



April 2012



three flowers compliments of flowerclipart.com

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## Notes from your Coaches

Welcome friends!

As they say, April showers bring May flowers although this year from what I hear, the flowers are already in bloom and have been for a while. We've had a warm winter as winters go and will be the recipients of early blooms in all varieties. The seasonal change is upon us and I welcome it gladly as I'm sure you do too.

I thought I would talk about change this month. I'm just about done with my book and between that and the changes to our website; we have lots of great blooms in store for you. As we continue our get healthy mode, we continue to see our waist line disappear and our health re-appear. Our waist lines are shrinking and our great health is growing. That equates to some wonderful changes.

At AVFC, our focus this year is not just on weight loss. Remember what I said last month; "if we want to live long, healthy, pain and drug free lives, we need to make the change to being health conscious all year round." This is the focus. The new book will be revealing lots of great ideas and instructions on how to facilitate change to the mind and soul as well as the body. I'll be sharing thoughts and information on alkalinity, allergies, exercise, food



Donna Appel  
HCG Weight Loss Coach  
& Nutritional Consultant

combining, hormone balancing, sugar, water, vitamins and supplements, relationships and a whole lot more.

We are not cookie cutter people. We are all individuals and we need to be treated as such all the while remembering also, that we are part of a whole - a whole universe. We need to get back to the spirit of community and togetherness. We are not loners destined to a life of suffering. We are vibrant, whole, fire-breathing dragons that have lived in our caves long enough. It is time to break out and be who we are destined to be. Some of us are meant to be dragons, while others are meant to be fireflies. And then there are still others that are meant to fill the void in between those two contrasts.

Find your void. Find your passion. Make a change to who you are meant to be and what you are meant to do that brings you joy. You'll be amazed at the impact this one change will have on you and those that you are close to. Enjoy April and all the celebrations that come during the month. Enjoy the blooms and the bunnies, baby birds and April showers. Above all, enjoy the love and share it.

Turning over a new leaf, transforming a new life,  
Coach Donna



Hello all!

What better time of year to "spring" some new blossoms to transform the AVFC monthly newsletter and give our readers the opportunity to connect not only with Donna and I, but also with each other.

Below are some of the ideas I am planting with topics to be featured in upcoming newsletters. A survey is set to launch April 9 to poll the topics you wish to see each month. Please take a few minutes at that time to share your feedback and pick your favorites.

**Ask Autumn-** One question will be selected each month and featured in the "Ask Autumn" column. The question can be related to a topic discussed on a recent call, a "Getting to Know Your Coach" type question, or a general "What to Do If.." question.

**Coach's Comments-** Every month I will select a specific client question that has come through my inbox that will benefit the audience. All names will be kept anonymous. The intent is to educate other readers who may benefit from the Q &A.

**Client Corner-** We would like to highlight a different client each month interested in sharing his/her story with our readers.

**Client Clips-** Do you have before/after pictures you would like to share with us, a picture of yourself at a family bbq using tips you have learned, or maybe you've picked up a new hobby like 5k races that you'd like to share pictures of? If that's the case, this section will be your time to shine.

**Coach's Challenge-** The 'Coach's Challenge' will vary from month to month. It may be more of a fun or competitive challenge designed to educate and motivate. It could also be a call-to-action for the month where we challenge you to take a stand and get

## MONTHLY SPECIAL

**April is in Bloom Special  
15% off our Group 2 Program**

This is a great way to get started to losing those unwanted pounds of stored fat and toxins. Our normal fee for this program is \$450 but we found a golden egg and thought we would share the wealth. We've knocked \$68 off the program price. This hop along savings includes:

- 3 Bottles hCG – Professional Grade Oral Homeopathic Formula
- 1 Bottle Synergy Detox Plus Caps for Elimination Cleansing (90 capsules)
- 1 Virtual Coaching manual with 1 Set of Record Keeping Forms
- Limited phone support (see coaching)
- Unlimited personal e-mail support
- Participation in weekly group teleconference calls
- 2-Year membership to AVFC members-only website
- Coaching support for 54 to 61 days (1 Extended Protocol)
- Shipping & handling

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

**We teach. We don't preach!**

EMAIL US AT  
[SUPPORT@AVOICEFORCHANGE.COM](mailto:SUPPORT@AVOICEFORCHANGE.COM)  
TO JOIN!

**Offer ends April 30, 2012**

## The How-to Book for HCG Weight Loss

involved.

