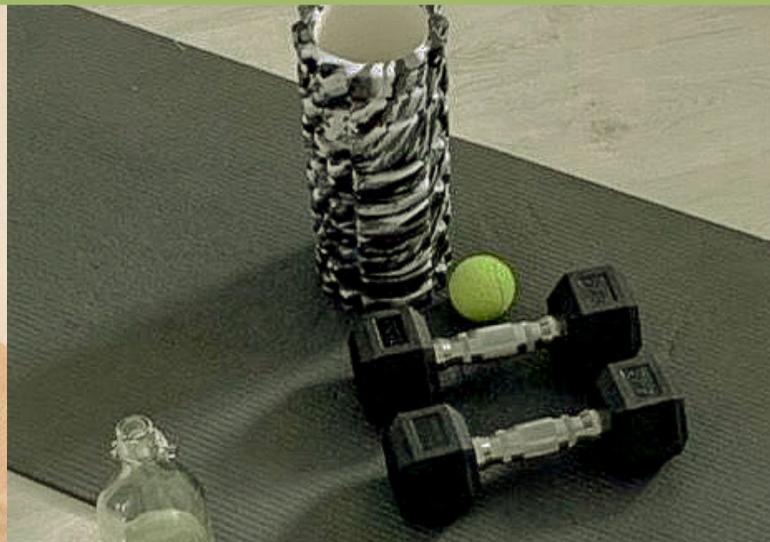


healthy living event



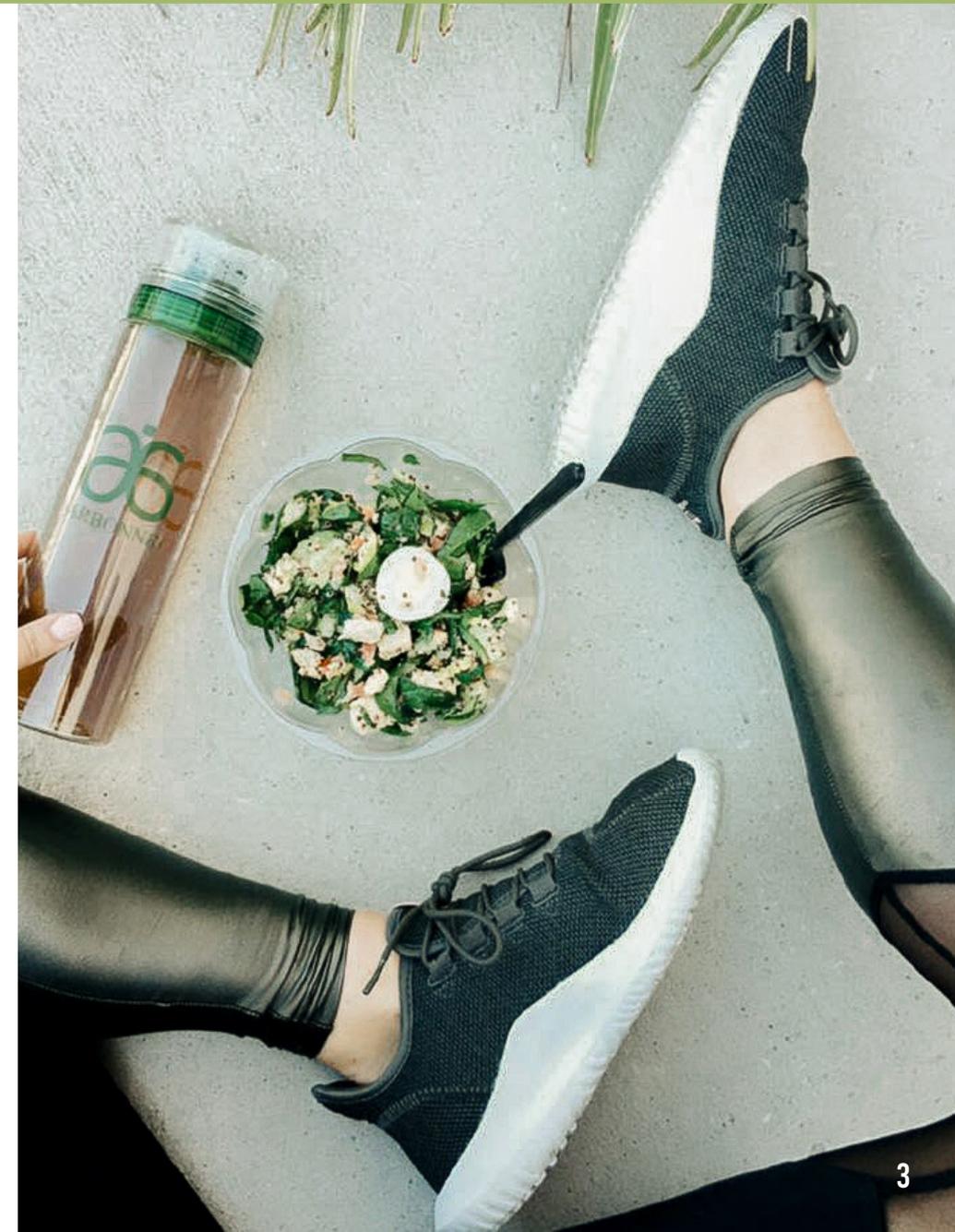
IS THIS FOR YOU?



