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**30 DAY GUIDE**  
to Healthy Living

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## LETTER FROM ARBONNE

Arbonne is committed to Healthy Living Inside & Out, today more than ever. We are proud to provide safe and effective products to support a healthy lifestyle and your holistic journey in wellness. The Arbonne team is continually looking for ways to provide new and improved products with innovative ingredients to support your body's nutritional needs. We know every person is different and should be celebrated.

In addition, Arbonne is proud to be a Certified B Corporation™. Certified B Corporations are businesses that meet the highest standards of verified social and environmental performance, public transparency, and legal accountability to balance profit and purpose. You can be proud to purchase products from a company that is independently certified to use the power of our business for good. We are accelerating a global culture shift to redefine success in business and build a more inclusive, sustainable economy. We don't strive to be the best company in the world. Our goal has always been to be the best company FOR the world.

Wishing you wellness,



Dr. Jen  
Jennifer Martin-Biggers, PhD, MS, RD

This 30 Day Guide to Healthy Living is based on Arbonne products. For information on the Arbonne Opportunity, please visit [earnings.arbonne.com](https://earnings.arbonne.com).





# THE ARBONNE DIFFERENCE

## Healthy Living to Improve MIND. BODY. SKIN.™

The way we see it, it's all connected. The health of one affects the health of another, and that's what we call the MIND. BODY. SKIN.™ connection.

### THE ARBONNE DIFFERENCE

We take an integrative approach that focuses on the whole person to help them flourish inside and out.

### OUR PRODUCT PHILOSOPHY

Our holistic approach is comprised of the four key factors listed below and rooted in clinical science. These pillars set us apart from the competition.



#### FORMULATED WITH PLANT BASED INGREDIENTS

All of our formulations start by picking the right botanical that provides functional benefits. We blend these ingredients with the best of science and seek third party verification of our research.



#### CLEAN STANDARDS

Our products are formulated vegan, cruelty free, and without gluten. We abide by a stringent Ingredient Policy that prohibits over 2,000 ingredients.



#### CO-DEVELOPED WITH EXPERTS

We collaborate with leading experts in integrative medicine and holistic health. Our Scientific Advisory Board brings their guidance and expertise to our portfolio and education.



#### SCIENTIFIC RIGOR

We evaluate our product formulations for safety and efficacy. We continually work to leverage the latest innovations in science and research.



Certifications may vary by product

\*Arbonne nutrition products are formulated without gluten containing ingredients. Cross-contamination may occur during harvesting and/or the manufacturing process. For the gluten free certification status of your product, check the product label.

# WHAT'S IN THE GUIDE

## Time to get started!

### THIS PROGRAMME IS ABOUT RESETTING!

These 30 days will act as a reset to establishing healthy habits. First, you will work to identify foods and products that may not make you feel great. Arbonne nutrition products serve to support the body's nutrient needs during this phase. Prior to getting started, you might be experiencing some periods of digestive discomfort, low energy, and generally not feeling your best. As you go through the month, pay attention to how your body is feeling and how your overall sense of wellbeing is changing. These are the signs that your body is starting to return to more normal functioning, and those are the changes you want to be able to note and celebrate!

30 Days to Healthy Living is designed to help each person identify how they can choose to use food as fuel for their bodies to optimise how they look and feel, inside and out. It will help you to identify any foods that you are eating that might not be serving your body well. Our goal is to help you tune in to the messages that your body is sending so that you can eat and drink more intuitively, giving your body the nutrients that it needs to function optimally. The programme will also help support a balanced gut. So much of the body's overall wellbeing is controlled by our gut, so supporting this area of our body will help optimise how we feel as well as how we look. The programme is also designed to help us feel more confident in ourselves. When we are rested and working to reduce feelings of stress, then we are better able to care for ourselves. A positive mindset can also impact our confidence because when you feel good physically and mentally, you look good too!

It is important to be aware that while on this plan, some foods and beverages will be limited or avoided. The Arbonne nutrition products paired with the plan help to provide nutrients for health and energy. At the end of your 30 day reset, you will begin to reintroduce more foods to help support the benefits you have achieved.

In these pages you'll find the information you need to get started and tips for making the process as easy as possible. We will also provide recommendations for supplements and products from Arbonne to help your choices. We're so excited to be joining you on this healthy living journey!



#### NOTE:

- If anyone is experiencing any health concerns, they should consult with their medical professional for guidance prior to using these products or this programme.
- Arbonne cannot advise or recommend for individual circumstances; only a licensed healthcare provider can provide this guidance.
- If you have any questions/concerns, ask your healthcare provider. If you are taking medication, pregnant, or breastfeeding, ask your licensed healthcare provider before using supplements. It is also advisable to continue to check in with your physician throughout the programme to help them determine any adjustments that you might need to make as your programme is progressing.
- Arbonne formulates without most of the common allergens identified by the regulatory administrations in the countries in which it operates. However, some products are made in a facility with allergens present. Please check each label for a list of allergens that are present in the facility where the product is manufactured. And, as always, check with your doctor to help ensure each product is right for you.
- If you experience undesirable or unintended side effects, discontinue use and contact Arbonne Customer Service at 0800 977 5721.

