



ARBONNE

ARE YOU READY FOR A CHANGE?

30 DAYS TO HEALTHY LIVING



WHAT CAN I EXPECT?

A jumpstart to a healthier YOU #Arbonne30.

Our hope that this becomes a lifestyle change of health and wellness for you and your loved ones.

The cleanse will reprogram your body to efficiently remove toxins, reset your metabolism, reduce food cravings and renew your skin!

GET HEALTHY

This is N O T a fad diet, or a rapid weight loss program. There are no 'points' or counting calories. This is a program to help you get healthy in which the weight will n a t u r a l l y take care of itself!

Note: exercise is suggested, but not required!

ACCOUNTABILITY

Let's start the 30 days together! We will have daily group chats to keep us all motivated on the same page. We can share recipes, encouragement and support for one another!





WHAT YOU'LL LEARN

- How to eat clean
- What foods to remove during the challenge that may be causing negative effects on your body + why!
- How to increase your nutritional intake
- How to balance your blood sugar
- How to re-introduce foods back into your diet after the challenge is completed to see if you have any intolerance
- How to effectively remove toxins from your body

WE TEACH -

1. EAT CLEAN

2. INCREASE NUTRITION + ABSORPTION

3. REMOVE ADDICTIVE, ALLERGENIC + ACIDIC FOODS

4. BALANCE BLOOD SUGAR

5. SUPPORT ELIMINATION ORGANS

WHY DETOX!

~NUTRITIONAL REBALANCING~



THINK:

Your body is a sink, what you consume in the faucet, and your digestive system is the drain. If you continue to faucet in toxins your drain is going to get clogged and eventually start filing up. What we do in our program is help turn down the faucet by taking in less toxins which will eventually unclog the drain and allow our digestive organs to flow smoothly.

SIGNS OF TOXIC OVERLOAD

- abdominal bloating
- dark under eye circles
- acid reflex
- acne
- allergies
- depressed metabolism
- depression
- blood sugar issues
- constipation
- chronic fatigue
- sugar cravings
- mood swings
- hot flashes

do you struggle
with any of these
symptoms?



HOW TO EAT CLEAN

FOCUS ON EATING WHOLE FOOD

grass-fed beef, without hormones + antibiotics

free range chicken or turkey

cage free organic eggs

wild caught fish

organic fruits + veggies

healthy complex carbs (brown rice, quinoa, sweet potatoes)

healthy fats (cocoanut oil, almond butter, avocados)

ELIMINATE FOODS THAT DON'T SERVE YOU

- No preservatives or additives ✕
- No pesticides, hormones or antibiotics ✕
- No dairy, gluten, corn, soy or whey ✕
- No refined sugar ✕
- No caffeine or alcohol ✕
- No artificial flavors or sweeteners ✕
- No white foods (white rice, white potatoes, etc) ✕
- No vinegar except for Apple Cider Vinegar ✕

No alcohol for a month is asking for A L O T! Live your life - just order a vodka water!





SO WHY AVOID?

REFINED SUGAR

- Daily intake of sugar causes a continual acidic state
- Leaches the body of precious vitamins + minerals

SOY

- Highly processed crop
- Difficult to digest
- Can mimic the effects of female hormones

GLUTEN

- Difficult to digest
- Causes inflammation
- Decreases immune system, causes loss of energy + slow weight gain

DAIRY

- Difficult to digest
- Causes inflammation
- Decreases immune system, causes loss of energy + slow weight gain



SO WHY ARBONNE?

Because they are ranked the #1 Health & Wellness Company!

But, also Arbonne's essential products are formulated without animal products/ by products, gluten, dairy, soy, GMO's, cholesterol, trans fat, artificial sweeteners, flavors or colors.

and
VEGAN CERTIFIED!

These products support a busy lifestyle + are less expensive than grocery shopping and eating out... it's a win/win!





WHAT DOES THE 30 DAY CHALLENGE GET YOU?

PROTEIN

- 2 flavors - Vanilla or Chocolate
- 20 grams of easy to digest VEGAN protein derived from peas, rice and cranberries.
- supplemented with 20 vitamins + minerals
- can be used as a meal replacement or sports recovery shake
- recommended: blend with fruits, veggies, Arbonne Green Balance and Daily Fiber Boost as a smoothie!

ENERGY FIZZ STICKS

- Coffee replacement- refreshing bubbly drink
- 2 flavors - Pomegranate and Citrus
- 13 calories: features natural flavors and Stevia
- Contains antioxidants to help fight Free Radicals
- Supports healthy blood sugar levels
- Helps metabolize carbohydrates, fats and proteins and energy yielding macro-nutrients.

DIGESTION PLUS

- Featuring Pre-biotics, Probiotics and Enzymes to support digestion.
- Aids in correcting your bodies PH .
- Supports intestinal wall damaged by medications and stress.
- Can be mixed with water, or blended with Protein Shake



DAILY FIBER BOOST

- One serving is half the daily requirement
- Acts as a sponge for toxins
- Keeps you full longer and slows absorption of sugars
- Helps support regularity & cardiovascular health
- Flavorless, can be added to all foods and beverages

HERBAL DETOX TEA

- Natural Diuretic
- Contains 9 botanicals that support liver and kidneys
- Peppermint helps soothe the stomach
- Antioxidants help the maintenance of good health
- Enjoy 1-3 times a day

CHOOSE 1 OF THESE OPTIONS

GREEN BALANCE

- Loaded with antioxidants, anti-inflammatory, and omega 3's
- One scoop= Non GMO alkaline forming fruits and veggies
- No sugar added, low sodium & allergen-free
- Add to Fizz or Protein Shake

7 DAY BODY CLEANSE

- For gentle elimination of toxins and heavy metals
- Support of internal antioxidant activity, gastrointestinal and liver health
- Start using week 3 of program
- 1 packet mixed into 32 oz of water

**OR GET
BOTH BY
ADDING THE
OTHER!**

SAMPLE DAY

WAKE UP

DIGESTION PLUS on an empty stomach

BREAKFAST

PROTEIN SHAKE with **FIBER BOOST**

enjoy a cup of **DETOX TEA** or **FIZZ** or both!

SNACK

approved snacks: hard boiled egg, hummus & veggies, berries, rice cake with almond butter with a **FIZZ STICK**

LUNCH

PROTEIN SHAKE or clean meal

SNACK

if needed. see above

DINNER

PROTEIN SHAKE or clean meal

AFTER DINNER

enjoy a cup of **DETOX TEA**

Leave 12 hour window of fasting between dinner and breakfast

WHY FAST?

BREAKFAST= BREAKING THE FAST

GIVING YOUR BODY MORE TIME TO DIGEST AKA MORE **FAT LOSS**. FASTING ASSISTS THE BODY IN ENTERING KETOSIS, IMPROVING **MENTAL AND PHYSICAL EFFICIENCY**.