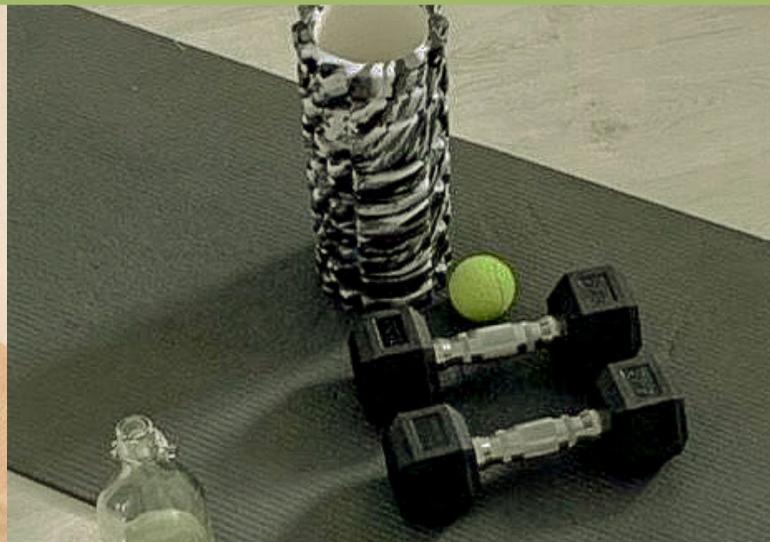


# *healthy living event*



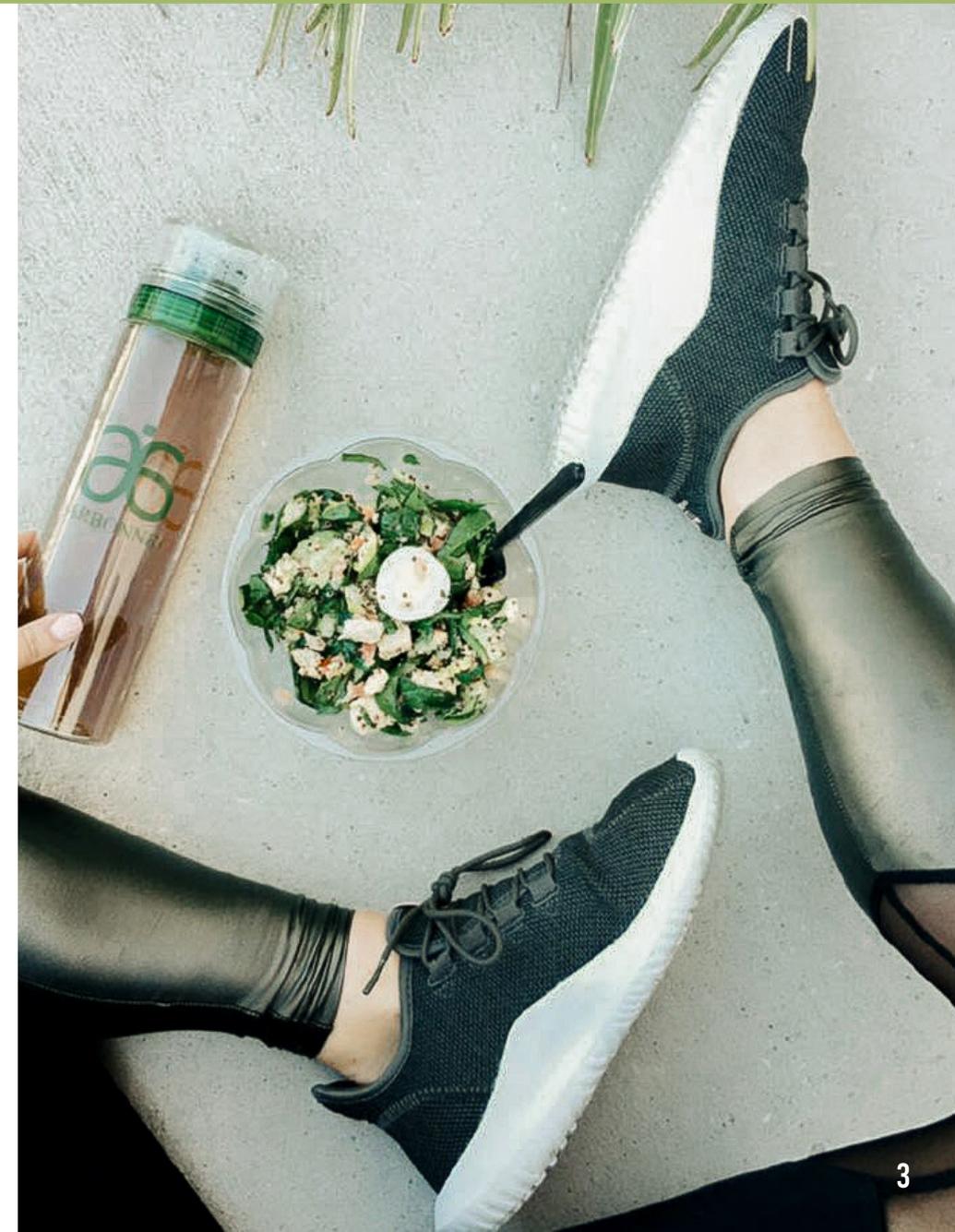
# IS THIS FOR YOU?



