

FACEBOOK LIVE – 30 DAY INFO PAGE SCRIPT

HI EVERYONE, MY NAME IS _____, I AM AN INDEPENDENT CONSULANT WITH ARBONNE. MY INTENTION FOR THIS CALL IS TO GIVE YOU A BRIEF OVERVIEW OF HOW ARBONNE'S 30 DAYS TO HEALTHY LIVING PROGRAM WORKS!

WHY YOU WOULD CONSIDER DOING IT!

WHO CAN BENEFIT FROM IT!

AND WHAT EXACTLY IT ENTAILS.

WE ARE NOT ABOUT CALORIE COUNTING, POINTS, OR FAD DIETS.

THIS PLAN IS ABOUT TEACHING PEOPLE ABOUT FOOD AND HOW NUTRITION CAN AFFECT OUR HEALTH IN BOTH POSITIVE AND NEGATIVE WAYS.

ESSENTIALLY, AS WE KNOW, WHEN WE PUT GARBAGE INTO OUR BODIES, GARBAGE IS GOING TO COME OUT.

SO ARBONNE FOUND ME (SHARE VERY BRIEFLY HOW ARBONNE FOUND YOU)

I HAD NEVER HEARD ABOUT ARBONNE.

I WAS NOT FAMILIAR WITH NETWORK MARKETING AS A MEANS TO DO BUSINESS, BUT I SOON LEARNED IT WAS A VIABLE BUSINESS OPPORTUNITY.

AND, WHEN I LEARNED MORE ABOUT THE PRODUCTS, I WAS EVEN MORE CONVINCED.

I BECAME VERY IMPRESSED, NOT ONLY WITH THE PHILOSOPHY OF THE COMPANY, BUT HOW ARBONNE WAS COMMITTED TO PURE, SAFE AND BENEFICIAL PRODUCTS ACROSS THE BOARD.

I LEARNED HOW EACH PRODUCT IS FORMULATED CONCIIOUSLY, TO ADD HEALTH TO OUR BUSY LIVES AND ULTIMATELY HELP US ALL WAKE UP TO WHAT IS WORKING WITH OUR BODIES AND WHAT IS NOT.

Insert your story of your experience on the 30 Days and why you are so passionate about sharing this. Ex:

I did the plan almost 5 years ago for the first time. I had been health conscious, or I thought I was, until I started the 30 days and learned that abs are made in the kitchen and not in the gym or on the tennis court. I had that thing you know that thing around the middle of our waists that never seems to go away. I just chalked it up to aging and figured it was never going away. But most of us eat an inflammatory diet which causes bloating and when the “thing” went bye bye and I had more energy and I was sleeping better after learning how to make healthy choices, I was so passionate about empowering others how to make shifts in their choices to achieve their optimal goals. We are part of a global movement to teach people to make health and wellness a priority for generations to come.

SO THE 30 DAYS TO HEALTHY LIVING PROGRAM WAS LAUNCHED IN 2011, (ALTHOUGH ARBONNE HAS BEEN AROUND SINCE 1981) THE PHILOSOPHY WAS BASED ON A FEW KEY ASPECTS:

1. TO FOCUS ON EATING WHOLE FOODS – farm to table like previous generations
2. TO FOCUS ON AVOIDING INFLAMMATORY & ADDICTIVE FOODS, LIKE: GLUTEN, DAIRY, SOY, REFINED SUGAR, ALCOHOL AND COFFEE. Please type below what is your nemesis, for ex: sweets, bread, pasta, eating out, what do you crave?
3. TO ALSO FOCUS ON THE PROCESS OF ABSORBTION. IT'S NOT AS IMPORTANT AS TO WHAT WE EAT, BUT ABOUT WHAT WE ABSORB”.

4. AND FINALLY TO FOCUS ON PRODUCTS THAT HELP AND ALLOW OUR BODIES TO RELEASE TOXINS, THROUGH OUR ELIMINATION ORGANS – THE LUNGS, THE LIVER, THE GI TRACT, OUR SKIN & OUR KIDNEYS.

We don't lose weight to get healthy, we get healthy and lose weight.

SO TO HELP EXPLAIN WHY WE NEED TO REMOVE TOXINS FROM OUR BODY, I'D LIKE TO SHARE THE BATHTUB ANALOGY.

IMAGINE OUR BODY IS LIKE A BATHTUB.

THE FAUCET BRINGS TOXINS IN. TOXINS COME FROM THE AIR WE BREATHE, THE FOOD WE EAT, WATER, THE ENVIRONMENT ETC.