**Changing Communities-** 'Changing Communities' will expand far beyond the scope of the monthly newsletter. Briefly summarized, this is the way we will connect to support each other with ideas for growing and educating our communities. More details on 'Changing Communities' will be coming soon and discussed on upcoming AVFC weekly calls. I wanted to give everyone a sneak peek in this newsletter as to what's coming up within AVFC in the next several weeks.

Is there another idea not included above that you would like to see? Send it over to [support@avoiceforchange.com](mailto:support@avoiceforchange.com) and we will include it in the poll on April 9.

Any other feedback you have is warmly welcomed at [support@avoiceforchange.com](mailto:support@avoiceforchange.com). Take care everyone and have a wonderful month. We'll be connecting again very soon.

In love and good health,  
Coach Autumn



**April's Thought to Ponder:** *"If you want things in your life to change, you're going to have to change things in your life."* ---Kevin Trudeau

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## SpeakingUp/SpeakingOut

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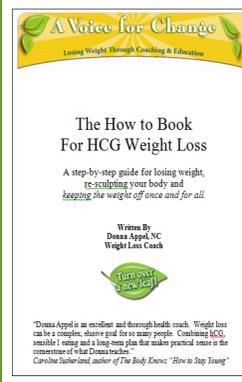
### We Need To Take Back Our Power NOW!

The FDA is still at it. They are still wanting to take away our right to purchase nutritional supplements. They want us to think that they are doing us a favor and protecting us but in reality, it is to protect the very source of more than 50% of their budget, pharmaceutical companies. It is big pharma that dictates their course of action. Who do you think has our best interests at heart?

Doctors are starting to come forward, no longer afraid of the wrath of the very industry that is suppose to protect us and help to keep us well and healthy. **Our system is broken** and it isn't going to go down or change without a fight. Take away our supplements and they will see WWII erupt, that I assure you.

It is estimated that nearly 69% of the adults in the United States take nutritional supplements. Multivitamins seem to be the most popular form of supplementation. Do the math. That equates to nearly 215,000,000 Americans. Imagine the dollar signs big pharma is seeing as they push the FDA onto this insane path.

It seems the FDA is making this fight feasible because they feel that they are dangerous. So that would mean that people must be dying as a result of taking these supplements on their own, without the



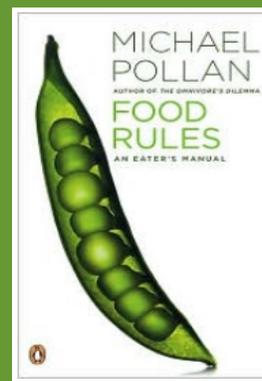
**A step-by-step guide for losing weight, re-sculpting your body and keeping the weight off once and for all.**

Written by Donna Appel  
endorsed by  
Caroline Sutherland

[Click here to order](#)

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## FOOD RULES OF THE MONTH



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

**Rule #10** - Avoid foods that are pretending to be something they are not.

**Rule #17** - Eat only foods that have been cooked by humans.

**Rule #18** - Don't ingest foods made in places where everyone is required to wear a surgical cap.

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## TESTIMONIAL OF THE

authorization of some government agency or medical professional. And mind you the medical professionals they are likely referring to are the ones that basically get **little to no nutritional education in med school**. And mind you, as of the latest stats available from the U.S. National Poison Data System there are zero, let me go further, nada, zip, zilch deaths due to multivitamins. In fact, there aren't any due to the use of individual vitamin supplements either.

Hummmmm seems to me they should be keeping their nose out of the business of mother nature and more into the business of pharmaceutical companies that produce toxic FDA approved medications that have been responsible for more than 50,000 deaths and 100,000 heart attacks and strokes. And this is just from one class of medications that includes Vioxx and Celebrex. In fact, FDA approved and doctor prescribed drugs come in second and third place for the most common causes of death in the United States, aka adverse drug reactions.

We must stand up against the bureaucracy that poisons enzymes and blocks receptors in the body and stand up and demand that we have the right to take at our will, the very supplements provided by mother nature. We as a society must stop putting profits ahead of health and demand that these atrocities stop.

Get involved. Don't let the FDA take away your right to use nutritional supplements. **Call the FDA immediately 1-888-463-6332.** Tell them how you feel.

## I Didn't Know That!

### Diabetes IS Preventable!

**I didn't know that (IDKT)** .... a fasting blood sugar level over 100mg/dl is considered a pre-diabetic condition. I didn't realize how devastatingly close that is to 126mg/dl which is the diagnosis number for diabetes. I also didn't know that numbers much lower than these are what start the process of illness in the body. That's right, blood sugar levels determine what your risk is for heart disease, cancer, kidney and nerve damage as well as dementia and stroke.

