

Learn more about what & how to use Y.L. products on the Mon. Conference calls 8:00 p.m. c.s.t. 620-782-8200 enter code 24856#

October 2005  
General Newsletter

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

Check out for great Testimonials  
www.oil-testimonials.com

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

Hello Everyone,

Happy Fall. The Animal Scents Ointment is back in stock. This ointment is excellent for all skin conditions (especially chapped skin) in humans too. Watch for YL great Holiday Gift promotions starting Nov. 1st. This season give the gift of health!

[Test your favorite products for toxic chemicals](#)

[www.ewg.org/reports/skindeep/productinfo.com](http://www.ewg.org/reports/skindeep/productinfo.com) This is an outstanding website to check out the toxicity chemicals/rating of thousands of products. Simply type in the brand. This is a highly respected non-profit organization.

**The 10% off special for: Oct. 16 to NOVEMBER 15**

**CLOVE OIL**

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 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. **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** teething – Rub 1 drop on the ear lobes and the uncomfortable teething symptoms melt away. If **Clove** is used directly on the gums of infants you'll get great results with no harm however, the taste is too strong. For adults with, oral discomfort, **Clove** can be applied directly on location as often as necessary. **Clove** is often associated with extreme abundance by the people honoring ancient oriental traditions.

**The 10% off special for: November 16 to DECEMBER 15**

**WHITE ANGELICA OIL**

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** creates a magnetic energy that attracts love & brings joy to our heart. **Melissa** is calming & balancing to our emotions. **Sandalwood** brings & assists us in maintaining a deep sense of inner peace. **Geranium** helps us release & dispel negative memories/energies thus elevating our mind. **Spruce** assists us in dissolving emotional blocks helping us feel grounded & balanced. **Myrrh** works with our endocrine & hormonal systems assisting us maintaining emotional balance & spiritually connectedness. **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** 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.

**The 10% off special for: December 16 to JANUARY 15**

**PEACE & CALMING OIL**

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** 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** genuinely helps us to maintain pleasant feelings; joy, happiness & peacefulness. **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.

#### Hot Tip

**For sore throat relief** – 5 drops of **Melrose** oil in 6-8oz. of pure water. Drink whole amount every 1/2hour for 4-6 hours. You'll be pleasantly surprised how quickly you feel better. Note – it is imperative you follow this for 4-6 hours – otherwise the sore throat will probably return. So don't stop after a few glasses when you begin to feel better. Julie L. Missouri

#### LIVER / GALLBLADDER FLUSH

With the rich food of the holidays approaching, now is an excellent time to do this very simple cleanse. It has worked well for everyone. Producing gentle excellent results, many have completely cleaned their gall bladder so thoroughly that their MD's cancelled the gallbladder surgery, finding it no longer necessary.

Items you'll need;

- lots of Pure Spring or Distilled water
- lots of organic Apple Juice
- Lots of organic Apples and Grapefruit
- 6-9 organic Lemons
- 1 cup Epsom Salts
- YL code # 3175 **Cleansing Premium Health Pkg.**
- YL code # 3269 **Lipozyme**
- YL code # 3214 **Juvatone**
- YL code # 3375 **Juva Flex**
- YL code # 3003 **Ningxia Red**
- YL code # 3262 **K&B Tincture** if needed for additional kidney support.  
Especially helpful for Gout, Edema, Swollen Joints etc.

**Day 1 through 6** (usually Monday through Saturday)

Drink as much fresh organic apple juice as you can. If you cannot get fresh organic apple juice, purchase the best quality organic apple juice available at the health food store or co-op. If you do not tolerate the sugar in apple juice, dilute the apple juice with water. if you still do not tolerate the apple juice, then eat at least three or four fresh organic apples each day in place of the apple juice. Chew the apples well and drink plenty of pure spring or distilled water throughout the day. Continue with your normal diet and any nutritional supplements you are currently taking. Suggested supplementation:

Code # 3175 **Cleansing Premium Health Pkg**

**Comfortone, Juva Power, Detoxzyme, GLF oil** (Gallbladder & Liver Flush) **Lemon oil**

**9 Detoxzyme** - 3 caps 3 x day between meals

**6 Comfortone** - 2 caps 2 x day with meals

**Juva Power** - 1 heaping scoop 3 x day in water or juice

**GLF oil** - 1 capsule (20 drops, size 00) 2-3 x daily

**Lemon oil** - 1-3 drops in every 8oz. of pure water at least 68oz. per day in addition to your apple juice

**6 Lipozyme** - 2 caps 3 x a day with meals

**6-9 Juvatone** - 3 tablets 3 x daily

**Ningxia Red** – 4oz. daily in 16oz pure water

## **Day 6** (usually Saturday)

Eat your normal, healthy breakfast and lunch.

Two hours after lunch: Prepare a mixture of 1 to 2 tablespoons of Epsom Salt in 3 ounces of hot spring or distilled water. prepare 1/3 to 1/2 cup fresh squeezed lemon juice. if you are allergic to lemons, substitute grapefruit or orange juice. When you are ready, **HOLD YOUR NOSE**, swallow the Epsom Salt mixture, **CONTINUE HOLDING YOUR NOSE**, drink the lemon juice and swish it around in your mouth before swallowing. **RELEASE YOUR NOSE**.

Repeat the above procedure in two hours.

