

"The Bitterness of low quality lingers long after
the sweetness of low price disappears."

Conference Call on how to use Y.L. Oils and
Products. These are fabulous!! Call & ask lots
of questions.
1-407-318-2793 8:00pm C.S.T. Mondays

800-371-2928 - Live operator order taking
888-880-1549 - Automated ordering
800-371-3515 - Customer Service
866-203-5666 - Fax
801-418-8900 - Corporate Office

Hello Everyone,

Back in stock: **Oregano, Ravensara, Raven, & Raindrop Kit** almost everything else. Coming very soon - **Berry Crisp Bars** & the newly updated Essential Oils Desk Reference. If you'd like an additional excellent book on oils, frequency & their uses - contact me about "Embraced by the Essence" by Dr. Marcy Foley.

Happy Spring. Winter has been so very beautiful and busy. Jan-May is an intense training/teaching time for me. Lots of classes, expo's, and speaking events. One of the many benefits of teaching in other states is that I learn more of what's working from others & by passing it along we all will benefit. Here is some information I learned from Kathy Farmer, a "Master Herbalist" & Essential Oils Expert:

Sinus Infection/Headache - This formula completely knocks out any sinus issue (usually in 1 capsule) Have lots of tissue ready - expect drainage. Essential Oils of **Myrtle, Black Pepper, Golden Rod & Eucalyptus Radiata** - put 5 drops of each oil in capsule "00" size and take 3 times daily till relief.

Warts - are related to liver. If your serious about getting rid of your warts a through liver cleanse is necessary. Follow the **Rejuvenate Kit** directions. After three weeks on the **Rejuvenate Kit** add in the **Juva Cleanse/Peppermint Oil** combo capsules as follows - Stay on the products from the **Rejuvenate Kit** the whole time using the **Juva Cleanse** program as follows:

Week 1 - 1 capsule daily _ fill "00" size capsule with 17 drops **Juva Cleanse** & 3 drops **Peppermint**

Week 2 - 2 capsules daily " " "

Week 3 - 3 capsules daily " " "

Week 4 - 2 capsules daily " " "

Week 5 - 1 capsules daily " " "

Week 6 - Rest

Then start again from week 1 onward - do this program for a minimum of 6 months.

Gall Stones - the above program works great to release Gall stones

Fungus - Immugel & Melrose internally work great to relieve fungus

Migraines - **Aroma Sieze & Present Time** on the forehead & back of neck at the onset of a migraine really help divert the extreme pain

Parasites - to assist in a more through parasite cleanse use **Valerian** on abdomen at bedtime (remember to start on a full moon.) Parasite cleanse program is in my June 2003 Newsletter

To keep disks flexible - use **Polyzyme** as directed

On a conference call shortly after baby Michael was born Gary Young shared these helpful tips Mary used to make this labor & delivery much easier.

Combine (equal parts) **Myrrh, Melaleuca Atlernafolia, Helichrysm, Lavender & Roman Chamomile** - put in a spray bottle & spray on whole vaginal birthing area multiple times daily starting 2 weeks prior to delivery. Mary had absolutely no swelling or tearing during or after delivery.

From what we were told Mary had some very intense low back labor pains so they used the following formula & brought the pain levels way down. **Vetiver** 8 drops, **Valerian** 8 drops, **Helichrysm** 2 drops = mix together & apply on location as often as needed.

Gary also mentioned he has been getting great results with pain relief using this new formula **Vetiver, Valerian, Idaho Tansey** mix together equal parts & apply on location as often as needed.

Here are a few highlights from Marcella Vonn Harting's class in Mpls Feb 2004

To balance Autonomic nervous System - 1 drop **Melissa Oil** orally

The best time of the day to take **Berry Young Juice** for Maximum daily benefit is 11am - 1pm. If you take it other times of the day you will still receive great benefits

If you have teeth & gum issues - you need YL enzymes. **Mighty Chewables Zymes** are excellent to aide children in reducing cavities & other teeth issues. **Essentialzyme, Polyzyme, Carbozyme, Detoxzyme, Allerzyme, Fiberzyme** or **Lipozyme** are fantastic for adults. Use the enzymes that support your own body needs most. **Essentialzyme** - General all purpose very effective. **Polyzyme** - supports protein & sugar digestion. **Carbozyme** supports carbohydrate & sugar digestion. **Detoxzyme** - general detoxification & excellent aide for everyone with chemical, metal toxicity & aids in relief from joint discomfort. **Allerzyme** - relief from allergies, food & environmental. **Fiberzyme** - aids in digestion of fiber foods & gas. **Lipozyme** - assists your body in digesting unwanted fat.

Cold Sores - drop through out the day on location of any one of the following oils: **Geranium, White Fir, Wintergreen, Melissa, Mountain Savory, Melaleuca Alternafolia, Melrose, or Thieves.**

Acne - Dab a little bit of the **Dentarome Plus** toothpaste on the zit at bedtime leave on overnight. Use **Juniper Facial Scrub** in the morning to wash face. Watch acne seriously diminish.

Hot Tip

Soy Infant Formula - Birth Control Pills for Babies

Babies fed soy-based formula have 13,000 to 22,000 times more estrogen compounds in their blood than babies fed milk-based formula. Infants fed soy formula exclusively receive the estrogenic equivalent of at least five birth control pills per day. Infants soy feeding floods the bloodstream with female hormones that inhibit testosterone. Soy cannot be ignored as a possible cause of disrupted development patterns in boys, including learning disabilities and ADD.

Premature development of girls has also been linked to the use of soy.

Weston A. Price Foundation

Reference Books

Essential Oil Desk Reference/ ESP • Advanced Aromatherapy & Medical Aromatherapy/ Kurt Schnaubelt
Embraced by The Essence / Dr. Marcy Foley, Dr. Carolyn DeMarco Answers Your Questions
The Complete Book of Essential Oils & Aromatherapy/Valerie Ann Worwood

Canada: There is now a fast (3day) less expensive shipping option FEDEX-IPD. Also - Y.L. is immediately checking into the Provence taxation situation - apparently the representative from the Canadian Govt. assisting Y.L. with the new regulations has been giving YL inconsistent information. YL is working with each Provence to clear up errors & correct the inaccuracy. This has been an area of heated confusion. Hopefully - now we'll get results.

Membership

It is imperative that you place an order your first month you become a member. Young Living is really paying close attention to empty membership accounts. Also to remain an active membership it is necessary to place an order at least once every 12months, otherwise you'll have to pay a higher price when reordering. To order call 800-371-2928

Update information- emails

Please make sure to contact Young Living with any new information, new area code, new phone # address etc. I get all my info from Young Living. For security reasons only the person themselves can change any data on each account. Please remember to send in your "signed agreements" from your policy & procedures manual. If you need assistance with this call 800-371-3515

Young Life Research Clinic

Young Living has a medical research facility in Springville, Utah which has excellent results producing treatments & programs for a wide variety of physical, mental & emotional conditions. Many of our team members have visited the clinic receiving outstanding results from seemingly minor to extreme life threatening situations. **Before anyone is referred to the clinic it is imperative that they have their own personal membership account number. Please make sure the person referring them to the clinic has setup an account for them prior to their visit.** This will save them valuable \$ & make sure they get connected to our team enabling them to receive much needed support.

Often times potential patients get frustrated because they don't get all their questions answered. The clinic is regulated by government agencies & can only answer limited questions over the phone. Once you become a patient all of your questions can be answered during your personal visit & follow-up care. Many of us that have been to the clinic can answer your questions that perhaps initially the clinic can not. To make an appointment call 801-489-8650

Tapes

Many of us still have tape sets (40 tapes) that I personally have mailed out over this past 2 years. (not the tapes that Y. L. includes in your orders) Could you please send me a check for \$40.00 (or call with a credit card number) or return the tapes if you are finished with them. If you would like a set of audio training tapes on how to use all our wonderful items please call me. The most current set is over 80 tapes. (mailed price \$100.00) Everyone who has listened said these tapes are so valuable. You'll find info on these tapes that is nowhere else!

Education

Young Living and our team are truly education based. It has been said that knowledge is power. I also know that knowledge builds confidence. Knowledge can also be very motivating and inspiring. Please call your upline for a list of local classes. Please check www.young-living.net for info on classes

Conventions- East & West Coast & Hawaii Level II - Gary said each convention & Hawaii will be very different. His focus is more on solid education - How & why our oils/supplements etc. work better than almost everything available. He will be presenting results from research & many ways to use our oils for specific results. There will also be time made available for business building training for those serious about building a successful YL business. According to Gary he's going back to solid, foundational training, adding in new info & research. Encourage everyone who is interested in being successful with their own health or their business to attend these trainings. If you need a room mate please call us.

•East/West coast conventions: I'm attending both. Three days packed full of high level education & the most current research. April 1-3, 2004 - Anaheim CA. - Hyatt Regency Hotel and Resort West Coast Convention - Gary will be concentrating on indepth understanding of our Essential Oil blends & using Essential Oils on animals.

Oct. 7-9 Nashville, TN Gaylord Opryland Resort and Convention Center

Level I - Science & Application

Minneapolis, MN July 15-17th, 2004 Dr. David Hill & Vicki Opfer (If you are interested in assisting call Cherie)
San Francisco, CA Sept. 9-11th 2004 Dr. David Hill & Marcella Vonn Harting

Chicago, IL April 30 & May 1, 2004 Marcella Vonn Harting & Justin Harrison - Friday Business Building & Saturday "Back to Basics" & a whole lot more. This will be anything but basic - she electrified us in MPLS.

•Gary Young will be returning to teach classes in many states starting Spring 2004. This is truly a class to experience. Gary does not teach that often. His classes are life changing. Please encourage your members to attend.

