



28 Day Healthy Living Plan

Before and After Photos
And
Testimonies

A New You in 28 Days

- Detox Naturally
- Eliminate Cravings
- Discover Food Allergies
- Increase Mental Clarity
- Optimize Energy
- Enhanced Sleep
- Targeted weight loss
- Higher Productivity
- Balanced Hormones

Denise Moore 12 lbs. in 28 days



Denise Moore 12 lbs. in 28 Days



Susan Parker

106 pounds in 8 months



60+ Pounds and 7 Sizes Later



If someone would have told me in 10 months I would be smaller than I was in high school, I would have laughed. Hard.

Arbonne's Figure 8 Program allowed me to see success while I was stepping into my healthful self. I made gradual lifestyle changes, over time, and the entire Figure 8 Line served me well at every little shift I was willing to make.

I thought and think about my ideal size every day (I had to change it twice because I got there sooner than I expected.)

I feel amazing! Anyone can do this if they just decide and take little baby steps every day.

January 2010

July 2010

October 2010

January	February	March	April	May	June	July	August	September	October
M-F 1-2 shakes a day. Fizz Tabs & Weight Loss Chews	M-Sa 1-2 shakes a day. Fizz Tabs & Weight Loss Chews	M-Sa 1-2 shakes a day. Fizz Tabs & Weight Loss Chews Exercise 3 days a week.	M-Sa 1-2 shakes a day. Fizz Tabs & Weight Loss Chews Exercise 3 days a week. Gluten free.	M-Sa 2 shakes a day. Fizz Tabs & Weight Loss Chews Exercise 3 days a week. Gluten free.	M-Su 1-2 shakes a day. Fizz Tabs & Weight Loss Chews Exercise 3 days a week. Gluten free.	28 Day Detox. Exercise 3 days a week.	M-Su 1-2 shakes a day. Fizz Tabs & Weight Loss Chews Exercise 3 days a week. Gluten free.	M-Su 1-2 shakes a day. Fizz Tabs & Weight Loss Chews Exercise 3 days a week. Gluten free.	28 Day Detox. Exercise 3 days a week.



I lost 4 inches around my waist and got off all my medications I feel energized and light.

Terry Schabert - La Quinta, CA



In week 2 lost eight lbs. I have so much more focus and energy...hormonally I feel more balanced...haven't had any hot flashes and much more! And no more sponge bob square pants- I see a waist!

Heidi Blake - Woodinville, WA



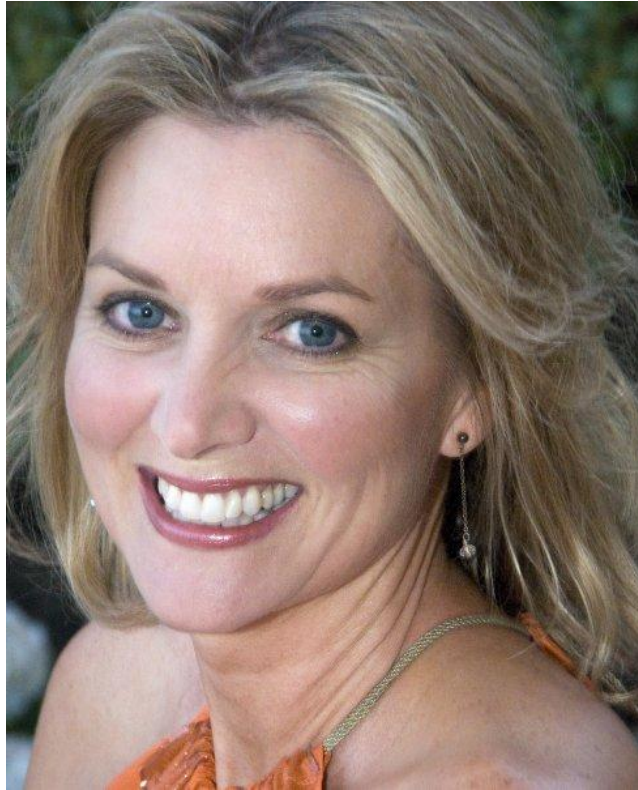
- Week one lost 6.5 lbs and have NEVER been more regular and energized before now! I am simply amazed at how I am craving the good for me foods and enjoying all of the natural nutrition. I am leading by example in my family, and though it is a struggle at times with the hubby and kids I have to say that the victories have far exceeded the struggles. I feel lighter and more energized then ever!

Heather Coladonato
Cathedral City, CA



- "I began the 28 Day Whole Foods Detox program on September 1. I felt in my gut that this diet would be extremely effective for me and it has been! In the first week, I lost 9 pounds and from the two spots we are to measure and keep track of, I lost 3 inches from each location.
- Detoxing can be a little tiring on one's body but even through every hurdle, I can feel my true health shining through and I feel better than ever. I can feel the vitality that I am meant to live, coming to life! I have long suffered from Chronic Fatigue and other related "dis-eases" but no more..
- I truly believe that this diet and the Arbonne products are the catalyst to a healthy lifestyle that will be easy to maintain and will offer me genuine health and vitality that I have longed for my entire life."

Josie Powell
Desert Hot Springs, CA



- After being on the 28 Day Healthy Living Plan for 7 days now, I can honestly say I haven't felt this clear-headed in a very long time. My clothes are fitting better, my skin looks radiant, my stomach is flatter, and I have incredible energy. I'm looking forward to kicking my dairy habit for good!

Wendy Calcaterra
Novato, California



Thanks so much for sharing the 28-day cleanse. I've been strict to it for 7 days now, and I have to tell you not only haven't I been hungry (the meals do fill you up) but I'm feeling great. One of the reasons I decided to do this (other than having too much weight on me) was that I was feeling sick and bloated after every meal. It was like nothing agreed with me. I haven't felt that way even once all week.

Since last Monday, I have lost 5.5 pounds and 1.5 inches from my waist!

And by shopping and preparing the basics of the plan (pinto beans, brown rice) on Sunday night, putting the meals together during the week has been pretty easy.

Karen Grove
Murrieta, California



In just four weeks I lost 12 pounds, lost the swelling from my overtaxed liver which has also eliminated pressure against my lungs and my belabored breathing when I jog.

My face is no longer “puffy,” circles under my eyes have diminished, I sleep deeper and more soundly, I have more energy, improved mental clarity, my rotator cuff pain has subsided, aggravation from a groin injury has stopped, nail fungus is in remission and I NEVER CRASH in the middle of the day anymore! WOW!

Casey Jones
Palm Springs, California



- 28 Day Healthy Living Detox Plan Packet – Complete with daily meal plans
- 1 to 2 Vegan meal replacement protein shakes
- Nutritional Hybrids AM/PM Multi-Vitamin, Mineral, Superfood Antioxidant Packets
- Fiber Booster
- Daily Detox Tea
- NRG3 Fizzing Beverage Tablets
- Weight Loss Chews
- About \$9.00 a day