

# Arbonne Healthy Living Group Presentation Outline

## What to Take

Client profile sheets, order forms, catalogs, pens, calculator, open date card/calendar. “Client Most Popular Deals” sheets, Healthy Living Cheat Sheets, host folders, sponsoring/opportunity packets, Before and After pictures.

Samples: mini cups, protein bars (recipe on [www.readyssetgotothetop.com](http://www.readyssetgotothetop.com)), Protein shakes, (best to make with frozen berries and the vanilla protein powder – get a magic bullet, it’s easy to use and easy to take to your get together) chews, 1 bottle each of pomegranate/citrus fizz sticks, Detox tea bags.

Display: 1 of each product from 30 Day to Healthy Living ASVP so they can see size, Digestion Plus, 7 Day Cleanse, Vit D spray and the RE-9 Skincare regimen, Evolution Full and ThermoBooster

## Prep Work

- Be prepared before guests arrive– Cut fit chews in half or quarters and place on a small plate.
- Place pre-made protein bars on a plate/ready to serve.
- Have 2 scoops of the protein powder ready to dump into the blender. Fill the magic bullet or blender with 1 cup of ice. Add fruit (handful). Right before serving, add ½ cup of water and protein and blend. Fill mini sample cups and serve on a platter.
- Have tea brewed and keep warm on low.
- Prepare the fizzy sticks and chill them in the freezer until ready to taste.

## What to Say and Do

- ✓ Welcome guests to gather around the table– hand out client profiles
- ✓ (optional– hand scrub with the sea salt scrub at the sink)
- ✓ Thank Host (have small gift/samples)
- ✓ At the beginning of the presentation, ask guests to introduce themselves and share what is the one thing they would like to change about their health

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## My "I" Story

A little about me...(Keep brief and be enthusiastic)

How I was introduced to Arbonne–

- Why I decided to start a business (product or business testimonial).
- What I have gained from building a business (flexibility, friendships, money, recognition/advancement, personal development, confidence, etc.)
- What I see happening with the future of my business and Arbonne.
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## THE ARBONNE ADVANTAGE

Arbonne is a health and wellness company founded 35 years ago with a Swiss heritage.

- Our products are manufactured in the United States; however we follow the stringent European Standards for manufacturing.
- No artificial additives: All products are free of artificial colors, flavors, sweeteners and are gluten, dairy and soy free
- And, the Mercedes Benz is our company car

*Watch what I do because this business is a fun way to earn extra income while helping others. It may be a fit for you or perhaps someone you know!*

## WHAT'S GOING ON WITH OUR HEALTH?

One third of U.S. adults & children are overweight, obese or morbidly obese • Obesity related disease is the leading cause of death • Auto Immune disease is sky rocketing •

Do you or a loved one suffer from:

- High blood pressure?
- High cholesterol?
- Diabetes?
- Cancer?

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- Depression?
- Auto-immune disease?
- Neurological disease?

### WHAT'S THE PROBLEM?

***Too much sugar!*** 70% of the Western Diet is made up of dead processed foods • Meat, dairy and poultry are LOADED with hormones, antibiotics and fillers • We are filling our bodies with Genetically modified “frankenfoods” full of chemicals and preservatives causing us to be OVERFED & UNDERNOURISHED! Our digestive system is overwhelmed with convenience foods and it's showing up in our health.

• *Fit Fact–The average American consumes an astounding 2–3 pounds of sugar each week, and over 135 lbs. of sugar per person per year compared to 5 lbs. per person per year in the 1900's.*

### WHAT IS THE MEDICAL COMMUNITY'S ANSWER?

JUST lose weight, eat less, exercise more • Medicate (there is a pill for “everything”) • Treat symptoms rather than identifying problem.

*What is society's answer?* Starvation diets, processed diet foods, counting points, counting carbs, counting calories • Focus on skinny rather than healthy • Short term fix vs. lifestyle change.

Meanwhile, we are getting sicker, fatter, more sedentary and dissatisfied with life. This generation of kids is not expected to have a lifespan as long as ours. SURPRISED?

*Is anybody here interested in looking and feeling better? How about having more energy? Do you know anyone who'd like to lose a few pounds?*

***You may need to detox if you....***Have low energy • Experience brain fog or frequent headaches • Are taking prescription meds • Have sugar cravings • Have food allergies or skin problems • Suffer from constipation • Feel bloated or gassy after meals • Suffer from indigestion or acid reflux • Can't function without coffee • Experience aches, pains or stiffness • Have difficulty losing weight • Are consuming fast foods or processed foods regularly • Are consuming regular or diet sodas..

## **DETOXIFICATION IS ESSENTIAL FOR HEALTH & WEIGHT LOSS**

The goal is to : 1. Eat Clean– No pesticides, herbicides, fungicides, chemical or artificial sweeteners, colors, flavors. 2. Cleanse the liver and elimination organs 3. Identify allergenic and addictive foods that are sabotaging your health. 4. Restart your body's metabolic thermostat 5. Reduce food cravings by stabilizing blood sugar.

## **What if there was an EASY PROGRAM that combined clean eating with delicious food that would eliminate toxins?**

A program that would:

- ✓ Reduce inflammation
- ✓ Balance blood sugar
- ✓ Curb cravings
- ✓ Boost energy
- ✓ Help the body transition from acidic to alkaline
- ✓ Correct nutritional deficiencies
- ✓ Reduce oxidative stress
- 🍏 Testimony– Give yours or someone else's... I am passionate about helping people live a healthier life so many people are struggling with health.

