

Healthy Living

Intro- My story, (Get them thinking about selves)

Chinese Proverb- when you learn something of value you have an obligation to share it with others

I get emotional thinking about the difference this can make

How many people think your health is one of the most important things to you?
Do you believe by taking care of yourself you might live longer and have better quality of life?

What is the evidence?

We are all moms or dads, sons and daughters, friends, sisters or brothers, - some are grandparents and the quality and longevity of our lives matter!!!

What you don't know WILL hurt you and what you do know, but don't practice WILL hurt you.

My goal is to compel you to make some changes.

Health Crisis information

I want to begin by sharing a few statistics with you that may surprise you – they sure surprised me!

- ❖ The #1 killer of both men and women in the United States is heart disease. There are more deaths due to heart disease for women than ALL the cancer deaths added together. Heart disease is preventable depending on whether you choose to be active and what you choose to put in your mouth.
- ❖ 2 out of every 3 North Americans are overweight or obese and the problem is getting worse.
- ❖ For the 1st time, there is concern that our children's generation will not outlive their parent's generation due to childhood obesity and diabetes.
- ❖ The average American consumes an astounding 2-3 pounds of sugar each week, which is not surprising considering that highly refined sugars in the forms of sucrose (table sugar), dextrose (corn sugar), and high-fructose corn syrup are being processed into so many foods that we would not expect to find sugar in - such as bread, breakfast cereal, mayonnaise, peanut butter, ketchup, spaghetti sauce, and a plethora of microwave meals. We consume 135 lbs. of sugar per person per year – this has been a 26 lb increase over the last 20 yrs! In the early 1900's, the average consumption was only 5 lbs. per person per year! Cardiovascular disease and cancer was virtually unknown in the early 1900's.
- ❖ Statistics now show that 50% of men will get cancer- mayoclinic.com

In the 1980's our lifestyle and values swung toward convenience, now in 2010 we value health and wellness and know that we paid for convenience with our health. The trend toward healthy living is not going anywhere. It's become of epic importance.

Today, we're going to talk about hitting the refresh button and jump starting your healthy lifestyle. Whether you are currently extremely health conscious and already utilizing a vegan, organic, whole food, clean eating nutrition focus OR a novice who may want to simply make one little adjustment to get started; you'll find our information today very intriguing and applicable to you.

Health and Looks- Demi Moore, Jennifer Anniston
[Page 16 Tosca Reno's chart](#)

Preview of the Plan

28 Day Jumpstart to Healthy Living Plan

Goal is if for 28 days:

- ❖ We will eat like we are supposed to (goes by so fast)
- ❖ Avoid the high allergy-inflammation causing, foods that are toxic to our bodies
- ❖ Add in whole food nutrition- actually feed our cells
- ❖ Get rid of toxins and toxic fat
- ❖ Lose inches and pounds
- ❖ Increase our energy level
- ❖ Create clear thinking
- ❖ Develop long-term health habits and desires

How does this sound so far?

This plan is not

- ❖ A rapid weight loss plan, although you're going to lose weight if you need to and if you don't need to, you're not going to
- ❖ It's not a heavy detox plan, although it is a very effective detox
- ❖ It's not a fad diet with strict guidelines- there are guidelines, but there is a lot of leeway in what you can eat
- ❖ It's not expensive- you're not eating packaged foods, you will be eating whole, real foods

What is being added to so many foods is poisoning us. How many saw "Food, Inc."?
Antibiotic resistance because they feed the animals we eat antibiotics

This plan will:

- ❖ Help you prepare and eat hormonally balance meals
- ❖ Will cause you to detox, lose weight if you need to, and you're going to feel energy and clear thinking!
- ❖ Some lose toxic fat and others lose significant inches around waste
- ❖ In addition to eating you're going to eliminate high allergy foods and high-glycemic foods
 - Eating high glycemic foods cause hormonal imbalance
 - Eating low glycemic foods- non starchy foods and lean meat and legumes- this causes hormonal balance

Dr. Barbara Beaty "You can tell if someone is toxic and hormonally imbalanced- look at the midsection- When there is extra fat around the middle, it usually is from hormonal imbalance and toxins"

- ❖ **The body creates fat cells to carry acids away from your organs**
Fat is a response from the body to an alarming over-acidic/toxic condition.
- ❖ **When you remove acid toxins from your body you will:**
Flush fat fast

Study- 13,000 runners over 17 years showed those who continued to run the same distance gained weight. Only those who exercised more stayed the same weight.

Testimonial from “Eat Clean”

So many people just focus on weight loss and not health. Even if you don't have to lose weight, this is a very effective cleanse.

What if you could? Would it be worth 28 days of making some changes? If you're ready for more energy and balance, this is the plan for you.

This will affect every facet of your life

Figure 8 Products Testimonials- 28 Day Plan Testimonials-

Arbonne Products

Go Easy! Protein Shakes- [Page 66](#)

Chocolate and Vanilla powdered or Ready To Drink vegan certified! With so much of our meat supply contaminated with toxins it's nice to know we have a safe healthy alternative

Product Benefits **check out shake comparison**

- ❖ Contains yellow pea protein, antioxidant-rich cranberry protein, rice protein (instead of soy or whey)
- ❖ Helps build and maintain muscle*
- ❖ Flax seed for heart and brain health*
- ❖ Dairy Free
- ❖ Soy Free
- ❖ Lactose Free
- ❖ Gluten Free
- ❖ Cholesterol Free
- ❖ 22 vitamins and minerals
- ❖ Contains ginseng, alfalfa (alkaline), kelp (alkaline) coenzyme Q10 and alpha lipoic acid, to increase energy and metabolism
- ❖ 20 grams of vegetable protein
- ❖ Only 11 grams of sugars
- ❖ Only ___ Carbs (same oz of TJs organic yogurt- ½ the protein, more cal. Triple sugar, 2 ½ times carbs and has Saturated Fat,)
- ❖ *No artificial colors, flavor or sweeteners*
- ❖ *Stevia (95% Steviosides high % =better flavor)*

