

ARBONNE

30 DAY HEALTHY LIVING & BEYOND PROGRAM

- Vegan • NonGMO • Gluten Free •
- No Whey • No Dairy • No Soy •

Addresses Key Areas Of Health:

1. DECREASE INTAKE OF TOXINS

- Eliminate toxins from your diet: Refined sugar, artificial sweeteners, Processed Foods, Dairy, Whey, Soy, Gluten, Coffee and Alcohol.
- Replace addictive, allergenic, and acidic foods with healthier alternatives.



2. INCREASE NUTRITION INTAKE/ABSORPTION

- We teach you how to eat clean and provide easy meal menus and recipes
- Replace 1-2 meals a day with Arbonne's Vegan protein shake which has 20 grams of protein and 20 vitamins and minerals, and 13 grams of complex carbs.



3. IMPROVE ELIMINATION OF TOXINS

- Toxins are stored in fat cells which makes it difficult to maintain a healthy weight
- We can hold up to 25 lbs of waste in our intestines



4. BALANCE BLOOD SUGAR

- High blood sugar contributes to many disease processes
- Balanced blood sugar throughout the day controls cravings, regulates hunger and sustains energy so you feel better overall.



5. BALANCE YOUR SYSTEM'S PH

- Man-made foods — Acidic ph — Creates Inflammation — Promotes Sickness
- Diabetes, Heart Disease, Alzheimer's, Cancer, Wrinkles, Bacterial/Viral Infections, most illnesses
- Whole foods — Alkaline ph — Eliminates Inflammation — Starves the Disease Process



6. SUPPORT

- We provide you with resources, education, encouragement and recipes/menus for clean eating through our private Facebook group
- Weekly coaching to help you maximize your results

