

## ARBONNE's 30 Days to Healthy Living April 2020

- **Introduce yourself**
- **Share your story.** This should not include any financial achievement, earnings, speed to promote to the next level, medical claims
- **Arbonne is a 40-year-old company** that focuses on holistic living inside and out through plant-based personal care (so skincare, cosmetics, body care, hair care & more) and nutrition products.
- **We have over 400 consumable products** that people use daily! By changing your brand to Arbonne, you get to use products that support your health and overall, well being.
- When it comes to personal care, **what's in your products matters** and what's NOT in your products matters when it comes to health and results!
- **Share your story with the program**
- This program teaches you **how to make better choices** in the foods you eat and you will discover which foods fuel your body and which foods sabotage your body!

### What is 30 Days to Healthy Living?

- It's a program that offers **support, accountability**, and a jumpstart to a healthy lifestyle. It can help you change the relationship you have with food if there are some foods you need to break up with!
- This is **not a fad diet or a rapid weight loss program**. There are no counting points, calories, fat grams, etc. You'll be pleasantly surprised by how affordable Arbonne is, even though we use very high-end formulations.
- **We educate and teach** people how to successfully create habits that can become a healthy lifestyle.
- Just like we change the oil in our car, we must also hit the reset button with our bodies.
- Common thinking is if you lose weight you will get healthy. In reality, if you get healthy your weight usually takes care of itself.
- This program will reveal foods that are sabotaging your health and reduce cravings
- When you get started on our program, we will add you to a private Facebook group where we will give you recipes, encouragement, accountability and education
- It's program that is designed for busy people to help bring more "health" into their lives because it's SIMPLE, EASY TO FOLLOW, AND CONVENIENT
- The program can show you how great you were meant to feel.

## Do you need a 30 Day Plan?

Many people don't think they need a 30-day plan but let's talk about some challenges you may be experiencing. These challenges can be your body's way of telling you it needs a reset. As I read these off, ask yourself if you are experiencing any of these.

- Bloating
- Feeling Foggy
- Constipation and/or Diarrhea
- Craving Sugar
- Craving Caffeine
- Food Cravings (especially "fake/processed foods")
- Don't Sleep through the Night
- Lacking Energy
- Feeling Anxious
- Skin Issues
- Unwanted weight

If you are experiencing any of those things, it may be time for a 30-day reset because these are some physical signs of toxicity. Toxins are defined as anything your body can not use as fuel. Toxins are in our food, our personal care products, the air we breathe. This means we ingest, absorb and breath toxins in every day.

**Here's an interesting fact** - What do you think happens to excess toxins? Your body creates adipose tissue, aka fat cells, to house the toxins in order to protect the vital organs.

### Let's talk about some of the benefits people experience after going through 30 Days to Healthy Living

- Weight management - You cannot out exercise or out diet toxicity and 30 Days to Healthy Living is all about getting healthy. When you create a healthy environment inside your body, everything else can fall into place.
- Increased energy and focus
- It can reveal foods that are sabotaging your health and what foods fuel your body
- Decreased sugar, unhealthy carb and "fake food" cravings
- Improved sleep and eliminating poor concentration/feeling foggy
- Decreased feeling of being anxious
- Beautiful, glowing skin and hair

**\*In person events:** Explain the Nutritional Rebalancing graphic:

- The person in Figure 1 decides to diet, cut calories or exercise and they see some body changes. But they don't get rid of the toxins. They are actually more toxic than before (Figure 2). This triggers the body's need to create fat (fat cells protect vital organs from toxics). This results in rebounding, and the body returns to its original state.
- But cellular cleansing in Figure 3, removes toxins from the body, creates lean muscle and melts away excess fat. Maintaining nutritional balance keeps the body naturally lean while cleansing manages toxins.

## What does the program focus on and what does a sample day look like?

- 1- **Eating clean, whole foods** – The plan focuses on replacing 1-2 meals with our nutrient dense, plant based protein shakes and having 2-3 compliant snacks and 1-2 whole clean meals depending on what your personal goals

are (so things like, fruits, vegetables, lean beef, chicken/turkey, wild caught fish, complex carbs like brown rice, sweet potatoes and healthy fats).

- If you can follow simple directions, I promise you, you can do this program and have success. **Eliminating Allergenic, Addictive and Acidic Foods** – MANY people experience poor health and symptoms like fatigue and excess weight and have NO IDEA that the solution may be as simple as removing possible food allergens and sensitivities. Most of the time we don't even know that we have these sensitivities because they are such a constant in our lives that we don't know how great we would feel without them. So for 30 days, we eliminate those foods that could be causing more harm than good to our bodies.
- **Refined sugar:** it is highly acidic and addictive. It increases insulin, which increases fat storage.
- **Artificial sweeteners:** it's worse than sugar. Over 90 medical conditions linked to it.
- **Gluten:** Highly allergenic – over 50% of the population has reactions to gluten (headaches, bloating).
- **Dairy:** Highly acidic and allergenic. Loaded with sugar, hormones and antibiotics.
- **Whey:** It is a derivative of dairy and cannot be fully absorbed. Vegan protein is much better.
- **Soy:** It mimics the activity of estrogen in the body
- **Coffee, alcohol, sodas and unhealthy energy drinks:** All addictive and loaded with sugar & gluten.

These are all things that are not serving you and that are sabotaging your health. But don't worry, we are going to give you the healthy alternatives with our program so you won't feel like you're missing out on anything.

