



INTRODUCING THE ARBONNE 30 CLEAN EATING PLAN

*Our mission is to help and serve
people to live their best and
healthiest lives through
Arbonne!*

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

Let food be thy medicine
and let medicine be thy
food. Hippocrates - the
father of medicine

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 supposed 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 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 unhealthiest?
- ***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!

And you will develop a new love for healthy food!

**Anyone can change any habit in 30 days with the right strategy
We will teach you the right strategy to live with optimal health**



SIGNS YOU MIGHT NEED TO DETOX

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

When your body detects toxins it causes fat to surround your organs to act as a defense. The more toxins, the more fat. As toxins are released out of the body, the fat is also released. This helps to normalize body shape and weight.

Clean eating helps to heal our 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 ON DISEASE?

- 1/3 of U.S. adults & children are overweight, obese, or morbidly obese
- It is estimated that by 2030 that 50% of Americans will be prediabetic or diabetic
- 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 and breast cancer is now 1 in 3 women

According to recent medical science in medical journals most of these diagnosed conditions can be improved with food and lifestyle changes and by switching over to a more plant-based lifestyle

FAST FACT

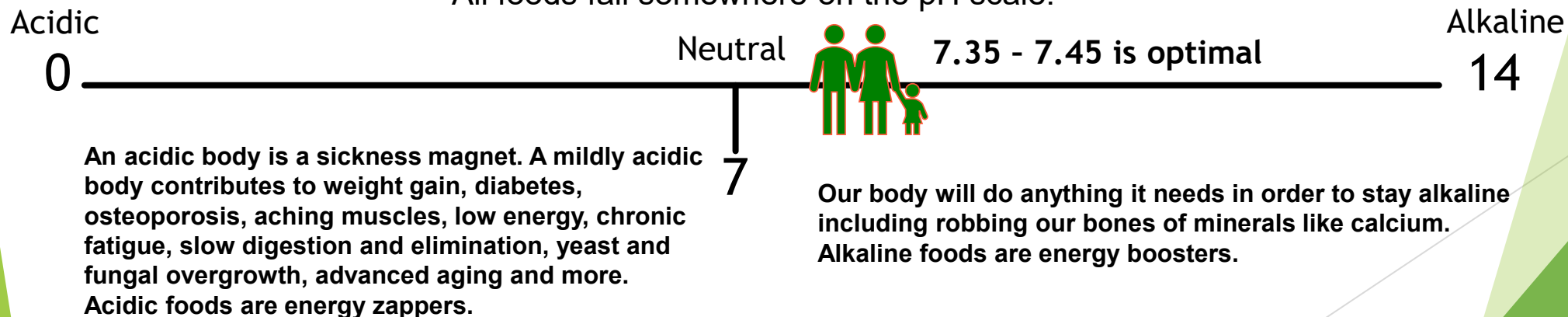
Did you know that Americans spend more than \$700 million on unhealthy energy and sports drinks each year trying to obtain energy?

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 can be loaded with hormones, sugar, nitrates, & fillers
- Fruits and vegetables are genetically modified and sprayed with glyphosate, herbicides, pesticides, and other toxic chemicals
- 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.

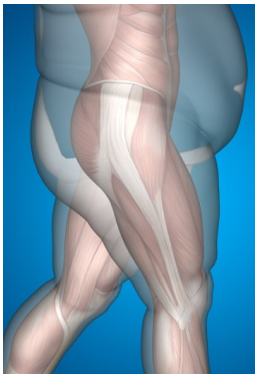


FAST FACT

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? WHY DETOX?

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.

What do you want to improve?

- 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!!



We 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”
sets Arbonne apart from other “diet” plans
by Dr. Barbara Beaty, PhD in Nutritional Counseling
and Dr. Tanda Cook N.D.



- 1. Eating clean** - Primarily plant based. Whole vs. chemically processed “fake 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, delicious, real 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.

We don't lose weight to get healthy.
We get healthy and THEN our shape and our weight will NORMALIZE!

FAST FACT

We need at least 35 grams of fiber every day. The average person gets less than 10 grams. Image your body as a small city. It's critical that you send at least 35 trash men in every day with pails, shovels, and scrub brushes to clean you out. Instead, you send 10. Every day. What happens to all that extra waste?



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

According to the Mayo Clinic, whey protein is the #1 cause of intestinal toxemia leading to leaky gut

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

These are the “foods” that are sabotaging our good health

We replace these with delicious foods that provide real nourishment

We make the decision that our health tomorrow is more important than our poor food choice today



WHAT WE DO EAT

Tasty foods that help 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 and non-GMO fruits and veggies? Look for the PLU that begins 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 40 years of plant-based, clean, & safe formulas and 40 years of our mission to help families get and stay healthy

- **Certified vegan**; no animal products or by-products
- **Certified B Corporation** is proof we balance people, planet, and profits. We commit to transparency.
- **NO** parabens, mineral oil, petrolatum, sulfates, sulfites
- **Certified 100% gluten free**
- **Non-GMO verified**
- **BSCG & Informed Sport approved** for amateur, NCAA, Olympic, 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** - the highest form available

FAST FACT!

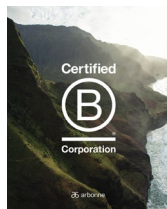
Banned Chemicals in products

The EU has banned 1400

Canada has banned 500

The US FDA has banned 11 (March 2018)

Arbonne has over 2,000 on our not allowed list





HOW ARBONNE SUPPORTS YOU

Introducing the simple, convenient, and economical

Arbonne 30 nutrition kit

Improve your health and save money, too!