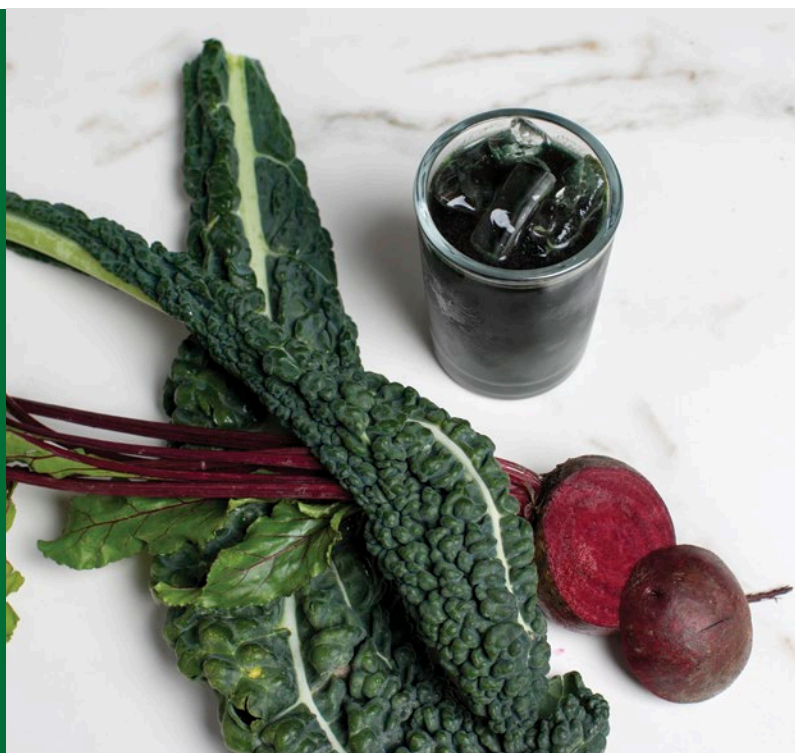


# HOW TO DO THE 30 DAYS

## STEP 1

Avoid the following as these are foods that in many cases are not beneficial to overall wellbeing:

- Artificial sweeteners (e.g., sucralose and aspartame)
- Alcohol
- Coffee
- Dairy
- Wheat and gluten containing foods
- Soy (fermented soy such as organic, non-GMO tempeh is an acceptable vegan protein option)



## STEP 2

- Eat every 4 hours
- Choose a shake for two meal occasions when made into a meal as described below (a shake made on its own with just water and no additional foods is a food supplement and is not a substitute for a full meal)
  - > 235-475 ml liquid, like water or non-dairy milk (based on preference)
  - > 2 scoops Arbonne Essentials® Protein Shake Powder
  - > 50 g veggies, like spinach, kale or pumpkin or use one scoop of Greens Balance
  - > 37 g fruit, like berries or apple
  - > 1 tbsp. healthy fat, like nut butter or half an avocado
- Eat a balanced plate of vegetables, lean protein, nutrient rich carbs, and healthy fats for one meal
- Include healthy snacks as needed to help maintain energy
- Drink plenty of water to help keep hydrated and support normal bodily functions, including digestion (six to eight glasses of fluid a day is recommended by the NHS which is about 1.2 litres).
- Add additional vegetables, healthy fats, and/or carbohydrates to your shakes or meals if you are feeling hungry



# STEP 3

## GET MOVING!

(SEE PAGE 26 FOR TIPS, ETC)



# STEP 4

## BE MINDFUL

(SEE PAGE 22 FOR TIPS, ETC)

# STEP 5

## REST WELL BY GETTING ENOUGH GOOD QUALITY SLEEP, IDEALLY FOR AT LEAST 8 HOURS

(SEE PAGE 28 FOR TIPS, ETC)

# STEP 6

## TRACK YOUR GOALS/ PROGRESS WITH YOUR SUCCESSPLAN

# STEP 7

## GET READY FOR BEYOND THE 30 DAYS

(SEE PAGE 33 FOR TIPS, ETC)

## DID YOU KNOW?

We recommend and provide suggested recipes that limit some foods high in fibre. This is because our Arbonne Protein Shakes contains 6 g of fibre. Consuming too much fibre can lead to digestive discomfort if you are not used to consuming a diet high in fibre. If your body is accustomed to this, then you are free to add more high-fibre foods (e.g., whole grains, legumes, etc.).



## SAMPLE RECIPES

### BASIC SHAKE

235-475 ml liquid, like water or non-dairy milk

2 scoops Arbonne Essentials® Protein Shake Powder

50 g veggies, like spinach, kale or pumpkin

37 g fruit, like berries or apple

1 tbsp. healthy fat, like nut butter or half an avocado

Be sure to add fruits, veggies and healthy fats to boost your shakes and make them into a complete meal.

### PRETTY PUMPKIN SMOOTHIE BOWL

265 ml non-dairy milk or water

2 scoops Vanilla Protein Shake Powder

115 g pumpkin purée

½ frozen banana

75 g frozen cauliflower

1 tsp. pumpkin pie spice

Cinnamon to taste

Choose one healthy fat as a topping: Chia seeds, almond butter, or coconut flakes.



