



NEWSLETTER
March/April 2013

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Bring on the Spring Cleaning

March comes in like a lion and goes out like a lamb. That is a favorite saying that I remember from my grammar school days. With the changing weather, who knows if it still holds truth? When I think of March, I think that Spring is just around the corner and with Spring, comes house cleaning time. While I'm getting ready for a good Spring cleaning for my home, I'm also thinking about **a good Spring cleaning for my body, internally.**

We should all be thinking about spring cleaning our bodies. Another name for spring cleaning is detoxification. If you have never detoxed before, you are in for a real treat. If you have, you already know that you are in for a real treat. I'm sure all of us would benefit in some way from a yearly detox. Some will lose excess estrogens and toxins that have built up in the stored fat reserves of the body thereby resulting in the loss of unwanted fat, pounds and toxins. Others, in many instances, will lose the need for pharmaceutical drugs and/or lessen the amount that is needed.

Once a detox takes place, it is important to remember that you will need to support your hormonal needs. You can do this through saliva testing which is the best way to arrive at numbers that reflect what you have available for use in your body at any given moment. The challenge that I have dealt with over the years is finding a doctor that understands detoxification and hormone balancing and how hormones work and move throughout the body.

As of the publishing of this newsletter, there is only one doctor that I know of that understands this process. [Dr. Edward W. Pearson](#) of the [New Medicine Foundation](#) is the doctor. When you are considering your spring cleaning goals for 2013, consider the New Medicine Foundation as the tool for moving you into a new realm of health and



Donna Appel
HCG Weight Loss Coach
& Nutritional Consultant

wellness. Visit our website, get acquainted with NMF. Information can be found under the "health" tab on the **A Voice For Change** website.

Wishing you great health, wellness, and abundant happiness, Always, Coach D

 **Speaking Up /
Speaking Out**

A Modern Day Monopoly - Scary



Monsanto is at it again, once again hurting the little farmer and hurting the human population. And for what? More control? It certainly isn't about food production but rather about dominance. Seed patent infringement rights are on the rise and Monsanto is leading the way in the fight. We all better pray that they don't win.

What we are not hearing in the news is the absurdity of all of this. How can anyone sanely allow a company to patent a living organism? How can anyone allow the owners of these patents to monopolize seeds and food production?

We need to wake up America, wake up world and become a voice for change and stop this insanity. When a company like Monsanto forces farmers to stop doing what they have done for eons because they own the seeds that they want to plant with, something has gone horribly wrong. Farmers used to plant with seeds that they saved from the prior year crop yield. The only seeds that they normally bought were the initial seeds that they used to start the farming process in the first place. With companies like Monsanto genetically modifying these seeds, they now feel they own the patents and the seeds and are forcing farmers to buy new seeds every year. They can no longer save some seeds from the current year yield to use for planting their next crop. What is even worse, if a company like Monsanto happens to find out that some of the seeds planted are genetically modified and have been mixed in with non-genetically modified seeds, they can sue and force the farmer to have to pay penalties for using a patented product.

When a farmer has to pay Monsanto \$84,000 because he unknowingly bought soybeans that had some of Monsanto's genetically modified seeds in the mix, we should be outraged. Our food supply should not be held hostage for the control benefits of corporations. Why are we allowing this to happen? Since when did we allow basic human survival needs to be controlled by industry?

It is time that we started asking the big questions and stopped allowing this insanity to continue. I promise you this, if something isn't done about this now, you will all be regretting it later. To learn more about this travesty and help me, help you, help us, click here http://www.organicconsumers.org/articles/article_27105.cfm Join the Millions Against Monsanto movement today and help me make a difference. <http://organicconsumers.org/monsanto/index.cfm> Your children and grand children will thank you one day.

 **Monthly Special**

Coach "D" Swings Into Action



(Regular Price \$450)

Have you dieted, lost weight and regained it all countless times, only to give up in despair? Let us help you with permanent weight loss and teach you about hormones, adrenals, and a host of other weight gain issues. Lose cellulite, stored fat, food cravings, and the mental maladies that go along with it.

Begin the program in March and save.

Program includes:

- 1 Large 2oz Bottle of hCG – Professional Grade Oral Homeopathic Formula
- 1 Bottle Detox Caps for Elimination Cleansing (120 capsules)
- 1 Hard copy of Donna's new book "Coming Full Circle" Plus All Detox Assistance Forms
- 1 One year Membership to AVFC members only section of the website
- 51 Days of coaching support by Donna Appel
- Group teleconference check-in calls - all calls recorded for listening later on PLUS phone and email support
- Shipping and handling within Continental USA (\$5.00 additional for those living outside the USA zone).

