

ARBONNE'S 30 DAYS TO HEALTHY LIVING AND BEYOND



HOW IS ARBONNE'S 30 DAY PROGRAM DIFFERENT?

What is IS:

- A gentle program that supports your elimination organs in removing toxins
- It's a healthy lifestyle change that you can take with you after the 30 days

What it is NOT:

- A fad diet or rapid weight loss diet
- No calorie counting or measuring food
- No points to track

WHO DOES THIS PROGRAM?

All kinds of people do this program all for different reasons:

- People looking to lose weight and learn new healthy living strategies
- People looking for more energy and mental clarity
- People looking for a gentle cleanse to give their bodies a rest from the toxins we're exposed to daily
- Men and women looking to improve their health before trying to get pregnant
- Pregnant women looking to maintain a healthy pregnancy weight
- Cancer patients looking to support their elimination organs through treatment

WHY DO THIS PROGRAM?

- Overabundance of pre-packaged and fast food, leaves many people today overweight yet malnourished
- People can carry toxic fat while their bodies are starving for real nutrition
- Too many toxins and the body's inability to effectively eliminate them can eventually lead to disease
- This can be reversed by eating whole foods and supplementing with nutrients to fill in possible deficiencies
- During this program we focus on supporting our elimination organs while eating balanced meals and supplementing with the Arbonne Essentials Nutrition products to ensure proper Nutrient Intake!



HOW IS ARBONNE'S 30 DAY PROGRAM DIFFERENT?

Replace 1-2 meals a day with a protein shake to **satisfy hunger** and **boost energy**.
Use only vegan shakes without dairy, soy, gluten or artificial sweetener.

STEP ONE

Eliminate allergenic & toxic ingredients

1. Wheat/Gluten/Yeast
2. Dairy
3. Sugar/Sweetener
4. Alcohol
5. Coffee
6. Vinegar
7. Soy

STEP TWO

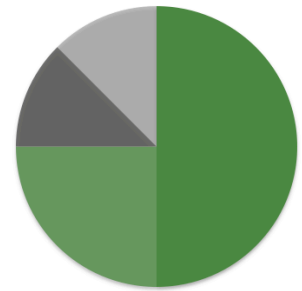
Eat every 4-6 hours to keep blood sugar balanced

Example:

- | | |
|-------|---------------|
| 6 am | Shake |
| 9 am | Healthy Snack |
| 12 pm | Shake |
| 3 pm | Healthy Snack |
| 6 pm | Meal |

STEP THREE

Eat in the proper proportions



■ Veggies ■ Protein ■ Carbs ■ Fat

HOW IS ARBONNE'S 30 DAY PROGRAM DIFFERENT?

1. How to eat clean
2. What foods to avoid and why
3. How to increase nutritional intake
4. How to balance blood sugar
5. How to support your elimination organs and effectively remove toxins from your body

WHAT DO I GET?

- 40% off Arbonne nutrition fit kit products
- Personal coaching from your consultant
- Membership to private Facebook group
- Daily support, accountability & encouragement
- Weekly meal plans and shopping lists



This material was produced by Amy Sky, an Arbonne Independent Consultant and is not official material produced by Arbonne LLC.

DO YOU NEED TO DETOX?

“It’s time to stop holding your health hostage.”



- Abdominal Bloating
- Acid Reflux
- Acne
- Allergies
- Anger Issues
- Anxiety
- Arteries Blocked with Fat
- Autoimmune Disease
- Blood Sugar Problems
- Brain Fog
- Brown Spots & Blemishes
- Cellulite
- Chronic Fatigue Syndrome
- Constipation
- Dark Circles Under Eyes
- Decreased Metabolism
- Depression
- Disturbed Sleep
- Elevated LDL, Reduced HDL
- Excessive Facial Blood Vessels
- Excessive Sweating
- Fatty Liver
- Fibromyalgia
- Food & Chemical Sensitivities
- Gallbladder Disease
- Gallstones
- Hemorrhoids
- Hot Flashes
- Hypoglycemia
- Inability to Lose Weight
- Indigestion
- Inflammation
- Intolerance to Alcohol
- Intolerance to Fatty Foods
- Irritable Bowel Syndrome
- Itchy Skin
- Joint Pain
- Low Libido
- Menopausal Symptoms
- Moods Swings
- Muscle Aches
- Nausea & Vomiting
- Overheating
- Pain Over the Liver
- PMS
- Poor Concentration
- Pot Belly
- Recurrent Headaches
- Red Palms & Soles
- Red, Swollen, Itchy Eyes
- Rosacea
- Yellow Discolouration of the Eyes
- Slow Digestion
- Sugar Cravings
- Skin Rashes
- Type 2 Diabetes
- Weight Gain

DETOXIFYING VS TRADITIONAL WEIGHT LOSS

