

Healthy Lifestyle Presentation

Welcome. Thank you for coming. Thank your hostess. (1 minute)

Party is all about them. Enjoy tasting all the products. Learn a little about the products, the company, and how to feel great, detoxify and spend their food dollars wisely.

Introductions or Ice Breaker Game (3 Minutes)

Ask everyone how they know the host, and what would they do if they felt their best and had endless time and \$\$ (if there are 5 or less guests otherwise play a short game)

Your Story (2 Minutes)

- How you were introduced to Arbonne. Why you are doing Arbonne.
- Share your experience or the experiences of people you know who are eating whole foods and following Arbonne's Healthy Lifestyle program.

Arbonne Company (1 Minute)

- How many of you have heard of Arbonne?
- How many have been to an Arbonne party?
- I am very excited to introduce you to this great company and share products with you that help you look and feel your best!

Healthy Lifestyle Presentation Script

I'm going to share with you some simple information about a healthy lifestyle and detoxification. At the end there's going to be a little quiz with, of course, a prize!

1. WHY A HEALTHY LIFESTYLE?

- a. Our environment and the food that we eat have changed drastically over time—everything is much more toxic now. The changes have occurred so recently that **our bodies have not been able to adapt to those changes.** Our bodies cannot handle the excess toxic buildup.
- b. It's helpful to think of our bodies like a bathtub: just like water fills up a tub through a faucet, toxins fill up our bodies by the air we breathe, the things we touch, the products we put on our skin, and the food and beverages we eat and drink. In a bathtub, if the water comes in at a faster rate than the water goes out through the drain, the water level rises and can even spill over the top. In our bodies, when toxins come in at a faster rate than our bodies can process them, our body pulls those toxins away from our vital organs and holds them in fat stores. This is why some people can eat less, exercise more and still not lose weight. **Our bodies will release fat stores only when we clear out the toxins.** Sometimes our toxic load is so high that it “spills over the top” which can lead to a range of health problems such as diabetes, skin irritations, heart disease, chronic pain, digestive problems, etc..
- c. By focusing on eliminating toxins from our diets and eating whole foods, we can help our bodies detoxify. Back to the bathtub example: By decreasing the amount of water coming in through the faucet, the water level naturally falls. The same is true for our bodies. When we decrease the toxins coming in, our overall toxic load falls. It is also important to “clean the drain” so that toxins can be more efficiently eliminated. **Our healthy lifestyle program offers whole food nutrition as well as a liver and kidney cleanse so we can effectively decrease our overall toxic load.** When we decrease our toxic load, we feel better and are also able to lose fat weight—especially lower belly, hips and thigh fat.

What we put on our skin is in every organ in 26 seconds.

1. HOW TO PRACTICE A HEALTHY LIFESTYLE?

Step 1: **Eat whole non-allergenic foods.** Eating whole foods gives our bodies a rest from digesting the processed foods that our bodies were not designed to process. By not eating highly allergenic foods, we keep our bodies from producing their own toxic responses to those foods.

Step 2: **We also are doing a gentle liver and kidney cleanse to help “clean the drain.”** We can give you sample whole food menu plans with recipes for 4 weeks!

2. **BENEFITS OF A HEALTHY LIFESTYLE!**

Eliminate the toxins from your body, lose weight, increase energy, and improve skin!

Show before and after pictures and share testimonials

Learning to prepare and eat whole foods is a skill. We have products that make it easy to eat non-allergenic whole foods while we teach you how to prepare and eat whole foods. 4 weeks of meal plans and recipes!

Make a basic, vegan shake in the kitchen with guests (2 minutes)

Use your favorite VEGAN shake recipe. Be sure to include both protein and fiber.

Sample Figure 8 products (5 minutes)

Hybrids: Lay the foundation for deep nourishment while we detoxify. Whole-food based supplements include multivitamin, multimineral, digestive enzymes, Superfood Antioxidants and Calcium for women and Prostate formula for men. Also teen chews and kid's power punch.

Digestive enzymes: Control every function in the human body. By the age of 40, the avg person only manufactures ½ the digestive enzymes needed for optimal health. Symptoms: bloating, gas, constipation, bad breath, indigestion, and even fatigue. Most multi-vitamin/mineral supplements don't have even 1 & Arbonne's Hybrids contain 14!

