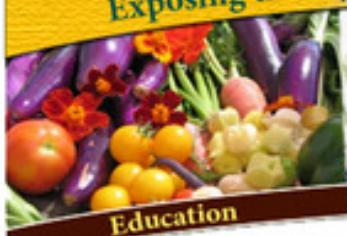


# A Voice for Change

*Speaking Up ~ Speaking Out*

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



Education

Health/Hormones/Detox



Weight Loss



Energy Alternatives

March 2012



## March in with the Luck of the Irish

20% Off Our Group 1 Program

[Click here for details](#)



## In This Issue

- [A Note from your Coach](#)
- [Speaking Up/Speaking Out](#)
- [I Didn't Know That!](#)
- [Nutrient Update](#)
- [Group Coaching](#)
- [Recipe of the Month](#)
- [Monthly Special](#)
- [How-to Book for HCG](#)
- [Food Rules](#)
- [Testimonial of the Month](#)
- [Shout Outs](#)
- [Quote of the Month](#)
- [Meetings/Events](#)

## A Note from your Coach

Happy March everyone. When I think of March, I think green; about spring being right around the corner. I think about getting healthy, ready for bathing suit weather.

I'd really like to turn that "ready for bathing suit weather" mentality around though. Spring shouldn't be about changing eating habits and losing weight. I know that thought process is just years of programming etched in my brain. Maybe it is for you too. For me, it has been that way for most of my 58 years of existence. Even at a very young age, I remember my mom going into weight loss mode in March and April. I guess the apple doesn't fall far from the tree, right?

If we want to live long, healthy, pain and drug free lives, we need to make the change to being health conscious all year round. When March rolls around, we should be thinking about spring planting and looking forward to fresh summer vegetables and fruits. For those that live in cold climates, we should be getting ready to be outdoors, soaking up the sunshine that is so necessary for vibrant health. Remember, sunshine equals D3. Remember too that D3 is a hormone, not a vitamin! D3 is made by our skin, the largest organ



Donna Appel  
HCG Weight Loss Coach  
& Nutritional Consultant

**MONTHLY SPECIAL**

of the human body.

I have learned some amazing things over the past few months. For one, I've learned that we generate brand new blood every 120 days and in approximately two years time, the cells in our body regenerate themselves totally. Plainly speaking, that should mean that you can turn a diseased body part around and have a brand new properly functioning body part in two years. I still have my homework cut out for me on that one but boy if that is possible imagine the future of those that are sick and ailing. Add to that the notion that your thoughts create your reality. Wow, all of this just boggles my mind.

If these statements are true, the one factor that I know is the catalyst for them becoming reality, has to do with conscious eating. You can only put substances into your mouth that are beneficial to the functioning of the body. I know for a fact that sugar, the way it is manufactured, used and consumed today, isn't beneficial and neither is anything that is synthetic or that isn't organic.

Wanna take the challenge with me? Let's do our own study and see what happens to our body. I welcome anyone to join me in the upcoming weeks as I go through a transformation that will be well documented. Stay tuned for details. Help me, help you, facilitate permanent change toward lasting health and wellness.

We have lots of love to share and the sweetness of life to experience. I'm glad I'm doing both with you. And before I forget the March holiday that stands out the most, Happy St Patrick's day. Gotta love the luck of the Irish and the love from Coach Donna



[theblueowl.com](http://theblueowl.com)

## SpeakingUp/SpeakingOut

I was recently asked to comment on a note sent to a friend. My friend was sharing information with someone that was convinced that there isn't a cure for cancer and that these claims are being made by people that are trying to profit from false claims of so called natural cures. This person is convinced that if a cure worked, the people that she loved would have known about it and wouldn't have died from this dreaded disease. Thought I would share my

### March in with The Luck of the Irish 20% off our Group 1 Program

This is a great way to get started to losing those unwanted pounds of stored fat and toxins. Our normal fee for this program is \$350 but we found gold at the end of the rainbow and want to share it with you in honor of our slim and trim lucky leprechaun. We've knocked \$70 off the program price. This lucky green program 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

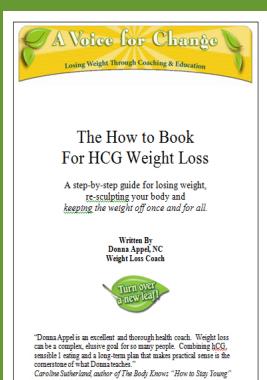
Let us help you lose 15 to 20 pounds in a month and teach you how to keep it off for good!

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

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

**Offer ends Mar 31, 2012**

## The How-to Book for HCG Weight Loss



response.

**There is a cure for cancer.** You just need to get educated. I am very sorry that you have lost so many loved ones to this dreaded disease. I too have losses and that is one of the reasons that I quit my job and started A Voice For Change. Don't believe me .... Then go right to the source. These people are CURING people with stage 4 cancers. There are hundreds of doctors out there doing this and lawyers coming forth and defending them too, but our government, the FDA, the AMA – they are all one in the same – don't want you to know because there is BIG MONEY in keeping you sick and they get to have better control over you at the same time. Do your homework before you lose someone else.

