

# A Voice For Change

Speaking Up ~ Speaking Out

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



July 2012

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

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## Welcome friends!

July always reminds me of our independence here in the USA. It is in keeping with that focus that I decided to quote a recent client as well as Gandhi. I think you'll understand where I am coming from without having to say any more. On that note, I do hope that everyone had a happy and safe July 4th holiday. May we all value our independence and the truth in what being independent really means. This is why I do what I do. **It really does take a village.**



"Hi Donna & Autumn, Thanks for taking the time to meet with me when I was in Florida June 1st, it was great to meet both of you. I also had the opportunity to meet Caroline Sutherland on June 11th here in the Chicago suburbs while she was at the Celebrate Your Life conference. I took her one day seminar, it was great. **Meeting all 3 of you has wrapped up the whole changing my health package for me.** Keep up the good work! Thank you, MC, Chicago. P.S. I listened to the Doc & Donna show on contact talk radio today, great job!"



Donna Appel  
HCG Weight Loss Coach  
& Nutritional Consultant

Now to quote Gandhi ... "Many people, especially ignorant people, want to punish you for speaking the truth, for being correct, for being you. **Never apologize for being correct,** or for being years ahead of your time. If you're right and you know it, speak your mind. Even if you are a minority of one, the truth is still the truth."

Cheers ... to independence for all.  
Coach "D"

## *Speaking Up/Speaking Out*

### **9 Shocking Facts About the Food Industry**

The U.S. grows more corn than any other country on the planet. That's a good thing, right?  
By [Max Follmer](#)

Modern farming techniques and massive government subsidies have turned corn into an incredibly productive—and incredibly cheap—crop. But **those innocent-looking yellow ears are a big reason why the American diet has gotten worse and American waistlines have gotten larger** over the past half century.



So where do the corn growers get all of that dough? A lot of it is doled out in the massive **\$500 billion Farm Bill Congress passes every few years**, legislation that greatly influences what goes on our plates and makes it into our grocery stores. Aside from the corn subsidies, find out [what else is hidden](#) inside the monster bill.

The numbers are scary enough that a Who's Who of Famous Foodies—like Michael Pollan, Dan Imhoff, and Marion Nestle—are all [urging the public](#) to contact Congress today and urge them to **inject a bit of sanity into the Farm Bill**.

**TAKE ACTION!**

[Support a Healthy and More Sustainable Farm Bill](#)

**Monthly Special**

## Independence Day Special

**Save 10% Off Our  
Group 2 Program**

This is a great way to get started ... lose those unwanted pounds of stored fat and toxins right in the middle of the sizzling hot summer. Our normal fee for this program is \$450 but we found a fire crackin way to save you a bit of red hot cash in addition to unwanted

  
**AMERICA**

... and a bit of red hot cash in addition to unwanted

toxins, pounds, cellulite and future illness. In honor of our the USA's independence birthday celebration, we are knocking \$45 bucks off the program price. This claiming our independence from sick food savings includes:

- 3 Bottles hCG – professional grade oral homeopathic Formula
- 1 Bottle Biolax caps for additional support with elimination cleansing (90 capsules)
- 1 Virtual coaching manual with 1 set of record keeping forms
- Limited phone support
- 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

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

**Offer ends July 31, 2012**

## ***I Didn't Know That!***

### **Where will you spend *your* money?**

***IDKT (I didn't know that)*** ... the corn industry was into cheap food this drastically. The numbers are staggering and the government of the United States of America,, that is supposed to protect us from this injustice, isn't. What's wrong with this picture?

- \* Soda has gone down 33% in price over the past 30 years.
- \* Fruit has gone up 40% in price in the past 30 years.
- \* The United States has pumped \$50 billion dollars into the corn industry over the past 10 years.

I gave up soda a long time ago. I won't give up organic fruit. I also don't eat corn if it isn't organic. Most of the inorganic crop is now genetically modified, so you need to understand that you are no longer eating "corn". Hope you'll follow suit and stop buying non-organic corn. It is the only way to initiate change. That's how we get back our independence! Bon Appetite!

**NYK (Now you know)!** Now take action and do something! Get in the know. Pass it

along and be [A VOICE FOR CHANGE](#)

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

## ***Nutrient Update***

### **Magnesium – Know the Facts**

Magnesium is another essential mineral necessary for maintaining optimal health. **Magnesium is needed to aid in the activation of over 300 biochemical reactions in the body.** These reactions include protein synthesis, new cell creation, B vitamin activation, production of energy, bone formation, heart and other muscle function, as well as brain, kidney, adrenal, and nervous system function.