April 13, 2004 Casper, WY 7 – 10 p.m.
April 14, 2004 Fort Collins, CO 7 – 10 p.m.
April 15, 2004 Colorado Springs, CO 7 – 10 p.m.
April 17, 2004 Albuquerque, NM 9 a.m. – 5 p.m.
April 27, 2004 San Antonio, TX 7 – 10 p.m.
April 28, 2004 Austin, TX 7 – 10 p.m.
April 29, 2004 Houston, TX 7 – 10 p.m.
May 1, 2004 Dallas, TX 9 a.m. – 5 p.m.
May 4, 2004 Oklahoma City, OK 7 – 10 p.m.
May 5, 2004 Tulsa, OK 7 – 10 p.m.
May 6, 2004 Wichita, KS 7 – 10 p.m.
May 8, 2004 Denver, CO 9 a.m. - 5 p.m.

Ongoing Twin Cities Area Call for variety of class scheduals
Ongoing Chicago Area Call for variety of class scheduals
April 1-3 Anhaheim CA West Coast Convention
April 4th Southern CA Cherie is teaching Call for more info 763-545-7347
May MPLS MN Dr. Mark Geier & David Geier, PHD from Bethesda MD. Both are Immunologists, Immunization researchers on a special project assigned by a task force from congress! Their research is undisputably accurate. The doctors are for vaccinating, however, both men made it very clear that almost all vaccines being created now are extremely harmful to our health.
June 14-17 Maui Hawaii Leadership & Life Training - Gary Young N.D. Powerful emotional healing
July 15-17 MPLS MN Science and Application(Level 1)
Oct. 7-10 Nashville TN East Coast Convention

•June 2004 - Hawaii, Maui - "Lifestyle Enhancement" excellent class focusing on using the oils for clearing emotions & patterns keeping us stuck in our lives. (Remember these are 100% tax deductible.)

Attend Young Living Trainings FREE!!!

Yes - Including Annual Conventions. How? - Simply by being & staying on Autoship of \$100 or more each month. Select \$100 worth of products that you don't change every month (\$100 needs to be consistently the same products, however, you can change any other products above \$100.) And for each month (a minimum of 6 months) you'll earn \$25 per month of training credits to be used at any Y.L. sponsored training event.

Young Living and our team are truly education based. It has been said that knowledge is power. I also know that knowledge builds confidence. Knowledge can also be very motivating and inspiring. Please call your upline for a list of local classes. (Enclosed is the updated Twin Cities schedule)
Please contact members in your organization and encourage their attendance. Especially those who live in the area of the class.

Events and Opportunities

There are many events, expos, fairs etc. where there is great opportunity to share Young Living. We are being requested to speak, hold classes and have booths at many of these events. If you are desiring to assist us and learn, or work, please contact your upline for any events in your area for locations of interest to you. We always could use the help in the Minneapolis area. (remember - expenses incurred are shared by those working to build their business, there is no charge if you simply want to come assist and learn.) We're involved with many events with outstanding response.

Definitely looking for people to work all these events!

Mar. 20-21 Rapid City South Dakota Horse Expo (Cherie is speaking)
Mar. 26-27 Mpls, MN Mind, Body, Life Expo (Cherie is speaking)
April 10-11 DesMoines IA Iowa Horse Expo
April 16-18 Madison WI Mid-West Horse Expo
April 23-25 St. Paul, MN Minnesota Horse Expo
May 15-16 Waukeesha WI Edge Life Expo
May 15-16 Madison WI Pet Expo
June 10-13 Boerne TX Quartus Foundation Spiritual Retreat
Oct. 14-16 Ogden UT Friesian Horse Show

Nov. 10-14	Boerne TX	Quartus Foundation Spiritual Retreat
Nov. 12-14	MPLS MN	Women's Home Expo
Nov. 19-21	MPLS MN	Edge Life Expo

I have overflowing gratitude for each of us as we continue to have a positive effect on the people & animals whose lives we touch. Congratulations & special recognition to the following members for their achievements in December & January 2003 - 2004. (if I have missed anyone please let me know)

Sr. Star Executive - Brad Michels, Connect 2 Pets, David March, DBA Midstates, Dennis Grady, Edward & Sandy Geiger, Nita & Terry Stewart, Kathleen O'Sullivan, Ken Alanen, Landon Ross, Paula Casper, Raymond Miller, Judy & Roger Beenken, Marle Kuennen, KDM Associates Inc., Nick Kuennen, Kassi Johnson, Jeanne Wiger, Hildegard Rykoff, Elaine Turczynski, John Henry Yoder, Mariellen Kristol, Salley M. Gwin, Kelli Johnson, Jerry Till, Asia Voight, Dianna Sabella, Ame Wiger, Linda Brown, Crow Wing Station Inc., Days Gone By, Marie Kneeland, Noreen Ziegler, Nancy Stephens, Jodi M. Rasmussen, LKB Company, Julie Barker, Laura Weaver, Jody Stevens, Sandra Ferguson, Lydia Yoder, Dr. Jeffrey Essen ND, Vicki Hellman, Lynn Cox, Terry Belcher, Leona Kalsen, Vicki Hartman, Dr. Dan Skow, Darwin Jellings, Bob Villars, Joanne Christensen, Terry Burns, DTDI, Lydia Yoder, Mary Stoffel

Master Star Executive - Lee & Judy Camp, Dan Leutke, Julie Stoesz, Judy & Dave Jellings, Lynn Young, Karla Berger, Kelli Johnson, Bob Morrow, Sue Schutt, Jodi Funk,

Premier Master Star - Babette Anderson, Sherry Lamarche, Spirits Whisper Acres, Elaine Downer, Janet Becker, Quartus Foundation Inc,

Ambassador Master Star - Dan Keskey, Making Waves Inc., Willy & Joan Lansing, Jennifer Crippen

Silver Master Star- Marge Ross

Green - A Healing Color

It is no haphazard occurrence that the color green is so prevalent in Nature. Green acts on the nervous system as a sedative and induces repose. We find it is helpful in insomnia, exhaustion & nervous irritability. The color green can lower blood pressure, dilate the capillaries, produce a sensation of tranquility. Neuralgia, headaches, & nervous conditions often respond to its use. Green is a calming color, a restful color. It is suggestive of life & immortality, the emblem of youth & happiness & prosperity. It connotes a sense of well - being, good health, & abundance. It counteracts the brightness of the sun, excites the eye less than any other color, including black.

Reference Section

Kathy Heuser, Psy.D. The Alternative Counseling & Mediation Resources (612) 275-9863 Minn.
 Kathleen O'Sullivan Deep Tissue Therapist, Cranial Sacral, Auricular Therapy, Raindrop Tech., Minister, Spiritual/Psychic counseling & readings (952) 903-0125 Minn.
 Betty Bjorkman Auricular Therapy, Raindrop Tech., Ear Candleing (952) 947-9040 Minn.
 Sue Olmos Midstates Myotherapy, Reiki II, consultations (603) 205-9355 Ill., Wisc.
 Fanona Grace Wholistic Health Practitioner (763) 561-3396 Minn.
 Merita Rahlenbeck Raindrop Tech. w/sound (952) 703-9713 Minn.
 Peggy Richardson Raindrop Tech. & Massage (763) 494-4267 Minn.
 Katherine Conrad Raindrop Tech., Emotional Clearing (612) 220-4664 Minn.
 Jackie Berggren Raindrop Oils Holder (Call For Brochure) (319) 268-0998 IA.
 Judy Beenken, Young Living Logo shirts, bags, aprons & assorted promotional items (641) 749-2678
 Marilyn Tokach, Animal Communication & Behavior consulting (952) 226-2622 MN
 Lena Swanson, Animal Communication (651) 206-0644 MN
 Sharon Adams, Chiropractor, (715) 483-5822 WI/MN
 Asia Voight - Animal communication & teacher 608-877-1191, WI
 Ed Geiger - Raindrop Technique, humans & animals. 715-675-9322 WI
 Jeanne Wiger Psychotherapist & transition counselor, 651-450-5549 MN/WI
 Heartland grooming/Wholistic practice 651-423-2500 MN
 Nancy Stephens - Raindrop Technique on Animals 850-893-0693
 Julie Stoesz - Raindrop Technique, massage & emotional balancing on humans & animals 507-645-4335 MN/WI
 Renee Hogendorf, Raindrop Technique, massage, emotional & behavior training w/animals 612-621-3383 MN/WI
 Spirit Plus Nutrition (Animals), 608-527-5333
 Connect 2 Pets (Animal Nutrition) 773-354-1393
 Kelli Johnson (Animal Nutrition), 763-441-4366
 Dale and Betty Noordmans (Organic Meat - all kinds) 320-392-5925
 Diane DiCristina Feng Shui Consultant for Home and Business 952-346-9339
 Valarie Weberg Essential Oil Pendants 651-438-2362
 Mary Stoffel Animal Communicator 763-444-8146
 Pam Eichenberger Equine Massage Therapist 651-731-2026 MN/WI
 Katie Sandberg Raindrop Technique 651-486-7843 MN
 Diana Burney Energy Worker 541-482-5606
 Annette Pearson Cert. Nutritionist, Reiki Master, Cert. in many Healing, Energy Modalities & Essential Oils 847-673-2446
 Judith Mitchell CLC, RN, CMT, Healing Touch, Essential Oil Massage, Raindrop Tech., Personal Coach 612-870-9108
 Dr. Gregory Mongeon, D.C. Chiropractor, Kinesiology, Essential Oils, Nutrition, Injuries and more. 507-649-0826
 Keri Murlowski Brain Gym Instructor, Touch for Health, Essential Oil Consultant 763-785-4600
 Lisa Kent Horse Trainer & Equine Therapist using Essential Oils 207-749-2363

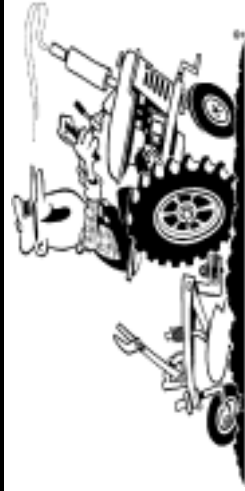
Greetings!!

from Proud Pine Farm, 35757 Kettle Road, Garber IA 52048
Phone: (563)252-1591 FAX: (563)252-1742 Email: millisdb@alpinecom.net

Volume 8, Issue 2

A Newsletter By and For Young Living Essential Oils™ Independent Distributors

February, 2004



Down on the Farm with Doug and Barb Mills

A small greenhouse can extend your growing season in the colder climates. You can either purchase a kit from one of several companies selling them, or you can build your own. If you are on a tight budget, building your own can be the least expensive. A simple 2' x 4' framing is all you need. The covering can be plastic sheeting, single or double-layer. Double-layer will provide greater strength in windy areas, as you can blow air in between the layers with a small squirrel cage fan. The choice of poly is a consideration. The least expensive will only last one season, or you can purchase U.V.-treated poly from a greenhouse supply company, which will last around five years. Give it a try. You'll have lots of fun, plus have plenty of healthy veggies!