## GREEN GODDESS SMOOTHIE

500 ml water  
2 scoops Vanilla Protein Shake Powder  
550 g spinach  
1 stalk celery  
½ cucumber  
60 ml fresh lemon juice  
½ avocado or 1 tbsp. sunflower butter  
Pinch of fresh basil  
Ice to thicken



## SUPPLE SKIN SMOOTHIE

440 ml non-dairy milk or coconut water  
2 scoops Vanilla Protein Shake Powder  
1 stick pack Healthy Skin Within Skin Elixir  
75 g frozen berries  
½ fresh avocado



**NOTE:** Some of the recipes shown contain ingredients that are known to be allergens for some people, such as nut butter and celery. Please exercise your own judgment if you have a known allergy to any ingredient. If there are any health concerns, please consult with your doctor.



# YOUR CORE 30 DAYS TO HEALTHY LIVING PRODUCTS

The Arbonne Essentials® ASVP provides items to support your 30 Days to Healthy Living Plan.

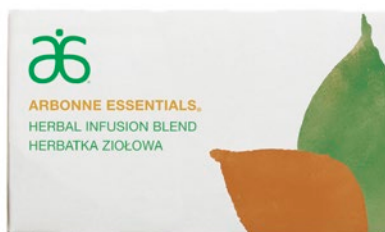


## DIGESTION PLUS

Support your gut health every day with enzymes, prebiotics and 3 billion CFU of *bacillus coagulans*. Enjoy once per day, with or without food. For maximum product efficacy, do not use with hot water.

## HERBAL INFUSION BLEND

Take care of yourself and focus on healthy living with an refreshing and soothing herbal blend.



## PROTEIN SHAKE POWDER

Enjoy 20 g of clean vegan protein blended with your favorite non-dairy milk, healthy fats, and even berries. Available in Chocolate or Vanilla flavour.



## ENERGY FIZZ STICKS

Niacin, riboflavin, Vitamin B6, Vitamin B12 and pantothenic acid in the formula to contribute to a reduction of tiredness and fatigue. Available in Strawberry, Pomegranate or Citrus flavour. Enjoy up to one stick pack each day.

# YOUR CUSTOMISABLE OPTIONS



## BODY CLEANSE

Reset with a cleanse. Contains choline which contributes to the maintenance of normal liver function with the gentle elimination of toxins. Gentle enough to use daily at any point in your 30 day programme.

## GREENS BALANCE

Balance your diet with a whole serving of fruits and vegetables in every scoop. Enjoy at least one scoop per day.



*Drink your veggies!*



## DAILY FIBRE SUPPORT

Boost your fibre intake with 12 g in each scoop to help keep things moving. If this is your first time adding fibre to your diet, start slowly with half a scoop or less per day. Gradually increase to a full scoop per day if no digestive discomfort is occurring.

Consult with your Independent Consultant on the best way to use each of the products throughout your day.



# SUPPLEMENTING YOUR 30 DAYS

Supplementing your basic routine with the right products can optimize your results. Here are some options to consider:



## ARBONNE® HEALTHY SKIN WITHIN SKIN ELIXIR COLLAGEN BUILDER WITH HYALURONIC ACID

Vitamin C contributes to normal collagen formulation for the normal function of skin for healthy -looking skin and biotin to contribute to the maintenance of normal hair with this vegan formula containing a botanical blend with sea buckthorn extract, vitamin C, and biotin combined with hyaluronic acid.

*With  
Ashwagandha!*



## INNERCALM WITH ASHWAGANDHA AND SAFFRON

This innovative product contains sustainably sourced adaptogens like ashwagandha and saffron to help support feelings of emotional balance and general wellbeing and L-theanine to help support feelings of relaxation without feeling drowsy.



## ARBONNE ESSENTIALS® MIND HEALTH

Vitamin B12 and phosphatidylserine, derived from sunflower seeds coupled with super-star ingredient CoQ10. This key ingredient is a building block for brain cells. , this cherry lime flavoured formula with the Vitamin B12 helps to maintain the normal function of the nervous system.

*Stay  
focused!*



## WHOLE FOOD BLEND MULTIVITAMIN & MINERAL BOOST

Easily take your daily vitamins with each tiny scoop of this comprehensive powder formula that contains 19 vitamins and minerals, plus vitamins A, C and E, along with nutrients from whole food sources.

## PROTEIN SNACK BARS

Satisfy snack cravings with 10 g of plant based protein from peas, rice and seeds, plus daily fibre. Available in Chocolate or Lemon flavour.

*10 g of plant based protein!*



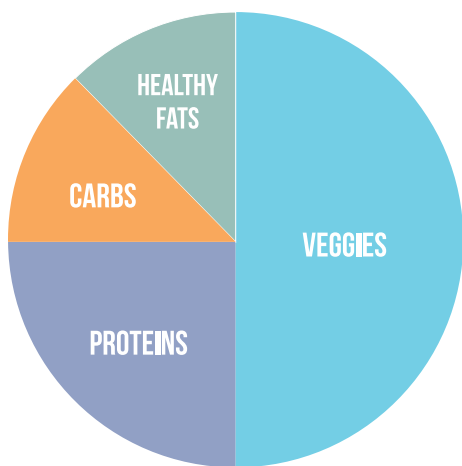


# MEAL PLANNING

## HERE'S WHAT THE SCIENCE TELLS US

When people meal plan, research shows us that they consume more fruits and vegetables, have better overall diet quality, and are more likely to consume a healthy variety of foods.<sup>(1-2)</sup> Time scarcity and fatigue are frequent barriers to meal planning and preparation.<sup>(3-5)</sup>

