



NEWSLETTER September/October 2012

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Happy fall everyone.

Yes, it is upon us again already. The summer flew by and the lazy, hazy days of summer have turned into the seasonal changes that autumn brings. Speaking of changes, they are happening all around us on a daily basis. I don't know about you but I am excited about the many changes that are taking place on our planet today. It isn't all doom and gloom; far from it. For one, I am seeing a change in the way people eat. It is a shift that is beginning to gain momentum and I'm thrilled. At least people are talking and that is so important. **Communication is everything.** Education follows close behind. There are changes happening in Washington and around the globe. I'm hopeful that everything will work out as planned and that people will continue to come together in community and support the efforts of everyone as we move toward a consciously, sustainable tomorrow.

We have made changes to our website too although it continues to be a work in progress. Tweaking will be an ongoing process for a while. Thanks for being patient



Donna Appel
HCG Weight Loss Coach
& Nutritional Consultant

and letting me know if you stumble upon something that needs to be fixed or isn't clear in understanding. FYI, you can now order New Medicine Foundation supplements on line by visiting <http://www.avoiceforchange.com/products-and-services/> This is a big change that will make everyone's life easier. **My new book is also done.** "[Coming Full Circle](#)" is now available for purchase. The cost is \$39.99 (\$45.99 shipped). It is still a comprehensive guide for the use of hCG, however, it now starts off talking about hormones, allergies, detoxification when not using hCG, water pH, exercise, supplements, EFT and so much more. I think you will find it to be **a great tool to help you through our many programs.** The last change coming your way from AVFC is the switch from a monthly newsletter to every other month. This month will cover Sept/Oct. I'm trying to cut down on email but at the same time, bring you the information you need to get healthy and stay that way. You'll be able to get up-to-date information through our website and blogs so stay tuned and aware and check in often.

Enjoy this season of change and remember that **you too can turn over a new leaf and transform your life.** May you all be blessed with abundant harvests, community spirit, joy and everlasting love as we make our shift into a new paradigm, a better tomorrow.

Turn over a new leaf, transform a newlife,
Count your blessings daily,
With love and support always, Coach "D"

Speaking Up / Speaking Out



Well the jury is back and it isn't pretty. Why am I not surprised? The study has revealed that **GMO's cause tumors, organ damage and premature death in rats.** This is the first long-term study showing the devastating effects of GMO'd corn along with Monsanto's Roundup. The pictures speak for themselves. Here is the link and a little excerpt from the article I recently read on www.takepart.com:

The French [study](#), published in the peer-reviewed journal Food and Chemical Toxicology, details an experiment in which rats were fed a diet containing NK603 (a seed variety that has been modified to withstand application of the herbicide Roundup) or were given water containing Roundup "at levels permitted in the United States," reports [Reuters](#).

The results? Rats in the study died earlier than rats on standard diets. Of the Roundup group, half of the male and 70 percent of the female rats died prematurely. By comparison, among rats with normal diets, 30 percent of males and 20 percent of females died prematurely. The Roundup rats also experienced mammary tumors and liver and kidney damage.

[Click here to see the study and the disturbing images of the tumor growth in the rats.](#)

Another opportunity for family togetherness is also presenting itself. I urge you to sit down as a family, a community of friends and neighbors. **Watch this movie.** Get involved. Write down your plan of action and start moving! You'll understand what I am talking about after you watch "Genetic Roulette" ([click here](#)) <http://geneticrouletemovie.com/>. The lid has been popped off the container. The stats are out. We must jump into action this very moment and stop waiting for other's to do the job for us. I promise **"THEY" don't have "OUR" best interests at heart.**

Now you know. The next time I ask you to 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. **I need your help. I can't do this alone. I need you to help me, help all of us survive and thrive!**

 **Monthly Special**

October Weight Loss / Detox Special

Join A Voice For Change for Another Great Group Program

Get Ready to Look Fabulous Through the Holidays!

Program ends just before Thanksgiving.



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
TO GET STARTED!

