

December 2011



## Notes from your Coaches

Welcome everyone.

The holiday season is upon us once again. It has been a wonderful year and next year promises to be even better. So much is happening right now; all very exciting.

We are living in a time of great change and challenge but as I see it, all the changes and challenges are leading us in a better direction. I really feel we have reached our tipping point in health. People are starting to stand up for themselves. They are starting to question what doctors are prescribing and recommending when it comes to their

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**Donna Appel**  
**HCG Weight Loss Coach**  
**& Nutritional Consultant**

health and wellness. The internet has opened up a whole new world of research, recommendations and alternative solutions. The knowledge that can be obtained from the internet is staggering and should be a welcomed addition to everyone's education. Learning who you can and cannot trust should be high on your priority list. A Voice For Change will continue to bring forth all the information we can so you can make informed decisions that benefit you and your loved ones. We are not cookie cutter robots. We are all individuals with specific needs and desires and should be treated as such. No *one* solution works for everyone.

This coming year I will be coaching hCG detox/weight loss clients like I have in the past. Caroline and I are doing our joint PWL (Premier Weight Loss) program again starting in January. This will be our third year. It keeps getting bigger and bigger. I will be offering more tools so that clients are even more successful with their get healthy efforts. Autumn and I have new Group Discount Programs that we are offering for weight loss and detoxification. You put a group together and save on the program costs. If you are the organizer of the group, your discount is bigger. Get enough to sign up and your program is FREE! Don't worry about where you live. It can all be done via the web. Each group will get my undivided attention!

This is just the beginning for what we have in store for you. We are building a network of health-conscious voices that are ready to stand up and be heard as they take control of their lives and health. I spent the better part of last year searching for a great hormone balancing doc and found Dr. Edward W. Pearson. He has been a God send. He is changing lives, getting his patients off of medications, detoxing them with the best hCG on the market today. He is a teaching doctor, ready to share knowledge and help everyone take control of their lives. I'm blessed to be able to coach his detox clients and aide in his mission through the efforts of the New Medicine Foundation.

So read on and stay tuned as the New Year rounds the corner and we welcome in 2012. It isn't all doom and gloom like we hear so much about in the media and on the streets. Turn off the TV and get moving. Find something positive to read in place of the newspaper. Your thoughts will create your reality and reality is what I'm all about. Let's get real in December and move that positive energy right into 2012.

Give the gift of love and great health to someone you love as a holiday gift. Let's kick up our feet and make the health changes necessary so that we remember 2012 as the year of permanent change and self love.

Peace on earth to all.

## **HOLIDAY SPECIAL**

**Caroline Sutherland and Coach  
Donna Appel  
Team Up for the  
Premier Weight Loss  
Teleconference Series**

**8 Weeks of Coaching  
Starts January 4, 2012**

***\$499 all inclusive***

Have you dieted, lost weight and then regained it all countless times, only to give up in despair?

Let us help you with permanent weight loss in our life-changing series, open to a limited number of people. Find out why food allergies, the yeast syndrome, uncontrollable cravings and hormones are the cause of your weight challenges and what to do about them!

We are offering 8 weekly weight-loss teleconferences featuring a monitored program INCLUDING 4 weeks of an hCG weight loss/detox program with full blown coaching and all materials included.

Caroline kicks off the program on Day 1 with her famous 7 Day Detox Program on Thursday evening at 5:30pm PT/8:30pm ET.

We will be together for eight weeks starting January 4<sup>th</sup>, 2012. Space is limited, so register soon.

Now is the time – let's do this together!

Register on line [SIGN UP NOW](#) or call 800-575-6185 or 360-527-3311

**Hurry!  
Before it's full!**

**The How-to Book for**

With love and great health wishes,  
Donna Appel



Hello friends.

