



NEWSLETTER

January/February 2013

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Happy New Year!

2013 came in without a hitch. All the fear instilled in us that the [21st of December](#) would result in some sort of upheaval is now behind us. As I sit here writing this newsletter I ask myself, “now what”? What will make 2013 different from what we have experienced in the past? I guess that is the big question that has yet to be answered and will only be answered as time passes.

For me, as an advocate for change, I will be on the front lines helping people make the shift into a new paradigm. We all agree that change is necessary. **We cannot continue to do what we have been doing in the past and expect different results.** That is the definition of insanity! There is so much we can all do to make 2013 a monumental shift year. I’m asking everyone to help me make some changes by beginning with our health. I can’t think of a better way to begin that than through nutrition as I believe it is the first line of defense when it comes to keeping our bodies healthy.



Donna Appel
HCG Weight Loss Coach
& Nutritional Consultant

What can we do to begin the shift? Well for starters, **we can help family farms thrive** by purchasing food that is grown and raised locally, free of chemicals and other harmful substances. We can help local farmers advertise by sharing information about the farm with friends and family. What I plan on doing is devoting some of my website space to promoting local farmers. If you know of a local farm near you that is doing it on their own, send me the information so I can post it on our website at www.avoiceforchange.com. The other thing you can do if you don’t have a local farm within driving distance, is to form a food co-op. If you get a dozen or so families (or more) together, farmers are able to

sell their fresh produce and meats to a co-op where it is shared among its members. It literally goes from farm to truck to your home usually within 24 to 48 hours. If families take turns in the distribution process among its members, everyone shares the task and everyone wins with fresh foods at moderate prices.

Taking back control of our food supply, in my opinion, is the number one thing we can do to move forward into 2013 and realize a true, meaningful change that can impact everyone in a positive way. Well, almost everyone that is. What happens when we do this is that big pharma feels the crunch because we won't need all the synthetic drugs they peddle. Healthy people don't require medications. Insurance premiums can be reduced and focused on catastrophic health needs.

Once that happens, we can begin to concentrate on improving our health care system. [New Medicine Foundation](#) and [Dr. Edward W. Pearson](#) have already begun that task. 2013 will be a monumental year for them as they offer payment plans and health assurance policies that get people healthy for a fraction of what it takes to treat an ailment. Now isn't that a novel idea whose time has come. It is actually cheaper to keep you healthy than it is to keep you sick! That is a concept that has seemed to escape us over the years. Sounds like another shift back to basics that is long overdue. Remember, once upon a time people thought the world was flat and that the Wright Brothers were insane. Thank goodness for people with vision!

Wishing you all great health, wellness, and abundant happiness, Always, [Coach "D"](#)

Speaking Up / Speaking Out

Big Pharma / Big Biotech At It Again! I Need Your Help.



Hummmm the NPA ([Natural Products Association](#)), which is the leading trade association for so-called "natural" products, says it works for consumers. Is that so? Does it really? You decide!

The NPA opposed [Prop 37](#), the California Right to Know Genetically Engineered Food Act. The Prop was narrowly defeated on Nov. 6. I wonder what their definition of "Natural" is. The NPA said that "Proposition 37 places every supplier, manufacturer, and retailer of food products at risk of unreasonable and frivolous litigation." Is that really a reason to go against the Prop? I think not. **GMO's are NOT natural!** That is the bottom line. Here we go again with another agency that is supposed to be protecting us. All we are asking for is that genetically modified foods be labeled as such. No one is asking for anything more. **Just let us know what we are eating.** You really have to stop and question who belongs to this organization that would benefit from NOT labeling items as "genetically modified". Well how is this for starters: [Bayer](#), [BASF](#), [DuPont](#). Do you smell a rat? I do.

If that doesn't push you into action, maybe this will. Consider the possibility that maybe the NPA didn't want Prop 37 to pass because it would have prohibited the use of the word "natural" on products containing GMOs? Ah, did that hit a nerve in you?

If you think that "natural" means "almost organic" think again. More often than not, natural products usually cost less than organic products but cost more than conventional products. It is all about money not

about natural. I recently read that when it comes to personal care products, **an NPA certified “natural” personal care product can contain 100% genetically modified ingredients.**

What we want to do is tell the NPA to **stop putting “Natural” on the labels of foods that contain GMO’s.** The good news is that we have a new kid on the block, that is on our side within the NPA organization. Thank goodness for **Roxanne Green.** She is a certified organic retailer that supported Prop 37. She is with [PCC Natural Markets](http://www.pccnatural.com) and is now a member of the [NPA Executive Committee Board of Directors.](http://www.npaonline.com)

Yes, I’m asking for your help. Please go to http://salsa3.salsalabs.com/o/50865/p/dia/action3/common/public/?action_KEY=8950 and tell the NPA to stop certifying products that contain GMO ingredients as “Natural”. Let’s put an end to false advertising and call a spade a spade.

Monthly Special

**Coming Full Circle
is now in PDF Format!**



**Get our new book,
Coming Full Circle, It's All Connected
in the new PDF format for \$19.99**

Regular price \$24.99

[Click here to take advantage of this awesome sale!](#)

Also available: [PDF Version with Food Intake Logs and Weight Loss Recording Log](#)

Offer ends February 28, 2013

I Didn't Know That!

