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## NEWSLETTER

### November/December 2012

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#### Happy Holidays.

Reflecting - The last two months of the year are upon us. As is customary for me, I begin to reflect on the previous year. I question the events I have experienced. I begin to make changes based on the experiences that were less than rewarding and/or enlightening. I don't wait for January 1st to roll around. I do it now in the calm of the moment, before the hustle and bustle of the season kicks into full swing. This year, my focus is on people and the lives that I have touched as well as the lives of those that have touched me.

What I have learned to date is this; life is about sharing. It is about love. You won't find satisfaction in a mall or by clipping money saving coupons out of the Sunday paper. You won't find satisfaction within the walls of a big house or fancy auto. The importance of life and living is in the relationships we build along the way. It is in sharing, caring and loving another human being.

Sharing love and time with others is going to be my focus as I move forward, because life is all about people. It has always been about people and will always be about people. Life is about the way we connect with others. It is about the compassionate embrace that we experience with others on many levels. It's about the hug, not the drug. As we all know, those drugs come in many forms from prescriptions to food, alcohol, sex, shopping, control, fear, etc. Drugs are habit forming, they are addictive. Break the habit, break the addiction. The best way to do that is to connect with other people.



Donna Appel  
HCG Weight Loss Coach  
& Nutritional Consultant

It isn't until you start sharing your life openly that this realization becomes your reality. It isn't until you realize that you can have all the wealth in the world but if it isn't shared, what's the sense, where's the value. It isn't any fun squandering what you have as big or as little as that may be. The joy of life, the joy of wealth is in sharing it. You can share on many levels from sharing a meal, your home, your toys, your time, or just a thoughtful embrace.

I am a health coach by choice. That is how I have chosen to share my life with others. My specialty is weight loss. Up until now, I have been squandered away in my cave, behind the face of a computer. While I love technology, I love human contact more. My vision for me in the months ahead is to get out there and experience the embrace of my clients, my friends, as well as my family on a more intimate level. If it is all about the people, then it is high time I got out there and personally make the connection too. I look forward to meeting you, getting my hug and showing you how much I care. I don't know when or how this will happen, but it will. I would love to hear your reflections. If you care to share, I am listening.

Wishing you all great health, wellness, and abundant holiday happiness, Love always, Coach "D"

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 ***Speaking Up / Speaking Out***

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Our children are talking to us. Is anyone listening? Does anyone care? Give a listen with an open mind. This isn't funny, rather sad. Someone has to speak up and speak out – I've started, won't you follow. Listen and see what you think.



(If the video doesn't show, here's the link:

<http://www.youtube.com/watch?v=lu2qKI2Ju9s&feature=youtu.be>)

And listen to this too you might like it better.



(If the video doesn't show, here's the link:

<http://www.youtube.com/watch?v=aEVw5Jl4c2g&feature=youtu.be>)

Now you know. Help me be A Voice For Change. When it comes to stopping Monsanto, please make sure you take the time to be a voice too. We need your help; me, my family, my friends, my clients and all the children of the world. I can't do this alone. I need you to help me, help all of us thrive! Thanks, Coach "D".

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 ***Monthly Special***

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## Holiday Weight Loss / Detox Special

Join A Voice For Change for Another Great Group Program

**Get Ready to Look Fabulous Through the Holidays!**



### **WEIGHT LOSS / DETOX PROGRAM** **30 Weight Loss Days for \$333**

Regular price \$590

Be proactive with your health now. Why wait until January when you can feel and look fabulous through the holiday season? Life Transformation Specialists, Donna Appel will guide you all the way! Here's what you get:

- 2 Bottles hCG Professional Grade Oral Homeopathic Formula
- 1 Bottle Detox Caps for Elimination Cleansing (90 capsules)
- Coming Full Circle Book by Donna Appel (guide to using hCG and a whole lot more)
- 1 Set of Food and Weight Loss Tracking Forms
- Phone & email support
- 15 Group Conference check-in calls (two per week, as scheduled)
- 1-Year free membership to AVFC members-only website
- 51 Days of Coaching Support by Donna Appel (increased from 44 days!!)
- Shipping & handling INCLUDED within the Continental USA (\$5 Additional for those living outside the US)