For dinner: Eat only fresh grapefruit (organic is preferred.) If you have a problem with grapefruit, you may eat fresh apples and drink fresh or high quality organic apple juice.

At bedtime: Prepare a glass with 1/2 cup or organic, unrefined, cold-pressed olive oil (Spectrum Naturals brand is highly recommended, available at a health food store or co-op.) Prepare another glass with 1/2 cup of freshly squeezed lemon juice (or grapefruit/orange juice if you are allergic to lemons.) **HOLD YOUR NOSE**, drink the olive oil, follow with the lemon juice, swish the lemon juice around in your mouth before swallowing. **RELEASE YOUR NOSE**.

Go immediately to bed. Lie on your right side with your right knee pulled up close to your chest for 30 minutes. Go to sleep.

## **Day 7** (usually Sunday)

One hour before breakfast: Take 1 to 2 tablespoons of Epsom Salt dissolved in 3 tablespoons hot spring or distilled water, followed by 1/3 to 1/2 cup fresh squeezed lemon juice. **REMEMBER TO HOLD YOUR NOSE**.

You may want to do 10 to 15 minutes of vigorous exercise 30 minutes following the Epsom Salt.

Eat a lighter than normal healthy breakfast.

Plan a relaxing, restful day as your body is purging itself. You may see a change in your stool color, and/or light to dark green gelatinous objects in your stool this day and maybe the next. These contain purged bile from the gallbladder and are helping to detoxify the liver and relieve congestion in the gallbladder.

If there are a large number of these objects in the stool you may repeat the liver/gallbladder flush in two to three weeks. Otherwise the flush may be repeated as needed, up to 2 to 4 times a year.

It is highly recommended to take for the next 10 days following each liver/gallbladder flush:

**9 Detoxzyme** - 3 caps 3 x day between meals

**6 Comfortone** - 2 caps 2 x day

**Juva Power** - 1 heaping scoop 3 x day in water or juice

**GLF oil** - 1 capsule (20 drops, size 00) 2-3 x daily

**Lemon oil** - 1-3 drops in every 8oz. of pure water at least 68oz. per day in addition to you apple juice

**6 Lipozyme** - 2 caps 3 x a day with meals

**6-9 Juvatone** - 3 tablets 3 x daily

**Ningxia Red** - 4oz. daily in 16oz pure water

Apply **Juvaflex** generously to liver/gallbladder area 3-4x daily.

### Free Products & Free YL Training CD & Reduced Shipping

Autoship - Would you like free products monthly? And \$5 flat shipping fee for up to 7 lbs. (50¢ per lb. over 7lbs.)

YL is starting a new product credit program, simply by ordering every month. You can change the date & products each month as long as you have an autoship order with YL. The longer you stay on the program the more product credits you receive. \$50 PV minimum order. Remember to request your **free training CD (Product code 3926)**.

Contact your sponsor or Customer Service for more info.

1-6 months - 10% of your autoship in product credit, max \$30 per month

7-12 months - 15% of your autoship in product credit, max \$50 per month

13 months on - 20% of your autoship in product credit, max \$75 per month

### 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. (\$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](http://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 Willy Lansing 563-926-2534 or Michelle Mickelson 641-472-0802
Ongoing	Wisc. Area	Call Ed Geiger 715-675-9322
Nov. 1- 6	TX	(Cherie is teaching) Call Laura Weaver 830-537-4280 or 210-364-9875
Nov. 11- 13	Mpls. area	Marcella Vonn Harting
May 2006	Australia	Essential Oil Educational Trip
Sept. 27-30th, 2006	Salt Lake City	Young living Convention

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!**

Nov. 2-6	Boerne TX	Quartus Foundation Spiritual Retreat - Cherie is speaking
Nov. 4-6	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 Sept 2005 (if I have missed anyone please let me know)

**Executive** - Paula Casper, Merle Kuennen, Nick Kuennen, Kassi Johnson, Elaine Turczynski, Salley M. Gwin, Asia Voight, Nancy Stephens, Dr. Jeffrey Essen ND, David March, Connect 2 Pets, Elaine Downer, Brad A. Michels, Shirley Doese, Ken Alanen, Joel Lopez, Jeffrey D. Sapoznik, Laura Weaver, Midstates, Judith A. Springer, Jerry Till, Vicki&Ronald Hellman, James&Valerie Weberg, Options for Health, DTDI, Rebecca Rossburg, Linda Budde, Renee Thorfinnson, Jim Pothen, Mazur Maria III., Katherine Conrad, Kathleen O'Sullivan, Lynn Cox, Brenda Meyer, Elizabeth Marquardt, Judy Jellings, Hildegard Rykoff, Kelli Johnson, Kathryn Page, Elizabeth Osmelak, Vicki Hartman, Vital Living LLC, Janis Deyo, Yvonne Litza, Julie Barker-Montgomery, Harlan Waugh, KDM Associates Inc., Deanna Niswander, Sue Schutt, Crown Wing Station, Lynn Bartczak, Mancy Gouch, Loren Green, Arthur Osmelak, David&Christy Lomelino, Annette Queyquep, Irma Schrobilgen, janell Kneeland, Therapeutic Alternatives Inc., Dianna Sabella, Robin Richter, Neil Schrobilgen, Kira Kostka, Nita&Terry Stewart, Linda Brunner, Roger Beenken, Tammi L. Brunner, David Mast, Donna Duncan, John Henry Yoder, Lydia Yoder, Laura Weaver, Gloria Schuett, Gary Leatham, Kathryn Herman, Shannon Arritola, Terri Bevan, Shirley Davis, Dr. Kelly Paulson, Renee Ryan, Nicole Wood, Kristin Ostrander, Steven Geiger, Christine Davenport, Judith Mitchell, Agnes Weix, Susan Spors, Eileen Mary Wanous

