

January 2012

Happy New Year!

## Notes from your Coaches

Let the New Year begin! I hope you will all join me in welcoming in 2012. I am so excited about the upcoming year and I plan on letting everyone know why in the days, weeks and months ahead.

As I reflect on the past 12 months, I am in awe of the great transformations that are taking place on the planet today. People are starting to sit up and take notice about their environment and the people that surround their lives and neighborhoods. People are taking back their power and

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

starting to question decisions that are being made for us by those who "have our best interests at heart"! 2012 will be a time of letting everyone know what a particular person or corporation's intent is, when they try to facilitate changes for the supposed "betterment of mankind"!

A Voice for Change will be leading the way to keep you informed, as well as healthy. One of the questions that I am asked on a continual basis is "how do we know who to trust?" To that I answer, "Yourself!" I advise others to do their homework and make their own decisions. You'll have to walk through the lies and when there is doubt, ask for further proof or clarification of the facts that an individual or corporation is giving you. Ask to see the results. You will learn very quickly who you can trust. When is the last time you stood up to your doctor and asked for facts and further clarification regarding a diagnosis? I can't tell you the number of clients that have come back to me in shock. They did what I advised and were practically thrown out of their doctor's office. To that I always respond, "congratulations" because I know that they are now on their way to getting a real education based on facts and findings that are not promoted by a pharmaceutical drug representative or their doctor.

What happened this year with the hype about hCG is a perfect example of what is happening in our world today. Things that work are being suppressed and ridiculed and things that don't work but make people a lot of money, are being supported and promoted. This year, I plan on having a big voice in this arena. I believe what is happening is criminal in nature and unless we rise up and take a stand, we will be controlled and manipulated by a handful of corporations and individuals that are hell bent on being the all powerful controlling entities in our lives. I still haven't figured out what this mentality reaps anyone in the end but I assure you, if and when I do find out, I will share it with you.

Yes, this is going to be a year of great change. I hope you will join us when we begin our 2012 detox/weight loss campaign. We are really gearing up to educate everyone on the virtues of detoxing the body, with weight loss being the end result of that detox. We are striving for permanent great health and permanent weight loss this year. Your days of yo-yo dieting are over but that only happens if you will allow us to teach you and share what we know.

To start that process off, know this as fact .... For a yearly cleanse and/or to shed a few pounds, hCG is still the best detoxifier that I know of on the market today because it works only on the third layer of stored fat which is exactly where fat-soluble toxins love to reside. HCG is NOT a hormone. It is a glycol protein found in every cell of the human body. Next time you hear someone put hCG down, send them my way. I will challenge them any day of the week because in the end, I am certain that they haven't changed lifestyles enough to keep the change permanent and they haven't been educated on the proper use and application of this amazing substance.

## **MONTHLY SPECIAL**

### **8 Week HCG Detox/Weight Loss/ Cleanse**

**ONLY \$250!**

- 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, from anywhere in the world, as they take place virtually via the internet and/or telephone.

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!**

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

**Offer ends Jan 31, 2012**

HCG is not a miracle drug that some tote it to be. The weight will come right back on if you don't stick to the program. Join us today and find out what we have in store for you and make sure you get a copy of my new book on using hCG and getting your total body, mind and spirit headed in the right direction toward permanent health and wellness.

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 as we move our positive energy into 2012. [Sign up today for one of our programs.](#) We have lots in store in varying price ranges that will give you the boost you need to propel you forward.

Peace be with you all.  
Happy New Year,  
Coach Donna

Wishing you  
an AMAZING  
New Year!

Happy New Year everyone,

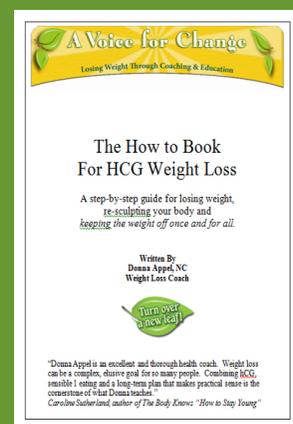
As Oprah said, "Cheers to a new year and another chance for us to get it right."