## ARBONNE HEALTHY MEAL COMPONENTS:



### VEGETABLES

1/2 of your plate – choose non-starchy options like greens, broccoli, asparagus

### LEAN PROTEINS

1/4 of your plate – choose options like beans and lentils or non-vegan, lean protein choices such as wild fish, chicken, turkey, or beef

### NUTRIENT-RICH CARBS

1/8 of your plate – choose options like brown rice, quinoa, sweet potatoes

### HEALTHY FATS

1/8 of your plate – choose options like seeds and nuts, nut butters or oils, olive oil, avocado



## HERE'S HOW OTHERS MANAGE MEAL PLANNING:

- I plan at least five meals for the week and make a grocery list that includes things I need for those meals. It helps me shop faster and also know what we will be having to eat.
- I like to prepare raw vegetables ahead of time and put into storage containers in the fridge. It makes meal preparation easier if I'm in a hurry.
- I use an app to keep track of my favourite recipes online and to find inspiration.
- I have a few quick and easy meals that I can make with minimal ingredients in case we don't have much food in the house.
- If I have a dinner or lunch outing with friends, I like to look at the menu online ahead of time to make it easier for a healthy meal choice. Then I can spend more time catching up instead of perusing a menu.

## GOAL SETTING

**HOW DO YOU INTEND ON MEAL PLANNING THIS WEEK?**

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**HOW CONFIDENT ARE YOU THAT YOU CAN DO THIS?**  
(On a scale of 0-10, 10 being very confident)

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**WHY DID YOU CHOOSE THAT NUMBER?**

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**WHAT WOULD HAVE TO BE DIFFERENT FOR YOU TO CHOOSE A HIGHER NUMBER?**

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## **CHOOSE WHOLE FOODS INCLUDING LOTS OF FRUITS AND VEGETABLES**

Whenever possible choose whole foods. Whole plant foods are more nutrient dense than processed or fast foods, which are typically high in saturated fat, calories, sugar, and sodium, while they are low in beneficial nutrients like vitamins, minerals, protein, fibre, and unsaturated fat.

Some of the most important nutrients our bodies require can be found in fruits and vegetables. They are a source of vitamins, minerals, protein, fibre, water, and many other powerful nutrients that support a broad range of bodily functions.

## **VEGAN PROTEINS**

Many plant foods and fruits such as brown rice, cranberries, and even algae such as chlorella, or seeds like chia, flax and hemp, contain protein. Some of the best sources of plant-based protein are legumes like peas, kidney beans, chickpeas, and snow peas.

## **COLOURFUL VEGETABLES**

The bright colours you see in vegetables like tomatoes, carrots, and red, yellow and green peppers are due to beneficial antioxidant compounds called carotenoids. Specific carotenoids, like beta-carotene, lutein, zeaxanthin, and astaxanthin, can have a variety of benefits like supporting vision and also helping fight free radical damage.

## **CRUCIFEROUS VEGETABLES**

Cruciferous vegetables include cabbage, brussels sprouts, broccoli, and cauliflower. These types of vegetables contain vitamins, minerals and unique phytonutrients like sulforaphane, a powerful antioxidant.



## DARK LEAFY GREENS

Deep green leafy vegetables include kale, spinach and collard greens. These are rich in vitamins and minerals including vitamin K, which supports bone health, and iron to help support blood production.

## BERRIES

Berries of all colours and kinds are typically rich sources of antioxidants such as vitamin C, which is why you may hear about some of them being referred to as superfruits. It's this ability to fight oxidising free radicals that makes them super. Antioxidants called anthocyanins can be found in raspberries, blueberries, cranberries, cherries, and grapes. Anthocyanins are responsible for giving berries (and other fruit) their red, blue and purple colours. Antioxidants are important to promote a healthy looking glow!

## BENEFICIAL CARBOHYDRATES

Carbohydrates help give your brain and body energy. It is important you choose complex carbohydrates that provide additional nutritional benefits. Examples of beneficial carbs include sweet potatoes, legumes, quinoa, amaranth, and millet.



## BENEFICIAL FATS

You need fat to help you absorb certain nutrients, such as fat soluble vitamins (vitamins A, D, E, and K), and antioxidants like lycopene and beta-carotene. Fat is important in giving your cells structure. Omega-3, a type of poly-unsaturated fat, is important for nerve, brain and heart function. Examples of choices to consider for sources of unsaturated fat include:

- Avocado
- Nuts and seeds
- Olives or olive oil
- Nut butters





# HEALTHY SNACKS

## HERE'S WHAT THE SCIENCE TELLS US

The health promoting qualities of foods and beverages consumed as snacks have been debated because many of these items contain high calories, fat, and added sugars.<sup>(6)</sup> In addition, it has been suggested that individuals do not compensate for their increased energy intake from snacking by decreasing their intake at other eating occasions.<sup>(7)</sup> Consequently, consuming snacks may lead to weight gain.

However, when healthy snacks are consumed – ones balanced with nutrients the body needs and without providing too many calories – they may help to achieve and sustain a healthy weight.<sup>(8)</sup>

Most people have difficulty in achieving their nutrient recommendations, so making healthy snack choices can be a positive way to do this.