**Silver Master Star-** Making Waves Inc., Babette Anderson, Janet Becker, Bob Morrow, Dan Leutke, Quartus Foundation Inc., Willy & Joan Lansing, Lee & Judy Camp, Spirits Whisper Acres,, Karla Berger, Julie Stoesz, Dennis Grady, Raymond Miller, Lynn Young, Jodi Funk, Landon Ross, Edward&Sandy Geiger, Marie Kneeland, Days Gone By

**Gold Master Star-** Marge Ross, Ridgeway Investments, Jennifer Crippen, Solutions Sales Inc.

### Two Wolves

One evening an old Cherokee told his grandson about a battle that goes on inside people.

He said, "My son, the battle is between two "wolves" inside us all.

One is evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego."

"The other is good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith." The grandson thought about it for a minute and then asked his grandfather "which wolf wins?"

"The old Cherokee simply replied, "The one you feed."

### Reference Section

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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

Michael & Debra Hansen Organic Meat - all kinds www.goodearthfarms.com 1-888-941-4343

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

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Dr. Ron Deyo DC 815-244-2699 IL

Oram Miller Building Biologist - Building Frequency/Energy Specialist 952-412-0781

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For AUSTRALIA Send Remittance (USD) and Registration to:

CARE, attn: Lee Stewart, SCCI, RR. 4, Box 646, Marble Hill, MO 63764. (573) 238-4846, (238-2010 Fax), or mail: care@raindroptraining.net  
Local Contact: John Green, PO Box 8273 Tumbi Umbi 2261, NSW Australia  
Home Phone 612 43886847, cell: 0416 380 325, Fax 612 43886847 or email at  
<oils@relaxandfeelgood.com.au>

3. CARE INTERNATIONAL SEMINARS AND INTENSIVES  
The Center for Aromatherapy Research and Education

Training Workshops for Continuing Education Credit in  
RAINDROP, VITAFLEX, BIBLE OILS, CHEMISTRY,  
AND EMOTIONAL RELEASE

CARE will sponsor more than 100 seminars and intensives during 2005 throughout the U.S.A., Canada, and Australia.

CARE Offers Two Types of Programs

1. CARE INTENSIVES (offering the full 23-hour CARE curriculum over a 3-4 day period)

2. CARE SEMINARS (offering a portion of the CARE curriculum over a 1-2 day period)

The Full 23-hour CARE Curriculum of includes Bible Oils (2 hrs), Applied Vitaflex (4 hrs), Raindrop Technique (8 hrs), Essential Oil Chemistry (5 hrs), Emotional Release with Oils (4 hrs).

The Center for Aromatherapy Research and Education is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a Continuing education Approved Provider.

Additional ones being added every week. Full details are given on the CARE Website <http://www.RaindropTraining.com>. Check the website periodically for the most current dates and locations.

### CARE SEMINARS AND INTENSIVES 2005

Intensive

Nov 14-17, Mon-Thu, Branson, Missouri  
With David Stewart, PhD, DNM, FCCI and Lee Stewart, SCCI

Intensive:

Nov 17-19, Thu-Sat, Cochrane, Alberta, Canada  
With Carol Howden, FCCI, Katrina Harrison, CCI, Sue Ellis, CI

Nov. 18-20 Woodbury, MN Wildwood Lodge  
94 Hwy. & Radio Dr.  
C.A.R.E. instructor Tanis Wichmann at 218-367-2579

Intensive:

Dec 9-11, Fri-Sun, Grand Rapids, Michigan  
With Kathy Spohn, FCCI

### FEES AND CONTACT INFORMATION

The fee for taking a whole 3-4 day CARE seminar (23 hours) is \$460 in us funds. Registration for a full CARE Intensive is available on the internet at <http://www.RaindropTraining.com>.

Selected classes of a complete CARE Intensive may be taken but registration must be directly with the appropriate registrar and cannot be done on the internet. The same for CARE seminars offering only a portion of the full 23-hour CARE curriculum.

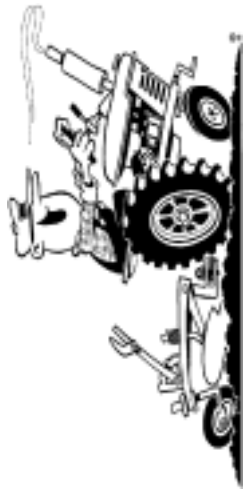
# Greetings!!!

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 8

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

August, 2005



## Down on the Farm with Doug and Barb Mills

Work is progressing rapidly on our new house. The roof is completed, windows are in, and wiring and plumbing are just about finished. I can see the home stretch during this hectic time. Our moving date is some time in September.