Supplementing with magnesium can be important and should not be overlooked. The challenge comes in finding a magnesium supplement that is pure without fillers and impurities. **Choose a magnesium supplement that is 100% pure and bioavailable.** The best magnesium supplement that I know of is derived from Dead Sea minerals. I prefer pharmaceutical grade magnesium chloride hexahydrate. Finding this supplement in this form will insure [read more ...](#)

## ***Testimonial of the Month***

*"Thanks for the support. I am feeling SO GREAT and happy as to my weight loss. I am down to an XL instead of a 4X and that alone is AMAZING! I have cut my BP meds in half now as well as off my anti-depressant. For the first time in my life I feel that I can get it off and KEEP it off eating the right things and with the RIGHT tools. I wish everyone could understand this and the truth about all the junk food. I wish my husband would listen to me too but NO. I have lost over a hundred pounds at least twice doing Atkins, Optifast, Medifast. Yoyo for the past 25 years. I am just so excited and feel full of Life now. I FEEL SO BLESSED!!" - JG, California (May 2012)*

## **Recipe of the Month**

### **Summer Spectacular Spinach and White Bean Salad**

#### **Ingredients:**

3 cups cooked Cannellini Beans  
1 small to medium Red Onion, thinly sliced and in quarters  
4-6 cups fresh stem free Spinach leaves (approx. 1/4 lb)  
2 1/2 Tablespoon Dijon Mustard  
3 Tablespoon Apple Cider Vinegar  
1 teaspoon of your favorite Italian Seasoning



#### **Preparation:**

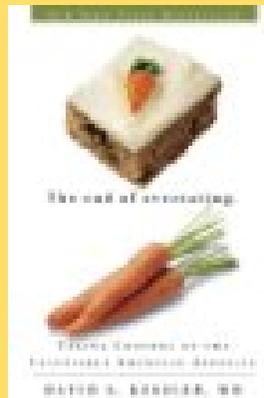
Combine beans and onion in a large mixing bowl. Slice spinach into thin ribbons. Add to bowl with the beans. Whisk mustard, vinegar and Italian seasoning in a smaller bowl and pour mixture over spinach, beans and onions in large mixing bowl. Toss gently and serve.

**Servings/Nutrition** 4 – 6 / approximately 12 grams of fiber and 10 grams of protein

## **Hints, Tips, and Ideas for Facilitating Change - Person of the Month!**

In an effort to support and honor those that are on the front lines helping to facilitate change, we are dedicating this space of the newsletter to help promote their work. It is important to assist in promoting those that are trying to get us back on track when it comes to health, nutrition, medical and environmental issues along with anything else that gets us back to community awareness. Improving our quality of life and standards is big on the agenda at A Voice For Change. I hope you will investigate what they have to say in an effort to get educated. Getting the truth out to the masses is necessary if we are going to begin to turn our lives around. Exposing the truth and helping to spread the word, is just the beginning. Reaping the rewards for your efforts based on the teachings of those that have done the research will be your final triumph. Living a long, happy, pain and drug free life so that you can enjoy the fruits of your labor and the efforts of your family will be your final payoff.

This month I would like to promote ex FDA director David Kessler and his book "An End to Overeating" ..... **Thank you Dr. Kessler** for all you are doing and for not caving into the demands of money and those that are trying to do us harm for the sake of a dollar. Click the image below to get your copy of this eye-opening book .



If image is not working, click [here](#)

## **Quote of the Month**

"You've got to get up every morning with determination if you're going to go to bed with satisfaction" George Lorimer

 **Shout Outs**

**Stop the  
Monsanto  
Protection  
Act!**

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

**The  
Mandatory  
Health Care  
Debate**

 **Meetings & Events**

**The Doc & Donna  
Radio Show**



**Donna & Autumn  
Weekly Teleconferences**

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

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

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 welcomed.

**To listen in, visit**  
<http://ctrhotspot.com/page/how-to-listen>  
**you can also learn how to join and participate in these weekly calls.**

**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, July 2, 2012

**Men & Depression- Jump Start Your Engine**

Mon, July 9, 2012

**Let's Talk About Birth Control**

Mon, July 16, 2012

**Adrenal Challenges and Our Health**

Monday, July 23, 2012

**Hormone Testing and Children**

Monday, July 30, 2012

**Functional Nutrition, The Inside Scoop**

## **SHOW TOPICS**

Tue, July 3, 2012

**Let's Talk About ... Detoxing Sugar**

Tue, July 10, 2012

**Gluten – It's More Than A Wheat Allergy**

Tue, July 17, 2012

**Detoxing and hCG, Figuring Out When To Begin**

Tue, July 24, 2012

**Reprogramming the Brain for Permanent Change**

Tue, July 31, 2012

**Book of the Month Chat – The End of Over Eating by David Kessler**

**NOTE: The Donna & Autumn show link is different each week.  
You must sign up for each one individually.**

## A Voice For Change

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