Worried About the Flu?

In a recent discussion with staff about what to do to prevent catching the flu or to help recover from it, Gary Young listed the Young Living Essential Oils immune-boosting products he recommends and why, in order of importance.

1. "Detoxzyme. People are not adequately digesting food, which creates a host for bacteria and illness.

2. AlkaLime. If you are building up acid and not detoxifying, it doesn't matter what else you take because it will not be effective. Acid is produced in the body at night. Taking AlkaLime before bedtime will help your body.
3. ImmuPro and/or Exodus II capsules. These are highly effective immune system boosters.
4. ImmuPower. This is the ultimate essential oil blend for building, strengthening, and protecting the body, and supporting its defense mechanism.
5. Berry Young Juice: The most powerful antioxidant juice.
6. Ultra Young supports the body's ability to produce HGH (Human Growth Hormone.) Higher levels of HGH support lower insulin levels. Lower insulin levels boost immune function.
7. Thieves Oil diffused. Use Thieves a minimum of 15 minutes a day, morning and night. Use the Thieves Lozenges and Spray to help protect the body."

Email from Young Living staff, 12/29/03

Fight Asthma: Eat Apples

"It may be time to revise the old saw to: 'An apple a day keeps the inhaler away.' Australian researchers studying the relationship between diet and asthma report that eating apples and pears appears to provide the best protection against this growing health risk. The cross-sectional Australian study involving 1,607 young adults aged 20-44 was published in September's issue of the American Journal of Clinical Nutrition. Of all the fruits and vegetables studied, study participants who ate apples and pears had the lowest risk of asthma. The researchers noted that more study is needed to determine whether changes in diet could be used to prevent

asthma or lessen its severity. The Australian study is the latest research to suggest we might breathe better by eating apples. In December 2001, London-based researchers reported that people who ate at least two apples per week had a 22 - 32 percent lower risk of developing asthma than people who ate fewer apples, based on their population-based case-control study. In May 2001, researchers at the University of Nottingham in the United Kingdom reported that apple eaters had better lung function and lower risk of respiratory disease than non-apple eaters."

Acres USA, November 2003

Microwaving Zaps Antioxidants

"A study in the November issue of the Journal of the Science of Food and Agriculture bears out what many have long suspected: microwaving food is about as good for it as running it over with a truck. Antioxidants are plentiful in vegetables and work to eliminate free radicals, which can damage cell DNA and contribute to various diseases, and microwaving appears to deal them a death blow. Broccoli measured in the study lost 97 percent of flavonoids, 74 percent of sinapins and 87 percent of caffeoyl-quinic derivatives (three different types of antioxidants) when it was microwaved. Steamed broccoli, on the other hand, lost only 11 percent, 0 percent and 8 percent, respectively, of flavonoids, sinapins, and caffeoyl-quinic derivatives."

Acres USA, January 2004

Conference Call

Just call (407) 318-2793 every Monday at 8:00 p.m. CST and join us for thirty minutes of informal and fun discussion on the oils!

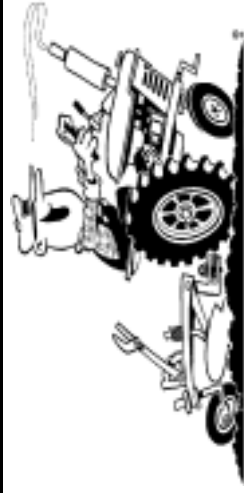
Greetings!!

from Proud Pine Farm, 35757 Kettle Road, Garber IA 52048
Phone: (563)252-1591 FAX: (563)252-1742 Email: millsdb@alpinecom.net

Volume 8, Issue 3

A Newsletter By and For Young Living Essential Oils™ Independent Distributors

March, 2004



Down on the Farm with Doug and Barb Mills

Growing flowers and vegetables in a protective structure can be lots of fun. The question has come up where to get greenhouse and cold frame supplies. There are a number of good sources. A great place to start would be Charley's. You can check them out online at www.charleysgreenhouse.com or order their beautiful color catalog for free by calling (800) 322-4707. They also have a nice line of indoor and outdoor gardening supplies. Happy gardening!

You're a Real Oiler If:

- "You can't remember taking a bath with just water.
- You can't bring yourself to throw away empty oil bottles.
- Your friends smell you coming before they see you.
- You forgot your doctor's name.
- You sneer, roll your eyes and hold your nose as you walk by the bath shops in the mall.
- Strangers don't need directions to your house if you are drying clothes; they follow their noses.

- The FedEx driver doesn't have to look for your address. He/she smells your packages and just naturally drives to your house.
- You spend 90% of your time at family gatherings with your Desk Reference and your oil bag open, and the family has stopped looking at the latest baby pictures.
- You understand that Power Meal and Berry Young Juice are part of the grocery budget.
- Your favorite 6-year-old reminds you to buy lavender because it fixes everything.
- Words like *Candida*, liver cleanse, and pH balance are commonly used in your home.
- The tellers at the bank love the fragrance of your deposits.
- You panic if you leave the house without your oils."

Thanks to Jan Meredith for this!

Deodorant Chemicals

"Sure, that deodorant may keep you extra dry, but a recent study found that chemicals in deodorants, antiperspirants and other cosmetics can actually build up in the body. British researchers detected traces of one chemical preservative in a study of women with breast cancer. Dr. Philippa Darbe and other British colleagues at the University of Reading tested samples of 20 different human breast tumors. In every sample traces of chemicals called parabens were found. Parabens, chemicals found in deodorants and other cosmetics, are believed to seep into tissue after placed on the skin, thus accumulating in people's bodies. This is the first test to show that these chemicals can actually build up in human tissue. 'Their detection in human breast tumors is of concern since parabens have been showed to be able to mimic the action of female hormone oestrogen,' replied Dr. Darbe. 'Oestrogen can drive the growth of hu-

man breast tumors. It would therefore seem especially prudent to consider whether parabens should continue to be used in such a wide range of cosmetics applied to the breast area including deodorants.' Others believe that the evidence is not strong enough to prove parabens are linked to cancer. Chris Flower, director of the UK's Cosmetic Toiletry & Perfumery Association, approved the study. 'It is welcome additional information and we will want to examine the findings in detail,' Flower said. 'However, parabens have a very, very good safety profile. We have an enormous amount of information which supports the safety of these chemicals and their use in cosmetics.' Other British scientists plan to examine the findings and will perform further research to determine the source of the chemicals found in the breast tumor samples and their possible connection to cancer."

Citizens for Health, January 16, 2004

Young Living Essential Oils has a safe alternative with their Aromaguard deodorant (Meadow Mist, #3752, and Mountain Mist, #3753)

Don't Salt Your Kidneys

"For the most part, the decades-old debate over the use of salt has focused on its effects on blood pressure. Researchers took a closer look at the link between salt intake and osteoporosis, however, and found that increased salt intake causes kidneys to remove increased amounts of calcium from the blood and deposit it in the urine. Obviously, as more calcium exits the body, the bones become weaker."

"Health Dispatch from Dr. David Williams"
January 5, 2004

Yes No Maybe Essential News

Volume 2, Issue 12

www.marcellavonnharting.com

December 2003

Marcella Vonn's

CALENDAR OF EVENTS

Check web site for updates

**The Miracle of
Young Living CD
is a Terrific Gift**

**Share the magic!
order on our web site**

AromaGuard™ Meadow Mist and Mountain Mint

The first natural deodorants formulated exclusively from therapeutic-grade essential oils and all natural ingredients. AromaGuard™ provides a pleasant and safe alternative to the harsh chemicals found in commercial deoderants.

Use 3-4 lights stokes of the AromaGuard™ stick underarms.

Code 3752 Meadow Mist

Code 3753 Mountain
Mint

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Co-Publishers:
Marcella Vonn Harting
and Anita Tamboli

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Create An Extraordinary Quality of Life By Marcella Vonn Harting

December, a month filled with anticipation, gratitude, reflection and completion. The last days of the year 2003. Did you do your best? Did you get the results you were reaching for? Did you reach your full potential? Did you grow and change? In life change is automatic; it's going to happen at every level. With change the potential for progress is inevitable. Progress requires conscious choices.

Each and every one of us has different beliefs and values; the controlling forces of our lives. Our beliefs and values control everything you think, every emotion you feel and every action you take. We all have experienced significant emotional events causing us to develop a model of the world; which is how we meet our needs (we get more pleasure and less pain). From these experiences we choose to figure out the rules of the game; our model of the world. The rules are different for every person. The same basic fundamental six human needs are the same for everyone on earth.

THE SIX HUMAN NEEDS ARE:

1. **Certainty:** this is a survival instinct and every person has the need.
2. **Uncertainty:** If you were certain about everything all the time, you would eventually get bored!
3. **Significance:** the need to feel important, unique, and special.
4. **Connection/Love:** we do

what we do for love.

5. **Growth:** if you don't grow you die.

6. **Contribution:** you must contribute beyond yourself.

Everyone finds ways to meet the first four needs (our fundamental needs, or needs of the personality). To be fulfilled though, you must meet the last two ultimate needs; the spiritual needs.

This is where reflection comes in. I ask you how can you share Young Living in a way where all six needs are being met?

My example:

1. **Certainty:** quality products. Company has been around for 10+ years. Money back guarantee.
2. **Uncertainty:** there are many products to order for variety. And YL keeps changing the business plan.
3. **Significance:** must obtain a member number to order from company.
4. **Connection/Love:** join an organization within the company.
5. **Growth:** classes, workshops, conferences, videos, DVD's, travel etc...
6. **Contribution:** helping yourself and others with world quality products, helping the environment with chemical-free products, creating a platform for manifesting a residual income for health and wealth for you and your organization.