Having a hard time losing weight? Do you feel like you are aging faster than you should be? The process of getting diabetes begins with insulin resistance. It has been said by many doctors that understand the process of blood sugar malfunctions in the body, that it is the major cause of aging and death in the developed world.

Diabetes has to be one of the, if not *the*, most preventable disease that is being talked about and managed today. Obesity and diabetes go hand in hand. Did you know that gaining just 11 to 16 pounds doubles your risk for getting type 2 diabetes? Gaining 17 to 24 pounds triples that risk! Now I ask you, if that is the case, why do we have soda machines in offices and schools throughout our country? Why do we promote liquid sugar drinks, liquid calories, that are instantly absorbed into the blood stream? Products such as soda, most juices, sports drinks, and the like along with refined carbohydrates like bread, rice, potatoes, pasta are the most

# MONTH

"Donna, My friend just sent me a link for your article regarding Kashi. I was SO shocked to read it as I am usually on the up and up on most natural and organic products. Thank you so much for writing this article. I am extremely passionate about the types of topics you discuss and it shocks me how much people do not know about the products they are consuming. I hold a Bachelors of Science degree in Nutrition and it was so frustrating being taught strictly "medical nutrition" rather than holistic nutrition. I hope people are informed more of the disgusting things that are put into our food supply. Keep writing!" -AH, Texas

## SHOUT OUTS!



[Join the Global Information Network for free to learn more.](http://www.globalinformationnetwork.com)  
[www.globalinformationnetwork.com](http://www.globalinformationnetwork.com)

consumed foods and beverages in this country.

We need to wake up and start making major changes in this country if we are going to live long and prosper. Otherwise, who will be caring for us as the year's progress and we get sicker and sicker and sicker and sicker. And I have to ask myself what our quality of life will be like then? Do you really want to live in a body that is in constant pain and rotting from the inside out? Well, I guess in the big scheme of things, you won't even know it because dementia will set in and you'll be clueless? Right? Hummmm now that is something to ponder and something we won't know until we get there.

**Now you know (NYK)!** Or do you? Pass it along and be [A VOICE FOR CHANGE](#)

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## Nutrient Update

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### Vitamin D

This month my focus is on Vitamin D. This is a fat soluble vitamin. It is manufactured when the sun comes in contact with certain oil-like substances in our skin which are related to cholesterol. Because this is the case, I believe Vitamin D to be more of a hormone than it is a vitamin since it is **produced by a body organ** and body organs as we know, produce hormones. Either way, D is a very important component when it comes to maintaining a healthy body. I will continue to call it Vitamin D since it is currently the norm of the general population today.

Vitamin D is necessary to promote the absorption of calcium found in the intestinal tract. If there is not enough D, then the body turns to the bones as a source to acquire needed calcium for daily functioning. It is critical to maintain blood calcium levels as calcium is used by the body for more than just our bone and teeth health. Calcium is also necessary for muscle as well as nervous system health which makes D even more important when you are into maintaining adequate levels so that your body is functioning in top form. Since it is fat soluble and doesn't dissolve in water, it can be difficult to eliminate from urine. Just as too much sunshine can cause someone to have sunstroke, too much D can cause issues as well. There is a lot to this process that is related to our skin color and how D is manufactured and processed in the body so I advise people to get a good assessment from their informed, educated and knowledgeable physician in terms of how much D to take. From everything I have read **it is safe to take 5,000 iu's of D a day** and is recommended by the physicians that I have come to trust. If, however, someone is in the sun all day working, then I have to conclude that this person is making plenty of their own D and supplementation is not necessary (that is if they are not wearing sunscreen). Again, having this level checked is advised. [Dr. Edward W. Pearson](#) of the [New Medicine Foundation](#) makes testing for D levels part of his routine programs and is able to do the testing through virtual means. There is no excuse for not knowing. I strongly advise you to know your levels and make sure you have

[Tell them voice4change sent you.](#)

[OR Contact Donna to learn more.](#)

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## QUOTE OF THE MONTH

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."  
-Maya Angelou

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## MEETINGS/EVENTS



### **The Doc & Donna Show!**

**Free Education Teleconference  
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:

**Let's Talk Man to Man about Prostate Health**

[Mon, Apr 2, 2012 8:00 PM - 8:30 PM EST](#)

**What's Up with Ringing in the Ears?**

[Mon, Apr 9, 2012 8:00 PM - 8:30 PM EST](#)

**Early Puberty in Children  
- What's that all about?**

[Mon, Apr 16, 2012 8:00 PM - 8:30 PM EST](#)

adequate amounts of this life giving nutrient/hormone.