[Click here or on image above to register.](#)

Offer ends March 31, 2013

I Didn't Know That!

IDKT (*I didn't know that*) ... we have a small arsenal of specific foods that are good for fighting the common cold. Reach for these foods at the first signs of illness. You might be pleasantly surprised by what you find.

Garlic in its raw form is an anti giant; antifungal, antiviral, antibacterial. Garlic contains allin a substance known to hinder free radicals from moving throughout the body.

Papaya in its raw form is loaded with vitamin C. It is also loaded with vitamin K. K is vital for our body organs and is also necessary for blood circulation.

Ginger, in its raw form, is excellent for improving blood circulation, reducing inflammation, calming the respiratory system and for keeping our intestinal track clean and healthy.

Avocado is one of my favorite foods. I always use it raw and use it in a variety of ways including the main ingredient in my chocolate pudding! It is loaded with vitamin E and has high amounts of glutathione which is an antioxidant needed in order for the body to absorb nutrients efficiently. This fruit is loaded with potassium too.

Tomatoes another favorite of mine are another great source of vitamin C known for its immune boosting properties. It also contains a very strong antioxidant called lycopene which is essential for the body's lymphatic system.

Citrus fruits are last on the list when it comes to fighting colds. Again high in vitamin C as well as flavonoids both promoting white blood cell counts and increased immune system function.

Acai in its raw form, is a purple berry that is grown in the Amazon Rainforest. It has been around for centuries and is a major source of vitamins and nutrients for natives of the area. This wonderful berry is packed with amino and essential fatty acids as well as polyphenol antioxidants.

It is certainly worth trying. What have you got to lose other than a cold?

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

 **Nutrient Update**

Magnesium



Magnesium is an essential mineral that we get from consuming certain foods and is also found in sea salts. It is essential to all living cells and is needed for more than 300 biochemical reactions in the body. It helps with normal muscle and nerve function, supports healthy immunity systems, supports healthy heart rhythm and supports strong bones. It is also essential for the assisting of the regulation of blood sugar levels, assists with energy metabolism and protein synthesis and helps to promote normal blood pressure. Good sources of magnesium include spinach, nuts (especially almonds), seeds (especially flax and sesame),

bananas, peanut butter, black-eyed peas, and a few whole grains. As for the amount of magnesium a body needs, I take 400mg a day and I spread it out over the course of the day (breakfast, lunch, dinner). If that brings about a bout of diarrhea my way, I would back off. If constipated, I might increase the amount I take until constipation is no longer an issue.

 **Don't Miss This!**

**Mind, Body and Soul
Weight Loss / Detox Spring Clean Up
with Donna Appel and Tina Sacchi**



\$555.00

(regular price \$900)

This Spring, Coach D has teamed up with Tina Sacchi, Holistic Hypnotherapist, Numerologist and Raw Food Coach. Together they are bringing the best of the best to a Spring detox/weight loss program. You won't just detox your body with Coach D, you'll be detoxing your mind and soul too with Tina Sacchi. Tina is a master at hypnotherapy, raw food coaching, energy healing, chakra balancing and a host of other alternative modalities.

If you'd like to lose 10 to 20 pounds by the end of April and keep it off, then this is the program for you.

[Click here to find out more.](#)

Be proactive with your health now. Don't wait for summer to arrive.

The Program includes:

- 1 two ounce Bottle of hCG – Professional Grade Oral Homeopathic Formula
- 1 Bottle Detox Caps for Elimination Cleansing (120 capsules)
- 1 Coming Full Circle Book by Donna Appel, (your guide to using hCG and a whole lot more) PDF version
- 1 Set Food and Weight Loss Tracking Forms PLUS Phone and Email Support
- 1 “I Decide and I Create the Body I Want” – A Weight Management Hypnotherapy Session CD by Tina
- 1 “Serenity” – A Suite of Four Guided Imagery Meditations CD by Tina
- 1-Year Membership to AVFC members only section of the website
- Full hCG coaching support from Donna Appel
- 5 Teleconference group Sessions with Tina Sacchi that include an introduction to Tina and her program, group hypnotherapy session, meditation instruction session, numerology life path number session and raw food classes. (recorded for listening flexibility)
- 8 Group teleconference check-in calls (recorded for listening flexibility)
- Shipping & handling within the Continental USA. Additional for those living outside that Continental USA zone.

