

Healthy Happy Hour Presentation Script

SLIDE 1

- Welcome! Thank you so much for joining us today to hear about Arbonne's 30 Days to Healthy Living program.

****Give your 60 second story and go into WHY you first did the 30 days, what you got out of it, etc.****

- Before I begin I want to make sure I remind everyone that I am not a doctor and I am making no medical claims about the 30 Days program. My purpose today is to share my positive experiences, as well as what this program can offer you. You should always consult your physician before starting a new regimen or if you have specific questions with regards to your health.

SLIDE 2

- How is the 30 Days To Healthy Living and Beyond program different?
- There's no calorie-counting or measuring food, and there are no points to track. This is NOT a fad diet or an extreme detox, nor is it a rapid weight loss program.

****Add any person insight you have RE fad diets, etc. and why you love that the 30 Days was different.****

- It's important to remember that you get healthy *to* lose weight! Many people believe that you have to lose weight in order to get healthy, but it's really the other way around—when you get healthy, the weight usually comes off on its own!
- This is ultimately a *lifestyle* change that you can take with you (hence the "beyond" part!)

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- What to expect when you decide to do the 30 Days to Healthy Living & Beyond program?

- A jumpstart to a healthier you, renewed focus on health & wellness, and an increased knowledge about how to eat better—and ultimately *feel* better.
- You'll learn what foods have been sabotaging your health (and possibly your ability to lose weight).
- Here's the thing: everyone can afford to do a program like this at least once a year. It gives you a chance to hit the RESET button and reprogram your body to efficiently remove toxins, reset your metabolism, reduce food cravings, and even renew your skin.

****Mention what you learned most about yourself while doing the 30 Days.****

SLIDE 4

- In addition to products, what extra support do you get when you join the 30 Days to Healthy Living program?
- You'll receive guided support and encouragement every step of the way. Not only will you get personal coaching from your Consultant, you will be added to a Facebook group that offers accountability and camaraderie. It features daily tips, recipes, and more, and provides you with a safe forum to learn and ask questions. You'll also get access to shopping lists and meal plans for all 30 days.
- And if you don't want to have to think about it, you can follow the recipes exactly but you are more than welcome to make up your own! And hopefully share them with the rest of us!

****Mention your favorite 30 Days-compliant recipe!****

SLIDE 5

- During the 30 Days program, you'll learn how to eat clean and what that actually means. It's important to note that eating a clean, anti-inflammatory diet helps the body release toxins and prevent disease.
- You'll learn what foods to remove for the 30 days and how to reincorporate them back into your diet afterwards to see if you have intolerances. You'll learn how to increase nutritional intake, how to balance your blood sugar, how to support your elimination organs, and how to effectively remove toxins from your body.

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- You might wonder why you should do the 30 Days program, or why you can't just eat healthy or work out more. It's because we are focusing on getting rid of toxins, which are in all of us, and come from everywhere! Toxins are anything your body can't use as a nutrient or energy, and they usually come from our food (especially Genetically Modified food), our environment, and even our personal care products.
- To help explain this, I'd love for you to imagine your body as a bathtub, and the flow from the faucet represents the toxins. Now imagine that the faucet is on full blast. At some point, our drain (our liver and kidneys) gets clogged and the water, or the toxins, starts over-flowing, which causes problems like disease and illness. Taking medication or doing traditional weight loss programs is like mopping up the mess—you can get *some* of the water (toxins) cleaned up, but if you don't turn *off* the faucet (decrease toxins), or unclog the drain (cleanse the body), the problems will continue.
- The 30 days program helps you unclog the drain *and* turn off the faucet!
- Our bodies eliminate toxins through multiple pathways: liver, kidneys, intestines, and skin.
- The liver has over 500 functions—the primary function is to detoxify. Our kidneys filter over 200 quarts of blood every day and our intestines can hold 5-25 lbs of waste at any given time!
- Our elimination organs need a “tune up” and require proper maintenance; when given the proper nutrients and supplements, our bodies can heal themselves.