## A New Look at Cholesterol — Part 2

Hundreds of excellent scientific articles have linked insulin resistance and more recently leptin resistance to cardiovascular disease much more strongly than cholesterol, and they are in fact at least partially responsible for cholesterol abnormalities. For instance, insulin and leptin resistance result in small dense LDL particles and a greater number of particles. This is much more important than the total cholesterol number. Because of particle size shift to small and dense, the total LDL cholesterol could still be low even though the number of particles and the density of the particles is greater. Small, dense LDL particles can squeeze between the cells lining the inside of the arteries, the gap junction of the endothelium, where they can get stuck and potentially oxidize, turn rancid, and cause inflammation of the lining of the arteries and plaque formation. Importantly, many solid scientific studies have shown a mechanistic, causal effect of elevated insulin and leptin on heart and vascular disease,

whereas almost all studies with cholesterol misleadingly only show an association. Association does not imply cause. For instance, something else may be causing lipid abnormalities such as elevated cholesterol and triglycerides, and also causing heart disease. This something else is improper insulin and leptin signaling. Similarly, sugar does not cause diabetes; sugar is just listening to orders. Improper insulin and leptin signaling is the cause of diabetes. Likewise, cholesterol does not cause heart disease, but improper metabolic signals including improper signals to cholesterol (causing it to oxidize) and perhaps to the liver that manufactures the cholesterol, will cause heart and vascular disease and hypertension. Removing cholesterol will do nothing to improve the underlying problems, the real roots of chronic disease, which will always have to do with improper communications, and the generals of metabolic communication are insulin and leptin. They are really what must be treated to reverse heart disease, diabetes, osteoporosis, obesity, and to some extent aging itself.

(To be continued next month.)

www.mercola.com/fcgi/pf/2005/may/28/cholesterol\_heart.htm  
Ron Rosedale, MD

## Organic Food Study

Researchers have found that rats fed on organic food were slimmer, slept better, and had stronger immune systems than others fed on conventionally —grown produce. A team from the Danish Institute of Agricultural Sciences experimented on 36 rats, feeding one group organic food, and another conventionally grown food with high levels of fertilizer and some pesticide. A third group of control rats were fed minimally fertilized food. All the rats were given potatoes, carrots, peas, green kale, apples and rapeseed oil, and the level of nutrients was

monitored to make sure they were the same for each group. The rats fed organically-produced food were measurably healthier. The difference was so big that it is very unlikely to be random, said Dr. Kirsten Brandt, of Newcastle University's School of Agriculture. But we don't know if they slept better because they were less stressed and had a better immune system.

Arces USA, April 2005

## The Trouble with Teflon

It appears DuPont Co. has cooked up some trouble, for a federal grand jury has slapped the company with a subpoena — via a request from the U.S. Justice Department's Environmental Crimes Section — regarding the use of perfluorooctanoic acid (PFOA), a controversial chemical used to make Teflon non-stick coatings. And the subpoena comes only a month after DuPont agreed to a settlement with the Environmental Protection Agency (EPA) that it failed to disclose health safety information about PFOA for 20 years. Further, while a DuPont spokesman claimed no specific charges have been spelled out yet, the federal grand jury requested documents that were previously turned over to the EPA. The company must turn over the materials by late June. According to the EPA: PFOA remains in humans for years; small amounts of the chemical are believed to be present in a large proportion of the American public. Evidence has shown the chemical can cause cancers in rats; the report said PFOA targets the liver in rats and could increase cholesterol and triglyceride levels in humans. A small ray of hope: DuPont has previously announced plans to replace PFOA in some products by late 2006.

www.mercola.com/fcgi/pf/2005/jun/7/teflon\_toxicity.htm

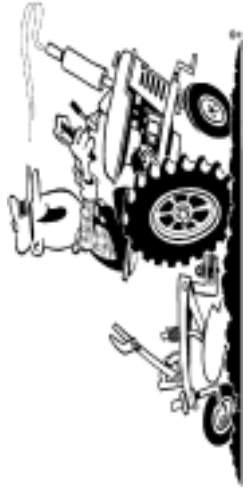
# Greetings!!

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 9  
2005

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

September,



## Down on the Farm with Doug and Barb Mills

Time sure flies when you are busy, and boy, am I busy overseeing all the new house details! I also fill in as a general laborer, and am proud of how my own personal project, the new 50 x 20 greenhouse, is coming along. The design was cooked up in my head, so it's fun seeing it come to life! The in-floor radiant geothermal heat source will be wonderful. The plants will have even heat coming from the lower part of the greenhouse. Normally the heat comes from a heater hung from the ceiling, leaving the plants nearer the floor cold. This should ensure better control of the environment during those cold lowa winters.

