

February 2012

♥ Sweetheart Sale ♥  
 20% off our Group 1 Program  
[Click here for details](#)



## Notes from your Coaches

Well, as promised, I'm going to be talking about more than our broken medical system in the month of February. After all it is the month of love and valentines and sharing the sweetness of life.

I thought I would kick off the month of love by asking everyone to

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Donna Appel  
HCG Weight Loss Coach  
& Nutritional Consultant

**MONTHLY SPECIAL**

view the movie Thrive. Visit <http://thrivemovement.com>. You can rent it online for \$5.00 and view it for 72 hours. That will give you time to share it with family members and neighbors.

I tell you this because we need to start talking about what is happening. I spent the better part of last year a bit depressed. In addition to the information that I was uncovering about various medical doctors being deterred from helping people to heal from cancer, I was uncovering other things that I just couldn't believe possible. Every time I went to prove the rumors wrong or to find out why things were as they were, I kept coming back to the same thing. There are a few people in the world that have a hidden agenda and it all boils down to having total power and control over us.

I was speaking about this to some of my closer friends and they were sympathetic but also felt there wasn't anything they could do. That depressed me. More depression came when I spoke to others that said it was impossible and tossed the info out the window claiming that I was a conspiracy theory monger. Once the movie Thrive hit the screen, I knew then that I could no longer sit idle doing nothing. The time for me to get vocal was now.

When you view the movie, do so with an open mind and a positive attitude. There are lots of solutions to the pickle we are in. There are many positive solutions. The key is that we must unite. We are the solution ... all of us banding together can make a gigantic difference. There is so much we don't know and once the education hits and we are able to be knowledgeable and know that the truth is being spoken, we can start to move in a direction of equality and prosperity for all and not for just a chosen few. We can all begin to THRIVE as we should be.

I will stop the conversation now and give everyone a chance to view the film and then digest what they have learned. Don't be put off by the beginning of the film either. That was done to give some credibility to what some have witnessed and set the tone for the real topic that is being conveyed. In a couple of weeks, I'll be setting up a webinar/teleconference so that we can begin to share thoughts, ideas, concerns, etc. I want to open the doors of communication for everyone and come from a place of love which will extinguish the pangs of fear. Everyone should be excited and uplifted to finally have the truth exposed so that we can begin to heal and move in positive directions, ending the fear and turmoil that has become all too commonplace in the world today.

We have lots of love to share and the sweetness of life to experience. I'm glad I'm doing both with you.

Happy Valentine's Day.  
Love Coach Donna

## February Sweetheart Sale 20% off our Group 1 Program

This is a great way to get started on losing those unwanted pounds of stored fat and toxins. Our normal fee for this program is \$350 but we are sharing from the heart in honor of Valentine's Day and knocking \$70 off the price. Sign up today for this fabulous program that includes:

- 2 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
- 1-Year membership to AVFC members-only website
- Coaching support for 44 to 54 days (1 Basic Protocol)
- Shipping & handling

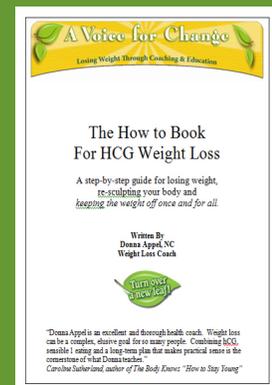
Let us help you lose 15 to 20 pounds in a month and teach you how to keep it off for good!

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

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

**Offer ends Feb 29, 2012**

## The How-to Book for HCG Weight Loss



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



[pinkpudding-patty.blogspot.com](http://pinkpudding-patty.blogspot.com)

Hello everyone,

Wow! January certainly flew by quickly, and I can feel the positive momentum snowballing for 2012. Many of you have gone through some amazing transformations since the beginning of January. Congratulations to all of you who made the commitment to redefine your health in 2012 and have honored yourselves in that commitment.

Let's keep the momentum building here and talk about what we want to create with A Voice For Change---starting NOW! While much of what we discuss here at AVFC relates to overall wellness, detoxification, and nutrition, 2012 is going to be transformational. We continue to grow rapidly across the United States and in a handful of other countries. That growth stimulates a need, for me at least, to go back to the basics and focus on maintaining that close-knit family feeling regardless of how big this family becomes.

This is the time to focus on community building, starting with our family here at AVFC---and have some FUN! It's true that life is serious business, but many of us take it way too seriously. Yes, me included sometimes. There are going to be topics rolling through here over the next few months that will definitely be eye opening and may make some very angry. What I want to emphasize here is balance. The information is meant to educate and help us grow. We're looking to focus on the positive aspects and creatively develop projects that inspire and connect us across the globe.

You will notice these changes start to blossom over the next few weeks, and as always we love to hear your feedback about EVERYTHING. So if you have an idea or something you would like to see within our AVFC family, please contact us at [support@avoiceforchange.com](mailto:support@avoiceforchange.com).

Especially in this month with big focuses on Valentine's Day and campaigns for heart disease, make sure to take special care of your heart, loving yourself first with the thoughts that you think, the relationships you create, and the food that you eat.