SLIDE 7

- These are many of the symptoms of toxic overload. Take a quick inventory and see how many you are currently suffering from. Even those things you think are “normal,” how many of these do you experience on a regular basis? If you have at least three of these, it may be time for a program like this.
- Just like dusting your furniture and cleaning your bathroom, the human body needs to be tidied up from time to time.

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- Focusing on eliminating toxins is crucial to losing fat, because toxins live in fat. When we quickly lose fat, most of the toxins have nowhere to go,

so they overload the body, which then wants to create more fat for the toxins to live in.

- On the 30 Days program, we remove the toxins from the body, which creates lean muscle and helps eliminate excess fat.

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- What do you want to avoid while on the 30 days program and why?
- Many of the common foods we eat have negative effects on our body and we just accept it as “normal.” Many of these foods cause drainage, stuffy nose, allergies, bloating, and gas. The foods you “crave” are often the ones that are most likely having a negative impact on your health.
- We remove foods with preservatives and additives, as well as foods that have come into contact with pesticides, hormones, and antibiotics.
- No gluten. An estimated 50% of the population has some sort of intolerance to gluten. It’s difficult to digest, causes inflammation, which leads to that dreaded “pot belly,” it can decrease the immune system, and can cause loss of energy, clogged sinuses, and gradual weight gain. FYI there are MANY great gluten-free alternatives to most of your favorite foods. Also, many restaurants now offer gluten-free options, so eating out during the program is super easy!
- No dairy or whey. Dairy causes bloating, gas, belly pain, and skin problems. Plus, there are better alternatives for calcium: for example, you get twice as much calcium from 1 cup of broccoli or other leafy greens.
- Whey is a derivative of dairy. It is the most popular and cheapest form of protein but it is very difficult to digest.
- We also avoid sugar, which can cause inflammation, which is at the basis of virtually every disease process. Sugar also causes us to be in an acidic state and leaches the body of precious vitamins and minerals. Eating sugar and acidic carbohydrates (simple carbs like bread, white potatoes, etc) causes the body to secrete insulin, which signals the body to bring the blood sugar down and to hold on to fat. Low blood sugar also causes cravings, which usually leads to eating other unhealthy, potentially harmful foods.
- We teach you to avoid low blood sugar levels by eating at regular intervals, about every 3-4 hours, and having 1-3 healthy snacks daily. It is crucial that you avoid skipping meals, or eating excessively large portions of food to “tide you over.”

- We also eliminate artificial flavors and sweeteners, like aspartame, which has been linked to medical conditions like memory loss, headaches, fibromyalgia, MS, joint pain, Parkinson's, and chronic fatigue.
- During the 30 Days, we avoid most caffeinated beverages, including energy drinks, as well as black tea and coffee, which are highly acidic. Green tea and most herbal teas are okay while you're on the program.
- No alcohol or vinegar (except apple cider vinegar).
- And no soy. Soy is highly processed; it is almost impossible to find non-GMO soy. It is acidic, difficult to digest, and can mimic the effects of female hormones. In fact, consuming too much soy can be enough to alter a woman's menstrual cycle.

****Mention if it was easy or hard for you to give up any of these things and if so, how you coped and what you discovered.****

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- One of the most important aspects of the 30 Days program is correcting your body's pH.
- Do you remember the days of high school chemistry when you learned about the acid to alkaline scale? Internally, we want to run alkaline, but most of us are acidic. If you're really curious, I recommend ordering pH strips (you can find them on Amazon) and tracking your pH throughout your journey. When you're acidic, you're more prone to disease and bacteria, and you're at a much higher risk for cancer.
- During this program, we will teach you how to eat an alkaline-forming diet.

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- By now you're probably wondering, "Well, what *can* I eat?" I am here to tell you that you can eat SO MUCH while on this program! Clean eating does not mean boring, nor does it mean deprivation.
- We want to focus on eating balanced snacks and meals that include whole foods containing protein, complex carbohydrates, healthy and high-quality fats, and lots of fiber.