## Highlights from Convention

Since I couldn't leave the house building to attend the annual Young Living convention this year, Star Moree has graciously submitted the following report:

- **Essential oils effective against MRSA according to research!**

Did you know you can find more research on Essential oils on the **National Library of Medi-**

cine website? Check out

<http://www.pubmed.com>. We have the information to validate why you use essential oils to fight infections, such as a now more common but very serious infectious bug known as **MRSA** (Methyl Resistant Staph Aureus). A 2004 study found **Patchouli, Geranium, Melaleuca alternifolia, and Lavender** effective against MRSA! Take this and other information to your Doctor's office! This is worthy of keeping in your toolbox! Other oils found on the **National Library of Medicine** site to be effective against MRSA included: **Peppermint, Geranium, Cinamon, Orange, Grapefruit, Patchouli, Lavender, Lemongrass, and Thyme!**

- **Is Thieves on your shelf?**

**Comments from D. Gary Young:** When fighting infection many essential oil users keep our own **Thieves arsenal (product line)** close by for good reason. Many of us won't leave home without them! We know that a band of Thieves hundreds of years ago used essential oils similar to the ones in our **Thieves** oil blend to fend off infection. During Dr. Young's presentation regarding our **Thieves** oil blend he had some valuable comments! One point I will be sure to remind others of if you are not getting results with an essential oil in 12 hours change oils. Also look at your diet. Did you know your acid levels are 4-6 times higher when you are sick? Acid will eat the oils quickly. We need to get the acid under control, the oils will neutralize the acid first before working on the bacterial or other infection. Wow, now that is a tip worth remembering!

- **Discovery of the Ultimate Superfood: How the Ningxia Wolfberry and Four Other Whole Foods Help Combat Heart Disease,**

This new book hot off the press is available from **Essential Science Publishing** at (800) 336-6308. Or you can go to their website at [www.essentialscience.net](http://www.essentialscience.net)! This book is easy to read, full of research and charts that make it easy to utilize! This book shows extensive research on nutrient deficiency and disease. You will learn what whole foods including the **Ningxia Wolfberry** can supply lost nutrients, including vitamins and minerals. What nutrients you need to lower cholesterol, boost your immune system and maintain your eyesight. Learn why whole food sources of nutrients are best for your health. Once you have read this book you will be buying **Ningxia Wolfberries** and our new enhanced **Berry Young Juice** known as **NingXia Red!** Note our **Berry Young Juice** is also the new enhanced super charged formula! Marc Shreuder and Gary Young noted that drinking one ounce of **NingXia Red/for BYJ** is equal to eating 2 pounds of **Ningxia Wolfberries**. **NingXia Red** is truly a new super whole food juice!

## New Conference Call Number

Please note that the weekly conference call phone number has been changed! Dial in to (620) 782-8200 (PIN 24856#) on Mondays, 8:00 — 8:30 p.m. CST, and join us for an informal and informative discussion about the oils! Everyone is welcome! Bring your questions and testimonials!

# 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 10

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

October, 2005



## Down on the Farm with Doug and Barb Mills

The final stage of our new house is under way! We plan to be in on October 1, if all goes according to plan. **NEW ADDRESS:** 595 St. Catherine Road, Bellevue IA 52031. **NEW PHONE NUMBER:** (563) 773-2304. When we get our new email address we will notify those on our e-list.

## A New Look at Cholesterol — Part 3

Before we can begin to talk about the real cause and effective treatment for heart and blood vessel disease, we must first look at what is known, or I should say what we think we know. The first thing that comes to mind when one hears about heart disease is almost always cholesterol. Cholesterol and heart disease have been almost synonymous for the last half-century. Cholesterol has been portrayed as the Darth Vader to our arteries and our heart. The latest recommendation given by a so-called panel of experts recommends that a person's cholesterol be as low as possible, in fact to a level so low they say it cannot be achieved by diet, exercise, or any known lifestyle modification. Therefore, they say cholesterol-lowering drugs, particularly the so-called statins need to

be given to anyone at high risk of heart disease. Since heart disease is the number one killer in this country that would include most adults and even many children. The fact that this might add to the \$26 billion in sales of statin drugs last year I'm sure played no role in their recommendations. Or did it? Major consumer groups think so. They found out that eight of the nine experts that made the recommendations were on the payroll of pharmaceutical companies that manufacture those drugs. Major scientific organizations have chastised medical journals for allowing the pharmaceutical industry to publish misleading results and half-truths. There is a major push under way to force the pharmaceutical industry (and others) to publish results of all their studies, and not just the ones that appear positive. The studies that showed negative results would be forced to be published also.  
*(To be continued next month.)*

Ron Rosedale, MD  
[www.mercola.com/fcgi/pt/2005/may/28/cholesterol\\_heart.htm](http://www.mercola.com/fcgi/pt/2005/may/28/cholesterol_heart.htm)

## More on Convention 2005

This report is courtesy of Kari McDermott:

“Picture yourself knee deep in a field of lavender. In all directions waves of purple mesmerize your thoughts as an aromatic breeze takes you deeper into a tranquil state of existence. And the only thing that keeps you from floating away is the mountain peak on the horizon that suggests you're still on earth. And the sound of laughter, applause and the clanking of swords suggest you're not alone. This place is the Young Living Farm in Mona, Utah. It's the peak of the lavender harvest; mid-July, the third day of Convention and the temperature will reach 103 degrees. Over two thousand Convention goers are experiencing this moment with you, but you don't feel the usual emotions that large crowds tend to create.