Let's make 2012 the year to get it right, and keep it right for more than the first two weeks of January. I think where many people slip up in the process is not having a solid foundation to start from.

This year make the commitment to value yourself enough to realize what is of real importance to you and choose your resolutions carefully. Don't just jump to the generic resolutions of years past. If they do not have sincere meaning, thought, and will behind them, your resolutions will flounder quickly.

Hitting on the most infamous one of all, January is the most notorious dieting month of the year. When someone comes to me saying they want to try the "hCG diet", I make it a point to reinforce that what we do here at A Voice For Change is not another "diet". Weight loss is a positive secondary effect when hCG is utilized properly, but Donna and I are much more

## The How-to Book for HCG Weight Loss

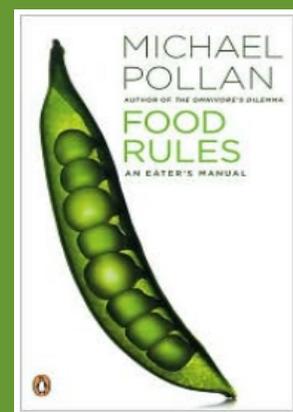


A step-by-step guide for losing weight, re-sculpting your body and keeping the weight off once and for all.

Written by Donna Appel  
endorsed by  
Caroline Sutherland

[Click here to order](#)

## FOOD RULES OF THE MONTH



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

**Rule #8** - Avoid food products that make health claims

**Rule #20** - It's not food if it arrived through the window of your car.

concerned with detoxification and the health it helps restore to the body.

Take a second look at the first 3 letters of the word "diet". They spell DIE. No wonder people who "diet" yo-yo all over the place, look sickly with drawn faces, puffy abdomens, haggard looking skin, and are unpleasant to be around. They are literally doing damage to themselves from the inside out and pay a heavy price for it in the long run.

So if before reading this one of your goals for the New Year was to diet or lose weight, scratch that off of your list. You really don't want to "die", do you? Instead think of what you are really looking to accomplish.

Look at what the excess weight symbolizes to you and use that as motivation to create a meaningful and worthwhile goal for 2012. The key word there is "create"; in the middle of that word is "eat". What we eat sustains life whether we eat with our bodies, mind, or spirit. Be very selective in what you choose to eat this year if you are truly sincere about creating a life of balance and well-being.

I take this final quote from a poster that hangs in my office right above my desk, "Ask the next person you see what their passion is, and share your inspiring dream with them...Life is about the people you meet, and the things you create with them so go out and start creating." What is your passion for 2012?

It's our vision at A Voice For Change to inspire and advocate huge changes in the community/world around us. We have some rocking plans for the New Year that we cannot wait to share with all of you. Let's create a healthy, happy, fulfilling year together and get it right in 2012. Many blessings to all of you in the New Year!

In love and good health,

Autumn L. Heyman

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## SpeakingUp/SpeakingOut

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### The Thrive Movement

What I am about to share with you will most likely cause a big stir. It has taken me a couple of years to share this information with you because I had to do my own homework and get my own facts straight. I did the money trail thing and I looked into the backgrounds of several individuals. I watched our economy do the dance of the season and the

**Rule #25** - Eat your colors (lots of different colored foods especially veggies).

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### TESTIMONIAL OF THE MONTH

Thanks, Donna. I've really learned how to stand up for myself and the people who are not supporting me are going. That's just the way it has to be. Merry Christmas and thank you for all of your support this year. It changed my life.  
-MJ, New York

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### SHOUT OUTS!



