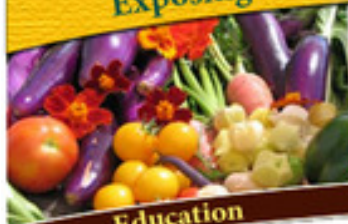


A Voice for Change

Speaking Up ~ Speaking Out

Exposing the myths surrounding weight loss and health, and providing new answers.



Education

Health/Hormones/Detox

Weight Loss

Energy Alternatives

November 2011



HAPPY THANKSGIVING!

Notes from your Coaches

Welcome everyone.

Yes, I am back to publishing my monthly newsletters thanks to the help of a few individuals that have recently teamed up with me. I couldn't do what I do without them. On that note, I would like to formally introduce you to one of them but before I do, I want to let you know that A Voice For Change is changing.

The website is being updated so keep checking back to see what's happening. We are making it more informative overall and not just focused on weight loss and hCG. I'm adding to the recipes section, and as many of you know, we now offer injectable and sublingual hCG for detoxification and weight loss but that has to come from working with Dr. Pearson, not just me. You get a lot for your money when you sign up for any of Dr. Pearson's services. I will be

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Donna Appel
HCG Weight Loss Coach
& Nutritional Consultant

talking about this in upcoming newsletters and during our weekly calls.

Yes, we are offering two calls each week. The first is on Monday evenings @ 8:00pm Eastern time. You can actually listen to Dr. Pearson talk and ask him questions. He is a teaching doctor and has agreed to do a weekly show that we lovingly call the Doc and Donna Show! If you are receiving this newsletter, then you are also receiving the invites for this event. I challenge you to sign up and ask a question. Start getting educated yourself and learn how the body works and why.

Then on Tuesday evening, I'm connecting with clients at 9:00pm Eastern time in the same format. It's just me during The AVFC Donna Hour. I talk about many topics and share information that I have learned along with chatting about what clients are going through on their journeys to great health and wellness. You can get as personal as you care to. We are on a first name basis only. Individuals looking to learn are invited to attend, however, my attention goes to clients first. If there is time and a non-client visitor has a question, I'll be happy to answer it for them.

My focus during this month is to teach you to "Love yourself enough to care about you first". This isn't selfish. It's like the instructions you get on an airplane before takeoff. In the event the oxygen mask falls in front of you, you are instructed to put yours on first and then help your children and/or others that may be in need of assistance. Why do you think you are told that? Stop for a moment and consider the ramifications of not taking care of you first. What happens if you don't maintain your auto? I bet many take better care of their autos than they do themselves. Crazy right? You not only hurt yourself but those around you as well. It is all about loving yourself. It is impossible to love others if you don't love yourself first. You radiate that love outwardly. It begins on the inside of you with the things you put into your body. Remember to be gentle with yourself and patient. It's all a journey, not a destination and that goes for changing unhealthy food habits too.

Enter Autumn and I don't just mean the season. I have taken on a partner and her name is Autumn Heyman. I hope you'll be as thrilled to have her helping you on your path to great health and wellness as I am having her assistance and shared enthusiasm for the changes that need to happen on our planet. She has a passion for helping others to get healthy and for teaching and sharing information. She is a sponge for knowledge and will be my right hand person on this venture. Autumn will be handling your questions and will be your contact person here at AVFC. This will allow me to focus on bringing you the facts,

HOLIDAY SPECIAL

7 Week HCG Detox/Weight Loss/ Cleanse Program \$250 per person

Program Includes:

2 Bottles of our new Professional Formula Homeopathic Oral hCG Drops

1 Bottle Detox Plus Caps for use in proper bowel 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 3 weeks on Phase I for weight loss/detoxification

Coaching for 3 weeks on Phase II for resetting hypothalamus and locking in new set-weight point

Teaching the master cleanse program (participation is optional).

[Click here to order](#)

Valid Nov 1-30 only!

The How-to Book for HCG Weight Loss

the truth and the details of how to get and stay healthy. She has gone through the same programs and used the same products that I have and will be a wealth of information for everyone who signs up to be a client of [AVFC](#) or of the [New Medicine Foundation](#).

While we don't work for New Medicine, we do support their efforts and coach their clients through their detox programs, hormone and adrenal balancing as well as teaching healthy eating habits and nutrition.

