

Healthy Habits for Life!

***If this is being presented on Zoom, you may read the script and also use slides.**

***If this is being presented in a live presentation, feel free to read the script and not use the slides. Reading is good, but also connect by making good eye contact. This presentation is meant to add VALUE to the listener.**

Script:



#1 Slide One: Healthy Habits For Life

Thank the host (if there is a host) have them give the group their reason for hosting. (They can explain how important what the guests will learn whether in person or on zoom)d

My name is _____ I am so excited to share with you what is now understood about metabolism and its importance to your health.

Metabolism what is it? Do I have one?



2

#2 Let's start with metabolism! metabolism! metabolism! Our metabolism is the engine in your body that converts food into energy to fuel your life at the cellular level and then eliminates toxins.

Metabolism: Fat or Sugar Burning?

The body can burn sugar or fat for energy, but the body's default position is sugar burning.



3

#3 Now I don't know if you are like me, but I didn't know that we have 2 systems to burn energy from the food we eat? How many of you know what those 2 systems are? If you don't know, you are in the majority. I am now going to move you to the minority. One system burns sugar, the other burns fat.

Tonight you are going to learn how to activate your fat burning system so that your body seamlessly moves between the two systems. The majority of people in western cultures have shut down their fat burning systems resulting in poor metabolic health.

My goal is to once again move you into the minority of those with strong metabolic health. Are you all on board for that?

Here are a few stats that underscore the need for you to learn this information and perhaps join our mission to educate as many people as possible so that the majority becomes the minority.

Did you know that obesity is only ONE symptom of metabolic dysfunction.

50% of adults and 33% of teens (and growing) are “prediabetic”. Diabetes caused by environmental factors and what we are eating.

25% of teens have non-alcoholic fatty liver disease. These are metabolic issues that are impacting us and our children. .

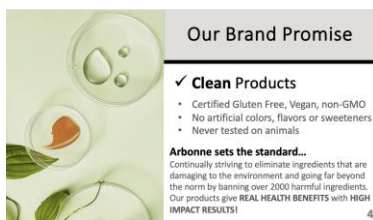
Did you know that 95% of the USDA committee that sets the guidelines for us work for large food companies. Some of the guidelines they have set include: 10% added sugar as okay for a 2 yo’s diet. More agricultural subsidies go to cigarettes than vegetables. 90% of subsidies go to highly processed foods.

To fix the resulting metabolic crisis, the US government is investing trillions of dollars into Ozempic. A weekly injection for YOUR entire life that costs about \$1000 per month. BigPharma has changed our consensus reality to say when all these environmental factors are in play the answer is pharmaceutical drugs.

Recently Weight Watchers has moved from a personal accountability model which has been in place for decades, to an Ozempic Model which is more profitable because it’s meds for a lifetime.

The company that makes Ozempic is headquartered in Europe where this drug is not allowed to be prescribed for weight loss. Why? Ozempic is not a solution to the metabolic crisis and it has many side effects including stomach paralysis, weight loss through loss of muscle and does nothing to address poor metabolic health.

You can not medicate your way out of a bad diet, but restoring metabolic health is such a SIMPLE fix and tonight you are going to learn 4 simple principles that when implemented, work.

A graphic with a light green background and a circular inset showing a drop of liquid. The text reads: "Our Brand Promise", "✓ Clean Products", "• Certified Gluten Free, Vegan, non-GMO", "• No artificial colors, flavors or sweeteners", "• Never tested on animals", "Arbonne sets the standard...", "Continually striving to eliminate ingredients that are damaging to the environment and going far beyond the norm by banning over 2000 harmful ingredients. Our products give REAL HEALTH BENEFITS with HIGH IMPACT RESULTS!" and a small number "4" at the bottom right.

Our Brand Promise

✓ **Clean Products**

- Certified Gluten Free, Vegan, non-GMO
- No artificial colors, flavors or sweeteners
- Never tested on animals

Arbonne sets the standard...

Continually striving to eliminate ingredients that are damaging to the environment and going far beyond the norm by banning over 2000 harmful ingredients. Our products give REAL HEALTH BENEFITS with HIGH IMPACT RESULTS!