Instead, you feel love, honor and gratitude to be a part of Young Living. Between the lavender fields and NingXia Red snow cones we rose above our right to complain. Perhaps as a farmer and organic gardener my appreciation goes a little deeper for all the hard work that is done behind the scenes. Planting, weeding, irrigation, human labor, harvesting, hauling, distilling, more human labor and all the steps required to give us essential oils in a simple little bottle whose ingredient lists never mention the long human trail. I cringe when I hear, they're expensive. Gary mentioned at the Nashville Convention that the farm doesn't make a profit. Well, that didn't surprise me. Gary Young always acknowledges his farm managers and all the employees at the farms. Well, that doesn't surprise me either. The farm crew is honest, hard-working people. And Gary helps put fun into their work. He knows the value. Even in the scorching desert heat the farm employees entertained over 2,000 guests, all of us exchanging sweat and smiles. The farm not only creates the foundation for our phenomenal oils, but also creates a sense of adventure through its theme parks (exotic animals, western plaza and jousting arena which is expanding into a Renaissance village). It's amazing! All farmers know fun isn't the first word that comes to mind in this chosen occupation. I think most farmers use the word work when describing what they do. I always feel honest when I work on my farm. I know that that integrity carries over into the oils and into all the people involved in Young Living, because the core of Young Living is the farm. For me it's easy to step away from all the science, spend a day at the farm and take that day as the essence of Convention home. Well, I took some plants home, too!

# Yes No Maybe Essential News

Volume 4, Issue 4

www.marcellavonnharting.com

July-August 2005

Marcella Vonn's

CALENDAR OF EVENTS

Check web site for updates

*New from Young Living*

Royaldophilus™ &

KidScents®  
Royaldophilus

Royaldophilus contains eleven of the most helpful intestinal flora to support optimal digestive health. Without these beneficial microorganisms, harmful or pathogenic bacteria and viruses can multiply, impeding healthy digestion. The mucosal lining of the gastrointestinal system is host to literally trillions of microorganisms—both good and bad. Certain medicines, stress, and poor eating habits result in a lack of “friendly” bacteria needed for proper functioning of the intestines and colon.

Code 3284

Editor: Anita Tamboli  
email: atamboli@cox.net

Co-Publishers:  
Marcella Vonn Harting  
and Anita Tamboli

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## THE BEST WAY TO PREDICT YOUR FUTURE IS TO CREATE IT

By Marcella Vonn Harting

**D**o you know how to get started? How to map your direction? How to build your team? How to market your product? How and when to expand?

Do you need Focus? Balance? Clarity? Advanced sales techniques? Advanced negotiation skills? Advanced leadership skills?

Today, I'm going to start a series of 10 articles that could possibly change your way of thinking to focus on results rather than tasks. Getting associated to your purpose and focus on your passion—so that you can achieve your goals and really enjoy yourself in the process.

*#1 Creating An Extraordinary Quality of Life: The Power of Focus.* First, you must learn to control your focus. By changing your focus, you instantly change the quality of your life. Remember, we get what we focus on. What you focus on determines how you'll feel. In fact, whether you are succeeding at what you're doing right now in your career, your personal life, your health, or your relationships is largely a reflection of what you are focusing on in these areas of your

life or if you are even focusing on those areas at all. Is all your focus on your job at the expense of your personal life? Are you focused on being spiritual, but then not taking care of your body? Are you focused on marketing, but not looking at the finances of your business? Whether you are stressed or fulfilled has little to do with what you're doing, or even the results you're producing. If you are stressed it's a result of where your putting your focus.

Focus is the ultimate power that can change the way we think, the way we feel and what we do in any moment. When we change our focus, we change our lives. What we focus on determines the direction in which we move.

Focusing on You!,  
Marcella Vonn Harting

### Create Focus In *Your* Life!

Attend a “Playshop” to take your life and business to the next level. **PLAYING TO CLAIM YOUR EXCELLENCE**—a two day event to assist you in creating new or renewed focus. Denver, Indianapolis and Minneapolis are scheduled. See [www.marcellavonnharting.com](http://www.marcellavonnharting.com) for info. Phone 480-443-3224 Mon-Thurs and leave your name and phone number if you are interested in attending.



## Marcella Vonn Harting's Mission Statement

**M**y 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**

## Hydrocarbons vs. Biodegradation

By G. I. "Atom" Bergstrom

**C**ontrary to most aromatherapists oxygen is usually NOT the therapeutic ingredient of essential oils, especially in regard to hypertension. An essential oil's therapeutic value lies in its acidic anabolic components (anti-fatty acids such as the glycerol and fatty alcohol components of esters), not in its alkaline catabolic ones (anti-sterols). Rather, think hydrogen and carbon, with nitrogen and/or sulfur as supporting actors (the first two elements are hydrocarbons, which is why Col. Dinshab Ghadiali classified oils under the color orange in his Spectro-Chrome Double Interlaced Triangle Emblem). When oxidized, an essential oil often becomes an allergen. For example, air-oxidized d-limonene is an allergen, where unoxidized d-limonene is not.

Also, most aromatherapist distinguish between physiological aromatherapy and psychological aromachology, but they DO NOT

make this distinction chemically. The odor of almost every essential oil is due to LIGHT and AIR-ACTIVATED carotenoids and xanthophylls, NOT the ingredients listed in 99% of aromatherapy books! For example although citronellol makes up 38% of Bulgarian rose oil, it only accounts for 4 3/10% of its scent, and although geraniol makes up another 14% of the same, it only accounts for 8/10th of one percent of its scent. Yet damascenone in Bulgarian rose oil make up only a tiny 14/100s of one percent, and yet accounts for a whopping 70% of its scent, and ionine only 3/100ths of one percent, and yet accounts for 19 1/5% of its scent.