Protein Shakes: 20 grams of non-allergenic, quality protein powder (not soy or whey). Protein from cranberry, pea and rice. A few ingredients: Stevia; CoEnzyme Q10 which athletes use to enhance performance; Alfafa which helps the process of converting carbs & fats to energy; Ginseng which reduces stress & increases energy. Kosher

- a. Breakfast: protects us from carbohydrate cravings and stressing our bodies
- b. Recover: drink after oxygen-debt workout. Protein goes directly into muscles to build muscle mass that will increase metabolism! Be sure to eat/drink next meal when hungry. The recovery shake does not count as a meal.
- c. Meal Replacement: can use for a quick, nutritious meal replacement when in a hurry.

Fiber Booster: 12 grams of quality tasteless, odorless fiber. Can be mixed in liquid or food. Very important: Must add to protein shakes for satiation. It's the key to staying fuller longer. Also keeps things moving—eliminating toxins from our bodies. Recommended daily amount is 25 grams. Women average 9 and men 12. Just increase fiber and you'll lose weight over time.

*Top reason people give up on diets? 1) hungry all the time 2) no energy

Beverages: Detox Tea and Fizz Tabs (3 minutes)

Most people over-eat because they are tired, stressed, lonely or angry. We use food to deal with our emotions. We want to drink more beverages and do less eating over our emotions. (Let guests sample the Detox Tea and Fizz Tabs)

Detox Tea: Use when feeling anxious or moody. Purifying tea that supports the kidneys, blood and liver. Supporting the liver helps us become calm and clear. It also flushes toxins that contribute to weight gain.

Energy Fizz Tabs: Use when feeling tired. It's sugar free/uses Stevia.

B Vitamins help increase energy

Green Tea – increases your metabolism and burns fat

Panax Ginseng – enhances focus and concentration

Rhodiola – promotes weight loss, relieves stress and even improves mood

All of this for zero carbs and only 10 calories!

It can replace soda addictions w/o problems or shakes or jitters.

Going, Going, Gone! Dietary Supplement: Contains herbs that boost energy, controls appetite and increases fat-burning metabolism. It also helps improve blood sugar control. Take 30 minutes before meals.

Weight Loss Chews: Allows us to eat something sweet. Helps stabilize cravings.

SeaSource 7-Day Cleanse: Important key element. Contains sea botanicals and herbs that detoxify the liver and removes metabolic waste so we can eliminate fat stores. Add a fizz tab for better taste.

Omega-3 Plus: Certified vegan fatty acid with no fishy aftertaste. Helps promote concentration, supports cardio vascular system, skin, joints and hair (recommended for psoriasis, joint pain & inflammatory skin conditions).

Herbal Colon Cleanse: Herbs to cleanse intestines & remove debris. Then acts as an astringent & antiseptic to cleanse and sanitize.

Other Resources (1 minute)

- www.gofigure8.com for meal plans and recipes
- Toxic Fat by Dr. Barry Sears

Highlight Catalog (2 minutes)

- Show RE9 Set: Sample Firming Body Cream—takes care of skin as we lose weight (offer fun Spa Night In – facials with a few friends)
- Makeup: Show Primer – SAFE cosmetics without toxins (signup sheet for next Makeup Counter Event)

GETTING STARTED IN 4 SIMPLE STEPS

1. Decide to participate in the Healthy Lifestyle Program!
2. Purchase your Arbonne products for the program!
3. Receive your Healthy Lifestyle information pack full of menu plans, recipes, and supporting materials.
4. Stay committed for the duration of the 4 –Week Program!

4 WAYS TO USE ARBONNE (4 minutes)

When it comes to the quality of our food, we get what we pay for! Good nutrition is always worth the investment! Think of the cost of unhealthy diets that lead to disease and climbing medical bills. Not to mention how we feel! We are what we eat, drink and think. Eat right and live well!!

1. **Retail Client:** Purchase products at retail and receive wonderful customer service.
2. **Preferred Client:** Receive 20% off all products with no minimums. \$29/\$15
3. **Become a Consultant:** Purchase products wholesale. Great opportunity. If anyone is looking to make an extra \$500 or \$1000 a month, I can show you how. Or if you're looking to replace a fulltime salary working part time, I can show you that too. DM, AM, is one step away from RVP (the car!)
4. **Host a presentation:** For every \$250 in sales, our host will receive \$100 in products for \$20. Tonight, if you book a party, you will receive _____!

Pass out catalogs with order forms and go over product packages. Mingle, have fun and ASK!!

- Give Pamper Packs to 2 guests who you think might like more information about the business.
- At time of ordering, show each guest how much \$ they save if they have a few friends over.