Continued 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 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

To Your Pets' Health

by Dr. Nancy Brandt DVM, CVA, CAC

Thank you to all of you who have leant me support over the last 6 months. This time in my life has been both difficult and extremely rewarding personally. I am very grateful for trials in my life.

Trial brings enlightenment if you let it. I am choosing to grow as a person as I flow through this divorce. I am choosing for my children (an 8, 6 and 2 year old) to have a more fulfilling life and truly benefit from these trials in their lives. I am glad for the loss for with it brings incredible gain.

Animals come here to earth to fulfill a mission; a mission of love, companionship, teaching or even sacrifices. For everyone who has had a trial with animals let's see what we can learn from them. I have had the opportunity to help animals with their transition times and they always tell me that they have either fulfilled or not fulfilled their missions. Often if they have not accomplished what it was they set out to do they will linger here, often suffering, to finish their mission. Often they will go quickly when called back to another assignment. I am so grateful to witness this transformation or metamorphoses. They are incredible energy beings with huge light. They are here to teach us we too can metamorphosed ourselves. We can recreate who we are by just believing we can. They are here to help us obtain high levels of consciousness and knowledge. They are here to mend the wounds and allow us to move forward with our missions. Each one of you has been put here to do great things. Do not let the

wounds of the past interfere with your future. Animals don't hold grudges, resentment and anger. Transform yourself. Let your pets do their job and teach you. Listen to them and trust their wisdom. They have earned the right to fulfill a special mission like teaching you about whom you ARE if you will just let yourself be so.

Thank you again for your loving patience as I have undergone a magnificent metamorphosis.

Love, Dr. Nancy

Bonding and lesson learning oils:
Harmony Lavender Awakening Forgiveness
Acceptance Clarity

Phone Dr. Brandt for a consultation.

Dr. Nancy Brandt, DVM, CVA, CAC
 2591 Windmill Parkway, Suite 2
 Henderson, NV 89014 Phone: 702-617-3285

Take Time

to Say Thank You

to Those Who Give

=====
"Keep in mind that the true measure of an individual is how he treats a person who can do him absolutely no good."

-Ann Landers

Create Extraordinary Quality of Life

Continued from Page 1

This is a "part of the whole" to why I continuously share Young Living Essential Oils to everyone I meet wherever I go.

Your destiny is the result of choices you make -not the result of events. It's the meaning you give to events in your life.

I'm very blessed and in heartfelt gratitude for each and every one of you in my organization. This year I have enjoyed the wonderful opportunity to travel all over the United States and to England, Australia and Japan for Young Living. I have met new and old friends. I have completed my life-long dream of writing my first book. My family and I have completed Anthony Robbins University and Jim and I have enrolled in the Leadership Academy as a way to give back. I continually look for new ways to serve you in my organization for the betterment of you individually and the company. Thank you for allowing me to

share with you this wonderful world of aromatherapy and essential oils.

(If interested in more information about the six basic needs (Tony Robbins) call me).

MERRY CHRISTMAS & HAPPY NEW YEAR,

Love you all, MARCELLA VONN HARTING

*The sole purpose of creation
is to compel you to solve its mystery
and perceive God behind all.*

—Paramahansa Yogananda

The Doctors Forum

By Dr. Ken Krieger

PERIODONTAL DISEASE

This term also includes periodontitis, pyorrhea and gingivitis, and consists of inflammation and degeneration of the dental periosteum, alveolar bone and cementum (in the tooth itself), with swelling, recession of the gum tissue and loosened teeth.

Prolonged poor dental hygiene, Vincent's Angina, malocclusion (poor tooth alignment), and food impaction, as well as certain systemic conditions as Diabetis Melatis, hypovitaminosis, blood dyscrasias, and endocrine disturbances may all be involved in the etiology of this condition.

It is essential in beginning treatment to have a dentist remove the plaque and scaling from the surface of the teeth. As the fundamental lesion is the formation of a periodontal pocket around the tooth in excess of the accepted normal 2mm depth, cleanliness and good dental hygiene are most important. The establishment of a highly nutritious and adequate food intake is mandatory to promote general good

health and well-being, but more importantly to reassert the bodies ability to rebuild and repair all tissues. See Vonn's new book on Chronobiology.

We have at our fingertips the BEST dental tooth cleaning system that money can buy. Denterome and Denterome Plus are the best for any type of periodontal difficulties. Also take some clove oil and rub it directly in the gums for a pleasant refreshing cleanse of the tissue. Thieve's oil will take care of any bacterial build-up, again directly on the gum surface. High amounts of Super C, and Super B along with Detoxzyme will aid in recovery. We know from research data that there is a clear 50%+ increase in the possibility of heart attack for those with poor dental hygiene. The bacteria will cross the blood, gum barrier and can systemically attack the plaque build-up in the bodies arteries around the heart. Remember as a general rule, good teeth, good heart, good health!

Yours for better health, naturally!! Dr. Krieger

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

Chronobiotic™ News By G.I. “Atom” Bergstrom

The Aroma-Alchemy of Genius

Essential oils accelerate learning. Most people, including scientists, do not realize essential oils are the ancestors of neurotransmitters. Both exist as Top Notes, Middle Notes and Bottom Notes. With this issue we begin a discussion of “when” to use 4 essential oils to accelerate learning. The 4 oils are Pine (*Pinus sylvestris*), Lemon (*Citrus limon*), Rosemary (*Aniba rosaeodora*) and Vetiver (*Vetiveria zizanioides*).

Genius is best developed at 4 times during the day. 1) Lung Time (3-5 am) for “coordinate print in the brain” (slowing the brain wave for thoughtful acceleration); 2) Spleen, Pancreas Time (9-11 am) for data output (recall) and short-term memory storage. Obviously the best time to take an exam or cram for one); 3) Bladder Time (3-5 pm) for data input and long-term memory storage. (An excellent time to program in good habits and retain data to utilize for many years); and 4) Triple Heater Time (9-11 pm) for “recycling” trauma from the brain, (“pre-dreaming”).

Years ago my holistic mentor, Adano Ley, told me, “Enlightenment and genius are directly related. Synchronization with light is the source of knowledge. A genius’ brain is 2 1/2 seconds faster than an ordinary brain.” What synchronizes the brain with light? The pineal gland and the optic tract.

Here’s how to switch on the pineal gland’s extra sensory perception (ESP). Meditate at Lung Time (3-5 am) to develop what Adano termed “coordinate printing in the brain.”

Inhaling Pine oil helps the pineal gland “time” the brain to the genius frequency of 0.5 to 4 cycles per second. You could also call the genius frequency the eureka frequency. Unless one attains the minimum 4 Hertz cycle associated with pine needles, genius remains elusive. TO BE CONTINUED.

G. I “Atom” Bergstrom is coauthor of “Yes, No, Maybe” Chronobiotic™ Nutrition

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

Chronobiotic™ News By G.I. “Atom” Bergstrom

The Aroma-Alchemy of Genius (cont.)

What is genius? “Genius” is a Latin word for the male generative force.

The conventional (and patriarchal) origin of the word “genius” is only half the story. It leaves out the female generative and reproductive force.

A crucial male-generative force chemical associated with memory is MELANIN. An equally crucial female generative-and reproductive-force chemical associated with memory is MELATONIN.

Overnight, the female generative force floods the brain with melatonin, which peaks at the beginning of Lung Time (3:00 AM). Melatonin is one of the most powerful antioxidants in the universe, and, without it memories would be other than encoded into the brain.

On the level of basic chemistry (ignoring for simplicity’s sake, electricity, magnetism, irradiance, barometric pressure and quantum states) genius is UNFOLDED at Lung Time via the synchronized interaction of melanin, melatonin, CORTISOL, and ADRENALINE.

The pineal acts as a “macrotransistor” with the left side of

the body as the “source,” and the right side of the body as the “drain.” The pineal and the optic tract act as the “gate.” The calcium in the human body becomes a “Heisenberg resonator” (to borrow a term from Star Trek teleportation tech!) for quantum entanglement, seminally analogous to the much more prosaic use of CALCITE in the original Edwin H. Land Polaroid process (before Mr. Land switched to QUININE and IODINE).

The pineal gland has a lot in common with a transparent form if calcite called Iceland spar.

The quantum potentiality of calcite is mentioned (briefly and with no correlates to biology) by Anton Zeilinger, “Quantum Teleportation: The science-fiction dream of ‘beaming’ objects from place to place is now a reality—at least for particles of light,” Scientific American, Apr. 2000.

Four essential oils to use to accelerate learning are Pine (*Pinus sylvestris*), Lemon (*Citrus limon*), Rosemary (*Aniba rosaeodora*) and Vetiver (*Vetiveria zizanioides*).

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Yes No Maybe Essential News

Volume 3, Issue 1

www.marcellavonnharting.com

January 2004

Marcella Vonn's

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a Teaching Tool for YOU
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KidScents™ Mighty Vites

A full-spectrum children's multivitamin supplement in chewable tablets. Includes oils rich in limonene and immune-stimulating wolfberry polysaccharides.

Ingredients: Vitamins A (retinyl palmitate), C (sodium ascorbate and ascorbic acid), D3 (cholecalciferol), E (d-alpha tocopheryl acid succinate) B1 (thiamin), B2 (riboflavin), niacin (niacin and niacinamide) B6 (pyroxidoxine HCl) folic acid, B12 (cyanocobalamin), biotin, pantothenic acid (d-calcium pantothenate), calcium, iodine (potassium iodine), magnesium, zinc, selenium, copper, manganese, chromium, potassium, fructose, sorbitol, Ningxia wolfberry, bee pollen, inositol, the essential oils of lime, mandarin, and orange, wolfberry polysaccharides and Stevia extract.

