

Healthy Happy Hour

Welcome (thank host, if there is one)

Introduction

My why story

What is a detox? All information here is compiled by Dr. Barbara Beaty who has a PhD in nutrition.

Finish this sentence: “you are what you \_\_\_\_\_” absorb!!

Toxins enter your body in three ways:  
what you eat,  
the air you breathe,  
and what you put on your skin.

Arbonne is all about reducing the toxins that enter your body through the products in your medicine and kitchen cabinets. Today’s focus is on nutrition, but we also offer skincare workshops.

Arbonne has a 39 year history of pure products. We are botanically based, certified vegan, gluten-free, dairy free, no GMOs, no trans fats, no artificial dyes, colors, or sweeteners, no parabens, and never tested on animals, not even back in the 80s when nobody cared. We’re even PETA approved!

Arbonne’s “not allowed list” excludes over 2000 potentially harmful chemicals commonly used in other brands. We voluntarily abide by higher standards than the European Union, which bans over 1300 ingredients (USA/FDA bans < 12).

Let’s talk about the 30 day program:

The 30 day clean eating program is NOT a rapid weight loss program. If you need to lose weight you will, if you don’t, you won’t *[you can give examples of your clients’ success stories here]*

It WILL reveal allergenic foods and help you eliminate toxins.

It WILL reduce your food cravings and reset your metabolic thermostat.

What's the difference between a cleanse and a diet?

Cleansing your body of toxins is the core of our program. Our bodies create fat cells to store toxins and protect our organs.

Traditional diets target reducing the amount of fat stored but they don't remove toxins. This means your body will simply have a higher percentage of impurities with LESS fat cells to store them for a time...until you rebound.

A cleanse targets the impurities or toxins in your system. When you release toxins, your body no longer has a need for the extra fat cells and will then shed fat as well.

There are 5 keys to our detox:

- 1- eat clean
- 2 - increase our nutrient intake
- 3 - eliminate acidic and allergenic foods
- 4 - balance your blood sugar
- 5 - support your elimination organs

Our 30 day program also includes support. You join a secret facebook group with a guide complete with shopping lists, recipes, tips on how and when to eat, and lots of support and accountability, so you're not alone!

I'm going to take a few minutes now to walk you through the 5 steps of our program and show you which Arbonne products are part of our package.

## **1 - Eat clean**

Choose food that's free from pesticides, hormones, antibiotics, saturated fats, trans fats, artificial colors, flavors, and sweeteners.

All of Arbonne's products fit that description!

We'll also give you shopping lists once a week to keep you eating 'clean.'

## **2 - Increase your nutrient intake**

Yale, Rutgers, John Hopkins, Columbia, and the USDA found that a 100g serving of green beans in 1966 had 56g of calcium, while a 100g serving of green beans in 1999 had 37g of calcium!

We crave more food because we're not getting enough nutrients!

## **3- Eliminate acidic and allergenic foods for 30 days**

This will help you reset your thermostat and see how your body reacts when you add those foods back into your diet.

For four weeks, please avoid refined sugar, dairy, gluten, soy, corn, coffee, alcohol, and corn, and processed foods.

If this sounds terrifying, don't worry!! We show you what to eat and drink instead.

Why no dairy?

Dairy is acidic and mucus-forming. It also contributes to acne.

Whey (the most common protein powder) is made of dairy and is found to contribute to intestinal toxemia which can lead to IBS or Crohn's.

We build lean mass quickly with a vegan product and there are other sources for calcium.

Why no gluten or soy?

Acidic properties, hard to digest, often allergenic, and your immune system can attack them like a toxin, leading to inflammation.

Soy also mimics estrogen, and you can research estrogen dominance to learn more.

## **4 - Balance your blood sugar**

All foods are either alkaline or acidic. And it's not about if it tastes acidic. Lemons taste acidic but are actually alkaline in your body.

Our body produces insulin in response to eating acidic carbs or sugar in order to signal a drop in blood sugar. Once blood sugar levels drop, we go

into fat storage mode. We can avoid unnecessary insulin production by eating small meals throughout the day.

All of Arbonne's products are alkaline forming and low on the glycemic index.

Dr. Nicholas Perricone says, "Scientists have established that anything that causes a rise in our blood sugar results in inflammation. And I believe that inflammation is at the basis of virtually every disease process such as cancer, Alzheimer's, heart disease, and wrinkled skin."

### **So let's talk about products for a bit! That was a lot of information!**

We change unbalanced meals with protein shakes. You can have one or two per day, depending on your goals, which you'll go over with us.

They have 13g carbs, 20g of vegan protein, and have a complete amino acid profile. There are 2 bags in the special value pack and you get to choose chocolate, vanilla, or one of each!

