

**30 DAYS
TO HEALTHY LIVING**



I AM READY TO START...

**LIVING MY
BEST LIFE**

#ARBONNE

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FIVE KEY AREAS OF FITNESS

Health is not valued until sickness comes.” - Dr. Thomas Fuller

Many people don't realize that fatigue, foggy thinking, poor sleep, excess weight (especially around the stomach, hips and thighs) and even aging skin indicate nutritional deficiencies that can be reversed. Adopting a healthier lifestyle for you and your family can be easy to talk about, but difficult to get started without a plan. The “30 Days to Feeling Fit” plan is simple to follow and therefore, simple to complete.

Focus on Five Key Areas of Fitness

1. Eat Clean
2. Increase Nutrient Intake
3. Eliminate Allergenic and Addictive Foods
4. Balance Blood Sugar
5. Support Elimination Organs

***All 5 areas are supported by Arbonne's whole food nutritional line that is certified Vegan and free of gluten, dairy, soy and artificial colors, flavors and sweeteners!*

1. Eat Clean

This plan focuses on eating organic whole foods free of preservatives, additives, pesticides, hormones, antibiotics, artificial flavors and all other toxins. Food is either fuel or poison. Simply put, anything that can't be used as energy in the body is a toxin. Organic fruits and vegetables contain up to 40% more antioxidants than those conventionally grown. This plan will help you learn how to fuel your body for optimal health by eating clean, close to nature and TOXIN FREE!

2. Increase Nutrient Intake

Due to the overabundance of pre-packaged and fast food, many people today are overweight yet malnourished. They carry toxic fat while their bodies are starving for real nutrition. This condition can be reversed by eating whole foods and supplementing with nutrients to fill in possible deficiencies created by mineral deficient farm soils.

POWER PACKS - 20 essential vitamins and minerals to support the body's critical processes. Contains botanicals, probiotics and enzymes, plus bone health and Super Antioxidant Blend formulas. Separate daily packs for Men and for Women.

https://myoffice.arbonne.com/article/arbonne-essentials-daily-power-packs?lang=en_US

3. Eliminate Allergenic and Addictive Foods

Many people experience symptoms of premature aging or poor health and have no idea that the solution may be as simple as removing possible food allergens. This plan includes removing possible allergenic foods like gluten, dairy, soy and processed sugars. If you cringe at the thought of removing a certain food, chances are you are allergic to it. Generally speaking, the food you crave is the food that is killing you.

Gluten

Gluten is a family of proteins found in grains. They are thick and gooey making things stick together when baked instead of falling apart. It is estimated that 50% of the population has difficulty breaking down gluten in their intestines.

When the immune system recognizes gluten in the gut as a “foreign protein,” it attacks and damages the intestinal wall, which in turn causes the intestines to swell with water. This creates bloating and/or a “pot belly”. Eventually, the intestinal wall thins to the point that it starts absorbing things that should have been blocked. This causes an array of problems including:

Allergies: The tips of the villi in the intestines produce the enzyme that digests the lactose in milk. Since they’re the first to go, the very first symptom of gluten intolerance you see may be a “milk allergy” that manifests itself as a stuffy nose and post-nasal drip that occurs whenever you consume dairy products.

Immune Function: The constant load on the immune system as it fights off foreign proteins in the digestive tract impairs its ability to do its job elsewhere. Meanwhile, clogged sinuses and unhealthy intestinal walls create a perfect home for harmful bacteria to multiply.

Adrenal Function: The constant adrenal load created by chronic inflammation of the intestines eventually leads to adrenal insufficiency or even adrenal exhaustion. As the adrenals become impaired, many other symptoms manifest themselves, including allergies, slow weight gain and a loss of energy.

Dairy

Despite the widespread notion that milk is healthy, drinking pasteurized milk is frequently associated with a worsening of health. Sally Fallon of the Weston Price Foundation states, “Pasteurization destroys enzymes, diminishes vitamin content, denatures fragile milk proteins, destroys vitamin B12 and vitamin B6, kills beneficial bacteria, promotes pathogens and is associated with allergies.” Only 30% of the calcium in a cup of milk gets absorbed. You would get twice as much calcium from a cup of broccoli. Many green leafy vegetables are loaded with calcium.