- 1. 60 Servings Protein powder** ~ chocolate or vanilla, 20 grams protein, digestible, absorbable, complete amino acid profile, tastes delicious, meal replacement
- 2. 30 servings 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. 40 servings 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. 30 servings 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. 60 servings Energy Fizz Sticks** ~ B-vitamins, guarana, chromium, green tea, increases energy and mental clarity, balances blood sugar, replaces soda, sports drinks, etc.
- 6. 7 days Essentials Body Cleanse** ~ supports liver & GI health, bowel elimination & blood cleansing, supports immune system, helps release toxic fat

**60 meals eaten
out at \$10/meal
= \$600**

**Your Arbonne kit
includes 60
nutrient rich
delicious meals,
plus fiber,
plus drinks,
plus detox,
plus digestion,
plus support!**

**Retail
\$14.80/day
Preferred Client
\$8.88/day
Consultant
\$7.40/day**

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



Lee says, "I ate healthy and worked out five days per week."

Lee says, "I ate on the Arbonne 30 plan and worked out five days per week."

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

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

JOINING OUR COMMUNITY IS SIMPLE!

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





A DAY IN THE LIFE

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

*Your body will go through three stages of building your new health habits:
Days 1 - 10 feeling unbearable, days 11 - 20 feeling uncomfortable, and days 21 - 30 feeling
UNSTOPPABLE! We are in this with you!*

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



MEMBERSHIP OPTIONS

Choose to simply save OR save more and share

SAVE

Preferred Client (PC)
Membership

\$29 to join for one year

Single Item Discount 20%
Value Pack Discount 40%

Free product and free
shipping with qualifying
purchases

SAVE MORE & SHARE

Consultant (IC)
Membership

\$49 to join for one year

Single Item Discount 35%
Value Pack Discount 50%

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.
You can earn
money.

45-Day money back guarantee and no monthly purchase requirements

Have an Arbonne event with your friends & earn great rewards - in person or virtual!



REMEMBER YOUR SKIN

Arbonne has a balanced double detox approach to health
INSIDE AND OUT
Your skin is your body's first line of immunity defense
Arbonne products are pH correct

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



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 and become a part of our mission to make a difference in the world - *one person at a time!*

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 decide your income!

POSITION	MONTHLY AVERAGE INCOME		
Consultant	\$50 - \$500	Can earn \$100 bonus	Right Now Money
District Manager	\$200 - \$1,000	Can earn \$200 bonus	+ Earn Cash Back
Area Manager	\$1,000 - \$4,000	Can earn \$400 bonus	+ Willable Asset
Regional Vice President	\$4,000 - \$14,000	Can earn \$600 bonus	 \$800
National Vice President	\$22,000 – Unlimited!	Can earn \$600 bonus	 \$1,000 Trip for two to Maui

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!
And YOU choose how many hours per week you work.
Build your business in 10, 15, 20 hours per week! It's up to YOU!**



COMMON FEARS & HESITATIONS

You might think this business sound intriguing, but you might have some fears or hesitations like many of us did

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

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

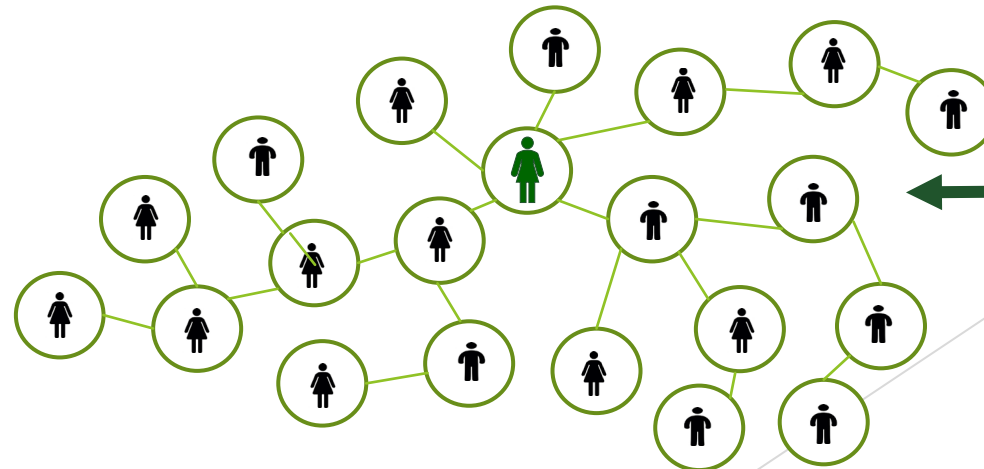
Many of us felt the same way but the possibility that Arbonne might work made us say **YES!** Having an Arbonne business is as simple as sharing what I'm sharing with you today and helping others!

A Smarter Way to Shop!

We simply **STOP** buying products with inferior ingredients. We **START** buying clean products with superior ingredients from our own virtual store. Then we **SHARE** and teach others to do the SAME.

You can build a global business:

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



The power of duplication

She sponsored 5. She has 20 people in her network!



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 invite you to link arms with us on our mission to help and serve people to live their best life through Arbonne!

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! I'm ready to get healthy inside and out!

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!