I do hope you'll take the time to introduce yourself to Autumn and make her feel welcomed to our super community of like minded individuals looking to change the way we practice great health in this country and beyond. She can be reached at autumn@avoiceforchange.com

Of course, I will continue to be the big mouth out there watching your backs and bringing you the information you need to make the right nutritional choices that serve you and your health and not the health of someone's wallet. And on that note I will close and wish you a very healthy happy November.

Many blessings and lots of love go out to you all.

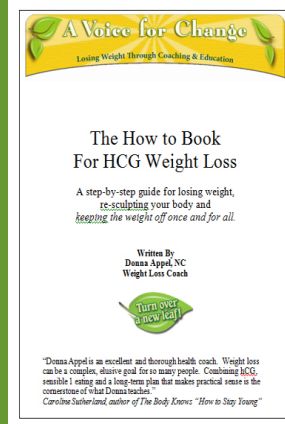
Love, Donna Appel
Health and Nutrition Counselor
Reconnective Healing Practitioner



"The people who are crazy enough to think they can change the world, are the ones who do." - Steve Jobs

Hello friends.

Some of us are very blessed with a true passion for the beauty of life. I feel that with such an experience, I am driven to educate, research, reshape, and put my stamp on the world around me. This is a gift that I am truly grateful for and do not take for granted.



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

Everyone has a passion in life, something that sparks and ignites them every morning when they wake up. For me, I am humbled with the opportunity to live that out every day. With that drive and desire comes my story---the reason I am so fired up to re-awaken as many people as I can. Yes, I said re-awaken.

So many go through the motions of life, getting caught up in the daily routine, stresses, and over-packed schedules without ever really LIVING it. This I speak from experience because I too was guilty of this for a long time---in fact, maybe even President of the club for awhile. It took a lot of thorns in my rose bush for me to realize that the beauty of the rose, or life itself, comes from being able to weather, withstand, and persevere through even the rockiest of environments. There is no beauty in a rose without appreciating the beauty of each and every thorn.

Since the time that realization finally clicked for me, I have been inspired to share my story, my drive with anyone willing to listen---and even to a few that weren't. My story comes unedited, thorns and all. For anyone wishing to know more about my story beyond this bio, you are welcome to contact me at autumn@avoiceforchange.com.

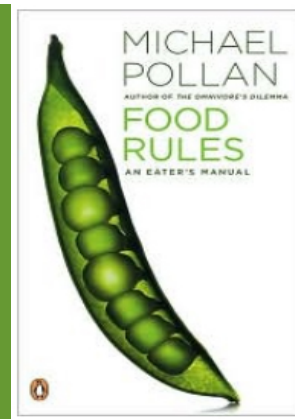
For those who are the most driven, there's almost always a circumstance in life or a series of circumstances so powerful that it completely changes the perceptions of everything around you. You are consumed to search for the truth. My story is no different.

As a child, teenager, and young adult I had gone through a menagerie of health problems. I experienced chronic headaches, fatigue, poor circulation, mood swings, a depressed immune system, and had extreme fluctuations in weight. Looking back I cannot say that I had a bad childhood, but I did have bad nutrition and no real knowledge of that fact until long afterward.

I remember countless visits to the doctor's office for years to address the headaches, circulation problems, etc. and all of the frustration that came with it. There were never any concrete answers, just a new diagnosis and a new pill. It came to the point where I was at the end of my rope and had just given up hope that the medical profession had any real answers for me whatsoever.

Even with my own discord with the medical profession, what really lit my fire was not my own experiences but that of a loved one. I think many of us can relate to that. We build ourselves up to be able to take on anything, but having to watch someone we love go through pain is often unbearable. That's what turned my world upside down. A painful ordeal is what tears at our hearts the most.

It was just before Christmas during my early 20s. I



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

Rule #5 - Avoid foods that have some form of sugar (or sweetener) listed among the top three ingredients.

Rule #7 - Avoid food products containing ingredients that a third-grader cannot pronounce.

