



# A Voice For Change



Speaking Up ~ Speaking Out

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



~~May~~  
June 2012

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

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## Welcome friends!

June is the month that Coach D and Dr. E decided to speak up about medical insurance. Not sure if you read my blogs but this particular one is worth putting into our newsletter. It is something that needs to be addressed and understood if we are going to facilitate changes within a broken system. Read on and let me know what you think.

*Taken from [Donna's Blog at A Voice For Change](#)*

## Insurance ... the Debate Continues

***I Didn't Know That (IDKT)*** ... or did I? The answer is yes, I do know ... I know the insurance system is broken and as long as we continue to work within the broken system, it will stay that way. Dr. Pearson and I did a video on this today. Hopefully this will help you understand further why we feel the way we feel. Why we don't play the insurance game and why many doctors are opting out of the system as well.



What we do to restore health to our clients is cheap compared to what you pay for insurance. Take the dollars you spend on premiums and put it toward staying healthy and at the end of the year, you'll have money left over, not to mention great health and vitality.

Bottom line folks ... **You choose to continue to pay an insurance company** – you choose to continue to give an insurance company your hard earned dollars month after month after month. That is your choice. Whether you want to acknowledge it or not, you are paying out of pocket every month, with every premium payment you send them. If your employer makes that payment on your behalf, then rest assured, it is still coming out of your pocket in the form of a benefit. I worked in corporate America, specifically in a personnel department. Your benefits count against your salary. In other words, **they become part of the yearly cost that a company pays to keep you** as an employee. Regardless of what you may think or want to believe, you are paying that insurance premium either directly or indirectly.

The next time you get sick and/or use your “insurance” to get healthy or fix a condition you might have, ask yourself the big question – **Are you getting what you paid for?** Are you getting your money's worth? Did your insurance pay to get you “healthy” or are they paying to treat a never ending chronic condition?

It's your choice to feed a broken system or fix it. **You have options.**

**NYK (Now You Know)...** Turning over a new leaf, transforming a new life, Coach "D"

## **Speaking Up/Speaking Out**

### **Demand GMO Labeling!**

I normally don't ask anyone to donate to any cause, however, this time I'm making an exception. This is big and if we don't help them, we could lose big time in the end. So read on and make your own decision. I took this right from the flyer I got.

### **Chip in to make history in California to Label GMOs!**



**Donate today to bring us closer to our goal of \$1 million to Label GMOs. We're almost there!**

*The 1st 100 people to donate more than \$100 will receive a **Free Limited edition Label GMOs t-shirt** - with President Obama's famous 2007 campaign promise to label GMOs! on the back.*

**Donate Now**

Dear Donna,

Twenty years ago today, Americans lost their basic right to know what's in their food. On May 29, 1992, the FDA adopted the scientifically dubious policy of "substantial equivalence" that declared that crops genetically engineered in laboratories were exactly the same as crops that had been traditionally bred, as farmers have done for thousands of years.

With this single policy, crafted behind closed doors, Americans were denied the basic right to know what we're eating and feeding our families. As we reported over the weekend, the policy was announced on May 26, 1992 by then Vice President Dan Quayle as a part of the White House Council on Competitiveness in an effort to "resist the spread of unnecessary regulations" on the new "science" of genetic engineering.

This policy of "substantial equivalence" for genetically engineered crops was crafted by Michael Taylor, a former Monsanto lawyer, hired by the FDA for the newly created position of deputy commissioner of policy specifically to **help Monsanto's new GMO technology avoid efforts to require adequate safety testing and labeling**. Unfortunately, not much has changed, today he's back at the FDA as the new food safety czar for the Obama administration.

Sadly, twenty years later, America is still saddled with this dangerously out of touch and politically motivated policy.

**But right now, together we have an opportunity change all that!** This fall, you can help make GMO labeling history by helping us pass the California Right to Know 2012 ballot initiative!