Code 3215 90 Tablets

Editor: Anita Tamboli
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Co-Publishers:
Marcella Vonn Harting
and Anita Tamboli

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HEALTH AND DIETARY SUPPLEMENTS By Marcella Vonn Harting

Less than 20 percent of Americans eat the recommended five serving of fruits and vegetables a day, the best source of the essential vitamins and minerals the body needs to build and repair tissues and to function properly. When the body does not receive the nutrients it needs, its systems begin to break down which can lead to disease. Indeed, both the American Cancer Society and the American Heart Association find that nearly a third of all cancer and heart disease is related to poor nutrition.

Americans are catching on to the benefits of dietary supplements spending an estimated \$15.7 billion in 2000. Poor diets or what I call "live-its" (why would anyone use a word that starts with the word DIE) have lead health-care professionals to recommend supplements. This is why I advise going only to reputable sources specifically trained in nutrition and the body to understand how nutrients and supplements work together and affect each other.

For starters, experts caution that supplements are not a replacement for a healthy diet "live-it" rich in nutrient-dense foods. I highly advocate it's best for individuals to get the nutrients they need by eating a varied diet "live-it" including a majority of the foods from sources such as fruits, vegetables, grains, legumes and seeds. These foods contain

thousands of components working in synergism creating beneficial effects for our highest good.

Are you eating enough whole fruits and vegetables? If not this is where taking supplements becomes essential to good health. The most common vegetables chosen are the potato, corn and iceberg lettuce, all of which have little nutritional value.

Today many believe a nutritious diet "live-it" is not enough, citing how difficult it is to eat enough of certain foods to gain maximum benefit of their nutrition. I believe like the majority of health-care professionals, supplements offer benefits beyond health maintenance, moving into the therapeutic realm of disease prevention and, in some cases, reversal. Choose nutrient-dense foods to ensure the body gets what it needs; from fruits, always look to the berries which are lowest in sugars and highest in phytonutrients, especially the darker ones such as blueberries and blackberries. BERRY YOUNG JUICE is a great addition here. For vegetables, eat all that are bright and vibrant in color, limiting the whites.

Just like eating several meals a day to maintain glucose levels and nutrients, I look to the timing when taking my supplements to assure optimization. Watch for Atoms' column on timing when to

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Marcella Vonn Harting

To Your Pets' Health

by Dr. Nancy Brandt DVM, CVA, CAC

BACK TO THE BASICS: Application of Essential Oils to Dogs and Cats.

Disclaimer: this article is only in reference to dogs and cats and does not include other species. The advice in this article is not designed as medical advice.

It is very important that cats must have very diluted oils used to accomplish the best results. There are several oils which should never be used around cats such as ones high in phenols and "hot" oils. Examples of these include Oregano, Thyme, Cedarwood, and the YLEO blend of Thieves.

With dogs they should have dilution and will tolerate most oils. With all species purity of the oils is crucial. One drop of cut adulterated oil (usually with ethylene glycol) could kill a cat.

Essential oils may be applied in 3 basic ways: **Topical - Inhalation - Internal**

Topical: Location: place diluted oil (45:1 or greater) directly on location. This is best used with superficial wounds. This will clean and disinfect and promote rapid healing.

Bathing: place 15 drops of the essential oil into 1 cup of DRY Epsom salts, mix well and allow sitting for 5 minutes. Disperse the salts into a sink full of water (approx. 5 gallons to 1 cup of salts) and allow the animal to soak for 5 minutes then rinse very well. This is a great way to detoxify and decongest the tissues. This is best used in rashes or to assist full body detoxification.

HEALTH Continued from Page 1

supplement for best assimilation and optimization.

For me personally, I enjoy MIGHTY VITES children vitamin & mineral supplement (for my inner child) and a must for me is MINERAL ESSENCE (all symptoms break down to a vitamin and mineral deficiency in the body). When traveling SUPER C CHEWABLE, POWER MEAL, and BERRY YOUNG JUICE. Of course I wear essential oils daily every day. Young Living nutritional supplements are enhanced by therapeutic

Compress: place diluted oil, as above, on location then place a warm wet washcloth on top of the oil application (make sure it is not too hot to touch). Then place a dry towel on top and let sit for 1-5 minutes. This is great for penetration of oils to deeper tissues such as muscle and bone pain or stomach upset.

Inhalation: Diffusion: using a cool air diffuser forced through a nebulizer allows the oils to be broken into small droplet's with out breaking apart the components of the oils. With pets it is best to place them in a small room like a bath or closet. Place the pet in a carrier or cage and diffuse 10 drops of the oil (usually for 10 minutes). If you do not have your pet in a carrier then place the diffuser into a wire basket and cover it so the animal can not knock it over.

Water dispersal: place 20 drops of oil into 32 oz of purified or distilled water, shake well before every use. Spritz onto bedding, carpet or anywhere the pet will frequent so they can breathe in the aroma.

Vaporization: as with a diffuser place your pet in a carrier in a small room. Boil a pot of purified water (glass pan is best) , remove it from the heat and place it in the room (on a hot plate). Place 3 drops of each oil you choose to use and leave in the room at lease 3 hours, overnight if possible. Do not use this method if animal can get near the pan.

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grade essential oils and are the highest quality available anywhere in the world.

With the concept of the Essential Wheel of Balance, Young Living offers you an opportunity to empower yourself physically, emotionally, spiritually and financially through products designed to help you move forward and achieve increased wellness, longevity and freedom in life.

MARCELLA VONN HARTING

**JANUARY 15 THROUGH JANUARY 31,
2004 RECEIVE A FREE BOTTLE OF
IDAHO BALSAM FIR**

Body Systems Affected: Emotional Balance, Muscles and Bones, Nervous System. Idaho Balsam Fir has been found to be very effective in soothing overworked or tired muscles, ligaments, tendons, and joints. It may also help with back discomfort. Its aromatic influence is calming, helping to relieve tension and anxiety. It has antiseptic and sedative properties.

Receive a FREE 15ml bottle of Idaho Balsam Fir (a \$57 value) when placing an order of at least 200 QP and including the new Re-JUVA-nate Kit. Gary Young has stated that digestion is the hub of health, and his newest dietary supplement kit is formulated to clean and eliminate toxins and waste while fortifying liver function.

Each Re-JUVA-nate Kit includes: A) Detoxzyme-A powerful vegetable enzyme complex that promotes cleansing, completes digestion and detoxifies. B) Com-

forTone-Contains herbs, minerals, bentonite, and essential oils that help with proper elimination and relax spasms that may occur. C) JuvaPower-An advanced phytonutrient supplement that cleanses the liver and intestines simultaneously. Contains the highest acid-binding foods for superior results. D) The Re-JUVA-nate Booklet. E) A new Audio Tape recorded this month by Gary Young titled "The Re-JUVA-nate Program-Cleansing with Comfortone, Juva Power and Detoxzyme".

Code #3159

Wholesale Price: \$110

Preferred Customer Price \$121.00

**Congratulations! December 2003 was
Young Living's best month ever**

All sales records were broken and excitement was at an all time high. Young Living will continue to offer specials and promotions, however they will not occur every month.

The Doctors Forum

By Dr. Ken Krieger

Bronchitis...Don't let it sneak up on you!!

This has been a devastating illness in the US and around the world this winter. It is characterized by a build up of mucus discharge along the linings of the bronchial tubes. It usually begins as a viral entity and then can turn into a bacterial infection in some individuals. If left unchecked, and it becomes chronic, it can turn into emphysema.

What may be a trigger for some may not affect others, however the most intriguing initiator of this malady is most likely air pollution and in home air pollution. How long has it been since you changed the filters in your home? If you need new air filters, please think about getting those from 3M, they take out most of the pollen and particulates. It is also necessary for you to clean your carpets to eliminate dander (if you have pets) and use Thieves Oil in the solution, or the dry cleaner, to eliminate bacteria that may be hiding there.

In my practice the most effective oils to diffuse have been RC and Thieves. Please don't diffuse Thieves longer than 15 minute intervals every

hour during the symptomatic episodes. Some cannot handle the potency of Thieves for longer periods of time. Raven is also a good way to help strengthen the respiratory system. Individual needs would require supplementation of ImmunoGel: 1/2 tsp every 4 hours, held under the tongue for 60 seconds, then swallowed.

Super C, 4,000 mg 3 times per day if having prolonged persistent cough, and mucus discharge will help in greater expectoration of the phlegm. Using direct exposure on the chest of oregano (be careful, it's a "hot" oil) if necessary dilute with olive oil, and RC and Raven will help break-up the congestion.

Keeping yourself in tip top shape will help you avoid these types of problems. But if you have any of these symptoms begin, this should be a great help to you.

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

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

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February 2004

Marcella Vonn's

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***The Miracle of
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**Share the magic!
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Animal Scents™ Ointment

uses rosewood, palmarosa and patchouli essential oils to protect, moisturize and help return your pet to optimum health. Directions: apply small amount directly on dry skin as needed, not to exceed five applications per day. For external use only. Ingredients: mink oil, lecithin, beeswax, lanolin, sesame seed oil, rosewood, wheat germ oil, palmarosa, patchouli, myrrh carrot seed oil, Melaleuca alternifolia, rose hip seed oil and rose. 8 oz

Code: 5165

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FEAR FACTOR **By Marcella Vonn Harting**

Ralph Waldo Emerson said, " *We are afraid of truth, afraid of fortune, afraid of death, and afraid of each other.*

Fear is the cause of most unhappiness and lack of fulfillment. It is the primary cause of all negative emotions and will cause you to settle for far less than what you really choose. We all have an inner fear "of not being enough". It's when this fear is stronger than our desire that we are imprisoned by our will. Fear paralyzes us into a frozen state as the world moves on. The fear of rejection stops us in our tracks from networking.

Your desire must be stronger than your fear. If your yearning for what you choose to have, do, or be is stronger than your fear, you will act in spite of the fear. Propelled by your desire, you will walk through obstacles as if they were not there.

Author Richard Bach wrote that when we are "passionately obsessed by anything we love----sailboats, airplanes, ideas--an avalanche of magic flattens the way ahead, levels rules, reasons, deserts, bears us with it over chasms, fears, and doubts." Courage is the interface between fear and action.