AND THE DRAIN, BRING THE TOXINS OUT. BY WAY OF OUR ELIMINATION ORGANS... THE LUNGS, LIVER, GI TRACT, SKIN AND KIDNEYS.

MANY OF US HAVE OVERLOADED OUR SYSTEMS WITH TOXINS AND OUR DRAINS BECOME CLOGGED.

IMAGINE THE BATHTUB SLOWLY FILLING UP AND THE WATER STARTS TO SPILL OVER THE SIDES OF THE TUB. WELL, INSTEAD OF WATER, IMAGINE THE TOXINS ARE BUILDING UP IN OUR BODIES..

THIS IS WHEN MOST OF US BECOME ILL. HERE ARE SOME SIDE EFFECTS OF TOXIC OVERLOAD:

- ① FEELING TIRED
- ② FOGGY BRAIN
- ③ POOR CONCENTRATION
- ④ HEADACHES
- ⑤ NAUSEA
- ⑥ MUSCLE AND JOINT PAIN
- ⑦ CONSTIPATION
- ⑧ POOR SLEEP PATTERNS

⑨ WEIGHT GAIN

JUST TO NAME A FEW. Can you relate to one or more of these issues?

THEN, WHEN WE SEEK HELP, IT OFTEN COMES IN THE FORM OF A PILL, LIKE A MOP TO SOAK UP THE SPILLED MESS OF THE BATH.

WHEN YOU DECIDE TO JOIN US ON THE 30 DAY HEALTHY LIVING PROGRAM – YOU WILL RECEIVE DAILY SUPPORT:

Through your consultant and our private Facebook community & support page which will offer encouragement, education, meal ideas and so much more.

WE WILL TEACH YOU:

- How to eat clean (No, it is not boring).
- How to increase your nutritional intake.
- How to balance your blood sugar.
- How to effectively remove toxins from your body.
- How to reintroduce certain foods back into your diet

AFTER

The 30-day plan is completed to see if you do have intolerances.

So, what's wrong with...

- Gluten
 - Estimated 50% of the population has some sort of intolerance to gluten
 - Difficult to digest
 - Causes inflammation (bloating or “pot belly”).
 - Decreases immune system, causes loss of energy, clogged sinuses & slow weight gain.
- Soy
 - Highly processed crop
 - Acidic and difficult to digest.
 - Can mimic the effects of female hormones

Fit Fact: Drinking 2 glasses of soymilk daily for one month has enough of the chemical to alter a woman's menstrual cycle

So, What's Wrong With...

- Refined Sugar
 - Daily intake of sugar causes a continual acidic state.
 - It leaches the body of precious vitamins and minerals
- Dairy
 - Causes bloating, gas, and belly pain.
 - Only 30% of calcium in milk is absorbed
 - You get twice as much from a cup of broccoli or other leafy greens

Whey protein is a derivative from dairy. It is the most popular and cheapest form of protein available. Thought to help build muscle, but very difficult to digest. Arbonne protein has complete amino acid profile which includes the 3 amino acids for muscle building

SO HOW & WHY ARBONNE PRODUCTS?

- They are all alkaline forming, pH correct, low glycemic certified, vegan and kosher certified.
- All Arbonne essentials products are formulated without animal products or by-products, dairy, gluten, soy, GMO's, cholesterol, trans fats, artificial colors, flavors or sweeteners.
- Most importantly our products support a busy / active lifestyle
- **As you discuss each product, hold them up individually for the audience to see**

MEAL REPLACEMENT & VEGAN PROTEIN SHAKES

- Serves as a complete meal replacement that you can have for breakfast and/or lunch or after a workout. There are 20 grams of vegan protein in each serving and a complete amino acid profile.

- The protein is designed and formulated to support our blood sugar and our adrenal glands and our GI tract

ENERGY FIZZ STICKS

- The plan also has fizz sticks, which you can add to water and serve as a replacement to coffee, or soft drinks.
- The Fizz Sticks, made with Vit B and guarana, support your kidneys and helps balance your blood sugar
- We generally drink two of these a day DAILY DETOX (HERBAL TEA)
- The plan also has a detox, herbal tea
- Drink 1-3 a day. Hot or cold
- Milk Thistle and Dandelion helps support the liver and the kidney functions
- Also supports the GI tract

DAILY FIBER BOOST

- It also has a fiber supplement, which is crucial for clean eating and general health as fiber acts like a sponge for toxicity
- On the plan your body will gently let go of the toxins and the fiber is designed to grab a hold of them and flush it out of your system
- So again supporting the liver and the GI tract

Digestion Plus is one of my favs and we really all should be taking this 365 days/year.