It's hard to believe that 2011 is coming to a close and the new year is right around the corner. The holiday season is in full swing with gatherings, shopping, and unseemingly endless to-do lists. Amidst all of the chaos, I cannot help but be reminded of the importance of expressing my sincere gratitude for all of the many blessings in my life. I really have so much to be thankful for this year, including partnering up with Donna here at A Voice For Change. It's a truly amazing gift to be able to live each day out loud, loving what I do, and to work with all of you to help imprint a positive change in the world around us.

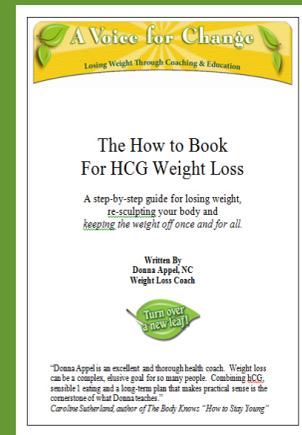
I would like to invite you, in the month of December, to set aside just 10-15 minutes of personal time for yourself each day. Let go of life's distractions for just a few minutes, and get yourself a gratitude journal. You'll be amazed in writing for just that little bit each day how much we all really have to be thankful for and what we so often take for granted.

When was the last time you looked at your significant other/loved one and told them how much you really appreciate all of the little things he/she does for you? So many little things in life go unnoticed, so let's make them all count starting this holiday season.

Thank you to all of you for your warm, welcoming wishes to me and for your ongoing support of our mission here at A Voice For Change. Be on the lookout for a questionnaire from me in the next few weeks. We appreciate your honest feedback so we can be of the best service and education to you in 2012. I wish everyone a healthy, safe, loving, and abundant holiday.

In good health,  
Autumn Heyman

# HCG Weight Loss



**A step-by-step guide for losing weight, re-sculpting your body and keeping the weight off once and for all.**

**Written by Donna Appel  
endorsed by  
Caroline Sutherland**

[Click here to order](#)



## **FOOD RULES OF THE MONTH**

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# SpeakingUp/SpeakingOut

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## Stop the Secret Farm Bill!!

The Farm Bill includes many important environmental and hunger-prevention programs. It also includes corporate welfare schemes that support bad factory farming practices and genetically modified crops that are full of pesticides. We need to support the groups and individuals that are keeping watch of the hen house. Help me, help them, help us.

Get involved today.

<http://www.organicconsumers.org/farm.cfm>

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## I Didn't Know That!

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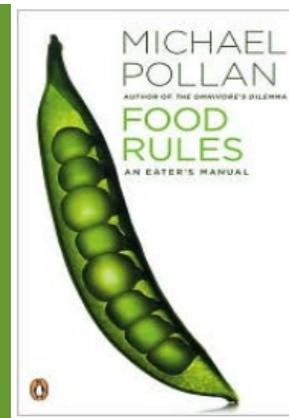
### "All Natural" ... *Really??* Arsenic is Natural.

**I didn't know that (IDKT)** .... Corporate America has infiltrated the natural and/or organic food industry. It seems they are slowly slipping in through the cracks and we need to stop this from happening. The informed consumer votes at least three times a day. They vote for products every time they put them into their mouth or purchase them at their local market. Buyer beware. Here is a perfect example of what I am referring to.

I didn't know that Kashi cereal was owned by Kellogg's! I also didn't know that Kashi cereal is highly contaminated with GMO's. I thought Kashi was a pure, "natural" cereal. I guess that brings us to the definition of "natural".

#### **Arsenic is natural.**

So is lead, mercury, tin, etc. See where I am going with this? Natural isn't necessarily good for the human body. If Kashi is being manufactured with GMO's, need I say more? I should have known. The first clue that we were in trouble if we were consuming Kashi cereal or Kashi GoLean Shakes,



Taken from Michael Pollan's book,  
["Food Rules, An Eater's Manual"](#)

**Rule #1** - Eat real food.

**Rule #11** - Avoid foods you see advertised on television.

**Rule #19** - If it came from a plant, eat it; if it was made in a plant, don't.

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## TESTIMONIAL OF THE MONTH

Thank you Donna. Yes, I heard Dr. Pearson's answers to my questions last evening. I so enjoy this "chat" time. One can read and hear things over and over and then all of a sudden "it all clicks".....which is why I like these "chat" sessions, even if I'm not set up where I can communicate back.