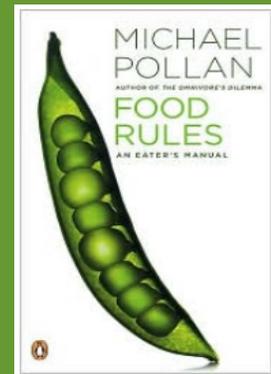
In love and good health,  
Coach Autumn

weight off once and for all.

Written by Donna Appel  
endorsed by  
Caroline Sutherland

[Click here to order](#)

## FOOD RULES OF THE MONTH



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

**Rule #9** - Avoid food products with the word "lite" or the terms "low-fat" or "non-fat" in their names.

**Rule #21**- It's not food if it's called by the same name in every language (Big Mac, Cheetos, Pringles).

**Rule #27** - Eat animals that have themselves eaten well.

## TESTIMONIAL OF THE MONTH

Thank you Donna for your kindness and support. A great coach requires both of those qualities and you, my friend, definitely are a great coach. Here's to many more years of your friendship and guidance. I'm so blessed to have crossed paths with you.

-KV, Texas

# SpeakingUp/SpeakingOut

I encourage everyone to get involved. This is a good place to start ... planet earth! We live on a magnificent planet that is currently in need of some TLC. Check out Earth Justice and see if this resonates with you. If nothing else, become a member and support their petition efforts when you get an email explaining what they are currently involved in. It only takes a couple of minutes to support their efforts and I highly encourage everyone to get educated and take a stand.

Visit <http://earthjustice.org> for additional information.

## I Didn't Know That!

### There may be mercury in your mouth!

**I didn't know that (IDKT)** ... Mercury was still being used in amalgam in fillings in teeth. That's right even in the mouths of children. This is criminal. I thought we had banned that a couple of years ago when it was proven time and again how toxic mercury is. Since amalgam fillings are at least half mercury, I fail to see what the delay is all about. Two words that come to mind are "criminal" and "greed".

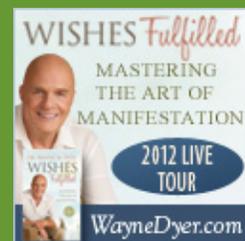
After doing some recent research, it was brought to my attention that the FDA had promised to make an announcement about the safety of dental amalgam before the end of 2011. Guess what? It never happened. An FDA designated press person announced at the end of 2011 that no announcement would be made and that no target deadline for such an announcement existed. In other words, dentists will go right on using these lethal fillings in the mouths of babes! Again, all I can say is "criminal" and "greed"!

Did you know that an FDA panel of experts issued a recommendation in December of 2010 to the FDA stating that the FDA promptly make sure all consumers know amalgam is mainly mercury and to stop using amalgam in children and pregnant women? It is my opinion that if this was discovered, why wasn't it announced in 2010? And even more unbelievable is why would 2011 come and go and we are still talking about amalgam fillings?

You know it isn't as if we didn't have alternatives. We have safe, effective alternatives that don't have the toxic qualities of amalgam. There are alternatives such as resin composites and glass ionomers that can and have replaced the need for amalgam. There are nations throughout the universe that have stopped using amalgam totally. What are we waiting for? Why is this toxic element still on the market? Two words come to mind "criminal" and "greed".

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

## SHOUT OUTS!



[Join the Global Information Network](#)  
for free to learn more.  
[www.globalinformationnetwork.com](http://www.globalinformationnetwork.com)  
Tell them voice4change sent you.

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

# Nutrient Update

## The Many Faces of Vitamin B *cont.*

Last month I began talking about B vitamins. I specifically wrote about vitamins B1, B2 and B3. Remember, there are 11 B vitamins in total. This month, I will pick up where we left off and continue on with further education about these all important vitamins.

Before I get into the B's, I wanted to touch on the topic of vitamin quality and pricing. Everyone is always wondering about pricing vs quality. Here are a few things to know that will help you when you are purchasing.

The first thing to consider is effective potency. Different nutrients vary when it comes to pricing based on potency. Pricing can often be determined by the quality of the ingredient going into the supplement. A good example of what I'm referring to centers around Vitamin E. When you purchase vitamin E, it can contain up to 50% vegetable oil. This is a cheap blend of vitamin E. A more expensive blend of vitamin E should contain a blend with just 5% vegetable oil.

How do you determine quality? Well you might think it should be determined by pricing (the higher the price the better the quality), however, I have found that to be inconsistent too. For example, B12 can be sold in the expensive form of B12 also known as dibencoside. It is a very good quality B12, however, no one is telling you that dibencoside is broken down by digestion and because of that, it ends up being turned into plain old vitamin B12 anyway. In reality, you are paying for something that is supposed to be better in quality and it is, however, in the end when it is absorbed, the net effect is the same. So here you have a supplement supplier saying it is the best money can buy and charging based on that, when in fact, in the end there is no difference. You are wasting your money.