As we reported earlier, the biotech industry and Big Food retailers are already ... [read more](#)

 **Monthly Special**

# Father's Day Special

## \$25 off Emotional Freedom Technique EFT Training



- An easy to learn acupressure technique that helps change subconscious thoughts
- #1 technique benefiting Coach D the most for changing habits and thought patterns
- Easy and quick to learn and use in daily living
- Experience permanent changes to negative limiting habits
- Great to use on all issues; weight gain, food cravings, negative emotions and more
- Learn how to eliminate or reduce pain, chronic stress and a host of other challenges

We have an awesome program complete with forms that will help you hone in your issues. Many times we do things and act out in various ways without a clue as to why. Once learned, you will be able to share this information with your children, spouse, other family members and friends.

### **Knowing EFT is life changing.**

In honor of Father's Day, we are offering to teach you EFT and provide you with the forms necessary to help you get to the root of your issues and experience permanent changes in your life. May is 1/3 off month. Normally \$75 Per Session – May Special \$50. (sessions are approximately 1 hour long).

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

**Offer ends June 30, 2012**

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

## Spices that Fight Cancer

***I didn't know that (IDKT)*** .... there were actual spices that help combat cancer! Wow that is big! I've been studying the topic and found that using these spices in varying ways daily can really do the trick in helping to keep us healthy and avoid the big "C" word. You can bet that I am including these precious gems in my daily cooking. You should too but make sure you are preparing healthy meals and incorporating the spices into your food. Thinking you can add them to already processed food with the same health benefit affect won't cut it.

The fab five spices are Cayenne Pepper, Garlic, Ginger, Turmeric and Cinnamon. Bon Appetite!

**Now you know (NYK)!**

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



## Nutrient Update

### Vitamin D3 – Know the Facts

June kicks off beach season and hopefully everyone will be getting lots of sunshine beating on their skin which is a good thing. Remember to build up your exposure to sun rays slowly. Avoid using sunscreen too. The powers that be have scared the public into obsessive usage of chemical-laden sunscreen to the point that it is causing vitamin D3 deficiencies in record numbers. I'm sharing some important information and facts like:



1. Dark skinned people require 10 times more sun exposure to make adequate amounts of D3.
2. A 70 old makes a quarter of the D3 that a 20 year old can make.

3. In higher latitude areas (Atlanta GA and North), even fair-skinned people won't produce adequate amounts of D3 in the fall and winter months.
4. At times when it is completely cloudy, UV energy is cut in half.
5. Shade reduces UV energy by 60%.
6. If you are young, fair skinned, wearing minimal clothing and live near the equator, spending 20 minutes in peak sunshine would produce approximately 25,000 IUs of D3.
7. Your skin consists of immune cells and when these cells are exposed to sunshine, they convert inactive D3 into active D3.
8. Vitamin D3 is the only vitamin that the body can manufacture from sunlight (UVB).
9. Vitamin D3 is necessary for bone health and deficiencies are being linked to depression, back pain, cancer, immunity issues as well as macular degeneration.

So now the question to ask is how much D3 is too much. To that I say, get your levels checked. From the research I've done, even people consuming 2,000 to 4,000 IU's per day had test levels that were inadequate. I've discovered people taking 8,000 plus IU's a day just to achieve optimum blood levels. I know there is a lot of controversy about vitamin D3. I for one take 5,000 IU's a day and have daily for nearly two years now.

Get your 1.25-dihydroxy D3 levels checked. It has been reported that a small group of people that supplemented with D3 had excessively elevated levels of calcium. This was particularly true in the African American population so why you are getting tested, make sure they include checking your calcium blood levels at the same time. It just makes good sense as part of your yearly healthy checkup.

 ***Testimonial of the Month***

*"Hi Autumn . So nice to hear from you! I have meant to send you and Donna a follow-up email. I lost 22 pounds on the HCG protocol, I finished the protocol on April 4 and have held steady, no weight gain- YIPPEE!! A heartfelt thank you to you and Donna for all you did and helping me to navigate the HCG path. Your guidance and wisdom made all the difference in the outcome I had. I feel great!" -MM, Chicago, IL (May 2012)*

## **Recipe of the Month**

### **Green Soup: It's Easy Being Green**

**Suitable for PHASE II and beyond**

#### **Ingredients:**

1 handful each Kale, Parsley, Spinach  
2 cloves Garlic (optional)  
2 green onions (optional)  
1 small peeled organic cucumber  
1 avocado  
1 med red sweet bell pepper  
½ unpeeled organic apple  
2 Tbsp Braggs Aminos



#### **Preparation:**

Use a handy chopper, hand blender or a food processor to make chopping a breeze. Chop the above veggies, working in batches if necessary. Transfer all to a food processor and blend until smooth and lump free. Cover and store in refrigerator up to 7 days.