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

**Offer ends November 30, 2012**

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## *I Didn't Know That!*

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**IDKT (I didn't know that)** .... Is the opening line for my blog pages. I hope you will sign up so you don't miss out on any of these informative messages. There is always an education component to every blog. **One of the most recent blogs I wrote about is [WHEAT ... CHRONIC POISON](http://www.avoiceforchange.com/blog). It is a must read.**  
<http://www.avoiceforchange.com/blog>

**NYK, Now you know!** Pass it along and help me be [A VOICE FOR CHANGE](http://www.avoiceforchange.com)

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## *Nutrient Update*

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### **Vitamin A**



Vitamin A is also known as retinol and is essential for vision, reproduction, skin and mucous membranes, cell growth and immunity to disease. Vitamin A is fat-soluble and can be found in abundant supply in liver and fish liver oils such as cod liver oil. The body turns beta-carotene into vitamin A. You can get plenty of beta-carotene from green leafy veggies and carrots. Supplements containing 5,000 to 10,000 i.u. per day should be sufficient for the average individual. Some individuals can experience a build-up of Vitamin A in fat cells which can be toxic. It is not advised to take more than 25,000 i.u. per day

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## *Testimonial of the Month*

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*October 26, 2012 - Just to let you know I have lost 27 lbs. and am now off of all medications which included Lexapro, zanax, prilosec. I did have my hormones balanced with Dr. Pearson and I sleep like a baby. My joints are no longer hurting. I am the client with NASH level 3 and I no longer have liver pain. That in itself is a blessing. Taking care of the Liver issue is my most critical achievement, as one more level and I would be on the transplant list. I will be starting another 21 day hcg as I am on the Elite program and I am contemplating going longer to finish taking all the weight off and detoxing. Thank you for your help and I will keep you up to date. ~Karen, Illinois*

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## *Recipe of the Month*

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### **EAT YOUR GREENS**

#### **Ingredients:**

#### *Vegetable:*

1 lb kale or collard greens

#### *Dressing:*

1 Tbsp lemon juice



2 med chopped cloves garlic  
4 Tbsp olive oil  
Salt and Pepper to taste

*Optional Add-Ins:*

Sliced onions or olives, sun dried tomatoes, sun flower seeds or feta cheese to taste

**Preparation:**

Chop greens into 1/2" slices then chop in half a second time. Place chopped *Vegetable* (and onions if so desired) into a steamer basket and steam for approximately 5 minutes. Add *Dressing* ingredients into a bowl and stir until well blended. Add hot cooked *Vegetable* and toss. Top off with *Optional Add-Ins* if desired.

**Variation:** Instead of steaming greens, sauté them in approximately ¼ cup of chicken or vegetable broth. Start out sautéing one cup of leeks first. After 5 minutes, add the greens along with an additional 2 cloves of garlic. Cover and simmer for approximately 7 minutes, stirring occasionally. Remove from heat then add all other DRESSING ingredients to a bowl. Toss in the greens and serve

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 *Hints, Tips & Ideas for Facilitating Change*

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**Donna Appel & Caroline Sutherland**  
**Join Forces For The 4th Annual**  
**Premier Weight Loss Program**  
**January 2013**

**Have you dieted, lost weight and then regained it all  
countless times, only to give up in despair?**

**Let us help you with permanent weight loss during our annual  
Premier Weight Loss Program!**

**Caroline Begins the Premier Weight Loss Teleconference Series** on January 17 following her 7-Day New Year's Detox Program. The Detox Program, starting on January 9th, is a necessary part of the Premier Weight Loss Program. **Donna joins in February** with her expert coaching and detoxification program utilizing hCG. This life-changing series is open to a limited number of people.

**Find out why:** food allergies, the yeast syndrome, uncontrollable cravings and hormones are the cause of your weight challenges and what to do about them!