4

#4 Before we get into those simple steps, let me briefly introduce Arbonne. After joining Arbonne, a 44 year old company, I continue to be proud to present **ARBONNE'S DETOXING, CLEAN PERSONAL CARE PRODUCTS SKINCARE, and NUTRITIONAL SUPPORT** as healthy **tools** for a lifetime.

What Sets Arbonne Apart From The Crowd?

Many people think they know Arbonne because they might have seen it on social media, or been invited to a live event, but most people don't really understand what makes Arbonne so different.

It all started in 1980, Arbonne's founder, Petter Morck, understood how important clean beauty was, when beauty wasn't so clean.

Initially, the skin care industry began as a way to profit from industrial wastes ranging from petroleum to animal by-products.

Then, by the 70s, when it was recognized that what was applied to the skin was absorbed into the body and the skincare industry didn't change, Petter saw the need and the opportunity to create pure, safe and beneficial skincare that also worked. He founded Arbonne International, a company that produced the first plant-based products ever made and ignited the idea of GREEN products. At a time when green wasn't everyone's favorite color, Arbonne was vegan, formulated without gluten, and didn't test their products on animals. Revolutionary for its time and still so today.

The European Union got the memo and currently bans the use of a whopping 1200 toxic ingredients in personal care products, food and supplements, but the US bans only 12 toxins. I am proud to say Arbonne does better than anyone and bans over 2,000 toxic and harmful ingredients making our company a leader in setting an even higher standard for the world.

At one time Arbonne was only known for premium European skincare, but today the offered product range includes cutting-edge nutrition, because looking good on the outside starts on the inside.

So let's get started with our topic for our time together:

I believe it is good to be aware of current scientific discoveries and then put into practice the simple and empowering things one can and REALLY must do to - secure health and vitality for your own lifetime. That is why I love offering Arbonne's products to people, even though I know not everyone is interested. But there are more and more people everyday who appreciate the Arbonne brand and its timely life affirming mission.

What do you want to be able to do?

Why talk about health NOW when you are not sick? Recently Dr. Peter Attia, a leading longevity doctor from Stanford asks his patients what they want to BE ABLE to do in the margins of life (think 80s-90s)? Do they want to be able to swim, hike, pull a 50# compound bow or just get up off the floor unassisted after playing with grandchildren, to not fall, whatever it is. Dr. Attia says, it is possible to be vital in old age. BUT STARTING NOW IS CRITICAL AND HE RECOMMENDS SOONER RATHER

THAN LATER.

But I Eat Healthy!!!

The current Standard American Diet (SAD) is built on the "food pyramid" and is built on 6-11 daily servings of bread, cereal, rice and pasta.

In 1950 America consumed 2 pounds of sugar annually per person, today it is 150 pounds!



5

#5 Standard American Diet: SAD Eating

The USDA's food pyramid was developed in 1992 but is out of date. Current science reveals that the 6-11 recommended daily grains have left us with high rates of body fat but deficient in muscle. Today's science has literally upended the pyramid saying we need more protein, good fats and vegetables and far less "bread, cereal, rice and pasta."

High Body Fat and Deficient Muscle

Why? We must consume essential fats (good fats) and amino acids (good proteins), but despite the recommended 6-11 daily carbohydrate servings there are no **essential** carbohydrates. In fact, estimates are that 50-70 percent of Westerners can't process sugars or carbs.

Remember the two energy engines in the body: FAT and GLUCOSE? We now know the key to healthy metabolism is to be able to switch seamlessly from glucose to fat burning, but many of us only run on glucose. We have shut down our fat burning for several reasons. We have been guided to eat "five small meals a day" and eat all day carb rich meals and snacks which spike blood sugar. Then blood sugar drops, we feel tired and hungry and crave the quick carb fix. We have been told this pattern will give you a high rate of metabolism.

What it has done is the exact opposite. Since the food pyramid was created, obesity has risen exponentially. Most of us have been in this pattern of eating without even knowing it's a pattern that causes insulin resistance. Why?