[Click here \(or on image above\) to register](#)

 **Testimonial of the Month**

December 5, 2012 - My hair is finally growing back in and stopped falling out. Feeling better than I have in years. I am still off of my blood pressure meds and my depression meds and doing great. I was even in the newspaper during my job and looked great and proud of me too,. I couldn't have done that without you all. 80 pounds makes a huge difference. I wish I lived closer to see you in person. THANK YOU EVERYONE!!! I LOVE DONNA'S BOOK, it has helped me understand a lot. It is a wonderful and loving book! ~JG, California

Recipe of the Month

Pizza Pizza Crust – Gluten Free and Fabulous

Ingredients –

3/4 cup tapioca flour	1/2 cup white rice flour (do not use brown rice)
1/3 cup chickpea flour	1/3 cup sorghum flour
1 teaspoon xanthum gum	1 teaspoon fine sea salt
1/2 cup whole milk	2 1/4 teaspoons active dry yeast, from 1 (1/4-ounce) package
2 teaspoons sugar	2 large egg whites, lightly beaten
3 tablespoons plus 1 teaspoon extra-virgin olive oil	

Preparation – In bowl of electric mixer, whisk together tapioca flour, white rice flour, chickpea flour, sorghum flour, xanthum gum, and salt.

In small saucepan over moderate heat, stir together milk and 1/4 cup water and heat until warm but not hot to the touch, about 1 minute (the mixture should register between 105°F and 115° F on candy thermometer). Stir in yeast and sugar. Add milk–yeast mixture, egg whites, and 2 tablespoons oil to dry ingredients and, using paddle attachment, beat at medium speed, scraping bowl occasionally, until dough is very smooth and very thick, about 5 minutes.

Remove racks from oven, set pizza stone or heavy upturned baking sheet on bottom of oven, and preheat to 400°F. (Preheat at least 45 minutes if using pizza stone or 20 minutes if using baking sheet.)

Have ready two 12-inch squares parchment paper. Scrape half of dough onto each square and form each half into a ball. Coat each ball with 2 teaspoons oil, then use oiled fingertips to pat and stretch each ball into 9-inch-diameter round, 1/4 inch thick, with a 1/2-inch-thick border. Loosely cover rounds with plastic wrap and let rise in warm draft-free place until each pizza is about 10 inches in diameter, about 20 minutes.

Using baking peel, transfer 1 crust with parchment to preheated pizza stone and bake until top is puffed and firm and underside is crisp, 5 to 10 minutes. Using baking peel and discarding parchment paper, transfer baked crust to rack to cool. Bake second crust in same manner. (Baked crusts can be made ahead and frozen, wrapped in plastic wrap, up to 1 month. Thaw in 350°F oven until hot, 4 to 5 minutes, before topping and broiling.)

Taken from Epicurious – for this and more visit <http://www.epicurious.com>

Quote of the Month

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel. - Maya Angelou, Author and Poet

Recommended Reading



Coming Full Circle The Soul, The Mind, The Body, It's All Connected - Guide to using hCG and more

Author: Donna Appel Copyright 2012

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



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, March 5, 2013

[Testosterone Tuesday: Man Boobs and Pot Bellies - What's a Guy To Do?](#)

Tues, March 12, 2013

[Fear the Big "C" Word – How to Stay Out of the Cancer Zone](#)

Tues, March 19, 2013

[Spring into Action – Taking Back Control of Your Body](#)

Tues, March 26, 2013

[Alternatives to Sugar – Is There Really Any?](#)

Tues, April 2, 2013

[Testosterone Tuesday: Going Bald, Find Out Why and What You Can Do About It](#)

Tues, April 9, 2013

[Brain Health – Do All You Can Now Before You Forget](#)

Tues, April 16, 2013

[Cold Got You Down – Get Over It With Some of These Tried and True Remedies](#)

Tues, April 23, 2013

[Celebrate Earth Day – Eat Better for Less and the Importance of Making it a Priority](#)

Tues, April 30, 2013

[Get The Facts on Gluten And Other Sensitivities](#)

Chat with Coach "D" 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, March 5, 2013
***Do Your Thoughts Really Create
Your Reality?***

Tues, March 12, 2013
***The Spring Cleaning Program
Featuring Coach D and Tina Sacchi
Get all the Details***

Tues, March 19, 2013
***Allergies, The Big Five and What
You Can Do to Substitute***

Tues, March 26, 2013
***Mind Chatter – Tips to Stop Negative
Thinking and Move into
the Positive Zone***

Tues, April 2, 2013
***Ways to Simplify the HCG
Protocol***

Tues, April 9, 2013
***Vibration Plates and Exercise – Yes the
Plates Work Unbelievably Well***

Tues, April 16, 2013
***Getting Ready For Summer Body
Shape Up in Three Weeks***

Tues, April 23, 2013
Saunas ... Do They Really Work?

Tues, April 30, 2013
Life After HCG ... What's Next?



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