- It contains prebiotics, probiotic and 11 digestive enzymes
- Digestion Plus promotes digestion and increases nutrient uptake
- 80% of your immune system is in your gut
- 80% of serotonin is in your gut, which is responsible for mood, libido, sleep, appetite and memory.
- This little packet supports your intestinal wall damaged by diet, antibiotics, medication and stress

7 Day Body Cleanse

- In the third week we add to our daily routine our 7-day body cleanse. This is a gentle elimination of toxins and heavy metals. It helps cleanse, detoxify and support the liver, kidney and GI tract.

GREENS BALANCE

- Can be added to your shakes to ensure your body is getting the right amount of fruits and veggies on a daily basis...

WE do have some ADD ONs

Fit chews which are an appetite suppressant for those of you who have a sweet tooth and need a little cheat without guilt.

We also have our protein bars that are available in fruit and chocolate and contain 10 grams of vegan protein.

If weight loss is your primary concern we have our Evolution Products to assist you.

Full Control

- Kiwi strawberry flavor
- Mix in 8oz of water and drink 30 minutes before a meal
- Contains glucomannan – a fiber that expands 100 times its weight in water while in your stomach to make you feel full longer
- Great for portion control, supporting blood sugar, cholesterol levels, and healthy bones

Metabolism Support

- Helps boost metabolism
- Burns stored fat for energy
- Builds lean muscles mass

Let me share what a sample day looks like on our 30 Day Challenge

Wake-Up:

Digestion Plus on an empty stomach – then wait 15-30 minutes

Breakfast Protein Shake with fiber – 30 minutes after waking.
Cup of Detox Tea and/or Fizz Stick (if you need caffeine first thing drink it after your Digestion Plus).

Snack – Optional: approved snacks: fit chews, handful of nuts, green apple or brown rice cake with almond butter, berries, veggies and hummus, or a hard boiled egg, fizz stick.

Lunch (4 hours after breakfast)

Protein Shake or clean meal (fist size of lean protein, non starchy veggies, approved complex carbohydrates (brown rice, quinoa, or sweet potato). A small amount of healthy fat)

Snack – Optional: (see above)

Dinner:

Protein Shake or clean meal (see above)

After Dinner: if you are hungry, have a detox tea, water, or fit chew.

Leave a 12-hour window of fasting between dinner and breakfast

How to Save!

- Become a Preferred Client for \$29
 - 20-40% off every purchase all year!
 - Free \$100 gift of your choice with a purchase of \$250 or more
 - Free Shipping and reward with a purchase of \$150 or more

- Host a Healthy Happy Hour With Friends
 - Share this info with your friends and offer them to join you

SAVE up to 80% off retail prices!!!

- Become a Consultant/Health Coach for \$79
 - 35-80% off all year!
 - FREE \$100 gift of your choice with a purchase of \$250 or more
 - Earn income off sales or referrals

Explain what's in the kit – remember a \$434 value for \$260.40

Actually when you break it down on a daily basis, its under \$9/day which covers 2 meals of protein shakes/day and much more. Let me explain.

- 2 bags of Protein Shake Mix (Chocolate and/or Vanilla)
- 1 bag of Daily Fiber Boost
- 2 boxes of Energy Fizz Sticks (Pomegranate and/or Citrus)
- 1 box of Digestion Plus
- 2 boxes of Herbal Detox Tea
- 7-Day Body Cleanse

Also, we start a new Facebook group the first and third Monday of each month where you will receive 14 meal plans each week, plenty of insight on healthy living and education, tips for shopping, and eating out and much more. Our next group will start on . Our plan is available to anybody in the US, AU, NZ, the UK, and Canada so reach out and touch somebody!!

This program is not forever. It's not like you are never going to have pizza again, it's simply about pressing the pause button and waking up to how food are affecting you. It's about eating consciously and living consciously. This is not a perfection game, it is a progression and consciousness game.

We will be posting documents with our cost breakdown, a sample day, some meal pictures and pictures of former clients successful journeys.

Just imagine feeling better than you have felt in years, getting rid of excess weight, having amazing skin, more energy and feeling like a new you!! This is our wish for you! We want you to join us on our mission to help women, men and children to feel better and live better and be healthy. It's a domino effect on our whole life!! You can take control of your health and we are here to partner w/you.

You can do this!

Thank you for joining me. **[We just posted some pictures of what I spoke about]** OR **[as soon as we stop recording, I will post some pictures of what I talked about]** and please get back to the person who introduced you to our 30 Day Program and let them know when you are ready to join us.

Thank you again