G. I. "Atom" Bergstrom is coauthor of "Yes, No, Maybe" Chronobiotic™ Nutrition. To reach "Atom" for workshops on Chronobiotic™ Nutrition and Muscle Language Analysis write to him at 2116 Clay Street, Kilgore, TX 75662 or phone: 903-984-3458.

**"Yes, No, Maybe"**

**Chronobiotic™ Nutrition**

**By Marcella Vonn Harting and**

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

"It is a must read for anyone who would choose a healthy lifestyle", Terry Shepherd Friedmann, M.D., A.B.H.M., one of 25 pioneers in Holistic Medicine. Order the book at [www.marcellavonnharting.com](http://www.marcellavonnharting.com) or [www.yesnomaybe.net](http://www.yesnomaybe.net)

We are sad to report the passing of

Angelia Pope

of Big Sandy, Texas

*She will truly be missed.*

Our condolences to her family.

Angelia was a distributor with Young Living since 1996.

# BODY WRAP WITH CEL-LITE MAGIC

**T**wo times a year everyone chooses to look and feel slimmer; when selecting a bathing suit for summer and when finding the perfect party clothes for the holidays!

Having worked in salons and day spas for almost 30 years, I have found many different types of body wraps and have used most of them; mud, clay, gauzes and plastic wraps. Plastic wraps have caused a lot of damage to the skin if not done perfectly. You are wrapped like a mummy and left alone in a room with no way to move or get help if needed.

Now for the good news. **Young Living Distributors have the best body wrap product!** I have trained estheticians and Young Living Distributors in Arizona, Pennsylvania, New York and Mexico. The charge for a body wrap is from \$65 to \$125 per wrap. Most of us have taken all the other wraps off our menus.

With amazingly lasting results, Cel-Lite Magic is made with therapeutic grade essential oils and will break down and remove waste from your body like fat, cellulite and toxic unwanted water that clogs the pores creating dull, uneven and acne skin.

## What you will need:

**Cel-Lite Magic**, #3754, **Lavender**, #3575, wrapping, Mylar blanket (sports store), electric blanket or large hot water bottles, sheets, large bath towel, 2-ply plastic throw sheet (paint store), body brush, large bowl for warm water and 3 drops of Lavender, and 6 to 8 large wash cloths, one for each arm and leg and one for the back, neck and front, have one or two for personal cleaning.

## Let's get started:

1. Have your massage table/bed made up in the order given with the electric blanket on high.

2. Client can wear a 2 piece loose fitting swim suit (not a good one as it can become discolored) or loose under garments that can be removed to reach the full parts of the buttocks. (Remember to tell them to bring extra under garments for after wrap.) Lay person on table face down.

3. Body brush always toward the heart. Start at the bottom of the legs (leave the feet for last) buttock, waist, back (undo top-do not remove), shoulders, arms, hands including fingernails. Apply Cel-Lite Magic to full back side of the body. Turn over client. Be careful not to let them fall off the table. They will be slippery.



The effects of a Body Wrap will last for days.

4. Start brushing again from the bottom up (feet last). When you get to the breast cover with hand towel and remove top garment. Do not brush breast. Apply Cel-Lite Magic to top side of body (leaving breast for after they are covered with wrap). Apply good amount to feet.

5. Wrap. Start with the plastic wrap at the bottom of the feet, first one side then the other, tuck under the body. Work up the body. Be careful not to cover the face.

6. Wrap the sheet the same as the plastic. Then wrap the blanket and next the Mylar blanket to create a burrito effect.

7. Pull the hand towel out and instruct the person to apply extra Cel-Lite Magic to the breast (very good for the breast). Place a hand towel under the chin to help the client be able to wipe the face and for you to help them in wiping sweat or itches on the face.

It is very important not to ever leave a person until you are positive they do not get claustrophobia; may take up to 15 minutes for a reaction. They may also have an emotional release. This is a good time to do emotional release work with a person.

After a person comes to a full sweat, stay as long as they can stand it. Some can do this longer than others, it is important to have a full sweat as long as they can take it and not suffer; 15 minutes is the most common time. Total time for the wrap is 45-60 minutes.

Unwrap one layer at a time. When you get to the plastic, be very careful to cover the breast and not to let water drain on the floor. Please remember the water contains toxins from the body. Roll the plastic sheet toward the body so only the top is uncovered. Start to wipe the body, arms first, then neck and belly. Help the person sit up, place a warm towel on their back and roll plastic toward the buttock. Lay person back and have them raise up and finish rolling plastic. Raise feet and remove plastic from bed. The person will be laying on the large bath towel. Wipe legs and feet, turn them over and wipe the back of the body. Use a sheet to cover them and help them sit up. Remember, they have been laying for a long time. Do not let them jump up as they can become dizzy. Give them a full glass of water. Help them up and leave the room while they finish cleaning and dress.

Have client use Cel-Lite Magic when working out, cleaning house, etc., and body brush before they shower each day. Add Grapefruit essential oil to water to aid in breaking down fats in the body. Peppermint is also helpful for weight control.

You can do 2-3 wraps in a row to loose weight, or 1 a week until desired results are obtained; one wrap a month for maintenance.

Cel-Lite Magic has citrus in it and will make the body photo sensitive. Use a sunscreen if going in the sun; and wait 24 hours after the wrap.

