

Learn more about what & how to use Y.L. products on the Mon. Conference calls 8:00 p.m. c.s.t. 620-584-8200 enter code 24856#

February 2005
General Newsletter

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

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Hello Everyone,

My desire for you is a healthy, happy, peace filled & prosperous 2005. John Randolph Price sums it up best in the Workbook for Self-Mastery.

Let peace come forth in every mind.

Let love flow forth from every heart.

Let forgiveness rein in every soul.

Let understanding be the common bond.

I've been hearing the **Regional Training Classes** are excellent. They are free!! Lots of product give aways & reduced prices on YL products for those who attend. Also if anyone becomes a “Distributor” at the meeting Y.L. is waving the \$20.00 Success Kit fee. That's right. They can become a distributor, get a wholesale account & success kit absolutely free! Invite people you know to attend the meeting/class close to them. For details www.youngliving.com or 1-800-371-3515. 7:00-9:00 p.m.

March 1	March 2	March 3	March 4
New York, New York	Newark, New Jersey	Philadelphia, Pennsylvania	Washington, D.C.
Portland, Maine	Boston, Massachusetts	Binghamton, New York	Syracuse, New York
Burnaby, British Columbia	Seattle, Washington	Portland, Oregon	San Francisco, California
Kansas City, Missouri	Cedar Rapids, Iowa	Milwaukee, Wisconsin	Minneapolis, Minnesota
Moncton, New Brunswick	Fredericton, New Brunswick	Toronto, Ontario	Detroit, Michigan

Hot Tip

I diffuse Clove Oil 1 hour before any guests come to my home. Many of my friends have pet allergies & by diffusing Clove Oil, my friends can be in my home & experience no allergic response. Connie Johnson.

The 10% off specials for 2005 are:

Jan 15 - Feb 15	Magnify your Purpose Oil	July 15 - Aug. 15	BrainPower Oil
Feb 15 - March 15	Clarity Oil	Aug. 15 - Sept. 15	Thieves Kit
March 15 - April 15	St. Maries Lavender Oil	Sept. 15 - Oct. 15	Abundance Oil
April 15 - May 15	R.C. Oil	Oct. 15 - Nov. 15	Clove Oil
May 15 - June 15	Rose Oil	Nov. 15 - Dec. 15	White Angelica Oil
June 15 - July 15	Immupower Oil	Dec. 15 - Jan. 15	Peace & Calming Oil

Magnify Your Purpose - Code #3377 Frequency approx. 99 MHz

Can be diffused, applied topically and taken internally. The fragrance influences creativity, desire, motivation & focus. The 7 oils in this blend are specifically formulated to stimulate the Endocrine System. Energy flow to the right hemisphere of the brain increasing creativity, desire, motivation & focus. This strengthens our commitment to purpose, magnify's our desires & pure intentions until they become reality containing; **Sandalwood** - high in sesquiterpenes which have been researched for their ability to stimulate the pineal gland (often referred to the gland that connects us to our soul) releasing melatonin, the hormone responsible aiding us into deep sleep. Excellent for enhancing all meditative practices. **Nutmeg** - supports, balances & strengthens adrenal glands function. Excellent to ease nausea & digestive issues including excess gas. Eases difficulties with joints, arthritis, gout & stress related physical concerns. **Patchouly** - excellent for all skin conditions & as a digestive aid. Powerful anti-inflammatory & the fragrance influences a consciousness of abundance & wealth. **Rosewood** - Assists in balancing both hemispheres of brain function. Research has proven to provide successful inhibition of gram negative & gram positive bacteria growth. **Cinnamon Bark** - singly the most powerful oil for all infectious microbes; viral, bacterial, fungal & parasitic. A powerful purifier, oxygenator & enhances the action of other oils

Chérie L. Ross RCC, Inc. CEO
2732 Quebec Ave. N., New Hope, MN 55427, USA
(763) 545-7347 Cell: (612) 867-6797 Distributor #263437
E-mail: cherie@young-living.net www.young-living.net

used. Cinnamon Barks frequency attracts wealth & abundance as recorded in historical Chinese & East Indian records.

Ginger - excellent tonic for relief from all digestive issues including motion sickness & indigestion, diarrhea & colic.

Produces results with muscle sprains & aches, arthritis, rheumatism. coughs & congestion, sinusitis, sore throats etc.

Sage - has been used for centuries to treat all skin conditions including hair loss. It also strengthens all vital centers for our body relieving depression & mental fatigue. **Sage** is used for purification, dispelling negative emotions & healing the spirit.

Clarity - Code #3321 Frequency approx. 101 MHz

Can be diffused, applied topically & taken internally. The fragrance influences increased mental alertness. The 12 oils in this blend are formulated to promote a clear mind, mental alertness & enhance our ability to maintain focus. **Clarity** also keeps us awake while driving, or performing tedious or mundane tasks. May also assist us from going into shock during a trauma. If you experience a headache when using **Clarity** make sure you're drinking plenty of pure water. If the headache persists it may be an indication that you have an accumulation of petrochemicals, toxins, or heavy metals in your brain.

(See your Essential Oil Desk Reference for heavy metal detox.) **Cardamon** - clinically tested producing positive results with Dementia, Alzheimer's & other brain disorders. Also proven to remove petrochemical & heavy metals accumulation in the brain. **Rosemary** - an endocrine system balancer. Combats mental fatigue & stimulates memory. **Basil** - a powerful decongestant & natural antihistamine. **Bergamot** - relieves anxiety, stress & tension. Clinically producing positive results with manic behavior disorders. Powerful anti staff infection properties. **Jasmine** - outstanding for improving skin texture as well as improving frigidity, depression & nervous exhaustion. **Lemon** - clinically proven to improve memory recall & decrease errors by over 50% upon inhalation. stimulating & invigorating to all areas of our brain, relieves fatigue, improves lymphatic function, microcirculation, assists in more clear vision Also tremendous antimicrobial activity.

Additionally, assists our body in digesting excess fat. **Geranium** - assists balancing hormones & proper liver & pancreas function. **Palmarosa** - Excellent for rapid regeneration of healthy cells. Great for all skin conditions. Supportive to cardiovascular & nervous systems. **Roman Chamomile** - Calms & relieves restlessness, tension, insomnia, & gentle liver detoxifier. **Rosewood** - In addition to prior info. **Rosewood** assists us in maintaining balance between both hemispheres of the brain allowing us to respond with clear focused thoughts. **YlangYlang** balances communication between both hemispheres of our brain. **Peppermint** improves focus, concentration & mental accuracy by over 50% upon inhalation. Optimal usage: apply to top of head(scalp), forehead, & inhale. Diffusing achieves longer lasting results.

St. Maries Lavender Code #3576 Frequency approx 118 MHZ

Can be diffused, applied topically & taken internally. The fragrance influences calming, relaxing, physical & emotional balance. Pure true lavender is a very rare & sacred occurrence. Most Lavender's (except Y.L.) purchased are a hybrid of a blend of genetically altered plants. This very special YL Lavender grown in sacred native america land in the mountains in Northern Idaho, has been rated by French laboratories to be some of the best pure true Lavender they have ever tested. Lavender has so many abilities that whole books have been written on this oil solely with still more left unsaid. Lavender is excellent for everything from skin care, wounds, famous for burns, prevent & restore hair loss, excessively oily scalps/skin, cramping, cancer, tumors, acne, stretch marks, minimize scarring, nausea, headache muscle cramps & tension, phlebitis, bruises, stress release, tension release, aid in sleeping, oxygenating emotional mood balancing, anti-inflammatory, analgesic, anti-convulsant, calming & relaxing. The energy of **St. Maries Lavender** is delicate & strong. **St. Maries Lavender** is very well suited for everyone, however is especially beneficial for those who are more fragile or vulnerable to energy changes. **St. Maries Lavender** is very grounding & stabilizing as well as uplifting. Excellent for use during prayer to strengthen our connection with our creator - bringing us a real sense of contentment.