We can develop courage in any life skill and it gets stronger with practice. When I started presenting classes it took a lot of courage to be able to get myself up in front of people and present. Even today I muster up courage to present in front of an audience. When courage becomes instinctive, it's a very empowering feeling. No matter how big the fear--if your desire is stronger than your fear and you have practiced attaining courage--you will continue towards your dreams. The more time you invest in building your desire, the less energy you grant to your fears and worries.

F E A R stands for Fantasized Experiences Appearing Real. Whatever your mind focuses on begins to actualize.

Eleanor Roosevelt suggested this method for overcoming the fear of trying something new. (Now we all know there is no trying----you either do it or you don't.) She said: "I believe anyone can conquer fear by first doing three things. Do it once to prove to yourself that you can do it. Do it the second time to see whether or not you like it. And then do it again to see whether or not you want

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Marcella Vonn Harting

Dr. Terry Friedmann

Dr. Terry Friedmann was a guest speaker at Marcella Vonn's Young Living Intro Meeting held in her home. Yes, when not traveling the entire month, Marcella Vonn holds regular monthly meetings in her home or within the area of Scottsdale/Phoenix. (Check out the web site for postings of these meetings.)

Dr. Friedman, the second medical doctor to join YLEO at it's inception, has collaborated extensively with Gary Young on the use of essential oils. The author of several books, including "Freedom Through Health" Dr. Friedman has much to share.

Dr. Friedman said ICP™ helps bind sugars in the body. "Whenever I'm working with anyone who has diabetes, I make sure they get lots of ICP™." He also recommends Animal Scents™ Ointment for cracked skin that may accompany advanced diabetes. (Several attendees said they use it on their skin to help soften the dry areas.)

"Essential oils eat up and break up petrochemicals that enter the body when we take drugs. I consistently encourage the use of essential oils. One caution is for anyone using blood thinners; use discretion and be careful." Dr. Friedmann stated there are so many chemicals in our environment, essential oils can assist us in coping with these toxins.

To encourage a strong immune system, Dr. Friedmann suggests taking one tablet of ImmuPro™ at bedtime. He said one of the best actions we can do for ourselves is to take two ounces of Berry Young Juice™ each day. It's the best antioxidant we know. *More next month.*

A CALL FOR TESTIMONIALS

MARCELLA VONN HARTING Is sending out a call for your testimonials.

One of the very best ways we can assist and empower people is to give them information, especially by sharing a personal experience.

Do you have a success to share with others? Have the oils, supplements or personal care products assisted you?

We would love to hear from you. You can email your personal accounts to mvonn@aol.com with a copy to atamboli@msn.com. Please include the word "TESTIMONIAL" in the subject line.

Also, please include a statement of release, such as: "I give permission for my statement to be published by Yes No Maybe Essential News." And do include your name (first initials are OK) and the town or area where you live.

For each statement we publish, Marcella Vonn will gift an oil or supplement to the person who submitted the account.

Thank you in advance for caring to share.

FEAR FACTOR

Continued from Page 1

to keep on doing it." Focus on your desire and achieving your goals. Let your desires and dreams be the complying drive taking you to the next level. Once you know what you choose, and your desire to achieve it is strong, you need a blueprint or map to get you where you choose to go. Goals are a step-by-step process of how you are going to realize your dreams. Living life with a purpose is realized through our goals and dreams. With clear goals of who you choose to be the universe stops and aligns to your potential. Goal setting is essential to the process of our success. A long-term project at Harvard University studied the financial success of graduating seniors. Only three percent of the seniors actually wrote their goals down on paper. Twenty years later, surviving members of the Harvard graduation class shared

that the three percent who had set goals were worth more in financial terms than the entire other 97 percent. Next month I will share with you a technique learned from Toni Buzan and Bob Stevens called Mind Mapping.

Essentially Courageous,

MARCELLA VONN HARTING

**"All dreams can come true,
if you have the courage
to pursue them."**

—Walt Disney

The Doctors Forum

By Dr. Ken Krieger

FLATULENCE.....YES I am really going to discuss flatus, or as my dad always said, "breeze squeezing". Many people don't like to talk about intestinal gas. It would be a much better place to live if we would talk about bowel movements and intestinal gas with an adult attitude. It's part of life and in many cases lets you know if you are digesting properly or not.

The most carefully planned diet fails to accomplish its purpose unless digestion and absorption are adequate and normal. The body must produce proper digestive enzymes and hydrochloric acid in the proper amounts to break down the foods we eat. Too little HCL inhibits protein digestion and the absorption of Vitamin C, and causes the destruction of Vitamin B-complex. When this occurs, you will have poor utilization of Calcium, Iron, and other minerals. Assimilation can become poor to the extent that anemia and bone fragility may develop. When this occurs you will also have what is called putrefaction bacteria multiplying in tremendous amounts forming great quantities of stomach and intestinal gas. When

you have lost the normal bacterial floral of the bowel, you will have a great deal of propagation of gas-forming, disease and odor-forming bacteria. Oral antibiotics kill normal bacterial flora, and they MUST be replaced. This can be done with acidophilus and the intake of yogurt.

Your (diet) "live-it" must consist of adequate amounts of fresh, raw green veggies in particular, and remove as much of the sugar, hydrogenated fats and oils, processed foods and chemically treated foods as you can. Detoxzyme™, Royaldophilus™, and Mineral Essence™ are keys to enrich a proper balance of acidophilus and digestive enzymes. Sulfurzyme™ and AlkaLime™ are also important for those who have acid base imbalances and require increased alkaline levels in their body. Di-Tone™ (5 drops) and Peppermint (5 drops) mixed and rubbed on the stomach region and around the naval has benefit also, especially in severe cases.

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

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

Zia's Essential Connection

Volume 3, Issue 12

December, 2003

Zia Essential Oils, P.M., is part of your upline and we are proud to support you as one of the members within our Young Living organization. A **complimentary copy of this newsletter has selectively been sent to members within our organization on our first 6 levels. It is also sent randomly to groups within our organization of less than 200 members.**

We have created and distributed this newsletter because of our philosophy that communication is absolutely vital in today's world; and have chosen to educate you personally as to the value of the essential oils for health and healing.

As knowledge is empowerment, you will be able to help many friends and family with the healing qualities of the essential oils. While we always encourage you to look up to your immediate sponsor for assistance, we want you to rest assured that we, your upline, are also here for you. Please feel free to copy and share this newsletter with others for there are many who would benefit from its contents.

Subscription annual rates are available in the U.S.A. for \$12.00. Mail check or money order to Zia Management Consultants, P.O. Box 350128, Westminster, CO 80035-0128 FREE upon request to active Zia members via E-Mail.

Yours in health,
Jean-Marie Hepworth Friedmann
Zia Essential Oils, P.M.
YL Sponsor #1040

Jean-Marie Hepworth Friedmann
Managing Editor

Kelli Nelson
Co-Editor and Publisher

Don't Buy Into The Fear Of Flu

By Kelli Nelson

Recently the news has been dominated by the flu and the flu vaccine. People are desperately trying to get the shot that doctors have admitted was created for a different strain of the virus, and *may* offer only limited protection. The reports also say that those who have died, actually died from pneumonia which they contracted as a result of their flu-weakened immune system.

Yet aside from getting the flu vaccination, they offer little advice on prevention. Their advice is to "wash your hands thoroughly and frequently" and to take prescription antiviral medications, which they also admit will most likely have no effect at all in preventing this current strain of influenza.

Perhaps what is spreading faster than the virus is fear. Is it any wonder there is now a shortage of flu shots? Hmmm, how convenient for the makers of the vaccine.

I believe there's a better way.

In his book, *Freedom Through Health*, Dr. Friedmann wrote extensively about the many causes of a weak immune system. Environmental toxins, heavy metals, and exposure to petrochemicals are just a few of the dangers we face everyday. Dr. Friedmann offers a 5-step program to repair and support our immune system, (which you can read about in his book), but there are many easy steps we can take right

now.

First we can begin eliminating many of the toxins from our environment. A big source of toxins comes from the products we use everyday. Our personal care products such as shampoo, soap, lotion, deodorant, and toothpaste can be filled with chemicals such as sodium laurel sulfate, propylene glycol and fluoride, all of which compromise our immune system. Many deodorants also contain heavy metals and aluminum compounds that are absorbed through our skin and can build up in our body. The good news is that all of Young Living's personal care products are 100% organic—and they're great products!

Our water should be free of contaminants and chlorine. We learn from the Essential Oils Desk Reference (EODR) that chlorine inhibits thyroid function and slows down metabolism, circulation, and immune function.

Ingesting essential oils, such as lemon or peppermint, will help to cleanse our body of the pesticides. I love to drink water with a couple of drops of lemon or peppermint. Have you seen what essential oils do to a styrofoam cup? If not, drop a few drops of your favorite oil into one and watch what happens. Just make sure you have a different cup to drink from because you won't be drinking from that one!

It is important to maintain a balanced diet high in minerals, which play a cru-

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Benefits of Autoship by Kelli Nelson

In today's world, it is imperative that we all build and maintain a healthy, strong immune system. I believe that Young Living has the highest quality and most pure products available, so in our house, we use many of them regularly.

We love the hair products, the toothpastes and mouthwash. We use the vitamins and enzymes daily and my kids love the new Super C chewable. Of course we all enjoy the Berry Young Juice. I have found the most convenient way to assure that I always have the products I need is to have them on autoship. I never run out and when I need additional products, I simply log on to the web site and adjust my order accordingly.

If you're not on autoship, you really should take another look at the program. There are so

many benefits to it, that it really just makes good sense.

As you know, Young Living has modified the procedures for new distributors to purchase at wholesale prices. (If you became a distributor prior to February, 2003 you are already enjoying wholesale prices.) **By purchasing a \$20 Success Kit and committing to a \$100 autoship, distributors who joined Young Living after February 1, 2003 can now purchase at wholesale prices without achieving the Star level.**

That's exciting news for new distributors, but that's not the only reason to be on autoship. **Did you know that if you have a \$100 base autoship that does not change for a 6-month period, you will also receive a \$150 education credit to use towards any Young Living sponsored event?** For instance, if you have two 1-

liter bottles of Berry Young Juice on your autoship order for 6 months, you will earn your education credit which could then be used toward one of the regional conventions or even the leadership training in Maui. You can add other products each month, as long as the \$100 base order remains the same for six months.

