



INTRODUCING THE ARBONNE 30 CLEAN EATING PLAN

***HELPING TENS OF THOUSANDS
OF FAMILIES GET HEALTHY
INSIDE AND OUT!***

Welcome to learning more about the lifestyle that is helping thousands get healthy!

The first step is making the decision!

Today we live in a society where the healthcare system is not looking at our food and the food industry is not looking at our health!

Have you ever wondered why.....

- Everyone is exhausted when energy drink sales are through the roof and no one seems to be able to live without coffee and sugar?
- Why every other commercial is for some type of medication?
- Why do so many people, including children, have food allergies?
- Why the first question at the doctor's office is "what medications are you on?" instead of "tell me what you eat."
- Why is it that people taking medication are still having the symptoms the medications are suppose to fix? People taking Claritin are still allergic and people taking heartburn medication are still suffering with acid reflux?
- Why do so many people have daily headaches?
- Why is it when we go see a doctor and they tell us what is wrong and that we need to lose weight they never offer a plan to do so?
- Why is so much money going to cancer research and yet more and more people are being diagnosed?
- Why is it that Americans spend more on health care than any other country and yet we are the most unhealthy?
- ***Lastly, why do we accept this as okay?***

FAST FACT

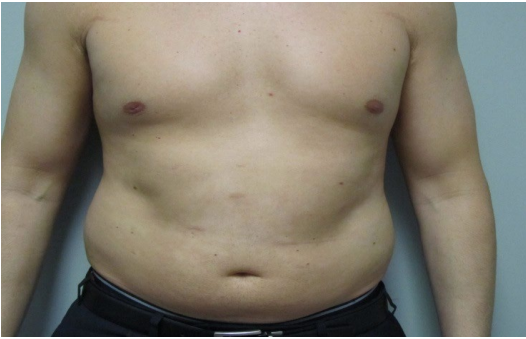
The Arbonne lifestyle is a simple & effective plan to help you get healthy or even healthier!

You will develop a new love for healthy food!

How would it feel to have better sleep, no cravings, no belly bloat, no brain fog, normal weight, no migraines, reduced or off medications, no acid reflux, no depression or anxiety, no joint pain, clear sinuses, and more?

SIGNS YOU MIGHT NEED TO DETOX

How many of these issues are affecting you or someone you know?



To protect us, fat surrounds toxins to protect major organs of our body.

Detoxifying causes **TOXIC FAT** to **MELT OFF** and helps our body to normalize weight and shape

Clean eating helps heal the body

FATIGUE AND LOW ENERGY
BLOATING / STOMACH PAIN / CONSTIPATION
SUGAR AND SALTY FOOD CRAVINGS
CAN'T FUNCTION WITHOUT COFFEE
TROUBLE SLEEPING
SKIN ISSUES
ACID REFLUX / IBS / GERD / CROHN'S
HEADACHES / MIGRAINES
IRRITABILITY / MOODINESS
CONGESTION AND LOW IMMUNITY
ACHES/PAINS

Is it time to hit the reset button?

FAST FACT

Did you know that the average person carries 10 to 15 pounds of impacted toxic waste around in their colon?



HAVE YOU SEEN THE STATISTICS?

- 1/3 of U.S. adults & children are overweight, obese, or morbidly obese
- Obesity related disease is the leading cause of death
- Auto-immune disease is the fastest growing diagnosis in the U.S.
- Cancer, diabetes, heart disease, and liver disease are increasing at staggering rates
- 1 in 68 children have autism
- Brain conditions such as Alzheimer's, Autism, ADD, & ADHD are increasing each year
- Heart disease is the #1 cause of death in women

FAST FACT

Did you know that Americans spend more than \$700 million on unhealthy energy and sports drinks each year?