R.C. Code #3405 Frequency approx 75 MHz

Can be diffused, applied topically & taken internally. The fragrance influences decongesting & relief from allergy symptoms. This blend of 11 oils was formulated to give relief from all respiratory, sinus, throat & cold allergy issues. Often **R.C.** successfully dissolves bone spurs. **Eucalyptus Globulus** - An excellent mucolytic, powerful against staff, strep & pneumonia infections, anti-viral & reduces all infections in lungs. **Eucalyptus Radiata** - anti-inflammatory & strong action against all lung disorders, bronchitis, asthma & sinusitis. **Eucalyptus Australiana** - Anti-viral, antibacterial & anti-fungal. **Eucalyptus Citriodora** - Decongests & disinfects sinuses & lungs. Anti-inflammatory & antispasmodic. **Myrtle** strengthens respiratory system, chronic coughs, asthma, tuberculosis & chest complaints. Gentle yet very effective & safe for babies, children, small animals & yes even cats & birds. **Pine** - opens & disinfects the bronchial tract. Very powerful anti-infectious for respiratory, bronchitis & pneumonia. **Spruce** - A sacred essence of the Lakota Indians used for bringing a feeling of stability & connection with our creator. Anti-inflammatory with cortisone like action. Supports & balances our nervous system & skeletal system. **Marjoram** - Reduces spasms, calms coughs & soothes large muscle mass. **Lavender** - Anti-spasmodic, anti-inflammatory & prevents scarring in all tissue, even lungs. **Cypress**- strengthens circulatory system, increases healthy blood flow, increases lymphatic activity anti-infectious & mucolytic. **Peppermint** - Extremely beneficial for respiratory, digestive, sinus & liver disorders. Reduces fevers, regulates body temperature, strengthens respiratory function & improves focus, concentration & mental accuracy.

Rose Code #3623 Frequency approx. 320 MHz

Can be diffused, taken internally & applied topically. The fragrance influences establishing balance & harmony assisting us in over coming insecurities & creating a sense of contentment. The highest quality **Rose** available requiring 5,000 lbs. of Bulgarian Rose petals to make 1 liter of oil. **Rose** has been used for thousands of years for all skin issues; from wrinkles & scar prevention to regenerating tissues from burns & severe injuries to eczema & other serious skin disorders. **Rose** may also prove effective with asthma & other respiratory concerns. **Rose** also is tremendously effective with assisting us in recovering from physical illness or conditions stemming from emotional issues or traumas. **Rose** is very powerful in preventing us from going into shock & bringing us out of shock, even if we've been in shock for a prolonged period of time. **Rose** is also very necessary to use with all forms of grief. Sometimes when we lose a loved one we fall into such deep grief from which we cannot recover. Our own demise will then follow - hence "They died from a broken heart." **Rose** oil or **Rose & Jasmine** will lift us up out of the deep grief & despair. **Rose** is also necessary to wear or even carry in your pocket, when you or your loved one are going through a serious or terminal illness, or are consistently around negative depleting energy, to keep your own frequency up. Legends state that rose is often the fragrance of Mother Mary, the Saints & ArcAngels.

Immupower Code #3363 Frequency approx 89 HMHz

Can be diffused, applied topically & taken internally. The fragrance influences a feeling of strength, support & protection. This blend of 9 oils is formulated to protect our body, support our defense mechanism & restore balanced communication amongst our cells. **Immupower** holds a very special place in my heart. It is the first oil/product I purchased from Y.L. The lupus was attacking my body & major organs at an alarming rate. Everything medically & holistically that had worked up to this point stopped working. I was bleeding internally & progressively getting worse as the lupus attacked my brain, ascending colon, kidneys, connective tissue etc. I ordered **Immupower**, applied it topically 2x daily on the bottom of my feet & liver area. In 3 days I stopped bleeding internally. This was astounding to my doctors. I went from having approx.. 2 months left to live, to my body beginning to disarm the lupus in 3 days & the only change I made was using **Immupower** oil. I cannot say it will work this fast on everyone as we are all unique. There are lots of contributing factors including diet. **Immupower** is a powerful life restoring blend containing **Cistus** - proven for its results producing effective rapid healthy cell regeneration. It's anti-infectious, stops & prevents hemorrhaging and scarring. **Cistus** balances the parasympathetic nervous system as well as many auto immune disorders. **Frankincense** - Ancient texts reveal **Frankincense** was used to treat every ill known to humankind. A powerful anti-inflammatory as well as immune system modulator **Frankincense** regulates hypothalamus function. Proven through research to have powerful anti-tumoral & anti-cancerous abilities. Considered to be one of the holy anointing oils & is often used for spiritual strength & protection. **Oregano** - next to **Cinnamon Bark**, **Oregano** is one of the most powerful anti-microbial essential oils. Laboratory research proves **Oregano** has over a 99% kill rate against many bacteria & virus, fungus & parasites. Very powerful against all lung & throat infections. **Idaho Tansy** - improves weakness in kidneys, heart, joints, digestive system & assists in balancing our body systems. Also a powerful anti-infectious oil for cold & flu. Excellent to stop all bleeding instantly - even the most severe wounds. **Black Cumin** - helps balance digestive system & immune function. It also anti-spasmodic. **Clove** - coming in at approx 10,800,000 this oil has the highest rating on the FDA's ORAC scale than any other substance organic or otherwise. In other words **Clove** oil is the most powerful anti-oxidant on the planet. Nothing even came close. **Clove** stops free radical damage dead in their tracks. Also a powerful anti-microbial ranking right up there with **Oregano & Cinnamon Bark**. Very strong against all forms of infection & disease processes, **Clove** also has excellent analgesic properties. **Hyssop** - excellent oil used for purification of our body & blood. **Hyssop** has strong anti-viral, anti-parasitic, anti-asthmatic, mucolytic & anti-infectious properties. Excellent to reduce inflammation. **Ravensara** - referred to by the people of Madagascar as the "miraculous healing plant" **Ravensara** is powerful against all forms of infection, including shingles, mononucleosis, herpes, viral hepatitis, sinus, flu, all respiratory disorders & auto-immune disorders due to its ability to support proper adrenal gland function. Also supports proper nerve function & regeneration after infection. **Mountain Savory** - a powerful yet less aggressive "cousin" to **Oregano**, **Mountain Savory** is anti-viral, anti-bacterial, anti-fungal, anti-microbial, anti-parasitic & in general excellent immune system modulator.

Brain Power - Code # 3313 Frequency approx. 78 MHz

Can be diffused, applied topically & taken internally. The fragrance influences promoting deep concentration & channeling physical energy into mental energy. This blend of 7 oils is formulated to restore proper brain function. In other words recharge the batteries of the brain for optimal energy & peak performances containing high sesquiterpene compounds that have been shown to increase oxygen around receptor sites around the pineal, pituitary, & hypothalamus. They are responsible for the secretion of human growth hormone (hGH). Research indicates that they play a major role in dissolving petrochemicals known to plug the receptor sites & prevent receptivity. Brain Power may help clear the brain fog that people experience due to the ingestion of chemical foods, skin & hair care products with petrochemicals, & breathing

heavy chemical-laden air. Brain Power may increase mental potential, mental clarity, & long term use may retard the aging process. It may also support & strengthen immune function. **Frankincense** - In addition to prior info. **Frankincense** also stimulates the limbic system, mid-brain for increased creativity & decreases depression, stress & feelings of despair leaving us feeling uplifted & emotionally balanced. **Sandalwood** - in addition to prior info. **Sandalwood** also works with the pineal gland to restore emotional stability, increase creative thinking & assists us in remaining calm during times that demand peak performance. **Melissa** - Singly the most powerful anti-viral oil available. Completely irradiating almost all viruses while maintaining a very delicate nature. The energy of this oil is gentle yet the action is resilient & powerful. **Melissa** is calming & balancing to our emotions. Very high in sesquiterpenes it attracts oxygen into our brain while stimulating the anterior pituitary. **Cedarwood** - Extremely high in attracting oxygen while calming & purifying our brain **Cedarwood** has been used by Native Americans to enhance communication & spiritual awareness. Simple inhalation for 11 seconds or more immediately produces calm, clear thinking. **Australian Blue Cypress** - sacred oil of the Aboriginal culture known for their abilities of telepathic communication. **Australian Blue Cypress** - improves circulation & increases the flow of oxygen to the brain, stimulating the amygdala, pineal & pituitary glands & hypothalamus. Tremendous oil for increasing intuitive abilities. **Lavender** - In addition to prior information **Lavender** has calming & relaxing aldehydes & esters which are relaxing allowing us to access improved concentration & mental acuity. Also **Lavender** is the #1 stress, & tension releasing oil heightening our ability to reason & remember. **Helichrysum** - The most effective nerve regenerative oil. **Helichrysum** literally rebuilds damaged nerves & strengthens our neurological function leading to enhanced awareness & cognitive abilities. **Helichrysum** also assists our cells in very gently releasing any memory of trauma & anger freeing us up to heal, regain our focus & improve our ability to concentrate.