Candida (Yeast) Overgrowth

Candida overgrowth in your body will cause you to suffer from sugar cravings. Candida yeast loves sugar as much as you do, and its love of this empty, non-nutritional food causes you to want it more!

- According to a study done at Rice University, “70% of American’s are living daily with an overgrowth of yeast and bacteria.”
- Signs of yeast overgrowth include: nasal congestion and discharge, nasal itching blisters in the mouth, sore or dry throat, abdominal pain, belching, bloating, heartburn, constipation, diarrhea, rectal burning or itching, vaginal discharge, vaginal itching or burning, worsening symptoms of PMS, prostatitis, impotence, frequent urination, burning on urination, bladder infections.
- People do well on this plan because they are eliminating dairy, gluten wheat, sugar, caffeine and alcohol - all known to feed Candida yeast.
- People also do well on this plan because they are repopulating their intestines with friendly bacteria which help the body fight off the Candida and strengthen the immune system.

Soy

Phytoestrogens in soy can mimic the effects of the female hormone estrogen. These phytoestrogens have been found to have adverse effects on various human tissues. Drinking two glasses of soy milk daily for one month has enough of the chemical to alter a woman's menstrual cycle. Note: Soy Lecithin does not have the same effect and is safe for those sensitive to soy.

Refined Sugar

Refined sugar has been stripped of all nutrients. It drains and leaches the body of precious vitamins and minerals. Sugar taken every day produces a continuously acidic condition which affects every organ in the body. Initially, sugar is stored in the liver. A daily intake of refined sugar makes the liver expand like a balloon. When the liver is filled to its maximum capacity, the excess sugar is returned to the blood in the form of fatty acids. These are stored (and seen) in the most inactive areas: the belly, the buttocks, and the thighs. In contrast, unrefined sugar, like cane sugar, contains minerals the body needs.

DIGESTION PLUS - this is your tummy's packet of prebiotics, probiotics and enzymes to help support optimal digestive health and microfloral balance. Allergenic foods often damage the intestinal wall limiting its function. Probiotics scrub away yeast overgrowth in the lower GI and reestablish friendly bacteria.

Dr. Michael McCann, MD, physician and researcher, states, "Probiotics will be to medicine in the twenty-first century as antibiotics and microbiology were in the twentieth century."

https://myoffice.arbonne.com/article/arbonne-essentials-digestion-plus?lang=en_US

PROTEIN SHAKES - loaded with more than 20 essential vitamins and minerals. Contains the exclusive **INNERG-PLEX®** and Protein Matrix blends which help you feel satisfied longer. There is no gluten, dairy or soy. Drinking our vegan protein+ is easier on our digestive system and allows our body to have more energy for detoxification!

Working out with your 30-day program? The Protein Shakes can also be used as a recovery shake after your workout.

https://myoffice.arbonne.com/article/arbonne-essentials-protein-shake-mix?lang=en_US

PHYTOSPORT - another great option for your workouts. Two products: Prepare & Endure for before and during your workout....

https://myoffice.arbonne.com/article/arbonne-phytosport-prepare-endure?lang=en_US

And **PhytoSport After Workout** for....well....**AFTER** your workout! Provides the branched-chain amino acids your need for recovery. It can be added to your recovery shake or just blended with water.

https://myoffice.arbonne.com/article/arbonne-phytosport-after-workout?lang=en_US

4. Balanced Blood Sugar

Our 30 Day to Healthy Living program encourages eating low on the glycemic index for many reasons. The high, moderate and low “glycemic index” is a measure of how a given food affects the blood-sugar levels, with each food being assigned a numbered rating. The lower the rating, the more gradual the infusion of sugars into the bloodstream and the more balanced the blood sugar.

High glycemic meals cause you to feel hungry soon after you eat. Eating low glycemic meals reduces hunger cravings. When blood sugar goes up in response to a high glycemic meal a process called “glycation” takes place. Glycation promotes thinning of the skin, fine lines and wrinkles. It’s not just candy bars and cupcakes that elevate blood sugar. Pasta, bread, potatoes, white rice and other high glycemic fruits are also responsible.