## 2- Increasing your nutrient intake by supplementing with Arbonne products

- ✓ You will get **2 bags of Protein** (Choc/Vanilla) which is enough for 2 shakes per day for 30 days. Each shake gives you 20 grams of vegan protein (made of cranberry, brown rice and pea protein and over 20 essential vitamins and minerals. They also have a patented energy complex blend designed to help your body reduce toxins, balance blood sugar and has amino acid profile that rivals animal protein.
- ✓ **Daily Fiber Boost** (note to self: soluble if they ask) – (30 Servings) odorless, tasteless and gritless. Gives you 1/2 of your daily requirement. Is a sponge for toxins, absorbs them and moves them out of your system (doesn't make you run to the restroom). Also regulates blood sugar and keeps you full
- ✓ **Digestion Plus** – (30 Servings) This one of most amazing products Arbonne carries! It contains:
  - Pre & Probiotic and 11 Digestive Enzymes
  - Promotes a healthy gut which is vital because 80% of disease generates from your gut. Your immune system, complexion and serotonin which is responsible for mood are housed in your gut
  - Reduces gas, bloating and digestion issues
  - Increases nutrient uptake from the foods we eat
- ✓ **Energy Fizz Sticks** (60 Servings) – These will replace coffee, soda, sugary energy drinks and alcohol. They come in pomegranate, strawberry and citrus, and you get 2 boxes. The energy comes from B vitamins, guarana, and green tea. The fizz sticks increase energy and promote alertness. They are low calorie, helps support healthy blood sugar levels already in the normal range, helps metabolize carbohydrates, fats and proteins to provide energy.
- ✓ **Herbal Detox Tea** (40 Servings) –can drink it hot or cold, caffeine free, has 9 botanicals that support the liver and kidneys
- ✓ **Body Cleanse** – which we use during week 3 of the program, helps cleanse your system with our lemon-ginger flavored formula, contains Aloe that soothes the gastrointestinal tract, ginger supports the healthy digestion, and choline supports liver function.

- ✓ **Greens Balance** (I recommend adding this on if you can or selecting it as your free product). One scoop provides a full serving of a rainbow of fruits and vegetables, you can add it to your shakes or plain water. It's a great way to easily increase your intake of fruits and vegetables, contains prebiotic fiber, powerful phytonutrients and antioxidants

## What makes the Arbonne products different?

The products are:

- Vegan certified, certified Gluten Free
- Formulated without dairy, soy or whey
- Formulated without gmo's
- Formulated without Cholesterol, saturated fats or trans fats
- Formulated without artificial flavors, colors or sweeteners
- When it comes to Nutrition and Personal Care - Bans: US 11 ingredients, Europe 1400, Arbonne 2000 and if you care about animals, we are also cruelty free and have always been

## What is the cost?

Our program comes out to be less than \$9 a day which ends up being less than \$5 a meal. This is NOT an addition to your grocery bill. It becomes 1/3 of your food and grocery bill. So I want you to think about last month and tally up what you spent on all food and drinks including eating out, alcoholic beverages, convenience store stops. I bet you would be shocked. So while this is an up-front investment, over the 30 days this program can save you money and it saves you time and comes with a 45 day money back guarantee! That is reason enough to jump in and do this program!

You also get myself and others who educate and teach you how to successfully create habits that can become a lifestyle. You have access to our online support and accountability FB group AND access to all of the recipes and meal plans. This program is INCREDIBLY AFFORDABLE when you look at the whole picture and what you will gain from it.

## So, let's end with the Options available to you on how to get the kit and get started.

**Option 1:** You can become what we call a Preferred Client which is our Discount Membership program (similar to a Costco/BJ/Sam's Membership) and it's \$29/yr. This gives you discounts and deals for a year and when you purchase the 30 Days Kit, you will get 40% off the retail prices, free shipping and a FREE product of your choice from our top sellers list. Signing up for the preferred client account makes the price of the kit \$266.40 plus the \$29 fee for a total of \$295.40 plus tax if your state taxes nutrition.

**Option 2** – Now that you have heard about our products, our mission and what we stand for, you might want to learn more starting your own business. If so, I can share more information with you. Arbonne is a growing company, even at 40 years and what we do is so simple, we:

1. Redirect our spending to healthy, clean products at a discount from our own Arbonne account
2. Show others how to do the same and get compensated on our personal sales and team sales
3. Share with our friends, family and social network how healthier living is helping us

## Finish

And one question I'd love for you to ask yourself, if you keep doing what you're doing where will you be in 5 years? When someone asked me that years ago, it \_\_\_\_\_. Jumping into this business has been one of the best decisions I ever made so if anything, I said intrigued you, and you enjoyed learning about this brand, I would love to show you how to have your own online business.

This program has 100% changed my habits and my health but it is the business that has transformed my family's life. Signing up for the consultant account makes the price of the kit \$222.00 plus the \$49 fee and shipping of \$7.95 for a total of \$278.95 plus tax if your state taxes nutrition.

I encourage you at the very least to take that first step and do this program and see for yourself how life changing it can be. The results speak for themselves and every day thousands of people are joining this movement to become healthier versions of themselves and I cannot wait for your story to get started and for your journey to begin. I want to thank you again for taking the time to learn more and I hope you all decide to lock arms with us and join us!

**Are there any questions you would like to ask now?**

Follow up with each person individually.

Great questions to ask:

- What did you love most about what you heard?
- What questions do you have for me?
- Do you want to join our 30 day challenge?