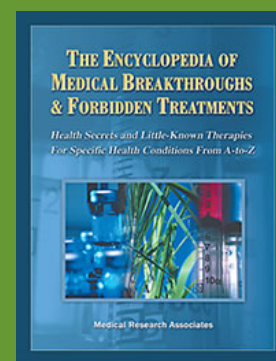
Rule #30 - Eat well-grown food from healthy soil.

TESTIMONIAL OF THE MONTH

Hi There Donna. Thank you for hosting the call last night. Just wanted to tell you, you have great presence and add so much to the calls. I look forward to working with you!

-DM, Massachusetts

SHOUT OUTS!



remember getting a call just after leaving work that day to come directly to the local hospital. My brother had a seizure and a violent behavioral episode. As a little background, my brother has had moderate retardation and developmental disabilities throughout the course of his life due to birthing trauma. Since he was a small child he has been on a concoction of ever changing medications and doctor visits.

Upon my arrival they were running blood tests to check his medication levels and doing general observation. I vividly to this day still remember the stale smell of the room, the clothes I was wearing, and the shine of the doctor's shoes as he walked into the hospital room that evening.

The words that were about to follow from the doctor's mouth were like the shot heard around the world for me. My family was told that due to his medical history and developmental delays that this was as good as it was ever going to get for him. We should expect not to see any improvement but only further escalated episodes as he grew older. I can honestly say in a sense that Christmas brought a precious gift I will never forget, although the wrapping paper on it seemed unfitting at the time.

My intrigue for health, the body, and science was something that budded long before this experience. In high school my fascination with science really cultivated and I was winning medals in state chemistry competitions. Even in my higher education pursuits, I had studied both traditional Western approaches and alternative medicine disciplines, but to me there was always something unsettling about my educational experience. I always knew something big was missing. Hearing the words "this is as good as it gets" was the pivotal shift moment in my life that woke me up and demanded a change and truth out of the world around me.

That's where I stand today. My passion is to help teach and inspire others to be advocates for themselves and their own bodies. We all have that innate wisdom within us if we choose to embrace it. I find it disheartening as a society that we devote years of study, time, and attention to how a computer or a generator works, yet most people have no clue how their bodies actually work or how to properly maintain them. I am part of that voice invoking change and no longer accepting the fallacies most of us have grown up with our entire lives or entrusting them solely to the hands of someone else.

This is what has drawn me to A Voice For Change and its mission. I am truly honored in joining Donna as a partner, colleague, and friend. I cannot express enough gratitude for how much she continuously teaches and inspires me everyday. I look forward to connecting with each and



The Missing
Midlife Manual
FREE Teleseries
Nov. 1-15, 2011
[Click to Join](#)



Moms
Rising



I CAN DO IT!
ignite
New York City
November 3-4, 2012
Javits Center [Learn More](#)



I CAN DO IT!
Washington D.C.
Sept. 7-9, 2012
[Learn More](#)

QUOTE OF THE MONTH

"Always remember that the future comes one day at a time."

-Dean Acheson

MEETINGS & TELECONFERENCES



everyone of you so you can help speak up, speak out and join us in becoming a voice for change.

In love and good health,
Autumn L. Heyman

SpeakingUp/SpeakingOut

Crisis in the Horn of Africa: Help Stop the Starvation

On July 20th, The UN formally declared a famine in parts of Somalia--for the first time in nearly 20 years. Around 10 million people are desperately in need of food, clean water and basic sanitation. [Sign the petition and ask world leaders to act now to fight hunger and save lives.](#)

Save Congo Mountain Gorillas

Africa's Great Congo Basin Gorillas are disappearing -- only approximately 680 mountain gorillas remain in the wild. These gentle animals are caught, trafficked and sold as exotic pets for thousands of dollars in the world market. [Act now to urge Congo's leaders to strengthen efforts to protect them.](#)

Tell the FDA: Label My Food

A [recent study](#) shows that over 93% of Americans think it's necessary to label genetically engineered (GE) foods. We all have the right to know what we eat. The [Just Label It](#) campaign, a coalition of hundreds of socially-conscious organizations and companies, is bringing together millions of activists to demand that the FDA require the labeling of GE foods.

Concerned about the lack of labeling of GE foods? Start by learning [the eight things you can do about it](#), including writing the FDA.

I Didn't Know That!

Midlife with a Vengeance!