FIZZ STICKS - can be used between meals to curb appetite without elevating blood sugar. Green tea and herbs boost metabolism and sustain energy. They promote proper pH which aids in detoxification.

https://myoffice.arbonne.com/article/arbonne-essentials-energy-fizz-sticks?lang=en_US

FIBER BOOST - enhances your daily fiber intake with 12 grams of soluble fiber. It’s flavorless and heat resistant so it can be added to hot or cold beverages and baked goods. It soothes the colon, helps you feel satisfied longer and supports balanced blood sugar.

https://myoffice.arbonne.com/article/arbonne-essentials-daily-fiber-boost?lang=en_US

FIT CHEWS - bite sized and delicious these help you control the cravings while keeping your energy levels sustained. Contains a proprietary blend to help support the body during a new diet or exercise regimen.

https://myoffice.arbonne.com/article/arbonne-essentials-fit-chews?lang=en_US

BALANCED BLOOD SUGAR and YOUR HEALTH

Scientists have established that anything that causes a rise in our blood sugar results in inflammation on a cellular level, and I believe that inflammation is at the basis of virtually every disease process such as cancer, Alzheimer’s disease, heart disease, and wrinkled skin. In addition, when our blood sugar goes up rapidly and continually, the sugar can actually attach to the collagen in our skin, making it stiff and inflexible. When your collagen is cross-linked by sugar, you end up with stiff and sagging skin. I believe that 50% of aging of the skin is the result of this reaction” - Dr. Nicholas Perricone

5. Support Elimination Organs

As good as 30 Day to Living Healthy is, it would be incomplete if it did not support the body's FOUR elimination pathways: the liver, kidneys, intestines and your skin...our skin is our largest detoxifying organ! It is nearly impossible to avoid the toxins we come in contact with on a daily basis. If toxins enter your body faster than they are removed, you will experience signs of toxicity. If, on the other hand, you give your body the support it needs to eliminate these toxins, it will perform optimally.

Liver, Kidney and Intestinal Support

We wouldn't think about going a day without brushing our teeth, let alone years and years. Because we can't see our liver, kidneys and intestines we forget the important role they play in detoxification. The liver has over 500 functions and the kidneys filter 200 quarts of blood per day. You can hold 5-25 pounds of waste in your large intestine (colon). All elimination organs need a "tune up" and proper maintenance.

HERBAL TEA - assists with the daily cleaning of the liver and kidneys by helping the body to filter and clear toxins. This in turn regulates cholesterol, balances blood sugar and promotes weight loss. Many are unaware that liver dysfunction is more closely related to obesity than any other single factor! An overburdened liver is one of the reasons people plateau during weight loss. Contains 9 botanicals supporting the liver & kidneys and is caffeine free.

https://myoffice.arbonne.com/article/arbonne-essentials-herbal-detox-tea?lang=en_US

BODY CLEANSE - with an excellent lemon-ginger taste it works holistically with the body's natural physiology to support cleansing and detoxification. Assists with gentle GI elimination of toxins, supports the kidneys & liver and prepares the body for weight management. 80% of our immune system is based in our GI tracts....keep it healthy!

https://myoffice.arbonne.com/article/arbonne-essentials-7-day-body-cleanse?lang=en_US

RESCUE & RENEW SOAK - detoxing has never been so blissful! Dandelion, Turmeric and Ginger detox the skin and bring out your skin's radiance all while you relax. This is a treat...a reward...a perfect topper for your efforts!

https://myoffice.arbonne.com/article/Rescue-and-Renew-Detox-Soak?lang=en_US

26 Seconds

Your skin is your largest detoxifying organ. It is designed to both absorb nutrients and release toxins. Many people are very careful about what they put in their mouth but don't consider the toxins they are putting on their skin every day. It takes only 26 seconds for the toxic ingredients in skincare to find their way into every organ of your body!

For over 30 years Arbonne has formulated botanically based skincare free of artificial dyes, fragrances, animal by-products and other chemicals that can enter your body and affect your health. (See Arbonne.com for our 2,000+ list of ingredients Arbonne WON'T use!) Arbonne's personal care products support a healthy lifestyle by reducing the number of toxins entering the body and reversing the damage caused by a poor diet. Ask your Arbonne consultant for a free 3-day sample of the RE9 Anti-aging skincare system. You'll see and feel the difference in as little as 24 hours!

LET'S GET STARTED!