Thieves Kit Code #3154 Frequency approx 150Mhz

Can be diffused, applied topically & taken internally. The fragrance influences inner strength, alertness, & a take action state of mind. **Thieves Kit** contains **Thieves Oil**, **Thieves Antiseptic Spray**, **Thieves Lozenges** and **Thieves non-toxic household Cleaner**. This blend of 7 oils, formulated based on research during the historical "Black Plague" has proven to have a 99.96% kill factor against almost every unhealthy microbe presented to it. Including airborne bacteria, virus & all infectious bacteria. **Clove** - in addition to prior info. **Clove** is a general stimulant very effective in getting our bodies to take action in eradicating unhealthy microbes quickly & effectively. **Lemon** - in addition to prior info. **Lemon** also promotes Leukocyte(healthy cells) formation, dissolves cellulite & increases lymphatic function.

Cinnamon Bark - in addition to prior info. is one of the most powerful exterminators of all unhealthy microbes.

Cinnamon's action is aggressive so be mindful when using in sensitive areas. Never diffuse Cinnamon Bark alone, however it's excellent to diffuse in blends such as **Thieves**. **Eucalyptus Radiata** - A powerful anti-infectious & expectorant as well as very helpful against endometriosis, vaginitis, sinusitis and all respiratory conditions. **Rosemary** - Outstanding anti microbial for everything from dandruff to prostate issues to candida. Very effective in balancing the endocrine system & removing excess mucous. Also stimulating to our mind, assisting us in overcoming fatigue & increasing memory & clear thinking. **Thieves Lozenges** - Contain the power of **Thieves** oils in a lozenge for easy use in preventing & eradicating colds Flues, sore throats, sinusitis and all oral & periodontal issues. **Thieves Antiseptic Spray** - The power of **Thieves** in a carry along spray. Excellent to use as sanitizer all day long. Also safe for oral use. **Thieves Household Cleaner** - This spectacular all purpose non-toxic cleaner is fantastic. The anti microbial power of **Thieves** combined with a non-toxic coconut oil based cleaning solution that is safe for your whole family. Dilute this concentrate as directed to clean dishes, laundry, windows, bathrooms, stains, floors, wood, leather, upholstery, walls everything you can think of. Professional cleaning services using **Thieves Cleaner** are receiving feedback from their clients that allergies are easing in their homes & offices. Also employees of the cleaning services are calling in sick less often due to the **Thieves Cleaner** that they're using is helping prevent colds & flues & is clearing up their allergies & sinus issues. **Thieves Cleaner** is very gentle on the skin.

Abundance Oil Code # 3300 Frequency approx. 78 MHz

Can be diffused, applied topically & taken internally. The fragrance influences when focusing on issues of abundance and inhaling this oil, a memory link to the RNA template is created where the memory is blueprinted and then passed to & stored in the DNA memory bank. Then every time you smell the oil the mental energy for abundance is created. The frequency of this blend is believed to create a harmonic magnetic energy field around oneself. The 8 oils in this blend are created to enhance the frequency. **Myrrh** - Excellent anti-microbial & anti-infectious oil. Outstanding for any & all skin conditions. Also researched for its anti-cancer producing results. High in sesquiterpenes, **Myrrh** has a prolific effect on multiple aspects of our brain. Eastern cultures have used **Myrrh** for centuries to enhance feeling spiritually connected & euphoric. Legends say **Myrrh** possess the frequency of wealth & was highly sought after in trade. **Myrrh** is also known as a fixative in that it elongates the effectiveness of any other oils, applied at the same time, in our body. **Cinnamon Bark** - in addition to prior info. **Cinnamon** oil was considered in China & India to attract wealth to whom ever possessed it. **Cinnamon** oil had great value due to all its health sustaining abilities & only the wealthy could obtain it. **Frankincense** - in addition to prior info. **Frankincense** was valued higher than gold because only the wealthy could afford it. **Frankincense** has proven to have the profound effects on HGH receptivity (human growth hormone). Excellent for relieving depression &

other emotional imbalances. A very necessary oil to keep us spiritually at peak connection & performance. **Patchouly** - In addition to prior info. legends indicate **Patchouly** represented money and those who possessed it were considered to have the ability to attract & maintain wealth. **Orange** - contains limonene an anti-tumoral & anti-viral compound & citrol - an anti-bacterial compound preventing growth of bacteria, stopping free radical damage & enhances absorption of vitamin C. **Orange Oil** - expressed from the rind also has a positive effect on our mind & emotions elevating us to experience joy & happiness. In Alchemy one of the components necessary to attract & maintain wealth is the ability to experience joy on a daily basis. **Clove** - in addition to prior information, **Clove** is often associated with extreme abundance by the people honoring ancient oriental traditions. **Ginger** - in addition to prior information, **Ginger** is an excellent all over body tonic with gentle yet stimulating effects on everything from digestion to impotence. **Spruce** - in addition to prior information, **Spruce** assists us in opening & releasing emotional blocks, creates a feeling of balance and grounding. Native American traditions consider **Spruce** to possess the frequency of prosperity.

Clove Oil Code #3524

Can be diffused, applied topically & taken internally. The fragrance influences feelings of wealth & strength. **Clove** coming in at approx 10,800,000 this oil has the highest rating on the FDA's ORAC scale than any other substance organic or otherwise. In other words **Clove** oil is the most powerful anti-oxidant on the plant. Nothing even came close. **Clove** stops free radical damage dead in their tracks. Also a powerful anti-microbial ranking right up there with **Oregano & Cinnamon Bark**. Very strong against all forms of infection & disease processes, **Clove** also has excellent analgesic properties. **Clove** is a general stimulant very effective in getting our bodies to take action in eradicating unhealthy microbes quickly & effectively. This single oil is high in Eugenol, a natural compound that successfully eradicates a myriad of harmful microbes including tuberculosis, oral & periodontal issues, scabies, parasites, wounds, cancer, auto-immune, Fibromyalgia, all respiratory concerns, cystitis, diarrhea, amoebic dysentery, fatigue, thyroid malfunction, bacterial colitis & ulcers, lymphoma, warts, viral hepatitis, neuritis, chronic skin disorders, insect bites, snoring & excellent for removing toxic chemical build up internally. **Clove** is often associated with extreme abundance by the people honoring ancient oriental traditions.

