

A Voice For Change

Speaking Up ~ Speaking Out

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



August 2012

Turn over a new leaf ... Transform a new life

In this Issue ...

[Speaking Up/Speaking Out
I Didn't Know That](#)
[Nutrient Update](#)
[Recipe of the Month](#)
[Monthly Special](#)

[Hints, Tips, and Ideas](#)
[Testimonial of the Month](#)
[Shout Outs](#)
[Quote of the Month](#)
[Meetings/Events](#)

Welcome friends!

Before you know it, **school bells will be ringing** and the routine of bustling parents getting kids off to school will begin again. The dog days of summer will be behind us and the new school term will lead the way. I am hoping that I have reached enough people this year that understand the importance of eating healthy and the implications of not. I will be focusing on food quality this month. **We need to take back our right to choose when it comes to food quality.** In my view, it is no longer acceptable to force food down our throats that is bad for us nutritionally but good for someone's pocketbook. I have taken a stand and I hope you will too. **Our children and grand children depend on us for their very survival.** It is time we showed them how much we care and are committed to their



Donna Appel
HCG Weight Loss Coach
& Nutritional Consultant

well being by teaching them the power of good nutrition and the importance of preserving our food supply in a non-modified state, free of chemicals and other harmful additives.

Turn over a new leaf, transform a new life,
Coach "D"

Speaking Up/Speaking Out

They need our help. Read on ...



Rather than responsibly improving the USDA's oversight, the chemical-biotech industry and their allies in Congress are seeking to weaken the rules and fundamentally alter USDA's regulation through a number of policy riders to current bills. Specifically, Sec. 10011, 10013, and 10014 to the House Agriculture Committee's discussion draft of the 2012 Farm Bill and Section 733 in H.R. 5973 the Agriculture, Rural Development, Food and Drug Administration, and Related Agencies Appropriations Act of 2013.

Together, they seek to severely weaken the USDA's oversight and regulation of GE crops and fundamentally bypass science-based review, judicial review and liability. These policy riders will create serious risks to farmers, farm workers, the environment and public health by forcing the rushed commercialization of GE crops. This will eliminate meaningful review of their impacts and strip federal courts of their authority to halt the sale and planting of an illegal, potentially hazardous GE crop.

Please tell your House Representative to oppose these harmful policy riders

TAKE ACTION!

[Copy and paste this link: <http://bit.ly/MjwHjS> into your browser, if the above link doesn't work]

Monthly Special

Back To School Weight Loss / Detox Program

\$300 Pre-Launch Special

Sign up by August 31 and save \$50

Regular Price is \$350



If you'd like to lose 10 to 20 pounds by the middle of October and keep it off through the holidays, then this is the program for you. My new book will be out and ready for the September 15th kickoff. Program will finish entirely by the 29th of October.

Program includes:

- 1 Bottle hCG Professional Grade Oral Homeopathic Formula
- 1 Bottle Synergy Detox Plus Caps for Elimination Cleansing (90 capsules)
- 1 Coaching manual with 1 Set of Forms
- Phone & email support
- Participation in weekly group teleconference calls
- 1-Year membership to AVFC members-only website
- Coaching support for 44 days
- Shipping & handling INCLUDED within the Continental USA

EMAIL US AT SUPPORT@AVOICEFORCHANGE.COM
TO GET STARTED!

Offer ends August 31, 2012

I Didn't Know That!

IDKT (I didn't know that) there were so many fines that have been levied against pharmaceutical companies. I wonder why the media doesn't play this up big time? This is important stuff and the community needs to be informed of these actions. I've always known that **one of the biggest killers of mankind comes at the hands of pharmaceutical drugs**. Now I know why. Many big pharma companies consider these fines "*the cost of doing business*". We need to stop this criminal behavior now before more innocent individuals become tomorrow's statistics. Read and weep ...

Glaxo Smith Kline was fined \$3 billion dollars for the illegal promotion of drugs in 2012. This is the largest fine ever imposed against anyone in the history of the United States. This fine came about when Glaxo pleaded guilty to the unlawful promotion of Paxil and Wellbutrin. They also failed to report safety info and reported false pricing of products.