**Gregory Anne to Interview
Dr. Edward W. Pearson
November 14th, 2011
6:00pm EST**

As part of her [Missing Midlife Manual Teleseries](#), Certified Life Coach, Certified Weight Loss Consultant, and "former fat girl" [Gregory Anne Cox](#) will be interviewing our friend and highly respected Doctor on Getting Fit, Healthy, Sassy, & Sane!

[Click here to get registered!](#)

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, Nov 07, 2011 8:00 PM - 8:30 PM EST](#)

[Mon, Nov 14, 2011 8:00 PM - 8:30 PM EST](#)

[Mon, Nov 21, 2011 8:00 PM - 8:30 PM EST](#)

It's not too MUCH cortisol, it's too LITTLE!

I Didn't Know That! (IDKT) There were three phases to the demise of the adrenal glands. Each phase marks a further decline in these precious glands, eventually leading to disease. What I also didn't realize is how little doctors know, in general, about what to do to help the adrenals and how this can make all the difference when it comes to combating illness and staying healthy.

Let me explain the three phases first and go from there.

Phase 1 aka Adrenal Stress. High cortisol levels are common today and are present in nearly all men, women and children right from birth. Adrenal stress comes into being as a result of too much stress placed on the body to begin with. Stressful situations, toxins and mental worry all take their toll on these endocrine system glands. In case you didn't know, [to continue reading this article please click here ...](#)

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

Nutrient Update

Iodine: The Most Misunderstood Nutrient

Until I read Suzy Cohen's book "The 24 Hour Pharmacist", I didn't think there was any therapeutic value in supplementing my diet with iodine. Suzy Cohen explained that the cause of her "dry eye" was the result of an iodine deficiency. I ran to my local health food store, purchased some kelp and started adding 10 drops to my water a couple times a day. I was amazed that within just a few days, I was no longer waking up in the middle of the night to put drops in my dry eyes. In fact, I don't use eye drops at all anymore.

And add to that, I no longer supplement with a pharmaceutical drug for my under-active thyroid condition. My thyroid is now functioning just fine.

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, Nov 01, 2011 9:00 PM - 10:00 PM EDT](#)
[Tue, Nov 08, 2011 9:00 PM - 10:00 PM EST](#)
[Tue, Nov 15, 2011 9:00 PM - 10:00 PM EST](#)
[Tue, Nov 22, 2011 9:00 PM - 10:00 PM EST](#)
[Tue, Nov 29, 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.

To learn more about this misunderstood nutrient, check out Suzy Cohen's book:

["The 24 Hour Pharmacist"](#)

and from Dr. David Brownstein's book:

["Iodine, Why You Need It, Why You Can't Live Without It"](#).

RECIPE OF THE MONTH

Rat-A-Tat Louie

Serves 4-6

Ingredients:

1/4 cup olive oil
6 cloves garlic – minced
1 large Vidalia onion – diced
2 bay leaves
1 large eggplant – cubed
2 teaspoons sea salt
1/4 cup chopped fresh basil leaves or 2 tsp dried
2 tsp dried oregano
1 tsp rosemary leaves
2 small zucchini – cubed
2 small yellow summer squash – cubed
1 red and 1 green bell pepper – seeded, chopped
2 cups of ripe fresh diced tomatoes
1/2 cup dry red wine
8 oz. mushrooms – sliced
1/4 cup fresh minced parsley
Grated Parmesan or Romano cheese for garnish (optional)

Preparation:

Heat olive oil in a saucepot or Dutch oven. Add onion, garlic and bay leaf and sauté over medium heat for 5 minutes. Add eggplant, salt, basil, oregano and rosemary; cover and cook over medium heat for 10 minutes, stirring occasionally.

Add zucchini, yellow squash, peppers tomatoes and wine; cover and simmer over low heat for 10 minutes. Add mushrooms and parsley and simmer 5 minutes more, or until all vegetables are tender. Remove bay leaves.

Sprinkle with grated Parmesan or Romano cheese, if desired.

Required: Windows® 7, Vista, XP or 2003 Server
Macintosh®-based attendees
Required: Mac OS® X 10.5 or newer

Dilbert learns about the FDA :)



Bon Appetite!



[A Voice For Change](#)

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donna@avoiceforchange.com

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