White Angelica Oil Code # 3432 Frequency Approx 89 MHz

Can be diffused, applied topically & taken internally. The fragrance influences a feeling of protection & security. This blend of 10 oils is formulated to increase & protect the energy field around our body, bringing a sense of strength & protection. **White Angelica** also neutralizes negative energy creating a sense of security. **Ylang Ylang** - creates a relaxed feeling while balancing Yin & Yang (male & female energy), restores equilibrium, confidence, self love & acceptance. Also attractive to females, so it is great fun when significant others wear **Ylang Ylang** under their arms. **Rose** - In addition to prior information **Rose** creates a magnetic energy that attracts love & brings joy to our heart. **Melissa** - in addition to prior information **Melissa** is calming & balancing to our emotions. **Sandalwood** - in addition to prior information **Sandalwood** brings & assists us in maintaining a deep sense of inner peace. **Geranium** - in addition to previous information **Geranium** helps us release & dispel negative memories/energies thus elevating our mind. **Spruce** - In addition to prior information **Spruce** assists us in dissolving emotional blocks helping us feel grounded & balanced. **Myrrh** - In addition to prior information **Myrrh** works with our endocrine & hormonal systems assisting us maintaining emotional balance & spiritually connectedness. **Hyssop** - in addition to previous information **Hyssop** powerfully dispels negative energy & purifies our own energy. **Bergamot** - Uplifting, while simultaneously energizing & calming creating a unique ability to relieve anxiety, stress & tension. **Bergamot** has strong anti-staff infection activity. **Bergamot** is very effective balancing Bi-Polar & other brain/emotional concerns. Caution: **Bergm**ot is the most photosensitive of all oils so please put any blends containing Citrus oils, including **Bergamot**, on areas when the sun won't touch or wear an excellent high SPF sunscreen.

Rosewood - In addition to prior information **Rosewood** assists us in balancing both hemispheres of our brain allowing to respond from a place of centeredness rather than get caught up in reaction mode.

Peace & Calming Oil Code #3393 Frequency approx. 105 MHz

Can be diffused, applied topically & taken internally. Fragrance influences a feeling of quiet, calm & peacefulness. This blend of 5 oils is created to dispel tensions, anxiety, stress & insomnia, replacing them with a relaxed sense of calm. This is one of the blends combined with taking **Mineral Essence** that provides excellent results for ADHD instead of meds. **Blue Tansy** - Assists us in overcoming anger, frustration, & negative emotions by clearing the liver & lymphatic system. Also **Blue Tansy** stimulates the pineal gland so we have the proper amount of melatonin in our brain. Additionally **Blue Tansy** assists us in feeling self control. **Patchouly** - In addition to prior info. **Patchouly** re-establishes equilibrium while simultaneously quieting our thoughts, grounding us & energizing our mental focus. **Tangerine** - contains esters & aldehydes which are extremely calming to our nervous system helping dispel anxiety & nervousness. **Orange** - In addition to prior information **Orange** genuinely helps us to maintain pleasant feelings; joy, happiness & peacefulness. **Ylang Ylang** - in addition to prior information **Ylang Ylang** restores a sense of calm by balancing the nurturing & protective (feminine & masculine) energies within us, inspiring self confidence. ***Peace & Calming** is a photo sensitive oil blend.

2005 YL Convention July 13-16 Salt Lake City Utah. \$250.00 if you register before April 1, 2005. (Reg. price \$299) If you have 100 training credits earned with YL it will only cost you \$150! Inside sources tell me that the educational information being shared at Convention will exceed all expectations. If this 2005 SLC convention is anything like Nashville was - you'll definitely be elated to attend. The educational information / research presented exceeded our expectations. YL conventions are not yay rah rah fluff. They truly are the most solidly researched educational event you can attend on natural health. Physical, emotional, & spiritual. I guarantee you'll end each day with your heart, mind and tummy full. (its tax deductible too!!) For more detailed information go to www.youngliving.com or call 1-800-371-3515. Child Care now available at the Grand Convention!

- * Day care will be provided in a room above the ballroom at the Salt Palace.
- * Cost is \$100 for all three days, or \$35 per day.
- * Cost includes healthy snacks and lunch.
- * There will be no child care for the banquet, and none available on Farm Day.
- * Reservations and payment must be made by June 10th, 2005.

To make reservations please email us at goldofthegods@youngliving.com or call us at (801) 418-8900 and ask for Cristy in Events. You will receive a confirmation of your reserved spot.

Farm Day is truly a family event. You and your children will love being out on the farm.

It is also my intention to have evening dinners and get togethers for our group. Wed. evening for the Leaders & Thurs. evening for everyone. Please let me know as soon as possible if you're coming to convention so we may keep you updated on the events. A significant amount of our group missed a fabulous evening due to not knowing about it. My desire would be that everyone could attend our groups fabulous evening. Imagine a positive and uplifting energy spending an evening with over 200 of our team all together in one room!

YL Training tape/CD

Effective July 1st, 2004 YL is no longer automatically including a training tape in every order. YL is now rewarding everyone who orders monthly (autoship) with the training CD. You must contact YL 1-800-371-3515 & inform them you'd like to continue receiving the training CD's in your order. You may also let YL know on the website upon updating your auto-ship order.

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 12 months, 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

Tapes

Many of us still have tape sets (40 tapes) that I personally have mailed out over this past 4 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!

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

Education

Gary Young teaching in Miami Florida

Thurs. March 3 7-9pm Free Hyatt Regency Miami, 400 SE 2nd Avenue
Sat. March 5 10am-5pm \$20 Hyatt Regency Miami, 400 SE 2nd Avenue

Have you ever wondered how you can improve the quality of your life and the lives of your loved ones? Do you feel like life is flying by and just trying to keep up is exhausting? Are you looking for ways to achieve greater emotional and physical stamina? Do you dream of obtaining financial freedom?

You have the opportunity to learn the solutions to these important questions from Young Living's Founder and President, D.

Gary Young, at two educational seminars. The meeting on Thursday will be an exciting business opportunity session and is absolutely FREE for all attendees! Please register and pay at the door for Thursday's meeting. Saturday's session will focus on YL products and essential oils-the missing link between ancient healing and modern science. Pre-registration is recommended for Saturday's meeting. To register, please call Events at 1-801-418-8900. For more information, please call Events or visit www.youngliving.com.

Not only can you benefit from Gary's instruction on vital health information, but this will also create the perfect occasion for bringing this wealth of knowledge to your friends and family by inviting them to hear it firsthand!

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

Ongoing	Twin Cities Area	Call Cherie Ross 763-545-7347
Ongoing	Chicago Area	Call Jen Crippen 815-347-9547
Ongoing	Iowa Area	Call Willie Lansing 563-926-2534
Ongoing	Wisc. Area	Call Ed Geiger 715-675-9322
Feb.- Mar.	Regional Trainings	YL corporate is sponsoring wonderful trainings nationwide For Specific dates & Locations call 800-371-3515 or www.youngliving.com
Mar. 4	Twin Cities, MN	Thunderbird Motel 494 and Cedar Ave.. 7-10pm
March 11*	Northern IL.	Essential Oil Introduction 6:30-9:30 PM YL Business Question & Answer 9:30-10:30 PM
March 12*	Northern IL.	Rain Drop Technique 10:00 AM- 3:00 PM Essential 7 Plus Oils Class 3:30-5:30 PM *To register & get directions contact Susan Spors 815-248-4297 or Ed Geiger 715-675-9322
Mar. 10-13	Pocatello, ID	Dr. Jean Claude Lapraz - considered the grandfather of the medical uses of Essential Oils is coming to teach an indepth course in using oils and other plant based remedies. For more info contact Cherie Ross 763-545-7347
Mar. 17-19	Utah	YL Leadership conference
April 9	New York City	Young Living Essential Oils Workshop 10AM - 6PM Holiday Inn Midtown(ballroom) 440 West 57th Street, NYC (between 9th and 10th Ave.) (212)581-8100 (directions only) Cost: \$100 Special Price:\$75 if postmarked by March 20, 2005 To register: send check to Vicki Opfer at: 5875 Fig Court Arvada, CO 80004 Questions? Call (303) 456-5095 or email yfamily@comcast.net
April 7-10	San Francisco	Pacific Institute of Aroma Therapy Bi-Annual conference. In addition to YL this conference is attended by all people desiring to really learn about essential oils. For more info contact Cherie Ross 763-545-734
July 13-16	Salt Lake City UT	YL convention 2005

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. 18-20	MPLS MN	Mind, Body, Life Expo
April 15-17	Madison WI	Midwest Horse Expo
April 22-24	St. Paul, MN	Minnesota Horse Expo
April 30-May 1	St. Paul, MN	Living Green Expo
June 2-5	Boerne TX	Quartus Foundation Spiritual Retreat - Cherie is speaking
Nov. 2-6	Boerne TX	Quartus Foundation Spiritual Retreat - Cherie is speaking