- + Do you ever get belly bloat after meals?
- + Do you always crave sugar, wine, or french fries?
- + Do you ever hit a mid-day slump?
- + Do you ever feel impatient or irritable with others?
- + Do you have a hard time falling asleep or wake up in the night for no reason?

WHY WE LOVE THE 30 DAYS

- + Establish healthy habits and lifestyle
- + Learn what works for your body
- + Improve digestion for a healthy gut
- + Convenience and support



WHY WE LOVE ARBONNE



- + Community and support
- + Product standards
- + Sustainability



WHY A RESET

- + Give your body a chance to reset and restore
- + Eliminating toxins vs. counting calories
- + A toxin is anything your body cannot use as energy
- + Toxins may come from your food, environment, skincare, haircare, etc.



*As toxins accumulate in your system, most people experience fatigue, memory difficulties, sleep impairment, eczema (and other inflammatory conditions like gout), depression, or "brain fog." —**sadvancedhealth***

HEALTHY LIVING IS NOT A DIET



EAT WHOLE FOODS

ELIMINATE FOODS THAT DO NOT SERVE YOU

INCREASE NUTRIENT INTAKE AND ABSORPTION

SUPPORT BLOOD SUGAR AND ELIMINATION ORGANS

Inflammation is the body's immune response to toxins as it works to "purify" itself. According to Dr. Welches, "...healthier eating — can control insulin and cholesterol levels and reduce inflammation..."

SAMPLE DAY

WAKE UP

CleanTox Herbal Detox Tea

- + Caffeine-free tea
- + Supports the liver and kidneys

"tizzy"

EnergyFizz Ginseng Fizz Sticks

- + Alternative to coffee/soda/energy drinks
- + Helps support healthy blood sugar levels already in normal range
- + Helps metabolize carbs, fats, and proteins to provide energy





BREAKFAST

***GutHealth* Digestion and Microbiome Support**

- + Prebiotics, probiotics, and digestive enzymes
- + Helps maintain healthy GI tract