I teach this class for \$85 per person.  
**Janet Kennis, Phone: 602-439-2253 or 602-432-6209. Email: janetsheadtoe@cox.net**

# Yes, No, Maybe Essential News

Volume 4, Issue 5

www.marcellavonnharting.com

September-October 2005

Now Available on my  
website:  
[www.marcellavonnharting.com](http://www.marcellavonnharting.com)

## Aromatherapy Cards,

Introductory CD  
to YLEO and

“Yes, No, Maybe”  
Chronobiotic™  
Nutrition, my book

## Master HERS

### Vitality Complex

A spray formula that promotes and enhances general health, vitality, and well-being. A life-enhancing vitamin and herbal supplement in a base of colloidal minerals

Code 3285

## Master HIS

### Vitality Complex

Infuses super nutrient, supportive herbs and a combination of essential oils in a highly absorbable spray. Code 3286

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

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## THE POWER OF FOCUS

### By Marcella Vonn Harting

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

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

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

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

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

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

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

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

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

### **QUALITY QUESTIONS CREATE A QUALITY LIFE.**

Take a moment right now to answer the following questions:

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



## Marcella Vonn Harting's Mission Statement

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

**Marcella Vonn Harting**

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

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

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

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

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

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

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

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

### **The Power of Focus** continued from Page 1

**you love? Who could you allow to love you?**

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

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

**Focusing on you,  
Marcella Vonn Harting**

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

*C.S. Lewis (1898-1963)*

## OXYGEN THERAPY continued from Page 4

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

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

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

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

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

### NingXia Red for Pets:

Give small pets 1/4 tsp a day;

Medium pets 1/2 tsp a day;

Large pets 1 tsp a day

Extra large pets 1 tablespoon a day

Visit my new website [www.nancybrandtdvm.com](http://www.nancybrandtdvm.com) for more interesting musings from a holistic veterinarian.

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

## ORAC Tests

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

What do the initials stand for?

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

## The Doctors Forum

By Dr. Ken Krieger

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

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

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

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

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

Other "similar" products have had

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

*Peter Marshall*

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

Yours for good health, Naturally,  
Dr. Krieger

**Dr. Ken Krieger** is a Chiropractic Physician in Phoenix, AZ. Reach Dr. Krieger by Phone: 623-561-2478, Email: [Drkriegerstria@aol.com](mailto:Drkriegerstria@aol.com), Web site: [www.arizonaspinedoc.com](http://www.arizonaspinedoc.com)

**NOTE:** To sign up for the YL-Showtime program go to [www.superiorleadsystems.com](http://www.superiorleadsystems.com)

# OXYGEN THERAPY

By Dr. Nancy Brandt, DVM

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

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

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

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

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

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

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

## THE POWER OF MANDALAS

**M**andalas represent wholeness; we are our environment, an integral part of the whole. We create our universe from within. Mandalas create an awareness of who we truly are, our planet and our life's purpose. Like a kaleidoscope, mandalas are created from a center point and reflect back the nature of the central point. Our true nature is reflected by how we live our lives, think and feel. How we feel inside is what we reflect on the outside. No matter how hard you try the wholeness, the center, will always be reflected and what we create in our lives is that reflection. From the atomic structure to the structure of the world the external radiates the internal center.

An animal radiates its internal center to us and thus we are comforted by them. We are benefited by animals and nature (including natural plant extracts like essential oils) because they do not cover up their reflection of the core whole. They radiate it in all of its wholeness, glory, and completeness.

In the King James version of the Bible it states: 7 “But ask now the beasts, and they shall teach thee; and the fowls of the air and they shall tell thee; 8 or

9 speak to the earth, and it shall teach thee; and the fishes of the sea shall declare unto thee. 9 Who knoweth not in all these that the hand of the Lord hath wrought this? 10 In whose hand is the soul of every living thing, and the breath of all mankind.” Job 12: 7-10.

The essence of the Whole is reflected to us everyday in nature: “To glorify His name” is to reflect your true core and to reflect your purpose here.

Each bottle of essential oil is a reflection of the plant's wholeness, its mandala. The oils, as animals, can lead us back to our true nature. Choose the oil which intuitively speaks to you. Choose to radiate your wholeness by creating health in your body and those of your children and pets. Start with the **7th Heaven Kit-# 3145, Twelve Oils of Ancient Scripture-#3143**, or the Young Living chemically free products.

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 Natural Care Institute, Inc.

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**October 2005**

**General Newsletter**

In this Issue: In-depth info on:

- Sore Throat Relief
- Clove Oil
- White Angelica Oil
- Peace & Calming Oil
- Oils & MRSA Staff Research
- NingXia Red
- Oils & Spa Treatments

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

On-line Ordering [www.youngliving.com](http://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

- Oct. 16 - Nov. 15 Clove Oil
- Nov. 16 - Dec. 15 White Angelica Oil
- Dec. 16 - Jan. 15 Peace & Calming Oil

"Until man duplicates a blade of grass, nature can laugh at his so-called scientific knowledge. Remedies from chemicals will never stand in favor compared with the products of nature, the living cell of the plant, the final result of the rays of the sun, the mother of all life."

Thomas Edison

**\*FREE\* 7-9:30 pm YL Regional Training 2005 Nigxia Red Tour \*FREE\***

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**PHONE/INTERNET SPECIAL**

Often 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](http://www.oil-testimonials.com)**

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