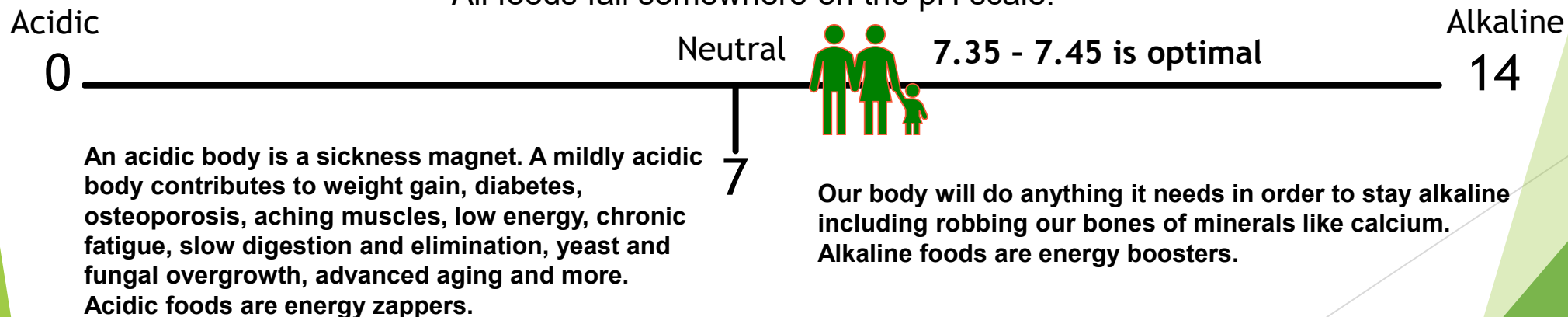
According to recent science most diagnosed conditions can be improved with food and lifestyle changes

WHY ALL THE DISEASE?

- TOO much sugar and too many artificial sweeteners
- 70% of the western diet is made up of highly processed foods
- Meat, dairy, and poultry is LOADED with hormones, sugar, antibiotics, nitrates, & fillers
- Fruits and vegetables are genetically modified and sprayed with glyphosate, herbicides, pesticides, and other toxic chemicals
- Our personal care and skin care products are filled with toxic chemicals which absorb into our skin
- Our diets are highly acidic upsetting the precious alkaline balance leading to inflammation which leads to pain and disease. Leading scientists report that cancer cells can't grow in an alkaline body

Acidity vs. Alkalinity

All foods fall somewhere on the pH scale.

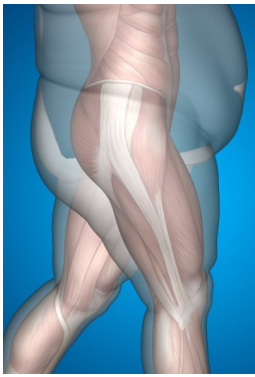


FAST FACT

Contrary to popular belief countries with the highest consumption of dairy have the highest rates of breast cancer and osteoporosis. Dairy is highly acidic and “steals” calcium from bones and teeth making them weak.

*The China nutritional study by Cornell and Oxford universities, et.al.

The Arbonne plan restores our body to its natural pH and alkalinity level



WHY ARE WE TOXIC?

The air we breathe, the food we eat, the toxins that soak into our skin. Virtually anything we put in or on our body, if it is not helping our body, it is harming it.

It's ALL about improvement

- Look better
- Feel better
- Be more fit
- Manage your weight
- Fuel your day
- Slow down and reverse aging
- Have more energy
- Improve sleep quality
- Detox your body
- Be healthy or even healthier
- Work with your doctor to get off medications
- And so much more!

NO MORE
YO-YO
dieting
with
Arbonne!!



Anyone can do anything for 30 days!
Would you be willing to do what it takes if you could have **ALL THESE THINGS?**



What Do We Focus On?

The Five Key Principles of Health
is what sets Arbonne apart

by Dr. Barbara Beaty, PhD in Nutritional Counseling

- 1. Eating clean** - Primarily plant based. Whole vs. chemically processed foods. Free of artificial ingredients. Organic and non-GMO whenever possible
- 2. Increase Nutrient Intake** - Supplement with high-quality, absorbable Arbonne nutrition and clean, healthy food.
- 3. Avoiding foods** that are allergenic, addictive, inflammatory and acidic. We will teach you tasty, healthy alternatives!
- 4. Creating a balance in our body**- Balancing our blood sugar to reduce sugar and carb cravings and balancing our pH to help create an alkaline body, which helps prevent disease.
- 5. Removing toxins** and supporting our elimination organs: kidneys, liver, GI tract, and our largest organ, our skin.

FAST FACT

Did you know that the average person only gets 4-10 grams of fiber daily out of the 35-50 grams necessary for optimal health?

We don't lose weight to get healthy. We get healthy and THEN lose weight!
And if you need to gain weight, you will. This is a NORMALIZING lifestyle!



WHAT WE AVOID

Acidic, Allergenic, Addictive, & Inflammatory “foods” The Biggest Offenders

- Dairy products including milk, cheese, ice cream, whey based products
- Gluten ingredients including wheat, barley, rye (cookies, cakes, breads)
- Refined sugars (white, brown, agave, processed honey) and artificial sweeteners
- Soy, Corn
- Coffee, soda, alcohol
- Highly processed, chemically laden, “foods”
- Artificial colors, flavors
- Sports drinks and soda

Arbonne is not a fad diet. There are no points or counting calories. This is a simple healthy lifestyle.

