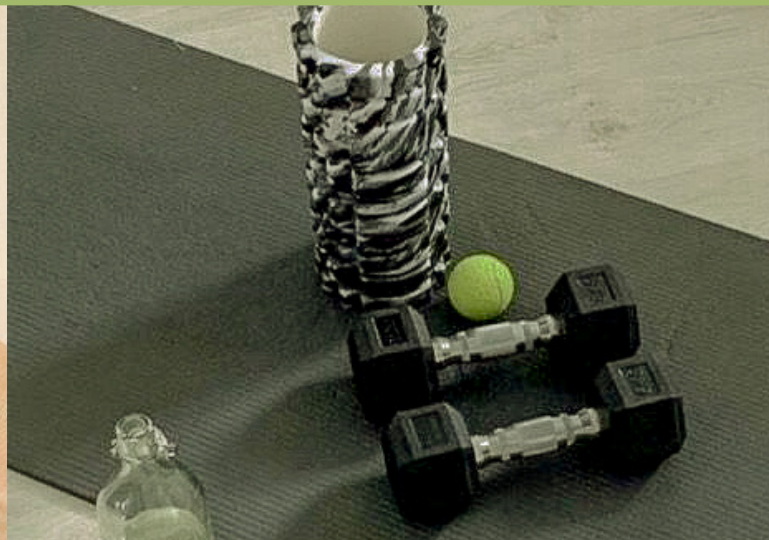


healthy living event



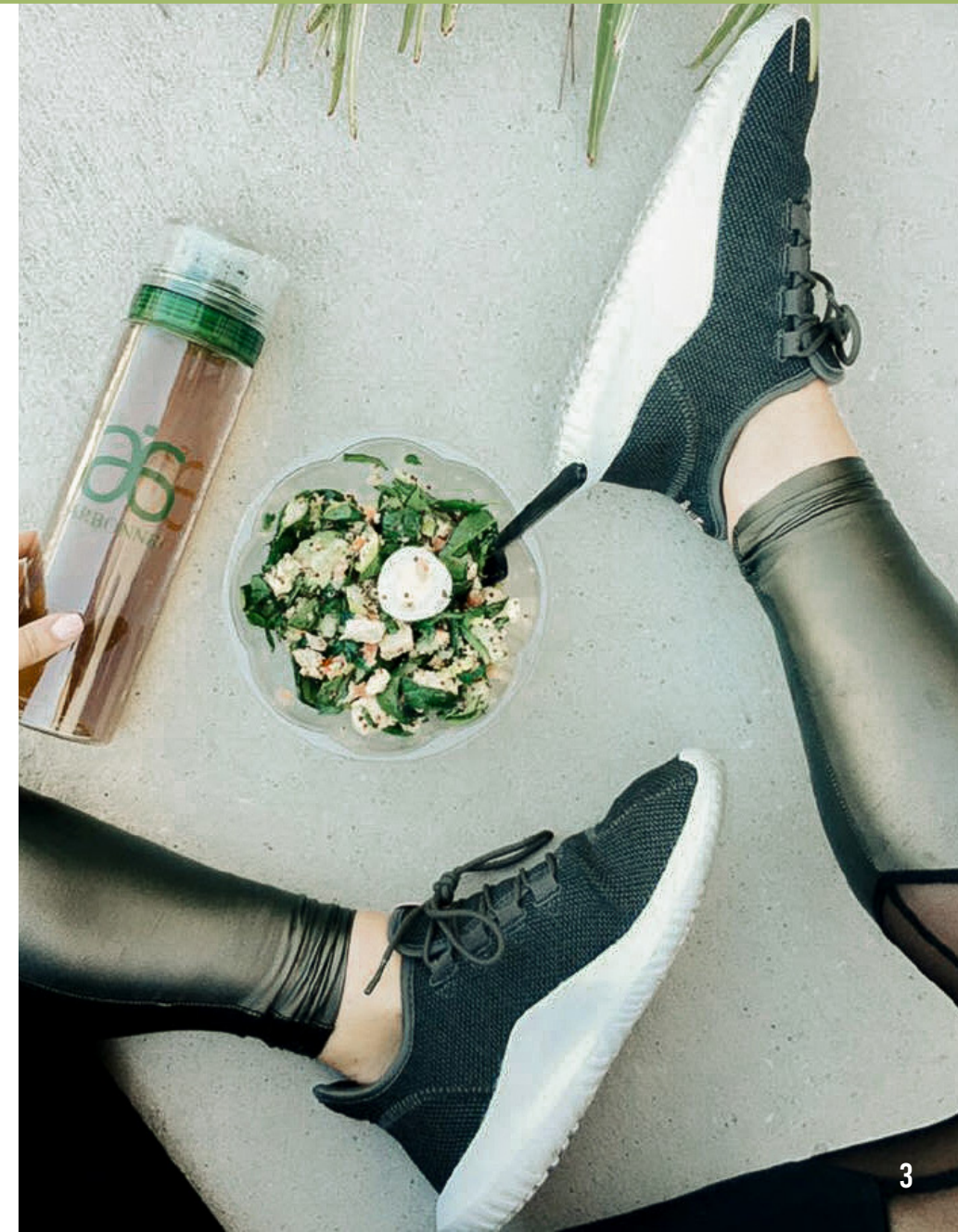
IS THIS FOR YOU?



- + 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

- + 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

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