***FeelFit* Pea Protein Shake**

- + 20 grams of vegan certified protein
- + Low-glycemic
- + Recipes provided

green
machine
shake

***BeWell* Superfood Greens**

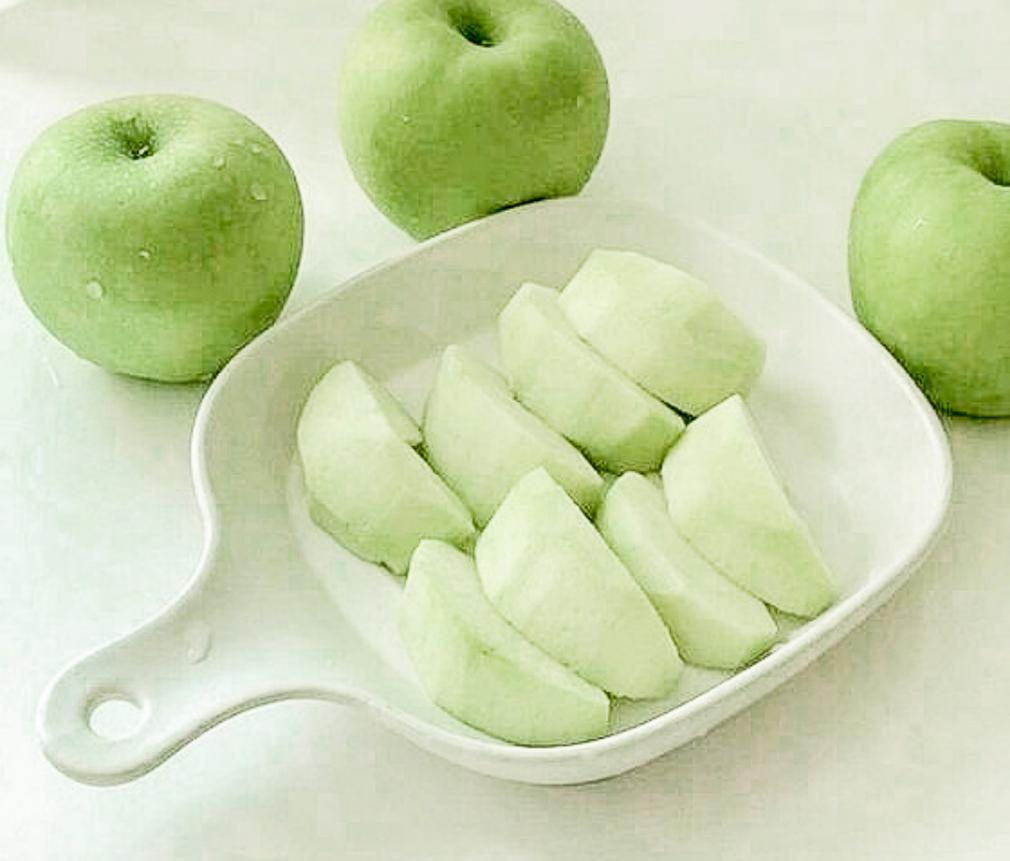
- + 1 scoop = 1 serving of 36 non-GMO fruits and veggies

LUNCH

Choose a shake or whole foods meal from the recipes provided.

mint chocolate shake





SNACK

Choose a healthy snack from the approved snack list, or have another Fizz Stick for an afternoon pick-me-up.

sliced green apple

almond butter to dip

glass of blood orange fizz



DINNER

Choose a whole foods meal from the weekly recipes and meal plans. Shopping lists are also provided.

easy vegan burrito bowls





WEEK 3 ONLY

CleanTox Gentle Cleanse

- + Helps detoxify by cleansing the system while supporting GI health
- + Assists with gentle elimination of toxins
- + Helps prepare the body for a weight management regimen
- + Lemon ginger flavor

WHAT YOU GET



CORE PRODUCTS (AUTOMATICALLY INCLUDED)

- + GutHealth Digestion & Microbiome Support (1 box)
- + CleanTox Herbal Detox Tea (2 boxes)

ESSENTIALS (CHOOSE YOUR FLAVORS)

- + FeelFit Pea Protein Shake (2 bags)
- + EnergyFizz Ginseng Fizz Sticks (2 boxes)

CUSTOMIZE IT (CHOOSE 2 OUT OF 3)

- + BeWell Superfood Greens (1 tub)
- + CleanTox Gentle Cleanse (1 box)
- + GutHealth Prebiotic Fiber (1 bag)

Bonus: private Facebook page, meal plans, recipes, coaching, and community support

40% OFF
FREE SHIPPING
FREE GIFT

START SOMEWHERE



HEALTHY HABITS CLUB

Fuel - Support - Energize

Start your day the healthy way!
These four core products support
good habits to kickstart your
healthy living journey.



FIZZ FAM

Natural Energy Boost

Use as a replacement for coffee or
other energy drinks that may not
be serving you.



BE WELL CLUB

Join the Movement

green-gut-glow shot
daily wellness texts
community and support
recipes + fitness

LET'S TALK SKIN

- + What you put in and on your body matters
- + The largest detoxifying organ
- + A gateway into your bloodstream
- + It's all connected
- + EU standards of clean ingredients



JOIN THE MOVEMENT

CLIENT

Help Me Order

preferred client
\$29 registration
20%–40% off all year
free shipping + rewards
with qualifying orders

CONNECTOR

Share & Save

book an event
virtually or in person
share with your
friends + family
get spoiled

PARTNER

Make Healthy Living Your Business

\$49 to start
35%–50% off products
unlimited earning potential
start changing lives
system for success

CHEERS TO HEALTHY LIVING INSIDE AND OUT



Self-care is not an expense, it's an investment.



SOURCES

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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6124841/>

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◇ This presentation has been produced by Shelby Mota, an Arbonne Independent Consultant, and has not been prepared or provided by Arbonne.