Sugar and Grain Rich S.A.D. = Insulin Resistance



#6 Insulin Resistance Mark Hyman

Sugars and grains trigger the hormone insulin, but fats do not. Insulin is a vital hormone that controls the delivery of nutrition and energy to cells across the body.

The food pyramid has left only 1 person in 10 with a healthy metabolic system, or said another way a whopping 9 out of 10 people lack daily vitality and are on track for chronic diseases while far too many of us (including our children) are tired, anxious and even depressed. Who knew sugar is a depressant! No wonder we are high in body fat and deficient in muscle, and feel unwell.

How do we get off of this vicious cycle?

Let's talk about activating the fat burning system - would that be useful?



#7 Solution to Insulin Resistance?

It is simple to turn on your fat burning engine! Let's talk about the right measure and combination of fat, to protein, to carbs - we just basically upend the pyramid. More green vegetables, fats and protein and less rice, pasta, bread and cereal.

We have been told fat makes you fat hence the low fat diet craze of the past 20-30 years making us afraid of fat and opting for foods that are low in fat and higher in carbs. The body turns grains, sugars (think fruits too) and even proteins into sugars for energy. Despite what we have heard, fats really are good for us and are a great energy source that, again, don't trigger insulin. Here is the great news! When we eat fats and proteins primarily and minimize our consumption of carbs, we can extend the time between meals and it's the time between meals that allows the fat burning engine to activate.

Your sugar burning engine must be fed every 4-6 hours which makes it difficult for the body to move into fat burning. A fat burning eating window easily goes from dinner to breakfast the next day and, with practice, even beyond. Then it is possible to burn fats for energy and use up the reserves (think those fat stores in all the wrong places - around our waists, bum, arms, thighs, etc.).

Getting Started—For the Next Two Weeks

Step 1: Don't eat after dinner for 12 hours. **IMPORTANT:** Break your fast with fat and protein such as an avocado in a protein shake.

Step 2: Eat No sugar (no honey, agave, syrup, etc.), and no grains (wheat, oats, rice)

Step 3: Keep daily net carbs from 20g to no more than 50g (this works to shift your metabolism to fat burning).

Step 4: Eat whole foods (one ingredient -think broccoli), and good fats (avocado, coconut oil, butter and olive oil)

7

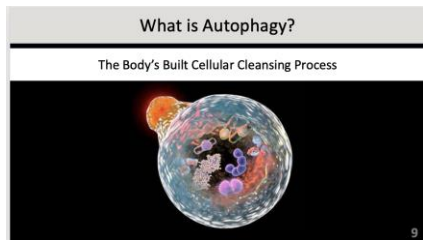
#8 Getting Started!

For the next two weeks (you can do anything for two weeks and we can help). Here are the simple principles to guide you:

- Eat No sugar (no honey, agave, syrup, etc.), and no grains (wheat, oats, rice, etc.),
- Fast or don't eat after dinner for 12 hours, and break your fast with fat and protein.
- Keep daily net carbs from 20 to no more than 50g (this works to shift your metabolism to fat burning).
- Eat whole foods (one ingredient -think broccoli), eliminate processed foods and processed oils like canola, cottonseed, etc.
- Avoid high sugar fruits like watermelon, pineapple, grapes, cherries, dried fruit and vegetables like potatoes, corn, peas, winter squash,

- Eat at meal times, limit snacks, no chips and remember nuts and nut milks do have carbs!
- Make good fats that include avocado, coconut oil, butter, olive oil - Remember fats also fuel your metabolism.

Do you eat after dinner? Having enough good fats at dinner makes it easy to not eat until the next day!



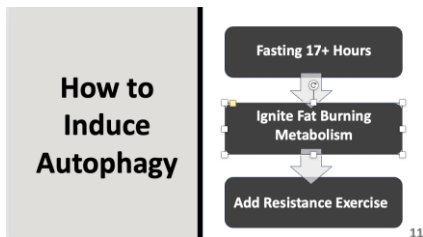
#9 Autophagy, Built-in Body Cleansing

Who knows about autophagy?