These are the “foods” that are sabotaging our good health! We will replace these with delicious foods that provide real nourishment with a fraction of the calories.



WHAT WE DO EAT

Foods that make us feel **AMAZING** and that promote health!!

- Nutrient dense clean foods
- Low-glycemic fruits (low GI)
- Brown rice, brown rice pasta, quinoa, beans, lentils, oats
- Non-GMO organic grains, seeds, and vegetables not sprayed with glyphosate
- Nuts & seeds, nut butters
- Free range eggs & poultry, nitrate free
- Grass fed and finished beef and lamb
- Avocado
- Olive oil, coconut oil, avocado oil
- Wild caught fish
- Vegan protein powder
- Sweet potatoes and other amazing vegetables
- Organic apple cider vinegar with the “mother”
- And more!

Want organic/non-GMO fruits & veggies? Look for the PLU that starts with #9.

FAST FACT

Did you know that when you eat nutritiously dense food you will get fuller faster and stay satisfied longer?

You are going to love the way nutritious food tastes and the way you feel eating clean!

ARBONNE IS THE
#1 GLOBAL BRAND FOR
HEALTHY LIVING
INSIDE & OUT IN 2017

Source: Direct Selling News Global Top 100 brands 2017, Public Direct Selling brands with revenue \$50MM or greater. Brands measured for equal sales distribution of Skincare & Nutrition Sales.



How can Arbonne help with the 5 key principles of health?

We have 39 years of plant-based, clean, & safe formulas for the entire family. 39 years of helping families get and stay healthy

- Certified vegan; no animal products or by-products
- No parabens, mineral oil, petrolatum, sulfates, sulfites
- Certified 100% gluten free
- Non-GMO verified
- BSCG & Informed Sport approved for amateur and professional athletes
- Screened for toxins and metals
- No dairy, soy, whey
- No artificial dyes, sweeteners, scents, or flavors
- Low glycemic index certified by GI Labs and the Mayo Clinic
- Certified cruelty-free and kosher
- Pharmaceutical grade ingredients - which is the highest form available

FAST FACT!

Banned
Chemicals in
products

The EU has
banned 1400

Canada has
banned 500

The US FDA has
banned 11
(March 2018)

Arbonne has
banned over
2,000





HOW ARBONNE SUPPORTS YOU

Introducing the convenient

Arbonne 30 nutrition kit and lifestyle

Pure, clean, plant-based products for excellent health

- 1. Protein powder** ~ chocolate or vanilla, 20 grams protein, digestible, absorbable, complete amino acid profile, tastes delicious, meal replacement
- 2. Fiber boost** ~ 12 grams soluble fiber, helps rid the body of toxic fat, tasteless, stabilizes blood sugar, keeps you fuller longer, a scrubber for our 26' of intestines
- 3. Detox tea** ~ 9 botanicals including milk thistle, ushers out toxins from the liver and kidneys, mild, no caffeine, drink alone or mixed with a Fizz Stick, hot or iced
- 4. Digestion plus** ~ digestive enzymes, prebiotics, probiotics (3 billion CFU), helps heal intestinal wall damaged by diet, antibiotics and stress, helps increase immunity. Great for those with GERD, indigestion, constipation, gas, bloating, IBS, Crohn's disease, acid reflux, lactose intolerance, heartburn, and more including skin issues like rosacea, eczema, acne, psoriasis. Add to room temp or cold liquid: Fizz Stick, water, or protein shake.
- 5. Energy Fizz Sticks** ~ B-vitamins, guarana, chromium, green tea, increases energy and mental clarity, balances blood sugar, replaces soda, sports drinks, etc.
- 6. Essentials Body Cleanse** ~ supports liver & GI health, bowel elimination & blood cleansing, supports immune system, helps release toxic fat

Social support is critical to women's weight-loss and maintenance efforts, according to a new study by the University of Illinois department of food science and human nutrition.

Add the Green's Balance and Multivitamin Mineral Blend to your order for a **POWER NUTRITION BOOST!**



We invite you to join us for our next Clean Eating/Healthy Living Facebook Group Run completely on Facebook and it's **FREE!**

You will get online coaching, shopping lists, meal plans for the month, recipes, tips, and so much more with a daily Facebook post.

YOUR NEXT STEPS ARE SIMPLE!

1. Purchase your Arbonne Nutrition Special Value pack (Starter or Maintenance).
2. After you purchase your ASVP, we will add you to the **private Facebook group** and your journey will begin!