Indeed, it has been "a year" for me. In numerous numerous ways...for one I feel like a "person" again and I have my health back! I am entergetic and youthful and glowing (and might I say sexy) and I proudly claim all my 58 years of this earthly journey. Donna, I thank you, Dr. Pearson and Caroline for the work you do and for helping so many, many folks. I am your advocate. I don't have to speak it..... I show it! I am your poster-child!

My sincerest of thanks! Have a Blessed Thanksgiving and joyous holiday season.

-MKW, Florida

should have kicked in when I saw these products being advertised on television! Any product that is advertised on tv should be your first clue not to purchase it. Good quality, wholesome food is more expensive to bring to the table. There isn't a budget for advertising. My advice .... if nature made it, eat it in its pure form. Seems to me that the only reason pure food is made into something else and put in boxes to sit on store shelves for eons of time, is for the bottom line profits of the manufacturer.

Manufacturers will go to any expense to get you to purchase their products even if they have to lie or stretch the truth. This is particularly frustrating for me because I do eat organic and want to promote the organic food industry. That can be tough to do when you are competing with liars. Increasing consumption of organic food brings down the cost and makes it affordable for everyone and that isn't a lie. We need to compare good apples to good apples. We are being deceived and that is just wrong, in fact, illegal in my book. If Kashi Go Lean Shakes are composed mostly of unnatural, synthetic ingredients and you are buying them at a premium thinking they are really healthy for you, then you have just been deceived at the expense of the good products on the market that can't afford advertising and at the expense of your health.

You think organic and natural are one in the same? Nothing could be further from the truth. Kashi may be labeled natural but the truth is, it's contaminated with GMO's and it is very expensive. It is more expensive than some organic brands. Someone is taking our ignorance to the bank and cashing in at the expense of our health. I think we really need to take a look at the company that is manufacturing the food that we eat. We need to get a report card going for them and rate them and instead of trying to keep up with the food product name like Kashi cereal, we need to be keeping up with the manufacturer. You can bet as I move forward in life, I will not buy any food without knowing where it came from; who either grew it or manufactured it.

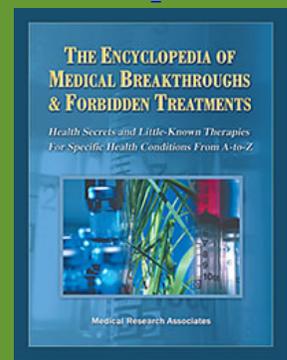
It is my opinion that profits should never be the driving force behind food and/or health care. I'm disappointed at the health food stores that are selling these products and putting our health in jeopardy. Health food stores that sell harmful products are being as deceptive as the manufacturer is in my opinion. When I think of a health food store, I think of a place that I can go and purchase healthy food that won't harm my body.

We just heard about McDonalds and Target dumping their egg supplier, Sparboe Farms, the country's fifth largest egg producer, for unethical manufacturing practices. I applaud them and hope they will go totally organic and give the poor chickens of the world a break. One solution to

## SHOUT OUTS!



Jump on the  
Midlife Women's  
Weight Loss Express!



## QUOTE OF THE MONTH

"We cannot solve our problems with the same thinking we used when we created them."

-Albert Einstein

## MEETINGS/EVENTS

stopping this abuse would be to treat corporate decision makers the same way they treat the very animal that makes them millions and billions in profits. Things sure would change quickly around here if they could actually experience what it feels like to walk in their little chicken feet instead of hiding behind a label, claiming to be something they are not.

Still think you can't afford to go organic? My thinking goes like this, either pay now for healthy, nutritious food or pay later for health care services and illness. The choice is yours.