Can be used as a meal- yummy recipes, a snack, or as a workout recovery shake

Testimonial:

Go Anywhere! Fiber Booster- [Page 66](#)

We hear about the importance of fiber, but very few people get the fiber they need. Cholesterol-lowering, heart disease,

- ❖ blend soluble fiber from fruits and vegetables
- ❖ provides ½ your daily allowance – 12 gms in one single convenient scoop
= to ¾ c oatmeal, 1 med apple, ½ c broccoli, AND ½ c strawberries.
- ❖ odorless, tasteless, and gritless
- ❖ key to staying fuller longer and keeping insulin levels/blood sugar balanced

Testimonial-

One study indicated that if women simply consumed 25-35 gms of fiber daily for one year, they'd absorb and consume 90 less calories/day which would result in a 9 lb drop in weight one year from now...by simply consuming adequate fiber.

As an Arbonne Business Owner, I'd like to point out that our products are gender neutral and speak to all ages

NRG Go3 Fizzing Beverage Tablets- [Page 66](#)

Energy in a tube- who says that time is the greatest commodity? It's energy . . .

Calm Energy

- ❖ Have B Vitamins for energy and immune system
- ❖ Green Tea
- ❖ Guarana
- ❖ Chromium
- ❖ Taurine
- ❖ zero carbs and are
- ❖ zero sugar
- ❖ zero artificial sweeteners
- ❖ Only 10 Calories
- ❖ Metabolism booster

How can I eliminate white sugar and caffeine for 28 days and feel fantastic? This is how!

Testimonial:

Detox Tea- [Page 66](#)

Would any of you skip brushing your teeth for a week? Why?

- ❖ herbal blend w/ milk thistle that supports cleansing and detoxification of your kidney and liver – two major organs that have a tough job given our current high exposure to toxins in our environment.
- ❖ Acts as a diuretic
- ❖ This can be served hot or iced

On the Go! Weight Loss Chews- [Page 66](#)

Chocolate (Tootsie-Roll) and fun seasonal flavors

Herbal combination to help:

- ❖ control appetite
- ❖ decrease stress
- ❖ boost energy
- ❖ 30 calories
- ❖ Sweetened with Stevia

Great when you simply need to chew on something sweet

Omega3 Plus- [Page 70](#)

There has been lots of press about the importance of **Omega-3 Plus**.

- ❖ Symptoms of omega-3 fatty acid deficiency include fatigue, poor memory, dry skin, heart problems, mood swings or depression, and poor circulation
- ❖ Helps to lower bad cholesterol count and raise good cholesterol
- ❖ Known for decreasing inflammation and thereby lowering risk of chronic diseases such as heart disease, cancer and arthritis.
- ❖ Omega-3 fatty acids are highly concentrated in the brain and play an important role in memory, concentration and behavior.
- ❖ They are necessary for human health but the body can't make them -- you have to get them through food.
- ❖ Many cannot tolerate fish oil well and there's been some concern about the amount of actual omega-3 in different fish oil supplements as well as mercury contamination.

Arbonne's Omega-3 are plant based from flaxseed (no fishy aftertaste) and provides a full 1000mg of essential fatty acids

Nutritional Hybrids- [Page 76](#)

Hybrids lay the foundation for deep nourishment while we detoxify.

- ❖ They are whole-food based supplements that include multivitamin, multimineral, digestive enzymes, herbs
- ❖ Superfood antioxidant that has 28 3.5 servings of fresh fruit and veggies
- ❖ Calcium for women, Prostate formula for men..
- ❖ Bottom line they will give you sustained energy and balanced emotions during these 28 days.

Show how Arbonne's vitamins have broken down – stir water with spoon. It looks like carrot juice. A friend of mine did this with her vitamin and it didn't break down for 2 days. What do you think that tells you?

Also turn back to pg 74, you'll see that we have formulations for kids and teens without added sugars, artificial sweeteners, and no artificial colors.

Testimonial:

7-day Body Cleanse Dietary Supplement – [Page 85](#)

This really helps our major detoxifying organs- the kidney, liver and bowel- to unload toxins that we consume and that are absorbed throughout our body

This is very cool how this works (hold up one bottle of the cleanse and the 32 oz water bottle to demo) The 7-day cleanse helps our bodies in Converting us from acid to alkaline You really must sip on it throughout the day and not chug it

It is a very gentle cleanse that takes effect about 15 hours later. Very important to follow with 32 oz of water or energy drink.

- ❖ You don't have to take off work to do this cleanse☺
- ❖ Do not have to fast---we just ask that you try and eat very healthfully for these 7 days for full effect.
- ❖ **Sea Botanicals transform toxic metals into harmless salts** that the body can eliminate (or can then escort them out of the body)
- ❖ Healthy bowel can hold 5-7 pounds or more of fecal matter...this cleanse helps to clean the bowel and rid of excess fluids so not unusual to lose weight on this cleanse.
- ❖ Not unusual to hear a client saying they have lost 4-5 lbs or more at end of 7 days.
- ❖ Gives your body a "tune up". We take better care of our cars than we do our bodies. This is like changing the oil or getting a tune up. Helps keep your organs in optimal working condition.
- ❖ Everyone who has completed the cleanse says: you will feel GREAT at the end....increased energy and focus!

Testimonial:

Share Options and Lead in to Opportunity