IDKT (*I didn't know that*) There were five tell-tale signs of [thyroid imbalance](#). Yes, I knew about thinning eyebrows and I also knew about dry, brittle, hair that breaks easy. I knew about feeling tired all the time too. Those are the standard three, but lately I have been hearing more and more about the following two.

The first has to do with having a puffy face or other puffy extremity. Some individuals with [hypothyroidism](#) have an excess of a substance called [mucin](#) which is part of our connective tissue, found in blood vessels and cells throughout our body. Mucin absorbs water and may be responsible for excess water retention in someone that has an underactive thyroid.

The second sign I didn't know about pertains to yellowing of the palms of your hands. I didn't know that hypothyroidism can slow down the process of converting [carotene](#) to [vitamin A](#). When there is a build up of carotene in the blood due to a thyroid imbalance, yellowing of the palms can be the result.

It is certainly worth checking into.

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

Nutrient Update

Amino Acids



[Amino acids](#) come from protein and are important for the repair and maintenance of body tissue as well as for immune support. Our immune system is mostly protein based. [Proteins](#) are broken down in the stomach where they are turned into amino acids. Now you know why chicken soup is good for a cold. The protein from the chicken is turned into amino acids which in turn are immune supporting. One of the best sources of protein come from chicken eggs. The jury is still out as to how much protein should be present in the daily diet and I'll keep digging until I find the answer to that one. I'm sure it will prove to be different for each individual person but it may turn out that it is anywhere from 5 to 60 percent of the total nutrition intake on a daily basis. I will keep you posted on my findings in future posts.

Testimonial of the Month

*November 30, 2012 - I am feeling much better overall. I'm pretty surprised by that. And I am still taking the hormones and the daily supplement. As far as appearance, I don't know if others can tell or not, but I know my clothes are hanging off of me now (not a complaint). I must have lost 2-3 inches off my waist.
~Gordon, Florida*

Recipe of the Month

COD AND KALE CHOWDER

Ingredients – 2.5 cups of unsweet almond milk, $\frac{3}{4}$ pound quartered baby red potatoes, 1 cup chopped yellow onion, $\frac{1}{2}$ pound frozen cod thawed and cut into 1" chunks, 1 tbsp dried Italian seasoning, 1 tbsp tomato paste, 1-15 ounce can cannellini beans that are rinsed and drained, 1-15 ounce can diced tomatoes, $\frac{1}{2}$ cup sliced celery, 1 bunch of chopped Lacinato dinosaur kale minus the stems



Preparation – In a large pot, add the almond milk and Italian seasoning. Bring to a boil. Add potatoes and onions and cook on medium-low heat, covered, until potatoes are cooked. Once cooked, put contents into a blender and purée. Whisk in tomato paste then add the beans, tomatoes and celery. Cover and simmer 15 minutes. Stir in the kale and the cod and simmer an additional 5 minutes. This is a great meal for those that are dairy, gluten and/or wheat intolerant.

Quote of the Month

Being happy doesn't mean everything is perfect. It means you have decided to look beyond the imperfections. -[Gerard Way](#), Musician

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 Show

***** NEW VENUE!! NEW DAY!! *****



Free Educational Show

Tuesdays

12:00 pm Eastern



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:

Tues, January 8, 2013
**[Affordable Health Care
– Low Cost Solutions](#)**

Tues, January 15, 2013
[Understanding the Thyroid](#)

Tues, January 22, 2013
**[Food Allergies and Sensitivities –
Get the Itchy Facts](#)**

Tues., January 29, 2013
**[Obesity – Taking the Challenge
in 2013 to End the Madness
Once and For All](#)**

Tues, February 5, 2013
**[Testosterone Tuesday's Topic – Heart
Health – Stay Out of the Operating Room](#)**

Tues, February 12, 2013
**[The Gall Bladder – Find Out What it
Does and How](#)**

Tues, February 19, 2013
**[Cleansing The Blood – The Liver and
Kidneys Play An Important Role](#)**

Tues, February 26, 2013
**[Hormones – The Top 10 Indications
That You Have An Imbalance](#)**

Chat with Coach "D"

***** NEW TIME *****

Weekly Teleconference



HCG Weight Loss/Get Healthy Support Group
Tuesdays
8:00 pm Eastern

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, January 1, 2013
**[Gearing Up for Premier Weight
Loss Program Launching in
January 2013](#)**

Tues, January 8, 2013
**[Setting Yourself Up to Be A Winner on the HCG
Detox / Weight Loss Protocol](#)**

Tues, January 15, 2013
[Sugar Comes in Many Colors and Textures](#)

Tues, January 22, 2013
[EFT – Emotional Freedom Technique – It Really Really Works](#)

Tues, January 29, 2013
[The Real Cost of Cheap Food](#)

Tues, February 5, 2013
[HCG – Why and How it Works](#)

Tues, February 12, 2013
[Understanding Phase II of the hCG Protocol - Keep the Weight Off For Good](#)

Tues, February 19, 2013
[HCG Detox / Weight Loss Issues and Resolutions](#)

Tues, February 26, 2013
[Hormones – The Big 8 and Why it is Important to Get Tested](#)



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