24 Days on the plan

NUTRITION VALUE PACK SAVINGS

Improve your health and save money, too!

Cost Breakdown

- 60 servings protein shake mix for meals - choose chocolate, vanilla or one of each. Enough for two meals per day!
- 60 servings energy fizz sticks - choose pomegranate, citrus, or one of each
- 40 servings of herbal detox tea
- 30 servings of daily probiotics, prebiotics and digestive enzymes
- 7 packets of essentials body cleanse
- 30-day supply of Fiber Boost

Retail Value \$444 - **Cost per day \$14.80**

Preferred Client (PC) \$266.40 - **Cost per day \$8.88**

Consultant (IC) \$222 - **Cost per day just \$7.40 / Cost per meal just \$3.70!!**



This truly is Economical & Clean Eating for Busy Families!



A DAY IN THE LIFE

Keep it simple ~ Keep it clean
What is your goal? ~ Choose your plan

Get healthy plan: One protein shake per day with fiber boost either plain or with added low-glycemic fruits, veggies, and fats. Two clean meals. Fizz sticks, tea, and digestion plus.

Weight loss plan: Two protein shakes per day with fiber boost either plain or with added low-glycemic fruits, veggies, and fats. One clean meal. Fizz sticks, tea, and digestion plus.

Weight gain plan: Two protein shakes per day with fiber boost either plain or with added low-glycemic fruits, veggies, and fats. Two clean meals. Fizz sticks, tea, and digestion plus.

If you get hungry, you EAT! This plan is about resetting your metabolism, absorbing nutrient rich food, balancing your body, and eliminating toxins
When you do, your weight will normalize all on its own



MEMBERSHIP OPTIONS

How to have your own online Arbonne store and shop wholesale

Preferred Client (PC) Membership

\$29 to join for one year
Regular Discount 20%
Value Pack Discount 40%
(ASVP)

Free product and free
shipping with qualifying
purchases

Consultant (IC) Membership

\$49 to join for one year
Regular Discount 35%
Value Pack Discount 50%
(ASVP)

Free product and free
shipping with qualifying first
purchase

FAST FACT!

With the
Consultant
membership
you can help
others set up
their own store
and shop at
wholesale
prices, too.
And you'll earn
money.

45-Day money back guarantee and no monthly purchase requirements

Have an Arbonne get together with your friends and earn great rewards



REMEMBER YOUR SKIN

Arbonne has a double detox approach to health
INSIDE AND OUT

From world class anti-aging to young adult to baby products Arbonne has you covered head to toe with everything you and your entire family needs to stay healthy on the outside.

**Skin care, hair care, personal care, essential oils,
sports nutrition, and makeup**

For everyone in the family from babies to baby boomers

**True healthy living is taking care of the inside and outside of our bodies
Arbonne = cleaner personal care products for the whole family**

FAST FACT

60% of everything you put on your skin/hair daily absorbs into your blood stream and into your organs within 26 seconds. The average person absorbs more than 400 dangerous toxins daily through their skin from product usage.

WHO ARE WE? We are **Trailblazers**, Star Reachers, Bridge Builders. We are Life Changers, the Original **TRANSFORMERS**. We are Leaders, **Teammates**. Soulmates. We are Doctors, Lawyers, Swim Coaches, Professors and Hockey Players. Locked arm in arm. Connected at the . We are . We are **Friends**. We are Arbonne. We are **Earth** Lovers and Protectors. We are **Green**. And **GROWING**. And big on Botanicals. We are **Pure**, Safe and Beneficial.

WHY ARBONNE? WHY NOW? WHY NOT?

Most people don't go to bed at night thinking about their wrinkles or getting rid of their toxins. They are thinking about how to pay their car or house payment, college loans or saving for retirement. Or preparing for impact! These products will change your health, no doubt, ***but this business will change your life!***

If you keep doing what you're doing now, where will you be in 5 years?
If you lost your main source of income, how long would you last on your savings?

With Arbonne you can:



- Work from home with low startup cost and no risk
- Work full time or part time with unlimited earning potential
- Run a global business from your smart phone
- Help others transform their lives

Forbes magazine states, "There is no downside to a side hustle. There are only benefits to building more than one source of income. A side hustle is the new job security."