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 2004 -

January 2005. (if I have missed anyone please let me know)

Sr. Star Executive - Paula Casper, Merle Kuennen, Nick Kuennen, Kassi Johnson, Elaine Turczynski, Salley M. Gwin, Asia Voight, Dr. Dianna Sabella, Nancy Stephens, Dr. Jeffrey Essen ND, David March, Connect 2 Pets, Elaine Downer, Brad A. Michels, Harlan Waugh, Spirit Plus Nutrition, Linda Brunner, Judy&Roger Beenken, Shirley Doese, Ken Alanen, Nita&Terry Stewart, Annette & Kevin Pearson, Jeanne Wiger, Kathryn Page, Gloria Schuett, Wendi Plunkett, Lydia Yoder, Therapeutic Alternative, Elizabeth Osmelak, Debra L Labraie, John Henry Yoder, Sandra Ferguson, Joel Lopez, Jeffrey D. Sapoznik, Crown Wing Station, Laura Weaver, Midstates, Judith A. Springer, Julie Barker, Dr. Dan Skow, Linda Prettner, Jerry Till, Donna Duncan, Lynn Cox, David&Christy Jares, Vicki&Ronald Hellman, James&Valerie Weberg, Joanne Christensen, Mary Clark, Options for Health, Robin Richter, Loren Green, Lynn Bartczak, Dr. Steve Fjerstad, Kristin Ostrander, Kira Kostka, Christine Renz, Claudia Modich, Douglas Renz, Luanne Runck, The Lighthouse, Dorie Buck, Steven Geiger, Leann Hassman, Linda Brown, Loren Green, Kathleen Meech, Arthur Osmelak, DTDI, Jody Stevens, Kathy Mullaney, Lynn Bartczak, Bob Villars, Janell Kneeland, Paula Quinlan, Diane Kaiser

Master Star Executive - Lee & Judy Camp, Julie Stoesz, Jodi Funk, Bob Morrow, Vicki Hartman, Kelli Johnson, Dennis Grady, Lynn Young, Raymond Miller, Hildegard Rykoff, Edward&Sandy Geiger, Landon Ross, Marie Kneeland, Kathleen O'Sullivan, Katherine Conrad, Judy & Dave Jellings, Vital Living LLC, Days Gone By,

Premier Master Star - Spirits Whisper Acres, Sue Schutt, Dan Leutke, Karla Berger

Ambassador Master Star - Jennifer Crippen, Ridgeway Investments, Willy & Joan Lansing, Quartus Foundation Inc.,

Silver Master Star- Sherry Lamarche, Making Waves Inc., Babette Anderson, Janet Becker

Gold Master Star- Marge Ross

"Someday, after we have mastered the winds, the waves and gravity...
we will harness for God the energies of love;
and then for the second time in the history of the world,
man will have discovered fire."

Pierre Teilhard de Chardin

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
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
Dr. Steven Fjerstad ND Naturopath Animals & Humans 320-693-2541
Elizabeth Coleman Nurse, Certified Trauma Specialist, Cranial Sacral & Emotional Cell Memory Release 320-693-2541
Carol Andrews Raindrop Technique, Deep Tissue Therapist, Vita-flex, Hot Stone & Essential Oil Massage 763-561-5070
Lorna Hensch Raindrop Technique 218-568-6070

Pages 9-15 Can be viewed by downloading Feb. 2005 Star Report found adjacent to my Feb. 2005 on the newsletter grid.

Yes, No, Maybe Essential News

Volume 3, Issue 11

www.marcellavonnharting.com

December 2004

Now Available on my
website:
www.marcellavonnharting.com

**Aromatherapy
Cards,**

**Introductory CD
to YLEO and**

**“Yes, No, Maybe”
Chronobiotic™
Nutrition,**
my new book.

You can also purchase my **Introduction to Conscious Language** (3 audio tapes), and **Raindrop Techniques for Dogs** (VHS), **Raindrop Techniques for Horses** (VHS), and small and large cloth bags for storing essential oils.

Check the website for

Editor: Anita Tamboli
email: atamboli@cox.net

Co-Publishers:
Marcella Vonn Harting
and Anita Tamboli

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ABUNDANT LIFE By MARCELLA VONN HARTING

This newsletter starts with a quote from Johann Wolfgang von Goethe, *“I have come to the frightening (remarkable) conclusion that I am the decisive element. It is my personal approach that creates the climate. It is my daily mood that makes the weather. I possess tremendous power to make life miserable or joyous. I can be a tool of torture or an instrument of inspiration. I can humiliate or humor, hurt or heal. In all situations, it is my response that decides whether a crisis is escalated or de-escalated, and a person is humanized or de-humanized. If we treat people as they are, we make them worse. If we treat people as they ought to be, we help them become what they are capable of becoming.”*

This quote is profound for me and reminds me of my conscious choices moment to moment. I came across this shortly after listening in on a company conference call discussing the new marketing changes for Young Living. My experience of life shows me the

abundant life here in the United States. I am blessed daily by your presence in my life and the contributions you make to others daily by sharing your authentic self and Young Living products. Thank you for doing what you do, when you don't feel like it, when you are



*Happy
Holidays*

tired,
rejected,
self-conscious,
and un-

only permanent thing is change. Every day we change, some for the better, some for the worse! I remind you of the quote at this time. I embrace change, and step-up to be a leader of leaders in this company.

The holiday season is a time to reflect on our

supported. Thank you for stretching to your potential and making a difference anyway. I have been watching, and I am very PROUD of you and your successes.

Happy Holidays to
your family from mine.
MARCELLA VONN
HARTING



Marcella Vonn Harting's Mission Statement

My mission is merging science and miracles by weaving state of the art knowledge of the essences, Chronobiotic™ Nutrition, body language, Conscious Communications, innovative health technologies, emotional healing and abundant prosperity strategies into our new Global Wisdom.

I am passionately committed to sharing the systems I use to embody personal fulfillment with my global family.

Marcella Vonn Harting

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

The human body is designed to be ACID in the morning and ALKALINE in the evening.

Essential oils are acid, not alkaline, and the tree oils (pine, cypress, citrus, ylang ylang oils, etc.) are especially useful in complimenting the morning acidity.

Oils oppose morning dehydration (which is why pine needles are so high in oils).

In Chinese acupuncture science, hydration time occurs during the hours of the so-called "water" meridians, i.e. Bladder and Kidney time (3:00-7:00 pm), whereas dehy-

dration time occurs during Lung and Large Intestine time (3:00-7:00 am).

Lipids (including oils, oleoresins, fats, lecithins, phosphatides and cerebrosides) are the Master Control Switch of the body's pH, which is why I prefer to call them "lipHids."

Sterol lipids Acidify. Fatty acid lipids Alkalinize.

A morning skirmish between breakfast's Zone One oleic, linoleic and linolenic acid lipids versus dinner's leftover Zone Three cortisone (in the form of glucosamine) and cortisol (in the form of glucosaminic acid) achieves morning homeostatic

neutrality for high-level wellness and longevity. This dynamic neutrality (as opposed to a passive neutrality) discourages excess covalent bonding (the squandering of chemical energy, heat, and light, accompanied by an overplus of inert and clogging salts). To be continued.

G. I. "Atom" Bergstrom is co-author of "Yes, No, Maybe" Chronobiotic™ Nutrition with Marcella Vonn Harting. Reach "Atom" for workshops on Chronobiotic™ Nutrition and Muscle Language Analysis at 2116 Clay Street, Kilgore, TX, 75662 or phone 903-984-3458.

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

How do we treat diarrhea and cancer??

The same!! By allowing the body to retrace and push out the invader. The first step is a fabulous high quality raw food Chronobiotic™ diet. Then start with the following Young Living products Berry Young Juice and digestive enzymes to

decrease inflammation, ComforTone and ICP to cleanse, DiTone to get the "garbage" to empty out and Peppermint/Lavender/Chamomile to help limit inflammation of the gut.