You will replace coffee and soda with our fizz sticks. They have green tea, ginseng, and guarana, and make you feel like you had a great night of sleep without making you spike and crash like coffee.

You can add a fizz stick to cold or hot water or make a "tizzy" by adding it to our detox tea! You get 2 boxes in the value pack, and can choose pomegranate, citrus, or one of each!

An important part of the detox is increasing your fiber intake. Fiber helps with toxin elimination like a sponge and helps you feel fuller longer. It also helps balance your blood sugar! It's a tasteless, odorless supplement, and you can add it to your shake. There's 12g of fiber in one scoop, which is nearly half the daily recommendation!

We also have nutrition bars and fit chews if you need extra snacking! They are low in sugar and taste yummy. They're not included in the value pack, but I love them when I need an extra snack.

Also not included in the value pack, but worth mentioning are 2 of my favorite products: our skin elixir collagen booster and our multi-vitamin

and mineral boost. Both are in powder form that you can add to your shakes. The collagen booster boosts collagen production - this helps your skin glow, but is also great for hair growth, joint pain and leaky gut! You can drink it on its own (acai berry flavor), mix it in your shakes or with your fizzies.

The multi-vitamin and mineral booster has a blend of 21 vitamins and minerals with ingredients to support bone, eye and immune function. It's formulated to be absorbed really well by your system (no more bright yellow pee from your vitamins not being processed by your system!). And for you nutrition nerds, the folate and B12 in it are methylated!

### **Finally, Step 5 - Support elimination organs!**

We have three products in the value pack to help with this.

We have a body cleanse that you add to water in the third week of your 30 days. You keep eating just the same, but this helps your body flush out those extra toxins! Don't worry, you won't be running to the bathroom.

Then there's the digestion plus. It has pre-biotics, probiotics, and digestive enzymes. It tastes like a mild iced tea if you mix with water, or you can add it to your shake in the morning.

90% of serotonin is in the gut! Serotonin influences mood, sexual desire, sleep, appetite, and memory, so a happy gut, happy person!

80% of your immune system is in your gut - if you're sick with a cold or virus, your gut needs attention - it also affects skin conditions like eczema, psoriasis, or acne.

There's one box in the value pack.

Our caffeine free detox tea helps cleans your liver and kidneys using milk thistle and other herbs. This product is a nutritionist's dream!

Your liver is a major detoxifying organ and your kidneys filter up to 200 quarts of blood daily - we want to take care of them!

So now you decide:

You can change a few habits by adding in some healthy supplements or meal replacements. For example, you could join our “breakfast club” by having a shake and fizz every morning instead of breakfast and coffee, and adding in some digestion plus to help get your gut on track.

Or you can commit to our 30 day program. The next group starts on\_\_\_\_\_. Sign up today and your products will arrive within a week and you’ll be ready to dive in with the Facebook group.

**What exactly is in this special value pack?**

2 bags of protein, 1 fiber boost, 2 boxes of fizz, 1 box of digestion plus, 1 7 day body cleanse, 2 boxes of detox tea, and if this is your first time, you also get a free gift! I recommend our greens balance powder that has lots of fruits and veggies to mix into your shake... or get crazy and try our amazing skin care and get an eye cream!

It retails at \$444, but you can get it for 40% off! That comes out to under \$9 a day. I find that not buying alcohol or coffee for a month easily covers the cost!

And that’s including 2 meals every day for 30 days. Most people actually end up saving money.

Or if you decide to become a consultant like me, you get 50% off!

If you’re interested in adding the collagen booster and multi-vitamin powder, your cost goes up about \$3/day. I’m obsessed with these products, so to me, that’s worth it.

If you love even bigger deals and want to pass on this info, you can host! Have a few people over (live or virtually) and you can get up to 75% off your shopping and a free gift, depending on how much people buy.

Or you can become a consultant and do what I do.

I decided to build a business because *[your why here]*

We teach other people how to coach through our 30 day program and turn an expense in to an income!

We can build our businesses from our laptop and cell phone, and it's totally flexible. You can work full or part time and watch your business grow!

You can earn commission by selling the products and residual income when you teach others to do the same.

And there are gifts! You can earn trips, jewelry, and there's even a white Mercedes!

If you're self-motivated, ambitious, and like helping people, then let's talk afterwards and see if this might be a fit for you. And I'd love to sit down with each of you and answer your questions!

(If this is a hosted presentation, ask if anyone needs to leave right away and say you'll meet with them first. Hand out catalogues and client care forms. Be sure to have a separate area for checkout and meet with each person one on one. You can follow the trifecta close listed on the other presentations.)