Harsh words you say, you don't want to hear this propaganda, well how about the harsh words from a doctor's family where the doctor was KILLED because he threatened to tell the truth to the world. Yes, sad as these words are, it is the TRUTH and it is not propaganda! Talk To Dr. Gerson's family like I did and find out for yourself. Charlotte Gerson is in her 90's and after her dad was killed, made it her business to continue in her father's footsteps. What Charlotte lost in terms of having a loved one killed for doing a good thing and helping so many – now that is something to get up in arms about don't you think? They had to move their clinic to Mexico. They are not allowed to treat people here in the states. Dr. Gerson was killed – that is what you need to know.

Want to hear something from a living doctor, listen to [Dr. Burzynski](#) – watch the movie – this guy is alive and kicking fighting for the right to cure people of cancer and get it out to the masses – they haven't killed him yet because too many of us know and it would be too blatantly criminal so they try to destroy him through the courts and through negative publicity. <http://www.burzynskimovie.com/>

Did you know that there is a law in the United States that was passed by the Food and Drug Administration (FDA) that states "only a drug can be used to treat, prevent or cure a disease!" Did you know it is a crime that is punishable by prison time, if anyone including a doctor, makes any claim that anything OTHER than a drug can cure a disease! This is why you will never hear of anyone saying that they have a cure for anything using a natural substance. They would go to jail or as is the case in the past with some, they would be killed to prevent this information from getting out to the masses. Thank goodness for the internet. It isn't as easy to eliminate them as it used to be.

Do your homework. Talk to the people that had stage 4 pancreatic cancer cured by doctors using natural substances. Let them educate you so that you get it from the horse's mouth! They are still alive and well 5, 10, 20 years later. These doctors are angels, not criminals. The people that are stopping doctors from telling their truths and treating terminally ill people are criminals, not protectors.

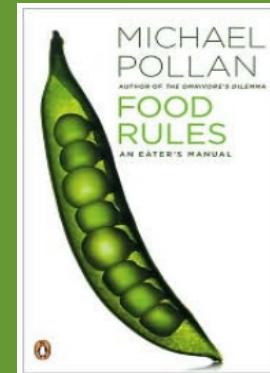
## I Didn't Know That!

**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 #12** - Shop the peripheries of the supermarket and stay out of the middle.

**Rule #13** - Eat only foods that will eventually rot.

**Rule #14** - Eat foods made from ingredients that you can picture in their raw state or growing in nature.

## TESTIMONIAL OF THE MONTH

"Hi Donna, The weight is still falling off.... I wanted to also tell you that one of the best 'side effects' to your program is: I am 42 and have not one wrinkle and I still have my boobs! You can quote me on that, as long as you don't use my last name. haha - Have a great day."  
-LVT, California

## D3 Deficiencies Linked to Many Popular Health Issues

I didn't know that (IDKT) .... D3 was sooooooo important. OK, I knew, but I keep realizing just how important it is every single day. Here are a few points to ponder when you think about D3.

It isn't a vitamin, it's a hormone produced by this biggest organ of the human body, the skin. Your skin consists of immune cells and when these cells are exposed to sunshine, they convert inactive D3 into active D3. D3 is the only substance that the body can manufacturer from sunlight (UVB). D3 is necessary for bone health and deficiencies are being linked to depression, back pain, cancer, immunity issues as well as macular degeneration.

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

## Nutrient Update

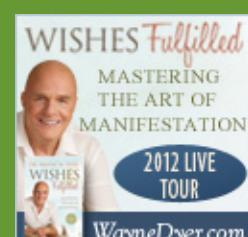
### The Many Faces of Vitamin B *cont.*

Two months ago I began talking about B vitamins. So far I have specifically wrote about vitamins B1, B2, B3, B5, B6, B12 and folate. Remember, there are 11 B vitamins in total that make up B complex. This month, I will pick up with the remainder. 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.

Biotin, water-soluble, should also be taken daily, hopefully through food and then additionally through supplementation. Biotin is essential if the body is going to make glycogen and fatty acids which are our body's main fuels. Biotin is best found in sardines, liver, soy flour and egg yolks. Supplements containing 100 to 300 mcg per day are recommended as it is estimated that the average American diet only introduces 28 to 42 mcg per day which is a significant decrease to what is actually needed. I personally take 400 to 800 per day depending on my B complex usage for the day. From the research I've done, no side effects were noted in doses of 10,000mcg per day and no form of biotin was superior over another. I also found notations that adequate Biotin intake can improve hair and skin health as well as candida conditions and mild depression

