

Healthy Living Program Summary

What is it?

A private Facebook support group that offers a jump to a healthy lifestyle. . .encouragement, accountability, education, meal plans, shopping list & me, as your coach. Our next challenge begins _____.

What are some of the popular benefits?

- Weight loss (An average woman loses 10-12 lbs. & an average man loses 15 lbs. PLUS inches! Show Before & After Pics)
- Increased energy and focus
- Reset your metabolism
- Decrease sugar and carb cravings
- Flush toxins causing the release of trapped fat and the removal of the physical signs of toxicity
- Improved sleep and elimination of poor concentration
- Decreased joint pain
- Beautiful, glowing skin

What do we focus on?

- Eating clean, whole foods
- Increasing your nutrients
- Avoiding certain foods (that are allergenic, addictive or acidic like gluten, dairy, sugar and artificial sweeteners just to name a few. Don't worry! We will give you great, healthy alternatives!)
- Creating balance in your body. (Balancing your blood sugar so you don't crave sugars and carbs, and balancing your pH to help create an alkaline & anti-inflammatory environment, which helps prevent viruses and disease.)
- Removing toxins/supporting your elimination organs (kidney, liver, GI tract and your largest organ, your skin)

How do the Arbonne products support the program?

- Pure, Safe & Beneficial
- Vegan Certified, certified low glycemic index and certified non-GMO
- No gluten, dairy, soy or whey
- Alkaline forming and pH correct
- No cholesterol, saturated fats or trans fats
- Free of harmful ingredients and contains NO artificial flavors, colors or sweeteners
- The products support busy lifestyles and even saves you money

What products do you need, what do they do and how much does the package cost?

- See below for products/pricing - about \$10/day for 2 meals/shakes, 2 drinks and your nutritional supplements
- Protein - 20 grams of vegan protein & 20 vitamins and minerals-increase nutrients
- Fiber - 1/2 of your daily requirement - helps remove toxins, helps you feel full longer, regulates blood sugar
- Digestion Plus - Probiotic - improves immunity, the health of your digestive track & helps you digest food better
- Energy Fizz Stick - increase energy, suppresses appetite, improves mood & focus
- Detox Tea - supports elimination organs by eliminating toxins, regulates cholesterol and blood sugar
- Body Cleanse - Helps cleanse and detox your body
- Greens Balance - 37 super fruits and veggies in one scoop + 1 serving of veggies. (FREE product w/PC sign-up)



Arbonne Essentials 30-Days to Healthy Living and Beyond

- Protein Shake Mix, Vanilla (1), Chocolate (1)
- Energy Fizz Sticks, Pomegranate (1), Citrus (1)
- Daily Fiber Boost • Body Cleanse
- Digestion Plus • Herbal Detox Tea (2)

Suggested Retail Price: \$444.00

Preferred Client ASVP Price: \$266.40