Offer ends October 31, 2012

 **I Didn't Know That!**

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. <http://www.avoiceforchange.com/blog>

NYK, Now you know! Pass it along and help me be **A VOICE FOR CHANGE**

Nutrient Update

Vitamin C – It's not just for colds

Vitamin C is a wonderful supplement that you should be sure to get plenty of especially when you are detoxing. Vitamin C is a powerful antioxidant that **helps to regenerate other antioxidants** like glutathione and vitamin E. It also **helps reduce inflammation** which is so prevalent today, particularly in the intestines. If you suffer from a weak immune system, skin eruptions, digestive issues, allergies or other similar maladies, you can probably bet that inflammation has a grip on the situation. Since we are bombarded on a daily basis by toxins in the environment, I personally take a lot vitamin C on a continual basis. I take it to the point of loose stools or “bowel tolerance” as I have heard it referred to. When stools become too loose, I back off a bit and normal stool function resumes. Since we are all different, the amount of vitamin C you should take will vary. My suggestion is to begin with a smaller dose and see how you do. On a final note, **foods that are rich in vitamin C are peppers, broccoli, dark green leafy veggies, cauliflower, brussel sprouts, oranges, kiwi, strawberries and papaya.**



Testimonial of the Month

Again - I cannot tell you how wonderful your program was with Caroline last year - I felt terrific and you were a wonderful coach. There is a lot of unnecessary fear around HCG and you were a steady, guiding presence during the protocol. I know I am in good hands with you and Doctor Pearson. Kind regards, - MM, Illinois

Recipe of the Month

Spinach and Bean Salad Supreme

Ingredients:

3 cups cannellini beans, cooked
4 cups baby spinach, tightly packed



1 red onion, thin sliced and quartered
3 tbs apple cider vinegar
2 tbs dijon mustard
1/2 tsp oregano
1/2 tsp basil
1/4 tsp garlic powder



Preparation:

Chop spinach and onions and toss into bowl. In a separate bowl, whisk the other ingredients together until mixed, adding the beans last for a final stir until beans are fully coated in mixture. Add bean mixture to the spinach and onions and toss until fully combined. Serve immediately or chill before serving.

Serving Suggestions: Serves 4 to 6 and goes with just about anything as a side dish or all by itself. This is a dairy and gluten free recipe that is high in fiber and low in fat.

 **Hints, Tips & Ideas for Facilitating Change**

The new book isn't just about hCG. Once I realized the power that I had to create and manifest relationships with other people, I realized that same power could be used to help me connect the relationship that I also had with food. It is very possible to **create a healthy attitude about food** if you are currently facing that challenge. If you put the same principals to work that I describe in my new book, *Coming Full Circle*, you can **make changes** that will affect your physical health and appearance that will be ever-lasting.



[Click here to get your copy now!!](#)

 **Quote of the Month**

To be a champ, you have to believe in yourself when nobody else will.
-Sugar Ray Robinson

Shout Outs!

**Stop the
Monsanto
Protection
Act!**

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

**The
Mandatory
Health Care
Debate**



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](#)

Schedule of Events

Doc & Donna Radio Show



**Free Education Radio Show
Monday Afternoons**



12:00 - 1:00 pm EST
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, October 1, 2012
Anxiety and Depression
in Men & Boys

Mon, October 8, 2012
HCG for Detoxification,
A Doctor's Insight

Mon, October 15, 2012
Women's Cycles – What's
Happening To My Body

Mon, October 22, 2012
Immunizations – What's
Necessary, What's Not and Why

Mon, October 29, 2012
SUGAR – The Real
Halloween Horror

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, October 2, 2012
Private Session
Fall Detox Clients Only

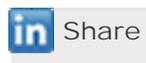
Tues, October 9, 2012
Private Session
Fall Detox Clients Only

Tues, October 16, 2012
Want to do an HCG Detox
Weight Loss Program?
Find Out How To and Save.

Tues, October 23, 2012
Want to do an HCG Detox
Weight Loss Program?
Find Out How To and Save.

Tues, October 30, 2012
Want to do an HCG Detox
Weight Loss Program?
Find Out How To and Save.

I Didn't
Know That
(IDKT)
Blog



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