Choline is not considered a vitamin because your body can make it although it is included in the B complex family. It's main function is that with part of the brain neurotransmitter, acetylcholine. It is also responsible for aiding the movement of fats around the body. Choline is easily found in various foods so deficiencies are not likely. Choline has been found to assist with liver and brain/memory functions as well as lowering cholesterol, nervous system disorders

## SHOUT OUTS!



[Join the Global Information Network](#)  
[for free to learn more.](#)  
[www.globalinformationnetwork](#)  
[Tell them voice4change sent you.](#)  
[OR Contact Donna to learn more.](#)

and the enhancement of nails, hair and skin. I couldn't find an RDA for choline and read that even mega doses of 20mg are not toxic. I personally take 30 to 60 mg per day depending on the amount of B complex I take. I take Choline in citrate form and have read further that Phosphatidyl choline is the best. It is important to note that if you supplement with it in choline chloride form, it could make you smell like rotting fish! Also, if you are taking choline as a lipotropic (fat burner), it has been proven to have NO effect at all on levels of body fat so don't waste your money.

Inositol is also not considered a vitamin because your body can make it although it is included in the B complex family. It is essential for normal calcium and insulin metabolism. As with Choline, it is not a fat burner as many claim it to be. Even in higher doses, it has not proven to produce toxic side effects. There isn't any Inositol included in the supplement that I take.

PABA also known as Para-Aminobenzoic Acid is part of the B complex family too but I couldn't find a whole lot of information on it. It is used in sunscreens as a compound useful for the protection against ultra-violet B rays. I read where that was a good thing, however, taking PABA as a supplement was not advised because there was little to no evidence that it did anything. There isn't any PABA in the B complex supplement that I take.

## RECIPE OF THE MONTH

### Lemon Radish Salad Sensation!

#### Ingredients:

Daily allotment of radishes  
Juice of one lemon (3-4 Tablespoons)  
1 tsp onion powder  
2 tsp of liquid aminos (Braggs is a brand I trust)  
Salt and pepper to taste

#### Preparation:

Combine everything except the radishes in a bowl. Stir and add radishes. Let sit in the refrigerator for half an hour.

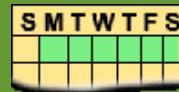
Servings: 1 vegetable

~~ PERFECT FOR PHASE I ~~

## QUOTE OF THE MONTH

"Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured."  
-Mark Twain

## MEETINGS/EVENTS



### The Doc & Donna Show!

Free Education Teleconference  
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:

**[Men and Testosterone](#)**  
Mon, Mar 5, 2012 8:00 PM - 8:30 PM EST

**[Your Aching Body. Why It May Hurt](#)**  
Mon, Mar 12, 2012 8:00 PM - 8:30 PM EST

**[Three Types of Estrogen and What They Do](#)**  
Mon, Mar 19, 2012 8:00 PM - 8:30 PM EST

**[What Fear Does To The Body](#)**  
Mon, Mar 26, 2012 8:00 PM - 8:30 PM EST

Click the link above and sign up for each

# JOHN DISCOVERS HIS PERSONAL CONTRIBUTION TO THE HEALTH CARE CRISIS...



Sidewalk Bubblegum ©1993 Clay Butler  
[sidewalkbubblegum.com](http://sidewalkbubblegum.com)



"Is it just me or is it a bad idea to eat at a place that prints CPR instructions on their placemats?"

[trainwithtodd.com](http://trainwithtodd.com)

event you would like to attend, as space will be limited and available on a first come, first served basis.

## The AVFC Coach 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 toward 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:

### **How to Stay Positive in Negative Surroundings / HCG Facts Q & A**

[Tue, Mar 6, 2012 9:00 PM - 10:00 PM EST](#)

### **Why HCG Works and Why It Isn't Celebrated**

[Tue, Mar 13, 2012 9:00 PM - 10:00 PM EST](#)

### **Strategies for Long Term Weight Management**

[Tue, Mar 20, 2012 9:00 PM - 10:00 PM EST](#)

### **The Importance of Minerals and Overall Health**

[Tue, Mar 27, 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.

S K L D D C S E N Z S D G Y E  
L T C V H Z X H T H Y L R H D  
E H R A C E X H S H W T A T Q  
J C R A R N E K C I H C P L O  
T D U C W E A B V G F I E A L  
L R I T R B Z P I Y R D F E Q  
L S H U T F E E P P L A R H C  
E Z C W Q E W R B L A Y U H H  
C E L E R Y L W R G E V I G A  
R E T A W K Q V Z I V S T B N  
F Z H D E S P W G T E Q R O G  
D C X E M T Y L H C G S U P E  
E L A O P L H B N Z F B K U L  
M F M M O T V U R K Z D J D K  
E Q Q J E I U N F B J U L C A

APPLES	GRAPEFRUIT
CELERY	HCG
CHANGE	HEALTHY
CHARD	LETTUCE
CHICKEN	STRAWBERRIES
CURE	VEAL
EXERCISE	WATER
FISH	WEIGHT

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*