A GENEROUS COMPENSATION PLAN

You choose your level of income

| POSITION | MONTHLY AVERAGE INCOME | |
|-------------------------|------------------------|--|
| Consultant | \$50 - \$500 | Right Now Money |
| District Manager | \$200 - \$1,000 | |
| Area Manager | \$1,000 - \$4,000 | Willable |
| Regional Vice President | \$4,000 - \$14,000 |  |
| National Vice President | \$22,000 – Unlimited! |  |

FAST FACT

Financial experts agree that everyone should have a plan B and multiple streams of income in these uncertain times.

Build your business in person, online, or a combination of both - you choose



COMMON FEARS & HESITATIONS

You might think this business sound intriguing but you might have some fears or hesitations like I did.

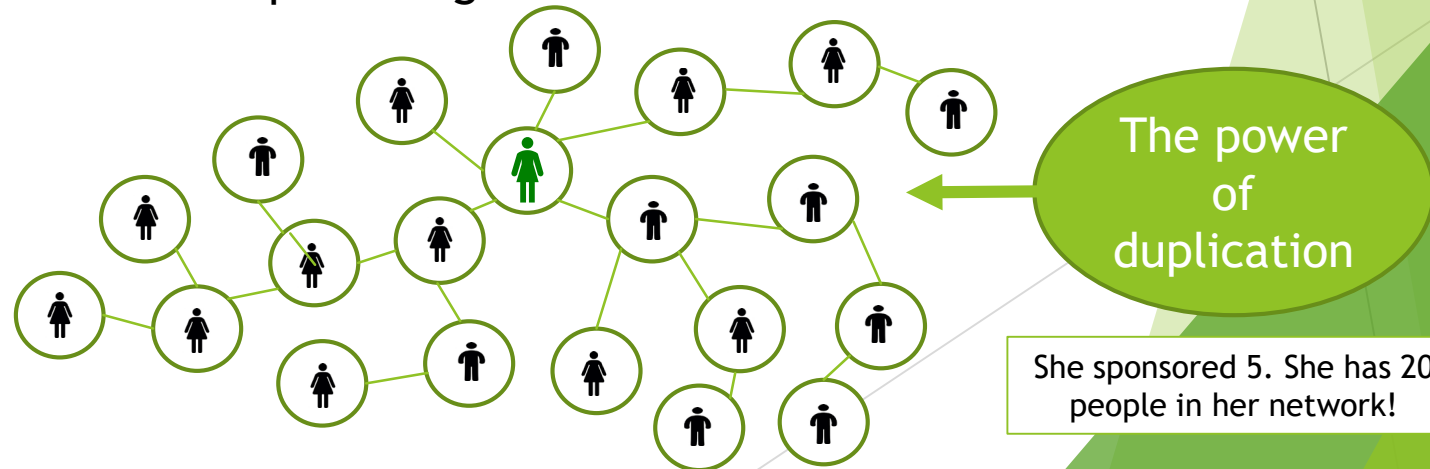
- Not enough time
- Not enough money
- I don't know enough people
- I'm not a salesperson

Many of us felt the same way but the possibility that Arbonne might work made us say YES! Having an Arbonne business is as simple as sharing what I'm sharing with you today and helping others!

We simply use the products from our own online store, then share the products we love and help others set up their own Arbonne store. Before you know it you have a network of people loving and using Arbonne from their own stores!! We teach people to simply redirect the money they are already spending to pure, clean products with superior ingredients.

Build a global business:

- USA
- Canada
- UK
- New Zealand
- Australia
- Poland





A SMARTER WAY TO SHOP

Are you ready to make a change? Are you ready to move forward? We will show you how to shop online with your own Arbonne store, get a great discount, and get your products delivered right to your front door.

STOP

Buying products in retail stores and paying high overhead for products filled with toxins

START

Buying products at wholesale prices from your own Arbonne store and get paid when others purchase

Earn cash back on your own purchases

SHARE

Pay it forward and show others how they can have their own Arbonne store and shop at wholesale for better, healthier, and safer products

FAST FACTS!

The wellness industry is a multi-billion-dollar industry that you're already a part of because you're buying similar products elsewhere.

What would you do with an extra \$500 per month or more?



WHAT IS IMPORTANT TO YOU?

What does your dream life look like?

- Financial freedom?
- Making a difference?
- Optimal health?
- Travel?
- Time freedom?
- Owning your own business?
- Create an asset income?
- Unlimited income?
- No car payment?
- Be in charge of your own bonuses and raises?
- Willable business...leave a legacy?
- Freedom of choice?

We want to know what in the presentation resonated most with you today?

Are you a 1, 2, or 3?

1

Interested in the products!

2

Interested in the products and would like more information on the business!

3

Interested in the products and the business and ready to jump in TODAY!