**We are offering** 8 weekly weight-loss teleconferences featuring a 4 week monitored program PLUS 4 weeks of HCG detoxification that includes coaching for the low, low price of \$494. Space is limited. Contact [support@avoiceforchange.com](mailto:support@avoiceforchange.com) for more details or to [sign up today!](#)

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## Quote of the Month

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*Don't let others define you. Don't let the past confine you. Take charge of your life with confidence and determination and there are no limits on what you can do or be.*

-Michael Josephson

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## Shout Outs!

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**Stop the  
Monsanto  
Protection  
Act!**

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

**The  
Mandatory  
Health Care  
Debate**

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### **Coming Full Circle The Soul, The Mind, The Body, It's All Connected**

Author: Donna Appel Copyright 2012

Published: Self 09/15/2012 Format: Paperback

Pages: 225 Size: 7.0 x 8.5 ISBN: 978-0-9882167-0-9

#### **BOOK DESCRIPTION**

Trying to piece the health puzzle together and make sound decisions relating to long term weight loss and/or healthy detoxification isn't easy but Donna Appel has found a way to do just that. This book is a must have for anyone contemplating an hCG weight loss / detoxification protocol. She goes into detail of how the soul, the mind and the body are all connected. She covers topics such as the law of attraction, EFT, hormones and hormone balancing, allergies that include the big 5 (wheat, soy, corn, milk and yeast), addictions including those relating to sugar, water, body pH, digestion, supplementation, candida albicans, exercise and much more. She also gives you step by step instructions regarding the use of hCG ( human Chorionic Gonadotropin ). If you want to know the difference between the types of hCG available, how hCG was discovered, how it works, why it works when other programs fail, why you need a coach, how to get ready to begin and what to expect as you go through the various stages, then this book will prove to be an invaluable tool that will assist you on your quest for great health and wellness.

On Sale Now – [Visit us on the web for more information or to place an order](#)

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## *Schedule of Events*

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### **Doc & Donna Radio Show**



#### **Free Education Radio Show**

**Mondays**

**12:00 - 1:00 pm Eastern**

**9:00 - 10:00 am Pacific**

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.

Scheduled Topics:

**Mon, November 5, 2012**

***Masculine Monday's Topic  
is Prostate Health***

**Mon, November 12, 2012**

***Cholesterol - The Facts, The Truth,  
The Misconceptions***

**Mon, November 19, 2012**

***Genetically Modified Foods  
- What's Happening?***

**Mon, November 26, 2012**

***Obesity - The Epidemic That  
Doesn't Have To Be***

**Mon, December 3, 2012**

***Masculine Monday's Topic - Hormones.  
What they are, Where they  
come from,  
Not for women only.***

**Mon, December 10, 2012**

***Supplementation - What You  
Absolutely Need and Why***

**Mon, December 17, 2012**

***Immunizations - What's Necessary,  
What's Not and Why***

**Mon, December 24, 2012**

***Obesity - The Epidemic That  
Doesn't Have To Be***

**Mon, December 31, 2012**

***HCG for Detoxification,  
A Doctor's Insight***

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## Chat with Coach "D" Weekly Teleconference



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

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 always welcomed.

Scheduled Topics:

**Tues, November 6, 2012**

**[Gearing Up for Detox/Weight Loss – Get Ready](#)**

**Tues, November 13, 2012**

**[Gearing Up for Premier Weight Loss Program Launching in January 2013](#)**

**Tues, November 20, 2012**

**[Why My hCG Program Works When Others You've Tried Failed!](#)**

**Tues, November 27, 2012**

**[Gearing Up for Premier Weight Loss Program Launching in January 2013](#)**

**Tues, December 4, 2012**

**[Why My hCG Program Works When Others You've Tried Failed!](#)**

**Tues, December 11, 2012**

**[Not All HCG Is Created Equal](#)**

**Tues, December 18, 2012**

**[Gearing Up for Premier Weight Loss Program Launching in January 2013](#)**

**Tues, December 25, 2012**

**[Gearing Up for Premier Weight Loss Program Launching in January 2013](#)**



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