One of the primary goals of the first two weeks is to get you used to fasting with a goal of being able after the two weeks to fast for 17 - 18 hours. At 17-18 hours, your body goes into something called Autophagy.



#10 In 2016 Autophagy was discovered by a Japanese scientist, who earned a Nobel prize for discovering autophagy. Autophagy is how the body takes cells that are weak and damaged and recycles them. The benefits of Autophagy are:



#11

- It stimulates the growth of new brain cells and nerve cells - think brain reboot
- Builds immune system
- Improves heart function
- Reboots the energy center of every cell
- Stabilizes DNA
- AND IT RESTORES HEALTHY METABOLISM



12

#12 We have talked about diet, now let's talk about environmental factors.

Back to what Petter knew 44 years ago. Many today do not realize post WWII, toxins entered our lives and the environment. Scientists have labeled the harmful additives and ingredients permitted into our foods and personal care products as "Obesogens." Yes!

When presented with toxins, the body actually creates fat cells (think bubble wrap) to wrap up the toxins to prevent them from getting to vital organs and systems.

ARBONNE is the world leader in CLEAN PERSONAL CARE PRODUCTS

Arbonne strives to go beyond clean, with the elimination of 2,000 toxic ingredients!

Our Ingredient Policy
We develop each product with meaningful ingredients, continuously raising the standards to find the perfect balance between plant-based, bio-based, and scientifically derived ingredients..



13

#13 Brilliantly, Arbonne products minimize exposure to toxins by being the world's leader in clean beauty.

In her book *"Fast Like a Girl"* Dr Pelz points to how toxics in skin and personal care products can be for your metabolic health.

Here is what No Sugar-No Grains looks like: **#14, 15, 16, 17**

ARBONNE RESULTS



14

ARBONNE RESULTS

1. No Sugars
2. No Grains
3. Nothing after dinner for 12 hours
4. Break your fast with Arbonne Protein



15

ARBONNE RESULTS



16

ARBONNE RESULTS



17

SUPPORTED BY SCIENCE, RESEARCH, AND RESULTS



In this short video Dr. Deana Osborn who will give us her perspective as a physician on regaining and supporting our metabolic health.

18

#18 I am going to play a short video from Dr. Deana Osborn who will give us her perspective as a physician on regaining and supporting our metabolic health. .

Deanna video here

Close the Presentation

Consultant hands out close sheets -

I am going walk you through some recommendations that will help you implement what you have learned.

PREFERRED CLIENT SPECIALS

\$29 Sign-Up Fee – Save 20% and More for 1 Year

Healthy Habits for Life
Retail \$215
Your Preferred Client Price \$172
PLUS- Choose a Free Gift from the Free Product List



Recommended Add-Ons

- BioSticks Fast Melt Probiotics
SRP \$48 PC Price \$38.40
- CleanSis Herbal Detox Tea
SRP \$21 PC Price \$16.80
- EnergyFix Giming Fixz Sticks
SRP \$69 PC Price \$55.20
- DermResults Advanced 3-Step Regimen
SRP \$218 PC Price \$174.40
- FeelFit Appetite Control
SRP \$76 PC Price \$60.80

20

#19 Set One - This bundle represents the 3 products Dr. Osbourne recommended and if you add the restorative Full Control, you will also be eligible for a free product. (If it's before the 15th mention that orders prior to the 15th activate an additional free product)

PREFERRED CLIENT SPECIALS

\$29 Sign-Up Fee – Save 20% and More for 1 Year

30 Days to Healthy Living Set
Retail \$555
Your Preferred Client Price \$333
PLUS- Choose a Free Gift from the Free Product List



Recommended Add-Ons

- BioSticks Fast Melt Probiotics
SRP \$48 PC Price \$38.40
- CleanSis Herbal Detox Tea
SRP \$21 PC Price \$16.80
- EnergyFix Giming Fixz Sticks
SRP \$69 PC Price \$55.20
- DermResults Advanced 3-Step Regimen
SRP \$218 PC Price \$174.40
- FeelFit Appetite Control
SRP \$76 PC Price \$60.80

19

#20 Set Two - For those of you who thought - not doing this, but I want to add more health to my life. These two products are a great option. You will get 7 products with only 2 products that will help you drink more water because they taste sooo good. These two products provide additional nutrients with powdered greens, gut support with probiotics, collagen support, B12 which

many people are deficient in and provides sustained energy. It's not as strong as the greens and gut support in the above set, but it's so convenient.

