose to supply with positive energy will best be able to absorb it. Dogs have a circadian clock which works similarly to our and cats work opposite by 12 hours to ours. Dogs are scavengers and cats are hunters for food. Dogs and cats should be fasted once a week for a 24 hour period so they can finish the processing of the protein. Cats should be fed at night and dogs should be fed in the morning. Once a day and no free food grazing is allowed. When an animal which is a hunter eats their body will first store it because the body is not sure when it will get its next kill. The body will release the food storage slowly as needed. If we allow free choice feeding or feed too frequently during the day those stores never get released. This leads to obesity and chronic "dis-ease". By fasting once a week and eating only once a day our pets will utilize all they are meant to and facilitate detoxification the way they are designed.

Food: RAW* for a healthy young animal. If your animal has symptoms of disease or is older than 5, call for a consultation.

Instructions on feeding raw food can be found at The Barf Diet*, Biologically Appropriate Raw Food Diet, www.barfworld.com See article on page 3 for more information.

Dr. Brandt's phone consultations are by appointment only.

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Polishing Diamonds—Recognition of Leaders Janet Kennis shares her Professional Facial

now do all my professional facials with Young Living skincare and essential oils with great results. The following is a basic outline of what my professional facials consist of: (1) pick an oil: rose, lavender, juniper, sandalwood, or elemi (others are also good). (2) add 1 or 2 drops of essential oil to V-6 Mixing Oil and massage upper chest, shoulders, throat, face, ears and head. (3) cleanse with Orange Blossom Facial Wash (less is better) and warm towels. (4) cleanse 2nd time using a facial brush (not for sensitive or skin with acne). (5) steam. (6) apply facial scrub, either Satin Facial Scrub—Mint or Juniper, as a facial mask with steam. (7) on the feet, use V-6 Mixing Oil and the same essential oil for 15 minutes of reflexology. (8) remove the mask with warm towels. (9) sponge buff to remove any extra mask and to exfoliate dry skin. (10) examine skin, do extraction if needed (it is not a good idea to squeeze pimples and/or black heads because this can cause infection and scarring). (11) spray on Sandalwood Toner and apply special oils to problem areas. (12) add Sandalwood Moisture Creme and apply cool towel (cotton towel soaked in cool distilled water with only 1 or 2 drops of the essential oil) this makes a cold mask. (13) 15 minutes of foot or hand reflexology. (14) finish with Vita Flex. (15) remove cool mask. (16) use cotton mittens to do a light facial buff. (17) use cotton gloves over face, ears, legs, and feet. (18) finish with Boswellia Wrinkle Creme, use very little

YOU are now a new person! In a salon I would charge up to \$145.00 for this service. Please remember less is better, and do not squeeze pimples.

Janet Kennis has been in the cosmetology field for 27 years and has advanced training in hair, nails, skin care, cosmetics, reflexology and the Raindrop Technique. She has attended Young Living's Level 1 and 2 Trainings. You can contact Janet at headtotoe@aol.com or 602-439-2253.

Dr. Nancy Brandt's

General Guidelines

For Dogs & Cats

General guidelines for a healthy non-geriatric animal are as follows: (Note, for older or ill pets the guidelines are different.)

Power Meal: cat 1/4 tsp daily
small dog 1/2 tsp daily
medium dog 1 tsp daily
large dog 1 Tbsp daily
jumbo dog 3 Tbsp daily

Whey Fit: Same As Power Meal

Berry Young Juice: cat 1/4tsp da.
small dog 1/4 tsp daily
medium dog 1/2 tsp daily
large dog 1 tsp daily
jumbo dog 1 Tbsp daily

Digestive enzymes:
cat 1/2 tablet per meal
small dog 1/2 tablet per meal
medium dog 1 tablet per m.
large dog 2 tablets per meal
jumbo dog 3 tablets per meal

Detoxzyme-2 hours post meal:

Capsules per meal: cat, 1;
small dog, 2; medium dog, 2;
large dog, 3; jumbo dog, 3.

Doctors Forum

Continued from page 1

reports 20% of those over the age of 65 may use at least one drug inappropriately, regardless of dosage, frequency of use, or duration. Another article states four out of five adults are taking some form of drug or supplement in any given week, with more than half being prescription drugs.

Supplements are often a safe means of obtaining vitamin and mineral requirements, and excessive use of any supplement or nutrient can lead to problems. An

article in a recent "Women's Health" covers the association between excessive vitamin A intake and osteoporitic hip fractures. Countless other studies have shown the negative side effects of many over-the-counter and prescription drugs. Many of you may continue to take these medications despite the risks involved, perhaps because you feel the benefits outweigh the possible dangers. By arming yourself with as much information as possible on the dangers of different types of drugs, you can most effectively protect yourselves from being harmed by medications.

Yours for Better Health. . . Naturally. . . God Bless. . . Dr. K

Dr. Krieger is a Chiropractic Physician in Phoenix, AZ. He has been in private practice for 30 years, and is in continued research on the benefits of nutrition, posture, exercise, spinal mechanics and the use of essential oils for the benefit of his patients. Reach Dr. Krieger at Drkriegerstria@aol.com and www.arizonaspinedoc.com.

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The ROLE of ESSENTIAL OILS

By Robert Tennyson Stevens

ils provide a dramatic increase to the electrical potential of our Human bodies. Negative thoughts, stored in the body, surrender more readily when a higher vibration is present, just as darkness surrenders to light.

The ease of light to eliminate darkness is a simple example of the power of Grace. Pure plant essential oils which contain various frequencies of sunlight, have the ability to transform limited experiences and beliefs from the stored locations in our bodies. My mentor, Marion Jager, of Kalamazoo, Michigan, had the good fortune to have a Biblical understanding of the use of essential oils. She is now with her heavenly Creator. During my many years study with her, I experienced hundreds of miracles with the use of specific oils.

Marion taught me:

1. Oils open the Gates of Chakras or energy centers in the body. 2. Oils are polarizing-they reverse the pull of self-created thought forms. 3. Oils help release us quickly from old thought forms, patterns and habits of thought. 4. The most Sainted of us has hidden prides, pleasures, fears, and

thought forms to redeem or trade in on good (God) energy. 5. Resentment, jealousy, anger, fear, guilt, blame, shame, lust or whatever are thought forms. 6. Thought forms attach at different parts of the body. 7. Oils loosen the hinges of the prison doors, charkras or energy centers. 8. Charkras only open from the inside. 9. Charkras (the gates of feelings) are the only port of entry or exit. 10. Jesus taught the used of the oils to the Disciples, not to the masses. 11. Oils polarize, or reverse the vortex of thought forms and physical conditions from negative to positive polarity. Like whorl wind or whorl pool, they disappear. 12. Essential Oil is the essence of the Marriage of the Earth and the Sun through photosynthesis. 13. Oils protect from all kinds of friction: mechanical, mental, physical, emotional, spiritual. 14. Oils keep the parts from rubbing against each other. 15. The influence of odors upon the Finer Bodies.

Robert Tennyson Stevens is the creator and facilitator of a unique curriculum of personal and professional empowerment technologies, trainings, and support materials.

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