Week 3 Email to Detoxers:

Subject Line: 30 Days Are Almost Over…What’s Next?

Hey B!

I just want to congratulate you for getting through 3/4 of the way through the 30 day challenge. I'm so glad that you're feeling great, ridding toxins and losing stubborn body fat. THAT'S AWESOME!!!!

So. I'd like to give you some tips and advice when coming off the 30 day challenge after next week, so you’re prepared.

1. If you're not at your goal...keep going. The more you can stick to this plan that you did for the last 30 days, the faster and more effectively you're going to get to your goal. This is a gentle cleanse and allows more healing for your body which means continued results. I can help set you up for another round.

2. If you're at your goal, move to the 80/20 rule.

80/20 is a lifestyle change and is highly recommended to use as a lifelong tool. This is the key to what helps you STAY healthy. It means 80% of the time, you eat as clean as possible (organic, sticking to the foods on the 30 day challenge, and staying away from the foods on the avoid list). Then 20% of the time (which realistically is one day a week), you can indulge in something that you've been wanting to have in moderation \*\*\*(alcohol, cheese, fries, coffee, etc).

\*\*\*Reintegrate one item per meal and see how you're body reacts to it first. Example: If you eat cheese and get bloated or gassy or diarrhea, you automatically know what caused it, and that you're body is rejecting it because you've just cleaned out your system You're getting a true response from your body that it doesn't agree with you and should be something you rarely eat. You can try this with each food you'd like to reintegrate back into your diet.

The best thing  you can do for yourself is to stay away from inflammatory and acidic foods which are all on the avoid list: Wheat/barley/rye (gluten), dairy, corn, soy, processed sugar, alcohol, coffee, peanuts, and pesticides/hormones (non-organic foods). If you choose to live your life avoiding these foods as much as possible, you will continue seeing AMAZING results. These foods are the most processed and/or acidic and wreak the most havoc on the body due to the acidity and the way they are produced and harvested.

You still want to keep up an active lifestyle, reduce your stress levels, and try your very best to get 8 hours of sleep per night. THIS MATTERS on your overall health and maintaining a healthy weight too.

3. Use Arbonne items to keep you on track during your 80/20 Lifestyle.

To keep feeling awesome like you're feeling now, I highly recommend having one Arbonne shake per day and two clean meals per day. The following basic Arbonne items will help you stay on track even with the occasional parties and reintegrating/testing foods on the avoid list.

* Arbonne Protein Shake
* Fiber Boost
* Digestion Plus
* Detox Tea

\*I also recommend the Energy Fizz Stick for extra energy and the Daily Pack Vitamin supplements if you aren't taking a good vitamin/antioxidant blend on your own.

4. How to save.

Right now you are a Preferred Client and get 20% off anything (40% off certain sets) plus earn rewards with any order over $150. This is awesome!

Ways to save more:

A. Host a Healthy Living Night with 3-5 people at your place and I'll do a quick presentation, explain the detox, sample the shakes, and fizz sticks, answer any questions and you get FREE products and up to an 50% discount on your order for hosting!

B. Upgrade to Consultant like me and get a 35%-50% discount every time your order, and get a "Thank You Check" from Arbonne anytime you recommend someone to do the detox and get awesome results like you! This is REALLY great because you help people feel better, get a greater discount on your own products, and have a potential to earn as much or as little as you want just for recommending something you love!

Let me know which route sounds best for you! I'm so grateful to be a part of your journey! Please reach out with any questions so I can help you make the best decision.

One last thing...If you are comfortable with sending me a before and after pic, that would be fantastic! Other people would love to see your results, and of course I would too! :)

Talk Soon!