[GIN Member In good standing.](#)  
[Join for free to learn more.](#)  
[www.globalinformationnetwork](http://www.globalinformationnetwork)  
[Tell them voice4change sent you.](#)

stock market rise and fall like the tides of our prevailing oceans. No matter how much I tried not to believe what I was hearing and seeing, I kept coming back to the same place. Now I'm a believer. I invite you to do the same. Watch the movie and make your own decisions. Don't watch it alone either. Invite friends and family over and watch it together. Have a discussion afterwards. In the upcoming weeks, I will be hosting teleconferences so that we can share our thoughts and views. I look forward to conversing with everyone and finding ways that propel us toward positive change and a future that is bright, hopeful and joyous for everyone. It's only \$5.00 for a 48 hour download.

[www.thrivemovement.com](http://www.thrivemovement.com)

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## I Didn't Know That!

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### Fever Kills Cancer!

**I didn't know that (IDKT)** ... a high body fever kills certain types of cancer cells! Amazing right? This has been in the test stages for nearly a century and a half. It was discovered in 1868 by a family physician treating a 43 year old woman suffering from sarcoma of the face. It cleared up shortly after her bout with a strep infection that produced a 105 degree fever. There have been reports published on findings that support this therapy. Once in 1906 and again in 1957, and I'm sure if I kept looking, I'd find more. The bottom line on my findings; if you have cancer, investigate this treatment.

In the old days, the only way body temps could be increased was with the introduction of bacteria or a foreign body that would facilitate the human bodies need to produce a fever to help fight an infection. In doing so, it was hoped that along with killing the introduced bacteria, the fever would also kill cancer cells. This was all well and good however, not everyone survived the attack of the bacteria that was introduced. Of course that defeated the purpose. Over time, as science would have it, a machine was created that would raise the body temperature, hence, alleviating the need to use harmful bacteria. Unfortunately, the FDA banned the use of these machines and forced the creator to market them in Europe under the name "[British Hyperthermia Machines](#)".

In Europe, physicians interested in alternatives to chemo, radiation and surgery are very interested in this therapy. It is yet another tool that they can add to their arsenal of wellness options. I didn't know that the application of heat for the treatment of human malignancies is receiving intense study throughout the world, particularly in Germany, Austria,

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

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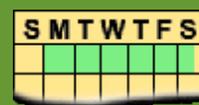
### QUOTE OF THE MONTH

"As one person I cannot change the world, but I can change the world of one person."

-Paul Shane Spear

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### 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:

[Mon, Jan 09, 2012 8:00 PM - 8:30 PM EST](#)  
[Mon, Jan 16, 2012 8:00 PM - 8:30 PM EST](#)  
[Mon, Jan 23, 2012 8:00 PM - 8:30 PM EST](#)  
[Mon, Jan 30, 2012 8:00 PM - 8:30 PM EST](#)

France, Holland, Italy and Mexico. There are many doctors that really care about finding cures.

I was recently reading about Dr. de Winter. She operates out of Germany in an institute that she founded and is reporting a 90 percent success rate in reversing prostate cancer in her patients. Fantastic right? Why aren't we hearing about this? Every time I read these reports, I get incensed because it always comes back to one thing and one thing only .... money. What is money? Money is power!

You still think you aren't being duped into being sick? Still think we don't have a cure for cancer and that you need to support campaigns that make you think you are doing a good and charitable deed in helping to fight the war on cancer? Still think those that provide for you on a governmental and corporate level have your best interests at heart? Stay tuned for more facts so that you too can get educated and become the change that is necessary in 2012.

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

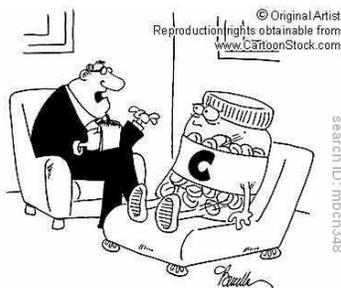
Wishing you great health and happiness always,  
Coach "D", Donna Appel

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## Nutrient Update

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### The Many Faces of Vitamin B



"You have a fear of Thiamine, Riboflavin, Niacin, etc.,...better known as a Vitamin B Complex."

This month I'll begin educating you on B vitamins. There are eleven of them in total. They 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.