### ARBONNE SNACK SUGGESTIONS:

- Arbonne Essentials® Protein Snack Bars
- Celery sticks with nut or seed butter
- Hummus with veggies
- Fruits like apples or berries with unsalted nuts



## HERE'S HOW OTHERS MANAGE HEALTHY SNACKING:

- If I'm feeling hungry between meals, I'll have a cup of tea or water and wait to see if I was just thirsty instead of hungry.
- I like to go for a short walk when I hit the afternoon slump instead of a sugary snack.
- I think of snacks as a way to get even more good nutrients, so I try to reach for things like baby carrots or a piece of fruit to meet my goal for the day.
- I keep small reusable containers of snacks in my pantry and grab if I am heading out of the house. That way I know I have a good option if I get hungry while I'm out.

## GOAL SETTING

**HOW DO YOU PLAN TO INCORPORATE OR CHOOSE HEALTHY SNACKS THIS WEEK?**

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**HOW CONFIDENT ARE YOU THAT YOU CAN DO THIS?**  
(On a scale of 0-10, 10 being very confident)

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**WHY DID YOU CHOOSE THAT NUMBER?**

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**WHAT WOULD HAVE TO BE DIFFERENT FOR YOU TO CHOOSE A HIGHER NUMBER?**

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# STRESS

## HERE'S WHAT THE SCIENCE TELLS US

Research has shown that there are negative weight related outcomes of chronic stress. When stressed, a neural stress response network is activated in the brain, causing previous automatic habits to be used instead of a more thoughtful approach and response to the situation.<sup>(9)</sup> Chronic life stress is associated with a greater preference for high calorie and nutrient deficient foods, and it may be linked to weight gain.<sup>(10-11)</sup> This occurs due to elevated stress hormones creating feedback signals in the brain that reduce perceived stress when palatable (e.g., sweet, high fat) foods are eaten, which can in turn reinforce stress induced eating of these unhealthy foods.<sup>(9, 12)</sup> Stress induced eating can also happen in normal weight women who desire to remain slim using “dietary restraint,” if the mental effort required to restrain eating serves as a stressor.<sup>(13)</sup>

### ARBONNE IDEAS TO HELP MANAGE STRESS:

- Spend time in nature (go for a walk, hike, or even just sit in a garden)
- Try meditation
- Ask for help if you need it from friends, family or others

## HERE'S WHAT OTHERS ARE SAYING ABOUT HOW THEY MANAGE STRESS:

- I set aside a couple of minutes every morning to write three things I am grateful for in my gratitude journal. It helps to start the day in a positive way and gives me something to remember if I get stressed out later.
- I downloaded an app that does guided meditations. It helps to calm me down and feel more centered.
- I like to go for a walk with my dog every day. Even if it's bad weather. Being out in nature and getting my blood pumping makes me feel great.

## GOAL SETTING

**WHAT WOULD YOU LIKE TO DO THIS WEEK TO MINIMISE STRESS?**

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**HOW CONFIDENT ARE YOU THAT YOU CAN DO THIS?**  
(On a scale of 0-10, 10 being very confident)

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**WHY DID YOU CHOOSE THAT NUMBER?**

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**WHAT WOULD HAVE TO BE DIFFERENT FOR YOU TO CHOOSE A HIGHER NUMBER?**

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## DID YOU KNOW?

InnerCalm is formulated with a blend of adaptogen ashwagandha, along with saffron and L-theanine, to help support feelings of emotional wellbeing and relaxation.



# CRAVINGS

## HERE'S WHAT THE SCIENCE TELLS US

Food cravings are an intense desire to consume a specific food or food type that is difficult to resist. Cravings are common, with most people having experienced a food craving at some point. The more you crave a food, the more likely you are to eat it (and to gain weight).<sup>(14-15)</sup>

It's widely believed that cravings are our body's way of signaling to us that we're deficient in a certain nutrient, but there are other cues that tell our body we may want something to eat.

### INTERNAL CUES

While the associations between stress, hormones, and food cravings are unclear,<sup>(16)</sup> research indicates that acute and chronic stress are associated with food craving, typically for foods high in fats and sugars.<sup>(17)</sup>

### EXTERNAL CUES

Our culture can affect our cravings. For example, women born outside of the United States don't crave the same things as U.S.-born women.<sup>(18)</sup> Only 64% of 25 world languages have a word that is the same as "craving."<sup>(19)</sup>

### ARBONNE IDEAS TO MANAGE CRAVINGS:

- Drink a glass of water with citrus essence since thirst can sometimes masquerade as hunger
- Enjoy a cup of hot or iced Bio-Hydria™ or Herbal Infusion Blend
- Ride the craving wave mindfully (think about how it starts small, like a wave, then begins to grow, and eventually breaks on shore and is gone)



## HERE'S WHAT OTHERS ARE SAYING ABOUT HOW THEY MANAGE CRAVINGS:

- I tend to crave junk food when I'm stressed out. I use stress management techniques to help calm myself down.
- I keep foods that I tend to crave out of the house. For me, it's ice cream. If I even have ice cream in the freezer, I crave it all the time.
- I make a point to eat mindfully so that I know I'm filling myself on good foods. That has cut down on my cravings.
- I change my setting when I feel a craving hit. If I'm watching TV, I'll get up and go do a small task to get my mind off of it. Usually when I go back, the craving has passed.

