



A Voice For Change



Speaking Up ~ Speaking Out

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



May 2012

Turn over a new leaf ... Transform your life

In this Issue ...

[Speaking Up/Speaking Out](#)
[I Didn't Know That](#)
[Nutrient Update](#)
[Recipe of the Month](#)
[Monthly Special](#)

[How-To Book for HCG](#)
[Testimonial of the Month](#)
[Shout Outs](#)
[Quote of the Month](#)
[Meetings/Events](#)

Welcome friends!

In the month of May, you are going to find me talking more and more about getting involved. I can't stress enough the importance of helping me, help you, help us. Bottom line is that I can't do this alone. I need you. Our children and our universe need you. I don't think people understand that we have turned a corner and the time to do something is right now. I have been standing on my soap box for years plodding along singing my song contently but I'm not longer content. When I see the very people that I love and care about being abused by a broken system, I get incensed and provoked into action. When I see children falling over dead on ball fields, I get incensed and provoked into action. The sad part about that last sentence is that it was too late for the child on the ball field. That child will never play ball again and that child's parents will never get to watch a ball game again without thinking of that horrid day.

I have told everyone before that if we don't do something, we are going to be burying our children and here we are doing just that. This is not acceptable to me. I will fight until the end of my life to save a child. Our children deserve more. They deserve a fair chance at living a life free of disease and devastation brought about by lazy adults that care more about their bottom line financial position in life. The "doesn't affect me" mentality has to go.

What happened to our community cohesiveness? Why do we continue to purchase processed foods that we know are not good for us? Why do we continue to frequent the take out lines and drive thru's at fast fake food restaurants, poisoning the very ones that we claim to love? What happened to our priorities in life? Are we that caught up in the game that we forget to look at the score or at the position that we are at on the field? The time is now to turn over a new leaf and get involved. Do it now before another winter comes our way and those leaves begin wither and die.

Turning over a new leaf, transforming a new life,
Coach Donna



Donna Appel
HCG Weight Loss Coach
& Nutritional Consultant

Sugar is a Drug!

Everyone knows how I feel about sugar and that I'm on the roof tops talking about it. Sugarcane/cocaine and while you're at it, throw heroine in there too. May as well since sugar is just as addictive, maybe even more. Why? Because it is on every store shelf across the nation just for starters.

This month, I'm supporting Jamie Oliver and his efforts. Hope you will too.

Watch this and help me, help you, help us.

<http://www.hungryforchange.tv/sugar-is-a-drug>

Monthly Special

Mom'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 Mother'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
TO GET STARTED!

Offer ends May 31, 2012

I Didn't Know That!

Wolves In Sheep's Clothing

I didn't know that (IDKT) Hummmm now this is interesting. Take a look at this trailer.

www.youtube.com/watch?v=lPhxMw-Nsr4

Get a copy of the book and read it. It's a quick read. Very informative.

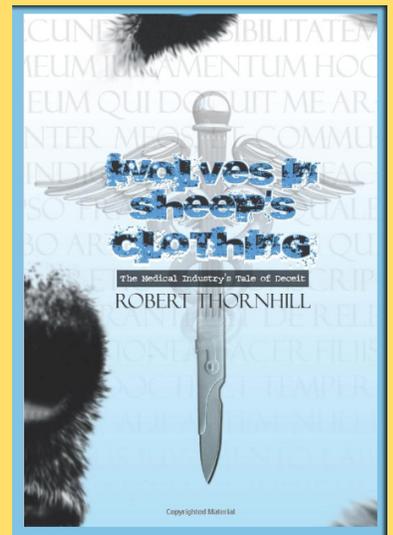
Although it is fiction, when you take a look at the cast of characters, you'll soon discover there is more fact than fiction written on the pages. The story line walks a path the likes of what is exactly happening today in the industry.

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**.

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



Nutrient Update

Magnesium

In honor of **May** and **Mom**, I thought I would talk about **Magnesium** this month. The reason I'm doing this is really in line with blood sugar regulation and energy production both of which a healthy mom needs to do all the things healthy moms do.

Yes, **magnesium helps to regulate blood sugar**. When magnesium levels are low, insulin levels increase. What magnesium does is help glucose enter cells and turn calories into energy.

Magnesium is a fat-soluble mineral that assists the body with regard to energy production and protein synthesis. Too little magnesium can cause numbness, tingling, muscle contractions or cramps, heart rhythm issues, poor memory, depression, and irritability. Too much can cause problems with the kidneys and cardio system. Getting too much is unlikely if you are ingesting good magnesium through your food. Getting it from nonfood sources such as magnesium salts or pills can prove problematic resulting in issues related to low blood pressure, irregular heartbeats, diarrhea, nausea and so forth.



Magnesium also helps the body to stay in “relaxation” mode. I know when I'm

deficient in magnesium because I end up getting foot cramping. My toes tighten so severely that you can't pry them open. It is like they are glued into a fist-like position. When I take a 200mg capsule of magnesium, within minutes, my toes relax and become unglued, no longer in fist mode. It is amazing.