Phone for a consultation with me.

Never start a program with-

out consulting a licensed veterinarian trained in the use of the products you wish to use.

Nancy Brandt can be reached by phone for a consultation at 702-617-3285.

Yes, No, Maybe Essential News

Volume 4, Issue 1

www.marcellavonnharting.com

January-February 2005

Now Available on my
website:
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You can also purchase my **Introduction to Conscious Language** (3 audio tapes), and **Raindrop Techniques for Dogs** (VHS), **Raindrop Techniques for Horses** (VHS), and small & large cloth bags for storing essential oils.

Check the website for

**With this issue we
begin publishing every
other month. Look for
us next with our
March-April issue.**

Editor: Anita Tamboli
email: atamboli@cox.net

Co-Publishers:
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and Anita Tamboli

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THE POWER OF PRECISION By MARCELLA VONN HARTING

Conscious Communications/Sonics is a consciousness and awareness of using thoughts, words, and feelings to speak specifically in alignment for manifestations of our heart-felt desires. Experiencing my awareness to my language has been one of the three most pivotal influences in my life and in my creation of a life I love living.

The most important point I can make here is about your awareness of the connection between the words you say and your current reality. You begin seeing how to access your personal choices moment to moment in your daily life. You wake up and gain awareness, first to what you are saying to yourself, and second, to what you are speaking out loud. You then experience how your words and feelings together determine what you manifest in your life. The words we use to describe experi-

ences are other than the experiences. They're just the best verbal representation we can come up with. Knowing this, it stands to reason that one of the measures of success is how accurately and precisely our words can convey what we choose.

We create our tomorrows by the way we live today, and we live today ruled by our every thought and action.

Once you know what you choose, it helps to be able to know *HOW* to get it. How do you get whatever you choose: **ASK!**

1. ASK SPECIFICALLY.

How high, how far, how much, when, where, how, with whom?

2. ASK SOMEONE WHO CAN HELP YOU.

Go to an athletic trainer to get your body in shape, not an obese "couch potato".

3. CREATE VALUE FOR THE PERSON YOU'RE ASKING.

Win/Win. Look to see how you can help that

person first.

4. ASK WITH FOCUSED, CONGRUENT BELIEF.

Ask with clarity and specificity.

5. ASK UNTIL YOU GET WHAT YOU CHOOSE.

Keep changing your approach until you get what you choose.

For many people the hardest part of this is asking with specificity. We generalize and make lots of assumptions. Specificity is the key to effective communications

In summary, personal experience as well as scientific research has shown the direct link between the focus of a person's attention, and for the purpose here, specific word choice and the resulting material impact. Becoming aware of your thoughts and consciously choosing them will support your body, in optimum health and enhance the alignment of manifesting your heart-felt desires.

Yours Consciously,
MARCELLA VONN HARTING



Marcella Vonn Harting's Mission Statement

My mission is merging science and miracles by weaving state of the art knowledge of the essences, Chronobiotic™ Nutrition, body language, Conscious Communications, innovative health technologies, emotional healing and abundant prosperity strategies into our new Global Wisdom.

I am passionately committed to sharing the systems I use to embody personal fulfillment with my global family.

Marcella Vonn Harting

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

Essential oils are acidic, not alkaline. "Acidic" got its bad reputation from its derivation from malum, the Greek word for "apple." In Latin malus, the forbidden fruit that got Eve in so much deep doo-doo, eternally assigning malic acid and malate to the same category as malady, malediction, malefaction, maleficent, malevolent, malformed, malicious, malignant, malnutrition, malpractice, etc.

Unfortunately for the unsophisticated reader, the common drumbeat of many modern-day health gurus is acid is bad and alkaline is good.

The cover of a recent so-called health book depicts alkalinity as a lush forest and cascading waterfall contrasted to acidity as a desiccated barren desert. Well, guess what? Deserts are usually dried-up alkaline flats, whereas the lush foliage of mountain forests is almost always due to acidic soil. The fastest growing plants, trees, require an acidic soil.

It's pertinent that the ancient worlds' largest metropolis, the Peruvian city of Chanchan, was obliterated by over alkalinization of its irrigation water!

Zone One morning essential

oils are usually even more acidic than Zone Two midday or Zone Three evening essential oils, giving morning oils a higher vapor pressure, allowing them easier access to the lungs and chest cavity.

Next issue: Metaphysical Nose Anatomy.

G. I. "Atom" Bergstrom is coauthor of "Yes, No, Maybe" Chronobiotic™ Nutrition with Marcella Vonn Harting. Reach "Atom" for workshops on Chronobiotic™ Nutrition and Muscle Language Analysis at 2116 Clay Street, Kilgore, TX, 75662 or phone 903-984-3458.

Care to Share Your Testimonial?

WE request your favorite testimonials to print in this newsletter.

Do you have a story to share about Young Living's oils, supplements or personal care products?

Short or long, we would love to hear from you.

An excellent way to assist and empower others is to tell them your experiences of success with a product.

Send your personal stories to mvonn@aol.com and atamboli@cox.net with the word "testimonial" in the subject line.

A bottle of YL essential oil will be sent to you if we publish your testimonial.

Please include a statement of release, "I give permission for my statement to be published by yes, No, Maybe Essential News. Include your name and the town or area where you live. Thank you for sharing.

Seven Steps to a Fulfilling Workplace

There are seven steps to creating a fulfilling workplace according to Tony Robbins, the famous motivational speaker and coach of millionaires.

The seven steps are: 1. Get clear, 2. Get certain, 3. Get excited, 4. Get focused, 5. Get committed, 6. Get momentum, 7. Get smart

Step 1 – Get clear. 1. What do you love about your company? What are the magic moments? What's extraordinary? What have you accomplished? What are some of the things you would like to continue to create? 2. What do you hate about your company? What's challenging? What don't you want to happen again? What have you learned by going through these experiences? Why were they incredibly valuable? 3. What decisions have you made that have been empowering for you? What decisions might you continue to make

as a result?

Step 2 – Get certain. 1. Write down anything that was once a dream, goal or desire, big or little, that you have achieved. 2. Circle the 2 or 3 items on your list that seemed the most difficult or impossible to achieve. 3. For the 2 or 3 items write down the steps you went through to turn them into reality.

Step 3 – Get excited. 1. Write down every goal you'd like to accomplish in the next 12 months at your workplace; anything you would like to do, be, share, create, have, give, learn, enjoy or experience. It can be financial, personal development, physical, relationship or contribution. Dream without limit. Write for 10 minutes without lifting your pen. 2. Next to each goal write the number of months each will take to achieve; 1 month, 2-3 months, 5 months, 10 months, 12 months.

Step 4 – Get focused. 1. Circle your top four one month goals.

Step 5 – Get committed. 1. For each of your top 4 one month goals, write a paragraph about why they are "musts" for you to achieve. 2. What are some of the things that you may need to do that you don't want to do in order to achieve these goals?

Step 6 – Get momentum. 1. Choose now; what is one small thing you will do now? 2. What is one big thing that you resolve to do immediately to achieve this goal?

Step 7 – Get smart. 1. Set up a way to measure your progress daily.

Submitted by **Dr. Nancy Brandt** DVM,CVA,CAC, a veterinary medical doctor. Dr Brandt can be reached for a consultation at 702-617-3285.

The Doctors Forum

By Dr. Ken Krieger

Yes, it's that time of year again when we hear the new year's resolutions of masses of people who ate the wrong things, and too much of the wrong things during the November and December holidays.