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- And of course, you get to incorporate Arbonne Essentials nutrition products and supplements!

- All of Arbonne's nutrition products are pure, safe, and beneficial. They're all alkaline-forming and low-glycemic index, as well as certified vegan, gluten-free, kosher, and non-GMO.

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- With your 30 Days to Healthy Living and Beyond kit, you'll get two bags of protein powder mix. You can get chocolate or vanilla, or one of each.
- Arbonne's protein is made from pea, brown rice, and cranberry proteins and contains 20 essential vitamins and minerals. It offers 13 grams of complex carbs (the good kind!), and a full amino acid profile, which is crucial for building muscle.
- While on the program, if you're targeting weight loss, we recommend doing two shakes a day and one healthy meal.

****Mention your favorite shake recipe and how easy it is to have on the go!*

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- Arbonne's Energy Fizz sticks are amazing. There are two flavor options: pomegranate and citrus. The Fizz is a natural caffeine replacement for coffee, soda, energy drinks, black teas, and sweet drinks. They're alkaline-forming and help burn stored calories. The Fizz contains antioxidants and is a botanical blend of green tea, guarana, and ginseng, combined with B Vitamins and chromium, all of which help suppress appetite, boost metabolism, and increase energy.
- The Herbal Detox Tea is also wonderful. With nine botanicals including milk thistle, this tea helps regulate cholesterol, balance blood sugar, promote weight loss, and flush out toxins. It also supports your body's natural production of Glutathione, the "mother of all antioxidants."
- Many people love putting a Fizz *into* their morning Detox Tea in lieu of the traditional morning coffee! Often what people crave most is the ritual of a warm beverage, not the coffee itself and this really helps with that!

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- Digestion Plus and the Daily Fiber Boost are *crucial* during the 30 days because they target gut health. Most skin conditions and many health issues stem from the gut, as 80% of your immune system resides

there. Also, 80% of serotonin, which is responsible for mood, libido, sleep, appetite, and memory, is in your gut. We all need to take care of our guts, but most of us don't.

- Digestion Plus contains 11 digestive enzymes, prebiotics, and probiotics, including a patented probiotic called Bacillus Coagulans, which is designed to survive the body's high temperatures and gastric juices in the stomach so that it can actually work! Digestion Plus not only helps the digestion process, but it also increases nutrient uptake and helps heal intestinal wall damage from poor diet, antibiotics, medications, and stress. It also aids in correcting your body's pH.
- Now for fiber: the average person needs 25-30 grams of fiber per day, but most people only get 4. Arbonne's Daily Fiber Boost is odorless, tasteless, has no texture, and is completely soluble. It helps keep you full longer, and helps pull sugar and toxins through your body faster, which helps balance your blood sugar. One scoop of the Fiber Boost contains ½ of the recommended daily value and you can use up to 2 scoops daily. FYI: getting the recommended daily amount of fiber can help you lose weight even if you do NOTHING else!

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- The 7-Day Body Cleanse is incorporated during week three of the 30 Days program. We do that so that you've had a couple of weeks to adjust to the new way of eating, but the cleanse is safe and effective at any time. You pour one pouch of the cleanse into 32 ounces of water and sip it throughout the day. The key ingredients are milk thistle, cascara, aloe, and senna, but don't worry! There's a small amount of senna, and it won't have you running to the bathroom. The cleanse also features a Superfood antioxidant blend, which helps stabilize free radicals. This product helps cleanse, detoxify, and support the liver, kidneys, and GI tract through *gentle* elimination of heavy metals and environmental toxins.