And **Now You Know (NYK)**.

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## Nutrient Update

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### Vitamin A ... aka Retinol

Vitamin A is also known as retinol and is essential for vision, reproduction, skin and mucous membranes, cell growth and immunity to disease. Vitamin A is fat-soluble and can be found in abundant supply in liver and fish liver oils such as cod liver oil. The body turns beta-carotene into vitamin A. You can get plenty of beta-carotene from green leafy veggies and carrots.

Supplements containing 5,000 to 10,000 i.u. per day should be sufficient for the average individual. Some individuals can experience a build-up of Vitamin A in fat cells which can be toxic. It is not advised to take more than 25,000 i.u. per day.

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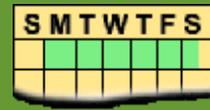
## RECIPE OF THE MONTH

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### Holiday Harmony Scallop Supreme

#### Ingredients:

- 12 - 16 sea scallops (approx. 1 lb)
- 2 Tbsp Coconut Oil
- 4 Large Tomatoes, sliced
- 1 cup fresh basil, chopped



### Premier Weight Loss Teleconference Series

Carolyn Sutherland  
and Donna Appel  
Kick Off: January 4th  
8:30 PM EST

[Click here to get registered!](#)

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### The Doc & Donna Show!

Client Support Group  
Monday Evenings  
8:00 - 8:30pm EST

You are cordially invited to connect with Dr. Edward W. Pearson of the New Medicine Foundation in a "Chat with the Doc" series.

You will have an opportunity to chat with Dr. Pearson or other members of our team, personally. It is a great time to get educated about a host of topics from hormone balancing to thyroid and adrenal issues to heart attack, diabetes, high blood pressure, cholesterol and so much more. No topic is off limits or too personal; men, women, children are all welcomed.

We are looking forward to connecting with everyone. We value your opinions and dialogue and enjoy sharing information.

Register for a session now by clicking a date below:

[Mon, Dec 5, 2011 8:00 PM - 8:30 PM EST](#)

[Mon, Dec 12, 2011 8:00 PM - 8:30 PM EST](#)

[Mon, Dec 19, 2011 8:00 PM - 8:30 PM EST](#)

[Mon, Dec 26, 2011 8:00 PM - 8:30 PM EST](#)

Sea salt & black pepper to taste

### Preparation:

Rinse and dry sea scallops. Make sure they are totally dried as it is necessary for proper caramelization. Sprinkle with salt and pepper. Put approximately 1.5 tablespoons of coconut oil into skillet and heat to medium-high. Place scallops in skillet and cook, without stirring, until they are a deep golden brown (approx 2 minutes on each side).

Arrange 3 or 4 tomato slices on each plate (stack or lay flat in desired pattern). Drizzle with remaining coconut oil. If desired, sprinkle with salt and pepper.

Arrange 3 to 4 scallops on top of tomato slices and sprinkle with fresh basil. Serve immediately.

Serve as an appetizer at any holiday celebration or as a special petite entrée item at your holiday bash. The beauty of the red, green and white arrangement will liven up any affair and be a treat to the pallet.

**Bon Appetite!**



### Group Program Launch for 2012

➔ **\$300 - Little Voice Program**

**Include 6 other people in your group and you pay \$200 for your program as the organizer!**

➔ **\$250 - Big Voice Program**

**Include 12 other people in your group and you pay \$100 for your program as the organizer!**

➔ **\$250 - Yell it From the Rooftop Program**

**Include more than 12 other people in your group and your program is FREE as the organizer!**

All programs consist of an 8 Week HCG Detox/Weight Loss/Cleanse Program to Include:

Click the link above and sign up for each event you would like to attend, as space will be limited and available on a first come, first served basis.