Now, "I'm going to LOSE this weight, and get myself back in shape!!", is the statement we hear the most in our office this time of the year. So, if it is true, then what should people do to lose weight and get into shape? Believe it or not, (and I know you believe me!), the best way is to eat less and exercise!! What a novel concept! I know none of you choose to hear that statement, however it IS the best way to lose weight properly, and KEEP IT OFF! Most "diets" will work, BUT more than 42% of those who start

these plans go off of them in the first 6 weeks, and then gain more weight in the long run. Discipline, discipline and discipline are the 3 major components of weight loss. Make your decision that you WILL commit to counting calories, YES, counting calories, and getting aerobic exercise at least 3 times per week of 30 minute intervals. As an example, if you are 175 lbs, and you choose to be 135 lbs, and have the frame size for that weight, then you must limit yourself to 1,350 calories per day. It seems like so little. And, you will be surprised when you begin writing down your caloric intake. You will change your habits. You will change what you eat. You will begin eating other foods that are filling. You will not have those cravings for sugar and

empty calories. We have it so easy now; most of the foods you eat have the calories listed on the package. Make sure you eat the correct serving size and calories combination. The rule of thumb is 10 calories times your desired ultimate weight. Example: 150 lbs, X 10= 1,500 calories per day, 200 lbs, X 10= 2,000 calories per day, etc.

Remember, you CAN DO IT!! Discipline yourself, count those calories, exercise a minimum of 30 minutes per day at least 3 days per week and watch what will begin to happen. Have a blessed new year, ..

Yours for Better Health Naturally,
Dr. Ken Krieger

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

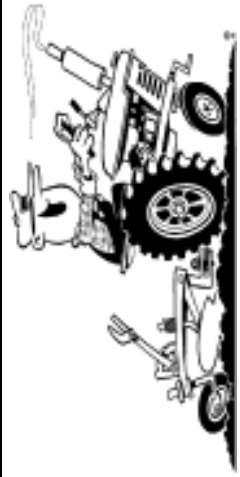
New Year's Greetings!!!

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

Volume 9, Issue 1

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

January, 2005



Down on the Farm with Doug and Barb Mills

Proud Pine Farm has three ponds stocked with fish: catfish, bluegill, and largemouth bass. In the northern climates it is important to keep an open area in the ice to prevent a fish kill due to lack of oxygen in the water. If electricity is available, I use a water pump or air pump. If electricity is not available, I use a floating windmill with complete success. It is that time of year to turn these systems on, as ice is starting to form.

Natural Cancer-Fighting Food: Apples

'The old saying 'An apple a day keeps the doctor away' has taken on a deeper meaning. Researchers have discovered that a whole apple, especially the skin, may offer some anti-cancer benefits. Specifically, apple skin may help to prevent colon cancer. Through studies, researchers have discovered that the skin of an apple contains various types of polyphenols, or antioxidants. The apple's cancer-fighting 'power' may be derived from the procyanidins, a type of polyphenols, found in the skin that protects the fruits against the damaging effects of the sun. Procyanidins trigger signals that lead to cell suicide, thus reducing the growth and spread of cancer. Researchers tested lab animals and found that procyanidins significantly reduced the number of precancerous lesions.

The tests involved injecting rats with a substance to induce colon cancer and then feeding them a liquid containing apple-derived procyanidins. After six weeks those rats receiving procyanidins had half the number of precancerous lesions in their colons than those rats on a regular diet. In addition, apple skins contain high amounts of fiber. Consequently, increased fiber intake can reduce the incidence of bowel cancer. People who are at an increased risk of developing bowel cancer are those with diets low in: fiber, fruit, vegetables, exercise. By making simple lifestyle changes, it is possible to reduce the risk of developing cancer by 30 – 40 percent. Researchers explain that acquiring the cancer-fighting benefits from apples is feasible for anyone. Apples are easy to put into a lunch and are inexpensive. Also, apple cider is a good way to add procyanidins to a diet because it is mullled from whole apples."

www.mercola.com/feq/ptf/2004/nov/6/anti_cancer_apples.htm

Oats and Clogged Arteries

"BOSTON—Already known for their ability to help lower cholesterol levels, oats may have additional cardiovascular benefits. A compound contained in oats may keep blood cells from sticking to artery walls, helping to prevent clogged arteries and atherosclerosis, according to new research published in the June issue of *Agricultural Research* magazine (www.ars.usda.gov/is/AR). Researchers from the Jean Mayer USDA (U.S. Department of Agriculture) Human Nutrition Research Center on Aging (HNRCA) at Tufts University in Boston purified avenanthramides from oats and exposed them to human arterial wall cells for 24 hours. While observing the mixture under incubation, researchers found significant reductions in both

the expression of adhesion molecules (that 'glue' blood cells to artery walls) and the sticking of blood cells to arterial wall cells. They concluded the adhesion suppression by the oat-compound may prevent the narrowing of artery walls caused by a buildup of blood cells and inflammation, which eventually leads to atherosclerosis. Research has also proven fiber from oats help reduce LDL cholesterol, reiterating the heart-healthy benefits of oats. 'Adding oat products as part of an overall healthy diet and cutting down on high-fat, high-cholesterol foods are important to gaining these benefits,' said Mohsen Meydani, DVM, Ph.D., nutritionist, and lead researcher of the study."

www.naturalproductsinsider.com/hotnews/46h311232.html

Did You Know...?

- Put the lid down before flushing the toilet to keep bacteria-carrying spray, which can easily travel six feet, away from sinks, toothbrushes, etc.
- Smoking quadruples the risk of blindness from macular degeneration.
- Children whose moms are obese during pregnancy are at more than double the risk of being overweight by age 4.

Health & Healing
September 2004, Vol. 14, No. 9

Conference Call

Dial in to (620) 584-8200 (PIN 248566#) on Mondays, 8:00 – 8:30 p.m. CST, and join us for general information and chitchat about the oils!

Have a Healthy and Happy New Year!

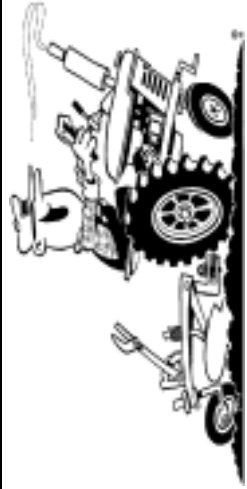
Greetings!!

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

Volume 9, Issue 2

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

February, 2005



Down on the Farm with Doug and Barb Mills

The seed catalogs are arriving daily with all new varieties to plant in the garden this spring. It is necessary to start some items yourself because it can be difficult to find them at your local market. There are just too many choices for the green-houses to grow. You might be surprised how much fun you have gardening. Give it a try. It is great therapy for good health!

Free Oil Education

Don't pass up the opportunity to learn all about the Young Living Essential Oils and products! Free cutting edge education from various Young Living events is yours for the asking when you place an order. Just ask for a free CD (Item #3926.) If you order online at www.youngliving.com, you can find it under the 'Literature & Training Aids' link. To order past audiocassettes and CDs for a nominal price, call Essential Science Publishing at (800) 336-6308.

Fruits + Veggies = Lower Risk of AMD

"Previous research has demonstrated that people who eat at least three daily servings of bananas, oranges and other fruits have a 36% lower risk of

developing age-related macular degeneration (AMD) than people who eat fewer than 1.5 servings a day. Now another study shows that sulforaphane, the naturally occurring antioxidant in broccoli and broccoli sprouts, protects the eye from damage caused by UV light, which can lead to macular degeneration. The results of the study appear in the July 13, 2004, issue of the *Proceedings of the National Academy of Sciences*." *Acres USA*, December, 2004

Lack of Sleep Linked to Obesity

"The inability to sleep at night weighs heavy on one's health, as it may increase the risk of developing obesity. The recommended amount of sleep per night is seven to nine hours; however, most Americans average somewhere around six. Researchers found that the further away one is from getting the recommended hours of sleep, the higher their risk of obesity is.

- Less than four hours: 73 percent risk
- Five hours of sleep: 50 percent risk
- Six hours of sleep: 23 percent risk

A question that plagued researchers: How could more sleep lower someone's chances of obesity if fewer calories are burned while one is resting?