One thing that has not changed is the fact that being on autoship does not mean you must receive the same things every month. You can change your order every month, if you prefer. If you make your changes on the web site, you'll receive an additional 5% discount on your orders.

So, when you add it all up—convenience, flexibility, wholesale pricing, education credits, and 5% discount—it really does make good sense. Don't you agree?

TREATING THE FLU

by Terry S. Friedmann, M. D., A.B.H.M



The flu season is upon us and this one is a doozie. It came early here in Colorado and we have already had some deaths. Obviously the virus has mutated and the vaccine doesn't work very well. So remember my antimicrobial formula for my patients. Place in a "00" capsule the following:

- 12 drops of Thieves
- 6 drops of Oregano
- 2 drops of Frankincense

At the first sign of the flu, take one capsule every four hours for three days and then one capsule every eight hours for four to six days.

This is powerful; so don't use it for just a cold or as a preventative. This formula should not be used on children under 12 years of age or pregnant women. Ages 12-17 years use one half of the above formula.



Pinnacle Of Success

By Jean-Marie Hepworth Friedmann

As we approach the New Year, most of us will set some goals, make some plans, maybe even some new resolutions. The thought of having a brand new year ahead, may inspire us to take more control of our life and be a better neighbor, friend, brother, sister, parent, child, teacher or student. The spirit of the New Year once spoke to a man named J.D. Templeton, and he penned the following words, I'd like to share:

"I am the New Year, and I come to you pure and unstained; fresh from the hand of God. Each day, a precious pearl to you is given and once strung can never be unthreaded but stays as an undying record of your faith and skill. Each golden minute's link you then must weld into the chain of hours, that is no stronger than it's weakest link. Into your hands is given all the wealth and power to make your life just what you will. I give to you, free and unstinted, twelve glorious months of soothing rain and sunshine golden, the days for work and rest, the nights for peaceful slumber. All that I have I give with love unspoken and all that I ask is you keep the faith unbroken."

A new page and chapter awaits each of us as we begin a new year with brand new experiences, journeys and adventures, which will all be added to our Book of Life. A **positive attitude, smile, and love for each other will insure our 2004 memories will be those of success, fulfillment, joy and a multitude of blessings.**

Achieve your **Highest Potential** with this powerful new essential oil blend.



D. Gary Young has created a master blend of essential oils to tap into your deepest yearnings, focus profound energies you may not even be aware of, and surmount what once seemed impossible. There is a shining sword of possibilities waiting to be plucked from the granite stone of doubt. This is your hour!

How to use: For topical or aromatic use.

Ingredients: Australain blue [a blend of blue cypress, ylang ylang, cedarwood, blue tansy, and white fir], Gathering essential oil blend [galbanum, frankincense, sandalwood, lavender, cinnamon, rose, spruce, geranium and ylang ylang], jasmine and ylang ylang.

Highest Potential #3355 Dist. \$19, Pref. Cust. \$21

May your holidays be filled with Love, Peace, Health and Sprinkled with Happiness!

(Continued from page 1)

cial role in optimizing immune response, amino acids and antioxidants. Berry Young Juice is the best antioxidant there is—and it's delicious!

Diffusing essential oils reduce airborne pathogens and viruses.

Washing our hands is impor-

tant, but what happens when you're finished washing your hands and you turn to open the door? Surfaces such as doorknobs and light switches are full of germs. That is why Young Living now offers the new Thieves cleaning products. The Thieves wipes and spray will assure that the surfaces we have contact with are germ-free. We

Thieves® Wipes and Thieves® Spray contain all-natural ingredients formulated to distribute the power of therapeutic-grade essential oils while killing germs and bacteria.

Ideal for use on door handles, toilet seats and anywhere undesirable bacteria may be present. Caution: Not for use on infants or sensitive areas of the body.

Thieves® Wipes (#3756 dist. \$13, p. cust. \$15)
Thieves® Spray (#3228 dist \$10, p. cust. \$11)



know that Thieves has been found to kill airborne bacteria, doesn't it make sense to carry these products with us? After all, it's outside of our home that we are most vulnerable to bacteria and viruses.

If we make the effort to maintain a strong immune system and then take the steps to avoid contamination in the first place, there is no need to fear the flu. And armed with Young Living's many products, we can feel secure that if we do happen to get the flu, the virus will surely succumb.

Now who's afraid?

Zia's Essential Connection

Volume 4, Issue 1

February, 2004

Zia Essential Oils, P.M., is part of your upline and we are proud to support you as one of the members within our Young Living organization. **A complimentary copy of this newsletter has selectively been sent to members within our organization on our first 6 levels. It is also sent randomly to groups within our organization of less than 200 members.**

We have created and distributed this newsletter because of our philosophy that communication is absolutely vital in today's world; and have chosen to educate you personally as to the value of the essential oils for health and healing.

As knowledge is empowerment, you will be able to help many friends and family with the healing qualities of the essential oils. While we always encourage you to look up to your immediate sponsor for assistance, we want you to rest assured that we, your upline, are also here for you. Please feel free to copy and share this newsletter with others for there are many who would benefit from its contents.

Subscription annual rates are available in the U.S.A. for \$12.00. Mail check or money order to Zia Management Consultants, P.O. Box 350128, Westminster, CO 80035-0128 FREE upon request to active Zia members via E-Mail.

Yours in health,
Jean-Marie Hepworth Friedmann
Zia Essential Oils, P.M.
YL Sponsor #1040

Jean-Marie Hepworth Friedmann
Managing Editor

Kelli Nelson
Co-Editor and Publisher

Staying the Course

By Kelli Nelson

I have a good friend who is as passionate about her network marketing business as I am about mine. We have frequently discussed the differences between the company she represents and Young Living. She is a distributor for Melaleuca. Occasionally she will say something that inspires me to further investigate her comments. About a year and a half ago, she emphatically told me that Melaleuca is not MLM! So, rather than argue with her, I went to their web site to see what they had to say. While there I decided to take a look at their oils.

I already knew, from our conversations, that they didn't educate their members as much as Young Living, but I was surprised to see that their two oils were named in code: T36-C5 and T40-C3. What does that mean? (Personally, I would much rather call them by their botanical names.) I had also known that they only have one type of oil: Melaleuca Alternifolia. After a hard search for information, I eventually was able to learn the meaning of their code names. (The "T" represents terpinen and the "C" represents cineole. The numbers represent the percentage of those properties the oil contains.) At that time, all of their products contain melaleuca.

That was about a year and a half ago. My original idea for this article was to go further into the comparisons between our oils and theirs, so again, I went to their website for in-

formation. I was shocked at what I found! Their website was totally different from what it had been. I found it difficult to even find their oils. Instead, I felt I was looking at a website for an online pharmacy. In fact, several times I found myself looking closely at the name of the company to reassure myself that I was at the right site. When I finally found their oils, I realized that in the past year and a half they have completely transformed their company and product line to include actual pharmaceuticals! They once claimed to be all natural, chemical-free. They certainly can't make that claim now.

Suddenly, my thoughts for this article changed from comparing the oils to comparing the companies. I began to wonder how many other companies have turned 180 degrees from their original concept. I can't begin to answer that question without years of research. However, I can say that Young Living has not changed!

When Gary Young made the decision to start Young Living, his motivation was to educate people about therapeutic-grade essential oils and to educate us on the importance of proper nutrition for optimal health. The only changes he has made in that mission has been to expand on our education and his dedication to provide us with the pure, all-natural products we need to completely eliminate the harmful toxins from our environment.

As I was looking at the Melaleuca products (under the category of

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“Pharmacy” - a category you’ll never see affiliated with Young Living!), the first product listed was “Derma-cort Anti-itch Cream”. I gasped! This cream contains hydrocortizone! Their claim is that it “takes the sting out of poison ivy, hives and rashes.”

A few months ago my 9-year old son developed a nasty rash that we soon identified as poison oak. Of course, the first line of allopathic treatment is steroids, which I refused to give him. Instead, I looked in the EODR and found a list of oils that have been found effective in the treatment of poison oak along with suggested protocols. His rashes seemed to take on different appearances in different areas and I soon noticed that while one protocol worked well with the rash on his face, a different protocol worked better with the rash on his legs. After about three days, the rash on his face was completely gone but the rash on his leg seemed to be spreading.

One morning, as I was dishing out their MightyVites™ and Super C™, I had the idea to give him an Allerzyme™ capsule. My thought was that the rash was simply an allergic reaction to poison oak so why not try natural enzymes to counteract that reaction. It worked! Within the next three days, the rash almost completely disappeared.

I wouldn’t have thought of that if Gary Young had not been so determined to educate us on our digestive system. Rather than teaming up with the pharmaceutical companies, he has taught us to look to nature to balance our body and strengthen our immune system so that it can fight off dis-ease in the way that God intended.

Another lesson I have learned from Gary is that you cannot treat a symptom with essential oils. You must find the cause of the symptom. Many times the cause will, in some way, be connected with our digestive system. (You can learn more about this by listening to training tapes #21 and #32. Both are available from Essential Science publishing.)

A couple of other products I saw in Melaleuca’s “Pharmacy” was Acetamenophen and Ibuprofin. I hope by now, that most of us are aware of how toxic these over-the-counter pain killers are to our liver. How can a company call itself “The Wellness Company” when they are selling harmful drugs? Melaleuca doesn’t just offer those pain killers for adults, though. They also have one in liquid form for children. They specifically label it for reducing fever.

Again, Gary has taught us how to find alternatives to pain killers through nature. Many times we can find relief with essential oil blends such as PanAway™, Relieve It™, and M-Grain™. However, he has also shared with us that sometimes the pain may be associated with a deep seated emotional response. And that by facing the emotional trauma and releasing it, we can find total relief from the pain. And he has taught us that, again, some pain may be caused by poor nutrition and a compromised digestive system.

Before I knew about Young Living, I gave my children Acetamenophen and Ibuprofin for fever. I didn’t know any better. Fortunately, by the time my younger son was three I had learned about the power of peppermint. I will tell you this, nothing reduces a fever faster or more effectively than

a few drops of peppermint rubbed on the back of the neck!