### **The AVFC Donna Hour!**

**HCG Weight Loss/Get Healthy Support Group  
Tuesday Evenings  
9:00 - 10:00pm EST**

You're invited to join us - 9:00pm Eastern time, 6:00pm Pacific, for an open discussion about hCG, detoxing, weight loss, hormone balancing and so much more. It will be our time to connect, to check in and see how your detox/weight loss protocol is going. Check in about hormone balancing issues and health issues overall. The goal is to answer your questions and keep you moving in the direction to great health and wellness.

Talks will last approximately an hour.

You can join us on the web or via phone. These talks are for clients or invited guests only. They are not open to the general public. If there is someone considering our program that you would like to invite, forward this email to them. We will do our best to spend some time with them at the end of the client portion of the session.

**Register for a session now by clicking a date below:**

[Tue, Dec 6, 2011 9:00 PM - 10:00 PM EDT](#)

[Tue, Dec 13, 2011 9:00 PM - 10:00 PM EST](#)

[Tue, Dec 20, 2011 9:00 PM - 10:00 PM EST](#)

[Tue, Dec 27, 2011 9:00 PM - 10:00 PM EST](#)

Click the link above and sign up for each event you would like to attend, as space will be limited and available on a first come, first served basis.

System Requirements

PC-based attendees

Required: Windows® 7, Vista, XP or 2003 Server

Macintosh®-based attendees

Required: Mac OS® X 10.5 or newer

- 2 Bottles of our NEW Professional Formula Homeopathic Sublingual hCG drops
- 1 Bottle of Detox Plus Caps for use in proper bowel cleansing and elimination
- 1 Guide Book – The How to Book for HCG Weight Loss by Donna Appel
- 1 Set of Food Intake/Weight Loss Monitoring Forms
- Coaching for 33 days (Phase I) for weight loss/detoxification
- Coaching for 21 days (Phase II) for resetting the hypothalamus to lock in new set-weight point
- Coaching for 2 days on master cleanse program (participation is optional)
- Bi-weekly call in webinars for Q & A sessions and progress monitoring

**Let us help you lose 15 to 20 pounds in a month and teach you how to keep it off for good!**

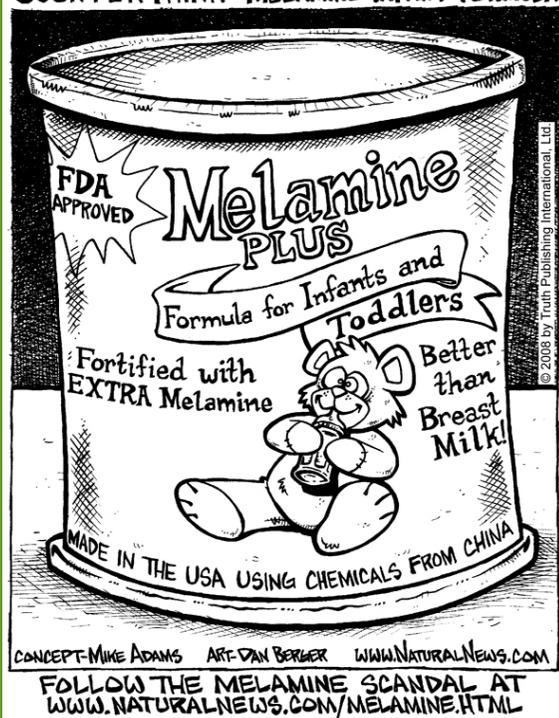
All meetings can be done from the privacy of your own home.

You don't have to have the group in your area, they can come from anywhere in the world. If the group is local to me, I will visit and teach in person. If it is not, it will all be done virtually via internet and phone.

We will touch on many subjects during the program including hormone balancing, weight loss after the detox, supplementation, exercise, EFT (emotional freedom technique), emotional eating, stress management, subconscious thoughts, depression, and so much more.

Put an end to yo-yo dieting once and for all.  
We teach. We don't preach!

COUNTERTHINK-MELAMINE INFANT FORMULA



[A Voice For Change](#)

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*Member in Good Standing*