#### **Serving Suggestion:**

Put 4-6 Tablespoons of the green soup in a small attractive bowl. Add a dallop of hummus on top (omit if you are detoxing). Works well at lunch or as an appetizer while you are fixing dinner.

## *Quote of the Month*

"Winning is not everything, but the effort to win is!." -Zig Ziglar

## *Shout Outs*

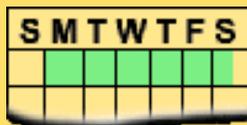
**Protect  
Vaccine  
Choice in  
California**



**Vermont  
Legislature  
Battles over  
Vaccines**

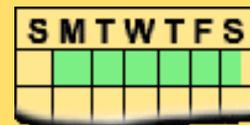
## *Meetings & Events*

### **The Doc & Donna Hour**



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

### **Donna & Autumn Hour**



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

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.

You're invited to join us 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.

### Visit

<http://ctrhotspot.com/page/how-to-listen>  
to learn how to join and participate in this weekly call.

**Register for a session now by clicking on the chosen date below:**

## SHOW TOPICS

Mon, June 4, 2012

***Men and Testosterone***

Mon, June 11, 2012

***Traditional Medicine and Insurance vs.***

***The New Medicine Foundation  
Our Goal, Our Mission, Your Outcome***

Mon, June 18, 2012

***Hormones, Health, Healing  
and the Big L.I.E.***

Monday, June 25, 2012

***NMF / AVFC: Why We Do What We Do  
& Audience Question Call In***

## SHOW TOPICS

Tue, June 5, 2012

***Let's Talk About Phase I of the Ultimate  
HCG Detox***

Tue, June 12, 2012

***Let's Talk About Phase II of the  
Ultimate HCG Detox***

Tue, June 19, 2012

***Let's Talk About EFT and Weight Loss***

Tue, June 26, 2012

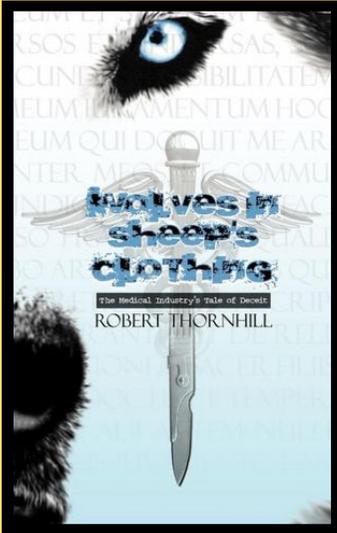
***Let's Talk About Getting the Family  
Involved in Healthy Eating***



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

## **Great Reading**

### **Wolves in Sheep's Clothing**



Although it is fiction, when you take a look at the cast of characters, you'll soon discover there is more fact than fiction written on the pages. The story line walks a path the likes of what is exactly happening today in the industry.

Is it a coincidence that the name of the doctor portrayed in the book just happens to be a Dr. Pearson? How about the fact that the New Medicine Foundation was responsible for its production? Do you think our well known Dr. Pearson had something to do with the book hitting store shelves?

There is more than one way to skin a cat. More than one way to get the public to open their eyes to what is happening in the field of medicine today.

Wolves In Sheep's Clothing is just the ticket we needed. Get a copy of the book by Robert Thornhill today and you too will be able to say NYK, **Now You Know.**

[Watch the Trailer](#)

[Order the book](#)

[A Voice For Change](#)

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Member in Good Standing

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The logo features a blue checkmark icon to the left of the text 'VerticalResponse'. Above this, the text 'EMAIL + SOCIAL' is displayed. Below the main logo, a red arrow-shaped banner contains the text 'Try It Free Today!' in white.