Food Focus

Eliminate

- Dairy
- Gluten
- Soy
- Peanut Butter & Peanuts
- Table Sugar, Honey, Maple Syrup & Artificial Sweeteners
- Coffee
- Alcohol
- All Fruit *EXCEPT* Limes, Lemons, Green Apples and Berries
- Pork
- Farm Raised Fish
- Non Cage-Free Eggs
- Non Free-Range Chicken
- All Beef other than grass fed
- White Potatoes
- Corn
- Nitrites
- MSG
- Vinegar

Include

- Rice, Almond, Cashew or Coconut Milk
- Brown Rice Millet
- Raw Almonds
- Legumes
- Stevia, Xylitol
- Green and Herb Teas
- Non-Starchy Vegetables
- Organic Green Apples & Berries
- Cage-Free Eggs
- Wild Cold Water Fish (due to possible mercury contamination limit fish to 1x per week)
- Free-Range Chicken and Turkey
- Grass Fed Beef (1x per week)
- Almond Butter
- Sweet Potatoes, Yams, Turnips
- Avocado
- Olive Oil, Coconut Oil, Flaxseed Oil

What ARBONNE products do I need?

(Servings noted are per package)

- | | |
|--|--|
| <input type="checkbox"/> Protein Shake (1-2 x per day; 30 servings) | #2070 Vanilla; #2069 Chocolate |
| <input type="checkbox"/> Daily Fiber Boost (1-2 x per day; 30 servings) | #2075 |
| <input type="checkbox"/> Energy Fizz Sticks (2 x per day before 4 pm; 30 servings) | #2077 Citrus; #2079 Pomegranate |
| <input type="checkbox"/> Herbal Detox Tea (at least 2 x per day; 20 servings) | #2076 |
| <input type="checkbox"/> Digestion Plus (1 x per day; 30 servings) | #2063 |
| <input type="checkbox"/> Body Cleanse (start 2nd –3rd week; 7 servings) | #6103 |
| <input type="checkbox"/> Optional: Detox Bath Soak | #6810 |
| <input type="checkbox"/> Optional: Fit Chews (max of 8 per day; 30 servings) | #2067 Caramel; #2068 Chocolate; #6114 Lemon |
| <input type="checkbox"/> Optional: Daily Power Packs (1 x per day; 30 servings) | #2052 Men's Vitamins; #2053 Women's Vitamins |

Save 40% off by registering as a Preferred Client and ordering the Essentials ASVP!

Your Arbonne consultant will help you place an order that's individualized to your needs!

SCHEDULES

Weekly Schedule

- Monday 7 am Muscle Monday Fitness Challenge for the week
- Tuesday 8 am Tea Time with Rachel; Facebook live or watch the recording later
- Wednesday All Day “What’s Up?” Wednesday - check in; how are you doing? Everyone should post at some time in the day.
- Thursday 8 am Tea Time with Rachel; Facebook live or watch the recording later
- Friday All Day Fantastic Friday - Post your wins for the week. Everyone should post within the day.

30-Day Detox Schedule

- **Prep Week** (week prior to start of detox; see Facebook postings for details)

- ⇒ Aug 30 Healthy Living Success Checklist
- ⇒ Aug 31 Exchange of Vows
- ⇒ Sept 1 Spill It & Written Goals
- ⇒ Sept 2 But First, Selfie
- ⇒ Sept 3 Out of Sight Out of Mind

- **Week 1**

Our goal for this week is to simply focus on the new nutritional guidelines, incorporating the fitness challenge, and being prepared for each day and listening to our bodies.

- **Week 2**

Take note of positives that you see from your new habits! More energy? Better sleep? Feeling skinnier from the inside? How your clothes fit? Activity level? It’s not just about the scale....think out of the box!

Also start taking note of **where you are struggling** to keep on track with your goals. Take one at a time and find a solution....brainstorm, ask for advice, etc. if needed. We want to identify the roadblock, create the solution and act on it!

iGi Fitness begins their 8-week Tabata Bootcamp Sept 24th...should you sign up? Remember when you purchased your full 30-Day kit **you earned** \$50 off of bootcamp!!

- **Week 3**

We will begin adding in the Body Cleanse this week. Depending on how your body responds use the cleanse every other day, or every third day....maybe every day (designed to be daily for those that want it daily). There are 7 packets you can use at your discretion between Day 14 and Day 30.

- **Week 4**

We are nearing the finish line! Start thinking about the advantages you feel and what you want the plans to be next....continue with the program to continue benefits? Take the program to a maintenance level?