## GOAL SETTING

**WHAT WOULD YOU LIKE TO DO THIS WEEK TO MINIMISE CRAVINGS?**

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**HOW CONFIDENT ARE YOU THAT YOU CAN DO THIS?**  
(On a scale of 0-10, 10 being very confident)

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**WHY DID YOU CHOOSE THAT NUMBER?**

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**WHAT WOULD HAVE TO BE DIFFERENT FOR YOU TO CHOOSE A HIGHER NUMBER?**

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## DID YOU KNOW?

Herbal teas are a great way to hydrate and enjoy the flavour of tea without the caffeine



# PHYSICAL ACTIVITY

## HERE'S WHAT THE SCIENCE TELLS US

Physical activity, independent of sedentary behaviors, contributes to healthier body weights as well as healthier blood pressure, better motor skills, and greater self-confidence.<sup>(20-27)</sup>

It's also important to note that there are multiple ways that environmental attributes in the home can affect behaviors related to physical activity and sedentary behaviors, including providing opportunities for physical activity; providing cues to (not) engage in activity; and signaling values, support, and modeling of activity by parents or other household members.<sup>(28)</sup>

Among adults, a recent review found numerous environmental factors that predicted physical activity in adults. These included having exercise equipment at home; access to recreation facilities; satisfaction with recreational facilities; and community level influences, such as neighbourhood safety, hilly terrain, frequently observing others engaged in physical activity, and having enjoyable scenery.<sup>(29)</sup>

### ARBONNE IDEAS TO MOVE MORE:

- Consider moving more today than you did yesterday (and more again tomorrow)
- Take up a new activity (like running, tennis, hula-hooping)
- Join a group (it could be at a gym, your local recreation group, or with friends)

## HERE'S WHAT OTHERS SAY ABOUT HOW THEY GET MOVING:

- I don't like working out, so I make a point to move throughout the day. I turn on music and dance while doing chores around the house or do squats while I'm brushing my teeth.
- I love to try new fitness classes in my town. There are lots of great options, and it helps me choose ones I like the most.
- I rely on my friends to keep me motivated. We have a group text and get together often to go for walks or check out a yoga class together.
- I keep my trainers and socks by the front door so it's easy to get outside and go for a jog or walk.

## GOAL SETTING

**WHAT WOULD YOU LIKE TO DO THIS WEEK TO GET MOVING MORE?**

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**HOW CONFIDENT ARE YOU THAT YOU CAN DO THIS?**  
(On a scale of 0-10, 10 being very confident)

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**WHY DID YOU CHOOSE THAT NUMBER?**

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**WHAT WOULD HAVE TO BE DIFFERENT FOR YOU TO CHOOSE A HIGHER NUMBER?**

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## DID YOU KNOW?

The energy we need for life, as well as for exercise, comes from what we eat and drink. To perform at your body's peak level, sports nutrition experts recommend specific nutrients before and after a workout, along with plenty of fluids. The Arbonne PhytoSport® collection has been designed to deliver a competitive edge to athletes and amateur activity enthusiasts. The products can improve performance, enhance results, increase endurance, and build confidence in the body's natural abilities.

Start with Prepare & Endure, then quench thirst with Complete Hydration, and then finish off support a healthy recovery with After Workout post-activity. The products do not contain ingredients typically found in competitive lines, such as whey, caffeine and soy that some have sensitivity to, yet they offer professional level results.



# SLEEP AND SLEEP QUALITY

## HERE'S WHAT THE SCIENCE TELLS US

The studies evaluating the effects of sleep deficiency or deprivation on health indicate that sleep impacts emotional wellbeing, cognitive function, daytime performance, and physical health.<sup>(30)</sup> Short sleep duration (<7 hours per night) is associated with higher risk and incidence of cardiovascular disease and poor cardiovascular health outcomes.<sup>(31)</sup> Inadequate sleep also is associated with increased inflammation, which overwhelms the immune and antioxidant systems within the body. Evidence suggests that these effects can be reversed by attaining adequate sleep.<sup>(32)</sup>

Inadequate sleep has also been associated with heightened emotional reactivity and reduced attention, memory, and executive cognitive function. <sup>(33)</sup> The reduction in psychomotor and cognitive speed that accompanies sleep deprivation increases risk of accidents and injuries. <sup>(34)</sup> Mainly due to daytime fatigue and sleepiness, the impaired cognitive function that results from inadequate sleep is comparable to impairments caused by excessive alcohol consumption.<sup>(35-36)</sup>

Numerous reviews and meta-analyses reporting an inverse relationship between sleep duration and weight status have been published. <sup>(37-52)</sup> A lack of sleep and corresponding feelings of fatigue may lead to reduced physical activity, <sup>(53-54)</sup> as well as hormonal consequences that increase calorie intake.<sup>(55-57)</sup>

### ARBONNE IDEAS FOR QUALITY SLEEP:

- Essential oils like lavender help soothe and relax
- Keep electronic devices away for a bit before bedtime to unwind
- Enjoy a bedtime ritual (put on smooth hand lotion for a gentle massage, read a good book, play some soft music, and then turn down the lights)

LIFE STAGE	AGE	RECOMMENDED SLEEP DURATION IN HOURS
Adults	18+ years	7-9

## HERE'S WHAT OTHERS ARE SAYING ABOUT HOW THEY GET ENOUGH QUALITY SLEEP:

- I have a little pre-bed ritual I started. I dim the lights half an hour before I want to sleep and turn on soft music.
- I love a good warm herbal tea before bed. It helps me unwind and relax.
- We turn off electronics an hour before bedtime. That way there are no distractions as we get ready.
- I have a machine that makes white noise. It helps cancel out the sound of cars passing, which easily wakes me up during the night.