****Mention your experience with the Cleanse. Did you like the flavor? Did you add a fizz stick or lemon wedges?****

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****Be sure to add a few personal notes about one or two of the following products.****

- But wait, there's more! Arbonne provides additional supplements and nutrition products to make your 30 Days to Healthier Living even easier.
- Fit Chews are like healthy candy! They come in Chocolate, Caramel, and Lemon. They help suppress appetite, control hunger, and give you energy. One or two chews will hold you over for about 45 minutes and at only 30 calories, are a sweet splurge without the guilt.
- The Greens Balance contains 37 non-GMO, alkaline-forming fruits & vegetables in every scoop. One scoop equals a serving of vegetables and is loaded with antioxidants, anti-inflammatories, and Omega 3s. You can add it to your shakes, your fizz, soups or sauces, or drink it on its own!
- Arbonne's Daily Protein Boost delivers 10 grams of pure plant-based protein in every serving. It's made from pea, rice, and cranberry proteins *only*. You can add this to your shakes, use in replacement of one scoop of the flavored protein mix to reduce sugar intake, and you can even add it to other meals for extra protein! ****If you've done this, provide an example!**** It also helps support a feeling of fullness, which can be very helpful for those targeting weight loss.
- Being active is always a good thing, but remember—you cannot out-exercise a bad diet! However, if you do enjoy exercising or even just light activity, I recommend incorporating Arbonne's Phytosport products for optimal performance! The line features pre-workout, hydration, and recovery products. Side note: all of the Phytosport products are Banned Substances Control Group certified, meaning these products are okay for even Olympic and professional athletes to use!
- For those targeting weight loss, the Evolution line is great. Full Control comes in a watermelon-kiwi flavor and mixes with water. You drink it a half hour before eating and, because of the key ingredient glucomannan—a fiber that expands 100 times its weight in water while in your stomach—you feel full longer. It's great for portion control, supporting blood sugar, cholesterol levels, and healthy bones.
- ThermoBooster, which comes in tablet form, provides 400 mg per day of green coffee bean extract. It helps boost your metabolism, burn stored fat for energy, and build lean muscle mass.

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- We all know the expression “you are what you eat,” well it's more accurate to say “you are what you absorb.” What you put on your skin gets absorbed into your blood stream even faster than what you eat, and because your skin is your largest organ, you need to take care of it too.

- Arbonne focuses on a holistic approach to health and beauty. Our skincare is pH correct and hypoallergenic, so the products are gentle and kind to your skin, and it's formulated without parabens, phthalates, mineral oil, or animal byproduct.
- We would love to give you a sample of our amazing skincare!

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- This is what an average day on the program looks like. As I mentioned previously, those targeting weight loss will want to do two shakes and one healthy meal each day.
- As you can see, you actually get to eat!

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- This is a recap of everything that comes in the full kit.
- The retail price is \$____, but let's talk about how to save you money!

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- You can be a connector by introducing your network to your Consultant. You can host your own Healthy Happy Hour, either in person or virtually. By inviting friends to hear this information and sample some nutrition products, you'll have the opportunity to earn free gifts and possibly shop for your 30 Days products at an 80% discount.

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- If you're into shopping and saving, become a Preferred Client! It's \$20 for the year and you'll get the 30 Days to Healthy Living kit at a 40% discount! That's \$____, which comes out to only \$____ per day. That's less than what the average person spends on a drink and pastry at Starbucks (not to mention much healthier)!
- As a *new* Preferred Client who does the 30 Days, you'll receive free shipping and a free gift! You'll also receive a 20% discount for the year off all purchases, with no minimums or monthly requirements, and the opportunity to earn free shipping and cash back rewards.

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- Or, if you're interested in doing what I do, you can choose to become an Independent Consultant/Health Coach! It's a \$79 start-up fee, which gets you a website and a business in a box, as well as unlimited support to grow your own Arbonne business. You'll receive a 35% discount on all purchases and can get the 30 Days to Healthy Living kit at a 50% discount.
- Becoming an Arbonne Independent Consultant gives you an opportunity to become your own health AND wealth advocate!

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- SO DREAM BIG!
- You are where you are today because of the choices you made yesterday.
- If you keep doing what you're doing (especially health-wise), where will you be in five years? And will you be happy?
- Instead of asking, "What if it doesn't work?" ask yourself, "What if it DOES?!"
- You can do anything for 30 days so give this program, and more importantly you and your health, a chance!