I was taking 200mg two or three times a day, however, since I am now taking "whole food supplements", I no longer find this necessary. I love getting my nutrition from whole food. That is what we should be looking toward in terms of getting healthy. Finding a whole food supplement that encompasses all the vitamins and minerals that are necessary has gone a long way in turning my health around. The other thing you can do is eat **magnesium rich foods such as avocados, spinach, artichokes, black, navy and white beans, cornmeal, pumpkin seeds, barley, buckwheat, oat bran, almonds, brazil and pine nuts, and cashews.**

I know that being deficient in any vitamin or mineral can prove hazardous to our health but I also know that supplementing with just one particular vitamin or mineral can also throw us off balance and make matters worse. **Be careful when supplementing.** Make sure you are getting good advice based on you, the individual and not you, the human being. We are all different.

[Write me](#) to find out more about the new daily supplements that I am taking. The good news is that we will soon be selling these on our website. I'd be happy to tell you about them personally.



Testimonial of the Month

"Keep up all the good work you guys are doing. I really enjoy your webinar recordings and I love your newsletters. It's so great to know people who know **what's really going on.** I'm looking forward to listening to your webinar tonight (well tomorrow) :) Thanks for checking in with me, I'm still following all of you..... " -CCE Kansas



Recipe of the Month

Glazing Delicata Squash

Ingredients:

1 Delicata squash
2 Tbs Butter
2 Tbs coarsely chopped fresh Sage
1½ Tbs chopped fresh Rosemary
2 C Apple Cider (fresh, unfiltered is best)
2½ tsp Sherry Vinegar
1½ tsp sea salt
Fresh ground Pepper to taste



Preparation:

Peel the delicata squash with a veggie peeler. Cut the squash in half (lengthwise) and scrape out all the seeds with a spoon. Cut each piece lengthwise again and then cut those slices in ½ inch thick slices.

Melt the butter in a large skillet and lightly brown over low heat. Add the squash, apple cider, herbs, vinegar and salt to the butter. Stir and cook over medium heat until the cider begins to reduce down to a glaze and the squash is tender (approximately 20 minutes). Add pepper and additional salt to taste.

Quote of the Month

"Success is getting what you want; happiness is wanting what you get." -
Anonymous

Shout Outs

I CAN DO IT!
 Washington D.C.
 Sept. 7-9, 2012



Learn More 



HOW TO FIX AMERICA
 Listen 24/7 @ KTRadioNetwork.com

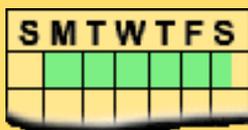
I CAN DO IT!
 Pasadena
 October 26-28, 2012



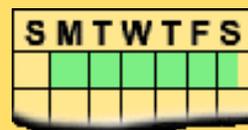
Learn More 

 **Meetings & Events**

Doc & Donna Show



Donna & Autumn Hour



**Free Education Teleconference
 Monday Evenings
 8:00 - 8:30pm EST**

**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.

**Register for a session now
 by clicking below:**

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 by clicking below:**

***Erectile Dysfunction – Deficiency,
Disease, Dysfunction***

Mon, May 7, 2012 8:00 PM - 8:30 PM EST

***Infertility – Why and
What You Can Do About It***

Mon, May 14, 2012 8:00 PM - 8:30 PM EST

***Sleep Apnea – A better
way to sweet dreams***

Mon, May 21, 2012 8:00 PM - 8:30 PM EST

No Meeting due to Holiday

Monday, May 28, 2012 8:00 PM - 8:30 PM EST



***Let's Talk Nutrition – Magnesium &
Life After Phase I HCG***

Tue, May 1, 2012 9:00 PM - 9:30 PM EST

***Let's Talk Nutrition – Vitamin C &
Life After Phase II HCG***

Tue, May 8, 2012 9:00 PM - 9:30 PM EST

***Let's Talk Nutrition – Omega 3's
& Speeding Up Metabolism***

Tue, May 15, 2012 9:00 PM - 9:30 PM EST

***Let's Talk Nutrition – D 3 &
The Truth About Sunscreen***

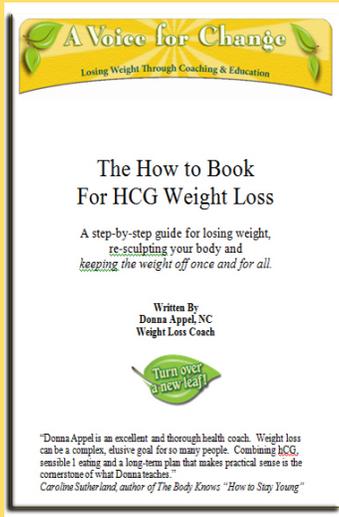
Tue, May 22, 2012 9:00 PM - 9:30 PM EST

***Let's Talk About Exercise – Tramps,
Vibration Units, Cardio Plus***

Tue, May 29, 2012 9:00 PM - 9:30 PM EST

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

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](#)



[A Voice For Change](#)

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Member in Good Standing