- + Do you ever get bloated after meals?
- + Do you 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 A RESET

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- + 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." —**sfadvancedhealth***

# 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..."*

# WHY WE LOVE ARBONNE

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



# WHAT YOU GET



## **FeelFit Pea Protein Shake**

20 grams of  
vegan protein  
Low glycemic



## **CleanTox Herbal Detox Tea**

Caffeine-free  
Supports liver  
and kidneys



## **GutHealth Digestion & Microbiome Support**

Prebiotics,  
probiotics,  
and digestive  
enzymes

Healthy GI  
tract



## **EnergyFizz Ginseng Fizz Sticks**

Coffee/soda  
alternative

Healthy blood  
sugar levels

Metabolization  
of foods to  
provide energy



## **BeWell Superfood Greens**

1 scoop =  
a serving of  
36 fruits and  
veggies



## **CleanTox Gentle Cleanse**

Supports  
GI health

Gentle  
elimination  
of toxins

**40% OFF  
FREE SHIPPING  
FREE GIFT**

# WHAT YOU DO

**Wake up:** Herbal Detox Tea  
Energy Fizz Stick(s)

**Breakfast:** Digestion & Microbiome Support  
(add to your smoothie or do a Green-Gut-Glow Shot)  
Smoothie

**Snack:** Low glycemic snack

**Lunch:** Smoothie

**Snack:** Low glycemic snack and/or  
Energy Fizz Stick

**Dinner:** Lean & green meal

**Evening:** Herbal Detox Tea (Week 1)

**Week 3:** Start your Body Cleanse



# JOIN THE CLUB



## HEALTHY HABITS SET

Fuel - Support - Energize

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



## GREEN GUT GLOW

Wellness Shot

Drink your daily fruits and veggies.  
Support a healthy gut, relieve  
bloating, and get glowing skin.



## FIZZ FAM

Natural Energy Boost

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

*Bonus: private group, meal plans, recipes, coaching, and community support*

# IT'S ALL CONNECTED

- + 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

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## 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

## CONSULTANT

### 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.sfadvancedhealth.com/blog/how-to-tell-if-your-body-is-suffering-from-toxin-overload-diagnosis-and-treatment>

<https://drhyman.com/>

<https://health.clevelandclinic.org/anti-inflammatory-diet-can-relieve-pain-age/>

<https://usrtk.org/sweeteners/>

<https://www.healthline.com/>

<https://www.health.harvard.edu/blog/gut-feelings-how-food-affects-your-mood-2018120715548>

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

<http://www.justaboutskin.com/anti-aging-skin-care-guide/skin-aging-overview/>

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