I could go on about the differences between Young Living and Melaleuca but I think you probably get the point. There is no comparison!

Young Living has never strayed from Gary’s original mission. In fact, they have taken it to a new level. This year, instead of having one Annual Grand Convention in Salt Lake City, UT, there will be two Conventions. The first in Anaheim, CA, April 2nd and 3rd; and the second in Nashville, TN, Oct. 8th and 9th. The reason for the change is simple: To educate more people by making it easier for them attend.

The past decade has brought many changes to the health industry. The alternative health industry has exploded into one of the fastest growing industries. With the ability to advertise on TV, pharmaceutical companies have enjoyed record breaking profits. How do we know what products are best for us? The only way to truly know is to continue to educate ourselves.

Thanks to Gary’s determination to teach, we know that God has given us everything we need, through nature, to maintain a healthy, balanced lifestyle. We have learned that the most beneficial nutritional supplements begin with the soil and distillation process. And, through the continued research at the Young Life Research Clinic, we have learned that we don’t need all of the pharmaceutical drugs. We have learned that the best way to heal our bodies is to feed them; to give them the tools they need to heal themselves.

Melaleuca has chosen to join the pharmaceutical companies. Young Living has stayed the course!



Pinnacle Of Success

By Jean-Marie Hepworth Friedmann

The November and December holidays have now become memories, and the first day of spring is quickly approaching. February, gifts us with reminders to love others and ourselves. Everywhere we turn we see hearts, balloons and pendants wishing us a Happy Valentines. Take the time to thank God for the wonder and gift of you, when counting your blessings. Plan on sending or giving yourself a valentine's gift just for the sheer joy of being

you!

Our New Year's resolutions have now either become patterns within our daily life or have already been abandoned. I hope you have kept a daily resolution that 2004 is to be one of your healthiest and prosperous years ever. It takes personal commitment to feed and exercise our bodies, so our body ultimately can operate and serve us; so we may continue to be of service to others.

... Are you using the essential oils Valor™ and Immupower™ on the soles of your feet daily?

...Do you support your body by taking either Master Hers or Master His, which contains essential oils? These are the best multivitamins, we have found.

... Do you have ImmuPro on your nightstand so that you will remember to chew one each night supporting your immune system?

...Is your auto ship in place with Young Living that guarantee's your health products are available to you as well as receiving a financial savings of 2-5% on your orders?

... Are you maximizing your income by placing your personal order and receiving commissions for those Young Living orders, placed by your family and friends in your organization?

...Is your e-mail address current and on file with Young Living, which insures you are informed of special discounted offers that are available?

...Do you know that by your being a Young Living Member you are already in business for yourself, if you choose to be?

To build your Young Living business all you need is to give your member number and Young Living's toll free order number or website address to others so they can place an order for products. This places your friends and family in your organization (if they are currently not already signed up as a member). How easy is that for those of you who would like to supplement your present income?

Invest in yourself, and discover how expansive your world becomes. We have been blessed with multiple gifts of life and its up to us on how we use those gifts to empower ourselves as well as those we love.



**Science & Application
Conference
West Palm Beach, Florida
March 4-6, 2004**

What you can expect to learn at this educational conference:

Three-day Event | 1/2 days lecture (Day 1: Business attire) | 1/2 days hands-on training (Day 2-3: Casual, loose clothing)

Lecture on Nutrition and Products

Introduction to essential oil chemistry Dietary needs for health and fitness Essential oils and nutrition Using essential oils safely How to select your oils

Hands-on Training

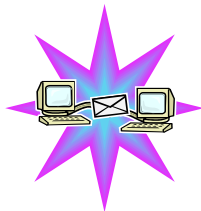
Raindrop Technique, Vita Flex Technique, Lymphatic Drainage

To register, call Distributor Network Services at 800-371-3515 or visit www.youngliving.com.

*"How do we break out of the box
we're stuck in?
There are lots of reasons why we stay in the box,
but the number-one reason is
fear of failure".*

Donald Winkler
Chairman & CEO
Ford Motor Credit Company

Does Young Living have your current email address?



Write us at ziaessoils@comcast.net your e-mail address and we will submit to Young Living.

Or e-mail custserv@youngliving.com and inform them of your e-mail address. They will need your member number, name and address.

Life and Leadership Training

Trainer: D. Gary Young, N.D.

Four full days of Life Training instruction will include:

- How to conquer self-defeating life beliefs
- How to overcome fear and rejection from ancestral patterns and present practices
- Details about the latest information on essential oils and their applications
- How to draw from the strength that you possess to achieve your highest potential

Location: Grand Wailea Resort - Maui, Hawaii

COST: *\$450 until May 31; after that date, the fee increases to \$550 (includes all materials and four lunches).

**Price is based on 5 nights occupancy at the Grand Wailea Resort. If you don't stay at the Grand Wailea, the training cost is \$550.*

OPTIONAL LUAU: \$100 per person, Thursday evening, June 17 (reservations must be made before May 31). Rich in culture and history, the luau will offer a musical glimpse into the Polynesian heritage and lifestyle. Taste, smell, see and hear the rich tapestry woven by Hawaii's earliest inhabitants.

REGISTRATION: Call Distributor Network Services at 1-800-371-3515 or the Events Team at 1-418-8900, or visit www.youngliving.com and register online.

HOTEL ROOMS: \$185 Single/Double Rate, \$25 per person/per night charge for more than 2 persons in any room, with a maximum of 4 persons per room. In addition to the hotel rate, there will be a daily resort fee of \$15 per room per night. This includes: flower Lei greeting upon arrival; welcome Mai Tai punch; unlimited local, toll-free and credit card calls; nightly turndown service; unlimited use of the cardiovascular and strength training facilities; participation in sunrise power walks, aerobics, yoga and conditioning classes; admission to twice-daily scuba clinics and water aerobics; participation in scheduled art and garden tours featuring the works of Botero, Leger, Picasso and Warhol; use of self parking facilities; shuttle service to scheduled stops throughout the Wailea area; use of water features including water slides, water elevator, Jacuzzi and rope swing. **THIS FEE ALSO INCLUDES ALL BAGGAGE HANDLING, HOUSEKEEPING AND GOLF BAG PORTERAGE FEE. PLEASE DO NOT GIVE ANY OTHER TIPS FOR THESE SERVICES.**

FOR RESERVATIONS CALL 1-800-888-6100 BEFORE APRIL 1, 2004. Specify type of room desired, i.e. single, double, triple, suite, non-smoking, etc. The Grand Wailea requires a deposit equal to the room rate for the first and last nights reservation. This amount is due at the time reservations are made.

YOU CAN ARRANGE TO PAY FOR THE TRAINING with the Easy Payment Plan. For example, if you start in October and divide the \$450 fee into 8 months, your payments will be \$56 a month until May 31, 2004. (Payment for the Luau may also be added and divided using this method.)

YOU CAN ALSO PARTICIPATE IN THE AUTOSHIP REWARDS PROGRAM and qualify for a \$150 discount on registration fees. This sets your Easy Payment at just \$37 per month if you start the program in October. (See page 20 in this issue of the Edge for details.)

Watch for more information in November about an optional tour package to Oahu for 2 days of fun at the conclusion of the training.

June 14 - 17, 2004
Maui, Hawaii



Rcc, Inc - Chérie Ross
2732 Quebec Avenue North
New Hope, MN 55427

March 2004 General Newsletter

In this Issue: New Formulas to help with:
Pain Relief - Labor/Delivery
Sinus Pain - Warts - Migraines
Fungus - Parasites - Acne
Healthy Disks - Liver/Gall Stones
Teeth/gums/Coldsore
and more...

800-371-2928 - Live operator ordering
888-880-1549 - Automated ordering
800-371-3515 - Customer Service
866-203-5666 - Fax
801-465-5400 - Corporate Office

On-line Ordering www.youngliving.com
Live help hours: M-F 8am - 11pm
Sat. 10am - 5pm
Sun. 3pm - 11pm

Check this box if you no longer wish to receive this newsletter and mark "return to sender."
"DO NOT MARK ACROSS THE LABEL! or
Please contact us with your E-mail if you wish to receive it electronically.

**Young Living truly offers some of the best education for enhancing our life.
Also the teachers are magnificent. And some how all this learning is
incorporated with a whole lot of fun.**

Conventions - East/West coast conventions: I'm attending both. Packed full of high level education & the most current research.

April 1-3, 2004 - Anaheim CA. - Hyatt Regency Hotel & Resort West Coast Convention - Gary is concentrating on indepth understanding of Hormones, our Essential Oil blends & using Essential Oils on animals.

Oct. 7-9 - Nashville, TN- Gaylord Opryland Resort and Convention Center

Life & Leadership Training - June 14-17 2004 - Hawaii, Maui - "Lifestyle Enhancement" excellent class focusing on using the oils for clearing emotions & release patterns keeping us stuck in our lives.

Science & Application - Minneapolis, MN July 15-17th, 2004 - Dr. David Hill & Vicki Opfer
San Francisco, CA Sept. 9-11th 2004 - Dr. David Hill & Marcella Vonn Harting

Gary Young's - A definite must to attend Casper, WY - Fort Collins, CO - Colorado Springs, CO - Albuquerque, NM - San Antonio, TX - Austin, TX - Houston, TX Dallas, TX - Oklahoma City, OK - Tulsa, OK - Wichita, KS - Denver, CO

Dr. David Stewarts classes - Truly an outstanding teacher nationwide. He is head of the Institute for Research in Aromatherapy.

Marcella Vonn Harting Chicago, IL April 30 & May 1, 2004 Marcella Vonn Harting & Justin Harrison Friday Business Building & Saturday "Back to Basics" & a whole lot more.

Anna Maya Powell classes - Nationwide - A European trained wholistic health practioner and Gary Young's personal assistant for may years.

Dr. Mark & David Geier - May 2004 Mpls. MN. The top researchers on harmful effects of vaccines.

Check on www.youngliving.com or call 1-800-371-3515 to register
For more information you can also go to www.young-living.net or 763-545-7347