Abbott was fined \$1.5 billion in 2012 for advertising a drug called Depakote when it didn't have any science to back its claim.

Merck was fined \$950 million in 2011 for misleading statements with regard to the painkiller Vioxx which was pulled off the market in 2004 due to an increase in heart attacks.

Allergan was fined \$600 million in 2010 for misbranding botox calling it a treatment for pain, headaches and cerebral palsy.

AstraZeneca was fined \$520 million in 2010 for misleading doctors and patients with regard to the safety of an antipsychotic drug called Seroquel.

Novartis was fined \$422.5 million in 2010 for the misbranding of drugs including Novartis, Diovan, Exforge, Tekturna, Zelnorm and Sandostatin.

Glaxo Smith Kline was fined \$400 million in 2009 for the off-label promotion of Wellbutrin SR.

Eli Lilly was fined \$1.4 billion, \$25 million and \$22.5 million in 2009 over the use of Zyprexa.

Pfizer was fined \$2.3 billion in 2009 for the off-label promotion of COX-2 drugs including Bextra, Geodon, Lyrica and Zyvox. **Pfizer's intent was found to defraud and/or mislead!**

The truth of the matter is that the drug business is a \$300 billion annual business in America these days. Three billion in fines is nothing in the big scheme of things. Fines in the millions are a drop in the bucket. We need to stop the fraud and deceit that occurs in this country and we need to do it now. **Getting back to a more holistic approach to health is one answer.** Getting to the root of the issue instead of covering the problem up with drugs would go a long way to stopping this abuse. **Prevention is key** but preventing illness and the need for drugs in the first place won't make anyone a lot of money. I'll trade money for health any day of the week. After all, there isn't much you can accomplish on planet earth if you are dead!

NYK (Now you know)!

Nutrient Update

Magnesium – Good for the heart and so much more



Magnesium is a mineral that **is essential to good health**. Magnesium is found in our bones and cells. It is needed for hundreds of biochemical reactions in the body. Magnesium is necessary for normal nerve and muscle function, supports a healthy immune system, helps keep heart rhythms steady and keeps our bones strong too. Magnesium is also responsible to **help regulate blood sugar** as well as blood pressure and assists with energy metabolism and protein synthesis. It has been proven that adding just 5 to 20 milligrams to a liter of drinking water would lower the risk of heart disease. **You can safely take 400 to 800 milligrams of Magnesium per day.** You'll know if you have too much as it can cause diarrhea. If that happens, take a little less until that symptom goes away. **Dark green leafy veggies are a good source of magnesium as are crude wheat bran, almonds, cashews, oatmeal, potatoes, pinto beans and brown rice.**

Testimonial of the Month

"I just had to share that I am now under 200 pounds. I cried this morning, I am so happy. I thanked my angels and most of all my sweet Body. It has been so long since I was at this weight. I even wore white pants this morning to work and that is huge for me. I am so lucky!!! I knew you would understand how huge this is for me. I have not been saying that I have lost the weight for I do not want to find it back again. I am down to 199, hard to believe it, 58 pounds now. I feel so blest and wonderful and beautiful and all things good. Now I can hike, ride my bike, climb stairs easily, my seatbelt hugs me now instead of chokes me (I feel it now as a hug and I smile). THANK YOU for starting me on this path everyone. I couldn't have done this without you. I will get down to the 150 mark next, I feel it with all my heart. I am next working with Dr Pearson to keep it going. I am so excited. Have a great day!!! LOVE YOU ALL!!!!" - JG, California

Recipe of the Month

Quinoa, Mangos and More Salad

Ingredients:

1 cup Quinoa
1 cup fresh corn kernels (organic)
1 large seeded and diced tomato
2 cups peeled, seeded, diced cucumber
1 cup peeled and diced mango
3 tbs chopped chives
3 tbs lemon juice

Preparation:

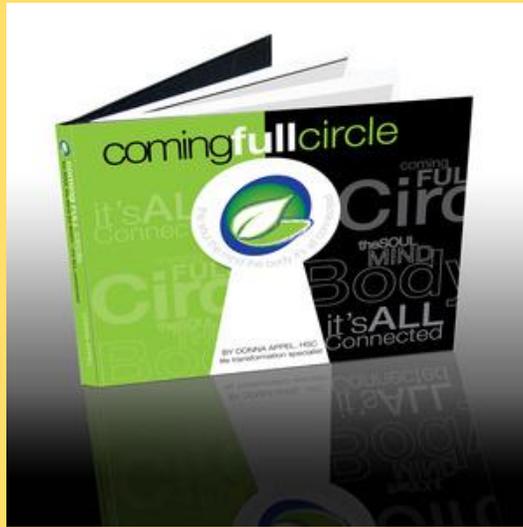
Rinse quinoa and add to pan along with 2 cups of water. Bring to boil. Reduce heat to medium low, cover and simmer until all water is absorbed. Should take 15 to 20 minutes. Remove from heat, let sit a few minutes then fluff quinoa with a fork. Add all other ingredients and toss gently. Cover and store in refrigerator to serve chilled or leave out at room temperature and serve.

Servings/Nutrition Serve with meat, fish or poultry or all by itself. This is a gluten free recipe.



Hints, Tips, and Ideas for Facilitating Change

Once I realized the power that I had to create and manifest relationships with other people, I realized that same power could be used to help me connect the relationship that I also had with food. **It is very possible to create a healthy attitude about food** if you are currently facing that challenge. If you put the same principals to work that I describe in my new book, **Coming Full Circle**, you can make changes that will affect your physical health and appearance. It is all the same. It's just a different focus. To read more, get a copy of my new book ... **Coming Full Circle** due to be released in August, 2012



[Click here to preorder your copy now!](#)

Quote of the Month

"Personal growth occurs when we allow our belief systems to flex and grow with us. When we develop an inflexible mind-set, we stay stuck with what we've got! " James Brodie

Shout Outs

**Stop the
Monsanto
Protection
Act!**

**Get a free
CD copy of
"Success
Secrets
Revealed"**

**The
Mandatory
Health Care
Debate**



Support Better Food Education!

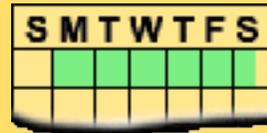
Find out how every notebook, school uniform and lunchbox could support the Food Revolution and win you an [amazing prize](#). Check out the brand new [Ambassador Program](#). Learn how [real food](#) changed one family's health and why kids need a [different attitude](#) towards eating. You should also check out the brand new [Food Day 2012](#) website.

Meetings & Events

The Doc & Donna Radio Show



Chat with Coach "D" Weekly Teleconferences



**Free Education Radio Show
Monday Afternoons
12:00 - 1:00 pm EST**

You will have an opportunity to chat with Coach "D", 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, erectile dysfunction, prostate worries and so much more. No topic is off limits or too personal; men, women, children are all welcomed.

To learn how to listen to a call visit <http://ctrhotspot.com/page/how-to-listen> Otherwise, click on the links below to take you directly to the webpage for each particular call.

**HCG Weight Loss/Get Healthy Support Group
Tuesday Evenings
9:00 - 9:30pm EST**

You're invited to join us for an open discussion about hCG, detoxing, weight loss, hormone balancing, supplementation 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. Newcomers always welcomed.

Register for a session now by clicking on the chosen date below:
If you can listen live, register anyway so you can listen to the recordings posted the next day.

SHOW TOPICS

Mon, August 6, 2012

Chronic Illness & Obesity

Mon, August 13, 2012

*Keeping Children Healthy
– Ideas for Parents*

Mon, August 20, 2012

*Sleep Disturbances & Dealing
with Sleep Apnea*

Monday, August 27 2012

Dealing with Parkinson's Disease



SHOW TOPICS

Tue, August 7, 2012

*Back to School – Gearing Up for Healthy
Lunches*

Tue, August 14, 2012

*HCG – Getting Ready for Our Fall Weight
Loss/Detox Program*

Tue, August 21, 2012

*Reading Labels – Chemicals that
kill are in our food*

Tue, August 28, 2012

*Book of the Month Discussion –
Iodine by David Brownstein*

*NOTE: The Chat with Coach "D" show link is different each week.
You must sign up for each one individually.*

A Voice For Change

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