PREFERRED CLIENT SPECIALS

\$29 Sign-Up Fee – Save 20% and More for 1 Year

Daily Gut Reset
Retail \$189
Your Preferred Client Price \$151.20
PLUS- Choose a Free Gift from the Free Product List



Recommended Add-Ons

- BioSticks Fast Melt Probiotics
SRP \$48 PC Price \$38.40
- CleanSis Herbal Detox Tea
SRP \$21 PC Price \$16.80
- EnergyFix Giming Fixz Sticks
SRP \$69 PC Price \$55.20
- DermResults Advanced 3-Step Regimen
SRP \$218 PC Price \$174.40
- FeelFit Appetite Control
SRP \$76 PC Price \$60.80

21

#21 Set 3 - If you listened tonight and are thinking I want to do this but need more support. Maybe you can't imagine giving up soda. This set gives you more tools to support you as you transition your eating.

PREFERRED CLIENT SPECIALS

\$29 Sign-Up Fee – Save 20% and More for 1 Year

DermResults Advanced 5- Step Regimen
Retail \$351
Your Preferred Client Price \$280.80
PLUS- Choose a Free Gift from the Free Product List



Recommended Add-Ons

- BioSticks Fast Melt Probiotics
SRP \$48 PC Price \$38.40
- CleanSis Herbal Detox Tea
SRP \$21 PC Price \$16.80
- EnergyFix Giming Fixz Sticks
SRP \$69 PC Price \$55.20
- DermResults Advanced 3-Step Regimen
SRP \$218 PC Price \$174.40
- FeelFit Appetite Control
SRP \$76 PC Price \$60.80

22

#22 As you can see, your sheet says PC pricing and that's because there are wonderful discounts and:

3 Ways to Win with Arbonne:

1) PC With Arbonne's preferred client program you are eligible to join today with your very first order. This program is \$29 and you are able to enjoy a 20% discount on your purchases today and every time you order for an entire year. You don't have to spend \$500 to get a \$10 reward. The 20% savings is just one of many perks that our preferred clients enjoy.

2) Host and/or Brand Ambassador: As you sat here tonight, did you think of someone you wished could also hear this presentation? Because of people like

(host's name) you learned what I believe is life changing information. I encourage you to get the people you care about together so they can learn how to improve their health position . . you could then decide to become a Brand Ambassador. By joining us as a Brand Ambassador, you are able to share Arbonne and get paid every time someone you refer places an order, not just a one time, but everytime someone you refer places an order.

Additionally as a brand ambassador you receive 35% off on all of your Arbonne purchases. Many Brand Ambassadors share Arbonne enough to just pay for their Arbonne purchases for the year! Others are able to generate \$1-\$2k monthly through their part-time efforts.

3) Brand Partner

Of course I think this is the best way since this is how I have chosen to be part of the Arbonne community

As a Brand Partner, in addition to creating customers for Arbonne, I am able to teach and train others to become Brand Ambassadors and Brand Partners. Many Brand Partners are creating life changing incomes for their families. The average Area Manager brand partner earns an additional 30-40k a year in what is really a part-time opportunity. Area Managers that continue to grow can promote to Regional Vice President. This is the level where a six figure income can be earned as well as a monthly bonus for a car. Regional Vice President is not a 40-50 hour a week endeavor. Many people at this level walk away from a job and buy back lots of time and flexibility.

Regional Vice Presidents can continue to National Vice President, where the average earnings are 22-25k per MONTH.

If you have ever thought about doing something different, creating an additional income stream - you can not only make a difference through the information we share, and products that deliver unparalleled results. But you also have access to an opportunity that is bigger than most people expect.

If you want to learn more about what we do, I can provide additional information, but for now, I will put on my hat as consultant and answer any questions.