## GOAL SETTING

**HOW CAN YOU IMPROVE YOUR SLEEP QUALITY OR TIME THIS WEEK?**

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**HOW CONFIDENT ARE YOU THAT YOU CAN DO THIS?**  
(On a scale of 0-10, 10 being very confident)

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**WHY DID YOU CHOOSE THAT NUMBER?**

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**WHAT WOULD HAVE TO BE DIFFERENT FOR YOU TO CHOOSE A HIGHER NUMBER?**

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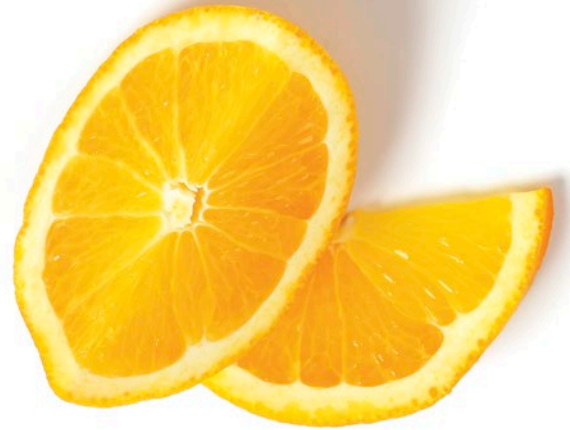


**SKINCARE**

# SKINCARE + NUTRITION: IT'S ALL CONNECTED

Healthy looking skin isn't an accident – it's a result of understanding your skin type and creating a skincare and nutrition regime to meet your needs.

- Your body works as a system where every function is connected
- Diet and nutrition play a huge role in how you feel and look
- The skin is the body's largest organ and needs to be nourished from the inside out with a balanced diet, which supplements can help support



## THE SOLUTION

- **Follow a daily skincare regime:** Consistently use products with clean ingredients that nurture skin and meet its needs
- **Boost good bacteria:** beneficial bacteria to help support your digestive tract
- **Support beneficial bacteria with prebiotics:** Prebiotics help feed the beneficial bacteria to keep them active so they can function at their best
- **Support digestion:** Digestive enzymes aid digestion to help the body process foods more effectively







# ESTABLISHING A HEALTHY LIFESTYLE EVERY DAY

Congratulations on completing 30 Days to Healthy Living!

Now it's time to find ways to keep up all the great habits you have started to help ensure your mind, body and skin stay in top shape!

The foods you eat are one of the most important aspects of maintaining a healthy lifestyle. You should continue to use the Protein Shakes along with all the other products that you have been enjoying. Work with your Independent Consultant to get tips on how to reintroduce foods that you may not have eaten during your 30 days to see how they make you feel. If you continue to feel good, then you can include them in moderation in your meal plans. If you notice a change in your feelings of wellbeing, then your body might be telling you to keep that permanently out of your diet. If you have any concerns that you might have a food allergy or sensitivity, please check with your doctor.

Here's to your wellbeing!

**MIND. BODY. SKIN.™**

# FAQS

## **WHY DOES ARBONNE INCLUDE CANE SUGAR IN THEIR INGREDIENTS?**

There is much misinformation about sugar in the diet. All foods are ultimately converted into glucose, whether they are fats, proteins or carbohydrates — including complex carbohydrates or simple sugars. Glucose is a simple sugar that all cells use for energy and is the main source of fuel for cells and tissues of the body, including the brain and muscles. Because the brain is so rich in nerve cells, it is the most energy demanding organ, using one half of all the sugar energy in the body. Brain functions such as thinking, memory and learning are closely linked to glucose levels and how efficiently the brain uses this fuel source. Keep in mind that one apple can have about 15 g of sugar. Arbonne does not utilise artificial sweeteners like sucralose or aspartame, and instead uses natural sweeteners, such as cane sugar, in our nutritional products. Of course, we do suggest that you consult with your healthcare practitioner prior to taking any supplement if you are being monitored for any health condition.

## **I'M STILL VERY HUNGRY AFTER MY DINNER. DO I HAVE TO STICK TO THE MEAL PLAN, OR CAN I HAVE SOME SNACKS?**

We recommend you monitor everything that you're eating and drinking throughout the day to make sure you aren't missing your snacks or meals, as this will lead to evening hunger. Many times, people can confuse thirst for hunger, particularly if you're dehydrated, so it's important to drink plenty of water. If you're doing all this and you are still feeling like your dinner portion is not filling, you can try adding extra non-starchy vegetables or a bigger salad to your meal. If you're extremely active, you might need additional calories and can try adding an additional half of a protein shake as an after dinner snack to help fill and fuel you up. Beyond this, Arbonne offers a great product called Full Control, which is designed to be taken before meals contributes to weight loss in the context of an energy restricted diet. to support satiety without the extra calories and food consumption.