The answer can be found in the concept of chronic sleep deprivation, which is the recurring inability to sleep. This condition often results in serious medical illnesses such as obesity, heart attack and stroke. Thus, a link was discovered between sleep and neural pathways that regulate food intake. If one is lacking the optimal amount of sleep, their leptin levels drop. Leptin is a blood protein that suppresses appetite and affects how the brain senses when the body is full. Also, sleep

deprivation raises levels of grehlin, which is a substance that increases one's urge to eat. Thus, the less sleepy one is the less hungry they are."

Yahoo! News, November 16, 2004

Arsenic-Laced Chicken Broilers

"Arsenic levels in young chickens, or 'broilers,' may be three to four times greater than in other poultry and meat, government researchers report in the January issue of *Environmental Health Perspectives*. While the amount of arsenic people ingest by eating chicken appears to be well below tolerable daily intake levels, it is higher than previously recognized and may require government agencies to reassess total arsenic exposure. Researchers with the USDA's Food Safety and Inspection Service used national data measuring arsenic in chicken liver samples to estimate the amount present in muscle tissue, the part of the chicken most frequently consumed. The study is the first to measure average levels of arsenic in chicken and then calculate how much of the substance people are ingesting when they consume different amounts of chicken. Arsenic is an approved feed supplement that many farmers use to control intestinal parasites in chickens, particularly young birds, although it is not used in organic operations."

Acres USA, April 2004

Did You Know...?

- "Eating fish just one to three times a month protects against stroke.
- Dyslexia may be associated with zinc deficiency."

Health & Healing

December 2004, Vol. 14, No. 12

Vita Flex Playshop with Tom Woloshyn

Mark your calendars! Marcella Vonn Harting is bringing Tom Woloshyn to Phoenix to share his extensive knowledge of Vita Flex.

On Wednesday, March 23, 2005, from 7-9 pm, Tom will present a free introductory program on Stanley Burroughs' Master Cleanse and Vita Flex.

Vita Flex is an ancient Tibetan massage technique rediscovered by Burroughs in the late 1920's. Vita Flex is a reflexive or pressure point massage activating reflex points on the feet, hands, face, scalp and other areas on the entire body. It is a tool to assist the body in healing itself by either stimulating depressed areas or depressing over active areas. When the technique is

applied a minute electrical impulse is sent along channels or meridians to a specific area where the body will either stimulate or depress the region to create balance. The body has a self-regulating system Vita Flex simply taps into.

In addition to Vita Flex, Tom will present information on Color Therapy and parasite control.

The Vita Flex Playshop schedule is Friday evening through Sunday, March 25-27, Friday: 7-9:30 pm, Saturday: 9-5 and 6:30-8:30 pm, and Sunday 9-5 pm. The cost is \$295 per person. Tom offers a money back guarantee to all participants.

A certificate of completion will be

given, along with a copy of Tom Woloshyn's video on Vita Flex, to all who complete the playshop.

Tom Woloshyn is available for private Vita Flex sessions Monday-Wednesday, March 28-30. The cost is \$90 for one hour.

Tom Woloshyn has been in the alternative health care field since 1980. He believes when people are given the proper tools they will choose the right therapies.

Check Marcella Vonn's website, www.marcellavonnharting.com for more information. To register for the Vita Flex Playshop, and/or a session with Tom, leave a message at 480-898-4088 and be sure and mention Vita Flex.

March 12th & 13th. Saturday from 9AM to 7 PM. Sunday from 9AM- Noon! Special Event!

Essential Oil Shindig: The Barn/Holiday Inn in Alexandria, MN. Special event hosted by Karla Berger. Star will be there also! Cost of event \$49.00 prior to Feb 28th after that cost increases to \$59.00. Event includes: Free Prizes, 2 meals, plus lots of oil and natural health information on hormones, animal use, children, toxic chemicals as well as opportunity to sign up for discounted raindrop therapy sessions.

Questions: Please call Karla @ (218) 631-7298 or e-mail bergerfam@lakesplus.com.

Registration form available!

Hotels, please mention you are with Young Living when reserving your hotel rooms!

Holiday Inn Hotel: (320) 763-6577, Country Inn & Suites (320) 763-9900, Super 8: (320) 763-6552, Days Inn (320) 762-1171. Space is filling fast! \$15.00 Pre-Payment required for class, please pay the balance at the door. Send checks to **Tanis Wichmann, 41921 Sugar Maple Drive, Ottertail, MN 56571.**

*Interested in providing treatments please contact **Karla (218) 631-7298 or bergerfam@lakesplus.com.**

Tuesday March 22nd, 6:30-8:00PM. Spring Into Aromatherapy! This is an Introductory class on Aromatherapy and how it can enhance your life anytime of the year. Make the Introduction of Spring the perfect time to learn about Aromatherapy. Cost: \$5.00

Stillpointe Natural Health Center, Sartell, MN (320) 203-8266 for Pre-Registration and directions!

Tuesday April 5th, 6:30-8PM. Essential Oils for Healthy Living! This will be an Introductory Class to learn how essential oils are part of a health lifestyle. Find simple ways to improve relaxation, boost your immune system as well as enhance memory and learning. Cost: \$5.00.

Stillpointe Natural Health Center, Sartell, MN (320) 203-8266 to Pre-Register and directions!

Spring Events. April/May... Dates and Locations are being arranged!

***Kansas City, KS Area...**Please contact **Sandy Hartman** if interested in attending (913) 768-7637.

***Iowa** Dates and Locations being planned. Contact **Star Moree** if interested (320) 363-1017.

***St. Louis, MO area...**Contact **Star Moree (320) 363-1017.**

***Lawrenceburg, TN...**Please contact **Kelley Fowler** if interested (931) 762-3306!

***Southern IL ...West Frankfurt and Thompsonville area...**contact **Sunshine Story (618) 218-6066!**

***Saint Cloud, MN area...**Essential oil lecture, and Hands on! Call **Star Moree (320) 363-1017!**

Keep this posted for spring classes!

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

February 2205

General Newsletter

In this Issue: Weight Loss
Sleep Deprivation
Oils & Cancer Research
Liver Toxins
solution to pet allergies
Indepth info on 12 YL oils
and much 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.

The 10% off specials for 2005

Jan 15 - Feb 15	Magnify your Purpose oil
Feb 15 - March 15	Clarity Oil
March 15 - April 15	St. Maries Lavender
April 15 - May 15	R.C. Oil
May 15 - June 15	Rose Oil
June 15 - July 15	Immupower Oil
July 15 - Aug. 15	BrainPower Oil
Aug. 15 - Sept. 15	Thieves Kit
Sept. 15 - Oct. 15	Abundance Oil
Oct. 15 - Nov. 15	Clove Oil
Nov. 15 - Dec. 15	White Angelica Oil
Dec. 15 - Jan. 15	Peace & Calming Oil

Regional Training Classes are excellent & Free

For details www.youngliving.com or 1-800-371-3515. 7:00-9:00 p.m.

March 1

New York, New York
Portland, Maine
Burnaby, British Columbia
Kansas City, Missouri
Moncton, New Brunswick

March 2

Newark, New Jersey
Boston, Massachusetts
Seattle, Washington
Cedar Rapids, Iowa
Fredericton, New Brunswick

March 3

Philadelphia, Pennsylvania
Binghamton, New York
Portland, Oregon
Milwaukee, Wisconsin
Toronto, Ontario

March 4

Washington, D.C.
Syracuse, New York
San Francisco, California
Minneapolis, Minnesota
Detroit, Michigan

WEEKLY PHONE/INTERNET SPECIAL

Each week one product will be featured at a "buy one, get one free" (BOGO) price. The BOGO specials can be discontinued at any time. The weekly special will not be pre-advertised. The special will only last until the current stock is depleted. It is on a "first come, first serve" basis. For instance, all the product may be sold by Wednesday during its' featured week. No back order or rain checks will be allowed. Weekly product specials will only be available through order entry personnel or on the internet. No returns will be accepted for BOGO items. IVR (automated phone ordering system) and autoship orders are excluded..

There is a fantastic website full of Young Living testimonials www.oil-testimonials.com

Check on www.youngliving.com or call 1-800-371-2928 to order
For more information you can also go to www.young-living.net or 763-545-7347