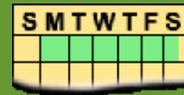
Remember, B vitamins are influential in the areas of the human body that pertain to energy levels, mood, behavior and degenerative diseases such as heart disease and cancer. They are known to many as the "anti-stress" vitamins. They have also been touted as an aid for dry skin and have been known to stop dandruff in its tracks if taken in large enough doses.

Vitamin B5 aka Pantothenic Acid is a water-soluble vitamin. It must be taken in daily, hopefully through food and then additionally through supplementation. B5 is essential if the body is going to make glycogen and fatty acids which are our body's main fuels. It is also necessary for the production of neurotransmitter chemicals that transfer information to your brain. It is also essential for the production of steroid hormones in our body; hormones like estrogen and testosterone. B5 is widely found in many foods and deficiencies are uncommon. Some individuals like athletes and those that exercise a lot may need higher quantities but a deficiency is still highly unlikely. Supplements containing 20 to 500 mg per day should be sufficient for the average individual. I personally take 150 mg per day depending on my stress and energy levels and have been known to double that when warranted. From the research I've

## QUOTE OF THE MONTH

"When faced with a challenge, look for a way, not a way out."  
-David Weatherford

## MEETINGS/EVENTS



### 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:

#### Cancer Updates

[Mon, Feb 06, 2012 8:00 PM - 8:30 PM EST](#)

#### Heart Disease

[Mon, Feb 13, 2012 8:00 PM - 8:30 PM EST](#)

#### Childhood Illnesses

[Mon, Feb 20, 2012 8:00 PM - 8:30 PM EST](#)

#### hCG Rumors and False Claims

[Mon, Feb 27, 2012 8:00 PM - 8:30 PM EST](#)

done, you can't over dose on this vitamin as it is non-toxic even up to 10 grams a day.

Vitamin B6 aka Pyridoxine is also a water-soluble vitamin. It is necessary and essential for amino acid and protein metabolism and for making hemoglobin which is the red pigment in blood that carries oxygen. B6 is found in eggs, fish, chicken and wheatgerm. I've read that as much as one-third of all households in America are deficient and that is being measured by the RDA level which is 2 mg per day. Sufficient amounts of B6 are necessary for getting toned and slimming down and for muscle building. Supplements containing 10 to 50 mg per day should be sufficient for the average individual. I personally take 20 to 40 mg per day depending on my stress and energy levels in the form of pyridoxal-5-phosphate. It is good to know, however, that you can take a less expensive form of B6 known as pyridoxine hydrochloride because the 5-phosphate version breaks down in the gut into the less expensive form anyway. This is one of those times you can save your money for a more important supplement. Personally, my B6 is part of the B complex formula I take that is very high-quality overall.

Vitamin B12 aka Cyanocobalamin is again water-soluble and one of the best known and most talked about B vitamins. It is essential for every cell in the body. Two areas that really benefit from B12 are the lining of your intestinal tract and red blood cells. You only get B12 from animal foods which means that supplementation for vegetarians is particularly important. Individuals inject B12 hoping for increased energy levels. That seems to remain controversial. According to one of the books I used to research this, there is a form of B12 known as dibencoside that is unstable and sold with false claims as a super energizer. Apparently our body makes all the dibencoside it needs from regular B12 so it is a waste to supplement with this more expensive product.

Folate aka Folic Acid or Folacin is another B vitamin that assists with the transport coenzymes that control amino acid metabolism. A deficiency would inhibit cell growth especially in red blood cells. Folate can be found in egg yolks, beans and dark-green leafy vegetables. Minimal processing can destroy up to half of the folate levels in food. There is a big deficiency of folate in America that escalates with the over processing of food. It seems to get worse and worse with every passing year. Supplements containing 400 mcg are recommended; 800 mcg if you are pregnant. This is believed to be too little however. I've read where 800 to 3400 mcg were given to healthy athletes with no ill side effects. A study of women given 10,000 mcg of folate showed no ill- effects after four months.

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## RECIPE OF THE MONTH

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### Chicken Veggie Soupalicious!

Ingredients:

10 cups chicken broth

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.

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### **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:

#### ***The hCG Protocol - Get the Facts***

[Tue, Feb 07, 2012 9:00 PM - 10:00 PM EST](#)

#### ***Bad Food***

[Tue, Feb 14, 2012 9:00 PM - 10:00 PM EST](#)

#### ***Strategies for Making Food Choice Changes***

[Tue, Feb 21, 2012 9:00 PM - 10:00 PM EST](#)

#### ***The Importance of B Vitamins***

[Tue, Feb 28, 2012 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.

- 1 lb cubed, cooked chicken breast
- 5 stalks chopped celery
- 1 cup chopped sweet onion
- 3 cups chopped cabbage
- 1 cup chopped tomatoes
- 1 tsp salt

Preparation:

Add all ingredients, except cabbage, to a soup pot and bring to a simmer. Let simmer for approximately 20 minutes. Add cabbage and simmer another 10 minutes. Additional salt to taste, if necessary.

Serve immediately.



artmargin.com

[A Voice For Change](#)

22 South H Street  
Lake Worth, FL 33460  
866.464.4931

[donna@avoiceforchange.com](mailto:donna@avoiceforchange.com)



Member in Good Standing