## **I AM AWAY FOR WORK A LOT AND AM UNSURE HOW I WILL STICK TO THE PLAN. CAN YOU SUGGEST HOW TO NAVIGATE THIS?**

We recommend that you follow the plan, adjusting the timing of your snacks and meals to best fit your schedule. This will allow you to best manage your daily nutritional intake. The products are all easy to travel with as they don't require any refrigeration, and many come in single serving stick packs making it easy to take your programme on the go. Preparation in the evening for the day ahead is key to staying true to the plan and your goals. Even when dining out, you can choose healthy options. Just watch your portion size and ask for any sauces or dressing on the side to help manage your overall intake and keep your nutrition in balance. Another great tip is to prepare in advance by looking at the menu online to help you determine what you can order to stay on track while also enjoying your meal.

## **I AM GETTING HEADACHES FROM THE CHANGE IN MY DIET. SHOULD THIS BE HAPPENING?**

Your body is adapting to a new type of eating and with change it is having to alter how it utilises the nutrients and fibre that it is getting. If your previous eating style was significantly different you are experiencing changes as you are consuming less sugar and reduced caffeine. Ensure that you're drinking enough water, getting plenty of rest, and eating all of your foods to help your body ease through this transition. If symptoms persist, contact your doctor to help ensure that everything that you are doing is right for your needs.

## **I'M CONCERNED ABOUT THE CAFFEINE IN FIZZ STICKS. ISN'T THIS SOMETHING WE SHOULD BE AVOIDING?**

Fizz Sticks contain 55 mg of caffeine as compared to the average cup of coffee, which contains 95 mg. Fizz Sticks contain antioxidants along with a botanical blend of ginseng, B vitamins, CoQ10, and chromium, combined with caffeine naturally derived from guarana and green tea, to help boost energy. They also help to temporarily promote alertness and endurance and reduce fatigue. When used as directed, they are a beneficial energy boost that comes without the crash typically associated with highly caffeinated beverage consumption.

## **HOW DO WE KNOW THE CORRECT NUMBER OF CALORIES TO EAT IN A DAY? SHOULD EVERYONE BE EATING THE SAME THINGS?**

Not all people have the same nutritional needs. 30 Days to Healthy Living is not intended to be a weight loss programme. Weight loss occurs with a reduction in the number of calories consumed along with an increase in the number of calories burned each day through activity. You can partner with a nutritionist or your doctor to help determine the ideal calorie range for you. 30 Days to Healthy Living focuses more on eliminating foods and drinks that might not be serving the body while at the same time you're increasing or introducing foods and supplements that are rich in plant based nutrients, vitamins and minerals along with healthy fats, fiber, and starches. It is not a calorie counting programme or a diet plan. We do recommend food journaling every day to help you increase your awareness of everything that you are consuming. You can share this information with your Independent Consultant so they can help you adjust some of your choices if you find that you are not meeting your goals from the programme.

## **I AM FINDING IT HARD TO RESIST SOME OF MY CRAVINGS, PARTICULARLY WHEN FRIENDS AND FAMILY ARE NOT FOLLOWING THIS PROGRAMME WITH ME. WHAT CAN I DO?**

It can be a challenge to watch others indulge and stay true to your goals. Just remember that nothing tastes as good as good health feels. Treats might taste good in the moment, but they do not support you in reaching your goals. To help resist a craving, start by reminding yourself of your "why." Remove yourself from the situation and try doing something different to distract yourself. Often, when you do this, the craving will pass. You can also try drinking water flavoured with citrus or berries to help promote a feeling of fullness and shift your focus on the food. If you do give in and indulge, just remember all that you have done to become healthy. From that point on, it's up to you to get refocused and back on your plan. Healthy living doesn't have an "off" switch, but it is a choice that you make every day to support your overall wellbeing. No matter what, be kind to yourself in your own head and remember this is about sustainable change for the long term, not perfection.

## **I'M EXPERIENCING BLOATING, CONSTIPATION AND GENERAL TUMMY DISCOMFORT. WHAT CAN I DO TO HELP GET MORE COMFORTABLE?**

First, ensure that you are drinking plenty of water. Most people underestimate the amount of liquids that they consume in a day so including this information in a food journal can be helpful to ensure that you're getting at least half of your body weight in ounces of water every day. Next, share which foods you're eating in your healthy meals and snacks with your Independent Consultant. Many vegetables and plant based foods can be naturally higher in fibre. If your body isn't used to this type of diet, this can cause challenges if you do too much right away. Finally, your Independent Consultant might recommend that you introduce Body Cleanse into your daily routine to help support your normal digestive process. If none of this is resolving the concerns, it might also be a good idea to check in with your doctor to help ensure that everything you're doing is right for your body's needs.

## **I'M TAKING MEDICATIONS. SHOULD I CONSULT WITH MY DOCTOR PRIOR TO STARTING AND ALSO THROUGHOUT THE PROGRAMME?**

If you have any questions/concerns, ask your healthcare provider. If you are taking medication, pregnant, or breastfeeding, ask your healthcare provider before using dietary supplements. It is also advisable to continue to check in with your doctor throughout the programme to help them determine any adjustments that you might need to make as your programme is progressing.

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