**Irritability is one sign of a D deficiency** as is a condition known as rickets. Other issues that are related to a deficiency include nervous system disorders, as well as the further aggravation of a chronic disease that you may already be faced with. D can actually activate the production of estrogen which is essential for conception so if you are having issues with making babies, get your levels of D checked by a competent doctor that understands the importance of this vital nutrient/hormone. As [Dr. John Ott](#), a world renowned photo-biologist stated, "the fear of getting too much ultraviolet light is creating a deficiency of an essential life supporting energy". Our bodies need natural sunlight to thrive and survive. Things like tinted windows, sunglasses, sunscreens and suntan lotions and just plain avoidance of the sun, are all culprits that are leading us into troubled waters.

Think that skin cancer is related to sun exposure, ultraviolet sunlight? Think again. Just like saying that the earth was flat, we are now discovering that **the real blame for skin cancer lies in the use of synthetic substances** like those found in margarine and other synthetic oils which are hard if not impossible for the body to dispose of. These abnormal fats are now finding their way into the halls of massive free radical production causing harm to our immune systems and a host of other maladies. Makes sense and explains why skin cancer can show up in places that the sun never shines on!

**Get your D primarily from the sun when you can.** If you can't, make sure you supplement and make sure you do so with the natural form of D known as cholecalciferol or D3. You'll find it naturally in eggs (mainly yolks) and dairy products (although it can be added in synthetic form to many dairy products so beware). You'll also find it in fish liver oils and fatty saltwater fish. Other good sources are found in oatmeal, sweet potatoes, salmon, halibut, sardines, dandelion greens, alfalfa, parsley, tuna, and butter. Just spend a half hour a day in the sun and your body will manufacture in excess, 10,000 iu's of D3 all by itself.

And another thing to consider; did you know that as light enters your eyes, it stimulates the pineal gland thereby influencing every cell in your body? Once the pineal gland is stimulated, it begins the production of serotonin and melatonin. Serotonin keeps you alert by day, full of vim and vigor. Melatonin keeps you calm at night helping you to receive a restful night's sleep. These two essential hormones alone help our body to function properly which in turn keeps our body clock ticking and our circadian rhythm functioning on schedule.

I personally make sure I get 5,000 iu's of D3 a day. I also make sure I get some sunshine every day. It is good for you and doesn't cost anything. And I skip the sunscreen. Besides being toxic to the body, it hinders the body's ability to produce D3. Gradually exposing your body to the sun will in a very short period of time produce its own sunscreen and yield you a healthy, happy glow, free of disease! **Enjoy the spring sunshine gradually and you'll be ready for summer at the beach, chemical free and a lot healthier!**

## RECIPE OF THE MONTH

### **Hormones and Hysterectomy's - Get the Facts**

[Mon, Apr 23, 2012 8:00 PM - 8:30 PM EST](#)

### **Allergies - Bless you!**

[Mon, Apr 30, 2012 8:00 PM - 8:30 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. **NOTE: the link is different each week. You must sign up for each one individually.**

### **The AVFC Coach 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 toward 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:

### **Talking about Hungry for Change ... the movie, the reality**

[Tue, Apr 3, 2012 9:00 PM - 10:00 PM EST](#)

### **The Importance of Minerals in Overall Health**

[Tue, Apr 10, 2012 9:00 PM - 10:00 PM EST](#)

### **Sugar, the Deadly Killer**

[Tue, Apr 17, 2012 9:00 PM - 10:00 PM EST](#)

### **What's Up with Petroleum-Based**

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. **NOTE: the link is different each week. You must sign up for each one individually.**

# Egg Roll Mockery

## Ingredients:

- 2-3 Big Cabbage Leaves
- 1 Cup shredded cabbage
- 3.5 oz cooked, chopped chicken or shrimp
- 1/8 tsp salt
- 1/8 tsp onion powder
- 1/8 tsp garlic powder
- 1/8 tsp Chinese Five Spice
- 1/2 pkt Stevia

## Preparation:

Steam big cabbage leaves for 2-3 minutes. Move leaves to the side of steamer and add shredded cabbage. Steam both for 4-5 minutes. Place shredded cabbage to mixing bowl. Add chopped chicken or shrimp and spices. Mix. Wrap everything inside the big cabbage leaves.

Servings: 1 protein, 1 veggie

Perfect for Phase I



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Hint: All words can be found in today's newsletter.

[A Voice For Change](#)

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*Member in Good Standing*