B2 has been shown to help those that suffer with migraine headaches. I've read where taking additional amounts of Folic Acid (6,400 mcg) along with vitamin B12 (20 mcg) actually relieved osteoarthritis symptoms in the hands. PMS symptoms are often related to a B deficiency. Apparently two of the B vitamins (choline and inositol) help convert excess

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:

[Tue, Jan 10, 2012 9:00 PM - 10:00 PM EST](#)  
[Tue, Jan 17, 2012 9:00 PM - 10:00 PM EST](#)  
[Tue, Jan 24, 2012 9:00 PM - 10:00 PM EST](#)  
[Tue, Jan 31, 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.

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

estrogen which is in excess in those that suffer with PMS.

B6 is a diuretic and can help alleviate water retention. A deficiency in the B vitamin folate, can create a condition in women where they have no resistance to the papilloma virus, which can lead to cervical cancer.

B vitamins can lower homocysteine levels. Homocysteine is a byproduct of protein in the blood. Too much homocysteine can damage blood vessel walls, setting a person up for cholesterol deposits and an increase in coronary issues. Elevated homocysteine is the result of eating too much protein relative to the amount of B vitamins an individual gets. B vitamins are necessary to breakdown homocysteine, specifically folic acid, B6 and B12.

Amazing what a little B will do for you. If you ask me, it is worth a try. You really have nothing to lose other than good health and everything to gain by taking a good quality B Complex. It's a no-brainer in my book!

Vitamin B1 aka Thiamin is a water-soluble vitamin. It must be taken in daily, hopefully through food and then additionally through supplementation. B1 is found in whole grains. Processing grains can result in the loss of nearly 100% of its nutritional content. Supplements containing 30 to 200 mg per day should be sufficient for the average individual. I personally take 40 to 60 mg per day, depending on my stress and energy levels.

Vitamin B2 aka Riboflavin is also a water-soluble vitamin. It helps your cells produce energy. B2 is found in abundance in meat, poultry, fish and dairy foods. Anytime these foods are processed, you can lose up to 80% of the B2 content. If you exercise, your need for B2 increased dramatically. Supplements containing 25 to 200 mg per day should be sufficient for the average individual. I personally take 40 to 60 mg per day, depending on my stress and energy levels.

My B vitamins come in the form of a B Complex supplement that is properly balanced and that utilizes organic, non-synthetic product.

Vitamin B3, aka Niacin. Niacinamide is also a water-soluble vitamin that needs replenishing daily. It helps with energy and tissue respiration and is most abundant in meats and fish. Unlike B1 and B2, it is NOT easily destroyed while being processed. Supplements should contain mostly Niacinamide from 30 to 100 mg with a little Niacin in the mix. Too much B3 in the form of Niacin can cause your skin to flush, burn and itch. I personally take 20 to 30 mg per day of Niacin and 260 to 390 mg per day of Niacinamide. It is in the same B Complex that I supplement with on a daily basis.

## COUNTERTHINK



## RECIPE OF THE MONTH

### Chicken-Spinach Salad Supreme

#### Ingredients:

4 - 4 ounce boneless, skinless chicken breasts  
10 cups spinach leaves, firmly packed  
3/4 cup thinly sliced red onion  
2 tbsp olive oil  
5 tbsp raspberry vinegar  
1 1/2 cups fresh raspberries  
3 ounces of crumbled goat cheese  
1/4 cup of slivered almonds  
pepper and sea salt to taste

#### Preparation:

Broil or grill chicken breasts until done. Season them with salt and pepper prior to cooking. When done, set to the side while you prepare the salad.

Combine the spinach and onion in large bowl. In a smaller container, combine the vinegar and the oil, stir or shake well and add it to the spinach/onion mixture. Toss the salad, add the raspberries the almonds and the

cheese.

Slice the chicken into chewable-size pieces and put on top of the individually portioned salads or chop up a littler finer and add it to the salad mixture. Lightly toss and serve.

Serve immediately. Serves 4.

[A Voice For Change](#)

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*Member in Good Standing*

