

HEALTHY LIVING

what's it about?

Designed for:

- People who want to optimize their health and lose weight in a healthy way.
- Athletes who want to increase performance, strength, energy, and muscle definition.
- People who want to uncover food sensitivities.
- People experiencing fatigue, foggy thinking, poor sleep, poor digestion, excess weight.

What it is:

- A 30-day whole foods clean eating program.
- A system to equip people with the tools & knowledge to implement life-long health.
- A rest for the liver and kidneys to maximize function.
- An elimination program to help to uncover food sensitivities.
- A weight loss jumpstart.

What it is not:

- A deprivation diet
- A fast
- A liquid diet

What will I have to do?

- The program includes 3 simple steps that we outline for you.
 - Eliminate 8 of the most allergenic/toxic/addictive ingredients from your diet.
 - Schedule your meals 4 to 6 hours apart.
 - Proportion your meals to optimize nutrient density to fuel your body optimally.
- You will listen to weekly live or recorded calls that explain the program.
- You can join our Facebook group for information and inspiration.

What can I expect?

- Our program is free, however, the recommended products used during the program come to approximately \$255 for the entire month (plus tax and shipping).
- With your products, you will receive
 - A detailed Program Guide with information about 30-Days to Healthy Living & Beyond
 - Access to our private Facebook group for information & inspiration
 - Materials including shopping lists, recipes, and a 2 page sheet that outlines everything.
 - A private Coach to guide you through the 30-days.
- The first few days you may feel anxious as your body gets used to a new rhythm.
- You can expect to have more energy and feel better than you've felt in a long time.
- Women can expect to lose 7-14 pounds. Men can expect to lose 12-20.

What's next:

- Contact your coach or Arbonne Consultant to help you to get started.
- Order your products in time for your desired start date (products take 3-7 days to receive).
- Clean out some of your more tempting foods from your cupboards.
- Weigh yourself and find a pair of pants that fit you well right now.
- Take a few photos of yourself from a few different angles.



Get ready to feel like yourself again

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Why do we use supplements?

- o Most of us are too busy to make 3-4 perfect meals each day. Our supplements are "easy buttons" or "fast food" to make sure we're getting the proper nutrients in the proper proportions at each meal. These supplements are what make the program do-able for most of us and give us the greatest chance of success reaching our goals.

Why do we use Arbonne products?

- o Arbonne's products follow the philosophy of our Healthy Living and Beyond program
- o Arbonne is a 35 year old health and wellness company
- o All of the company's products are Pure, Safe, and Beneficial
- o Arbonne's products are botanically based and formulated without gluten, dairy, or animal products

Which Arbonne products will we need?



PROTEIN SHAKE MIX
Vanilla #2070,
Chocolate #2069
\$74



DAILY FIBER BOOST
#2075
\$37



ENERGY FIZZ STICKS
Pomegranate #2079
Citrus #2077
\$52



7-DAY BODY CLEANSE
#2082
\$50



HERBAL DETOX TEA
#2076
\$16



DIGESTION PLUS
#2063
\$52



Talk to your **Arbonne Consultant** about becoming a **PREFERRED CLIENT** and **RECEIVE:**

a free package of
greens balance



20% off all your products
for an entire year!

First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip: _____ Birthday: _____

Contact Number: (____) _____ - _____ Email: _____

Credit Card # _____ Exp Date: ____/____/____

Name on card: _____ CVV: _____