## **Let me introduce you to Arbonne's 30 Days to Healthy Living & Beyond**

We start by removing allergenic and addictive foods: Dairy products • Gluten –anything with WHEAT (crackers, bread, cereal, pasta, cookies, cake, etc.)• Processed foods (Most things that come in a box or bag with ingredients you can't pronounce or identify) • Margarine or similar type spreads • Coffee, Soda, Alcohol• Artificial sweeteners • Refined sugar.

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INSTEAD WE CHOOSE CLEAN EATING • Fresh fruits & vegetables (low GI) • Raw vegetables & raw fruit juices • Brown rice • Quinoa • Oatmeal • Nuts & seeds • Beans • Organic eggs • Turkey (nitrate/nitrite free) • Organic chicken • Grass fed beef • Wild caught fish.

*Do this for 30 Days then live by....80-10-10 ...80% of the time eat clean and healthy, 10% of the time, you'll have to choose food that isn't so great, and 10% of the time your Aunt makes your favorite dessert and makes sure you eat some.*

### Why Low Glycemic – NOT Low Carb?

Low Carb is so “80’s “ • Extremely low carb diets have the lowest long term success rates, you will eat a noodle someday and when you do watch out! Low Glycemic, not spiking your blood sugar is the smarter way to go. It's the insulin that is secreted in response to eating simple carbohydrates...bread, crackers, white potatoes that is the culprit! Insulin signals the body to bring the blood sugar down and hold on to fat. Scientists have established that anything that causes a rise in blood sugar results in inflammation.

*Fit Fact – Inflammation is at the basis of virtually every disease process such as Cancer, Alzheimer's Heart Disease and wrinkled skin. Dr. Nicholas Perricone*

### Why No Gluten or Soy?

Gluten is found in most grains like wheat, rye and barley • Gluten and Soy are acidic proteins • Difficult to digest and allergenic • The immune system often attacks these proteins causing inflammation, bloating and potbelly • Gluten inflames the intestines, causing it to leak into the bloodstream • Soy contains phytoestrogens that can mimic the female hormone estrogen

*Fit Fact: Drinking 2 glasses of soy milk a day has enough phytoestrogens to alter a woman's cycle*

### Why no dairy?

Dairy is acidic & allergenic. Dairy is full of hormones and antibiotics.

Dairy contributes to acne and mucus production.

Countries with the highest consumption have the highest rates of breast cancer and osteoporosis. The EPA states 100% of beef and 93% of cheese and ice cream is contaminated with DDT.

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*Fit Fact– Whey is a major contributor to intestinal toxemia which can lead to an overgrowth of bacteria leading to IBS or Crohn's Disease.*

**Let's taste the samples!!!** (Group these together on the table)

### 30 Days to Healthy Living and Beyond Tools for Success!

#### These are the products in the 30 Day Kit

**Protein Powder** – Highest quality protein on the market, minimally processed.

20 grams of vegan protein, (yellow pea, brown rice and cranberry protein) low glycemic

Complete amino acids –has all the essential amino acids our bodies need to build and maintain muscle. Gluten free– Dairy Free and Soy Free, is a clean protein source, --

(Taste time for shakes)

**Daily fiber boost** – 1 Scoop is equal to 12 grams of fiber. We are supposed to get up to 25 grams of fiber per day and most of us only get about 7, because of that we end up becoming a little toxic. This fiber has no taste so you can add it to anything and it won't change the flavor of it. Fiber helps to detox the body, it helps to brush the colon and move things through. It can also help with hormone balance. It is made with fruit fiber.

**Digestion Plus** – prebiotic, probiotic and digestive enzyme, it is freeze dried so it doesn't have to be refrigerated, add it to cold water and drink it first thing in the morning. Helps with acid indigestion, helps your body to heal itself and nourishes your gut to help you get nutrients from your food properly. Helps with bloating & heartburn.

**Energy Fizz Sticks** – replace coffee and soda; it's a delicious drink that boosts and sustains energy and controls appetite. Gives a calm energy that is filled with B vitamins, Chromium and taurine, that helps to burn fat while you're sitting. "oh yeah!" balances your blood sugar, promotes alertness and is a mood lifter! Only 13 calories Energy & Hydration

(pass out samples of Fizz drinks)

**7 Day Body Cleanse** – a gentle daily cleanse that addresses toxic metals in your system, we recommend this cleanse to be done the 2nd week of the 30 days and can also be done on a quarterly basis. Has some key ingredients (Chlorrella and potent spirulina and what it

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does it binds the toxins and pulls them out of the system) You can do this all 7 days in a row or twice a week during the 30 days.

**Detox Tea** – you get two boxes with the 30 Day Kit– Wonderful, light flavor, caffeine free Detox tea, milk thistle dandelion, peppermint. Purify the kidneys, liver and bladder.

Let's taste the tea–(pass out tea samples)

Products to help balance the blood sugar (*group these together on the table*)

- **Full Control**– Helps you feel full and supports blood sugar and cholesterol levels..keeps cravings away
- **Thermobooster**– Helps you burn more fat–revs up the metabolism and helps balance blood sugar levels.
- **Fit Chews**– Lemon, Chocolate & Caramel Help break sugar cravings and appetite suppressant

Products that correct nutritional deficiencies– (*group these together on the table*)

- **Power Pack**– 20 Essential vitamins & minerals, probiotics, enzymes, antioxidants and supports bone health in a convenient on the go pack!
- **Omega 3 Plus**– Vegan Omega 3 and DHA from algae (brain food) Kills your French fry cravings!
- **Greens Balance** – Drink your veggies! 1 scoop = 1 serving of your Reds, Greens, Blues, Yellow veggies and fruits! Greens give you energy!
- **Vitamin D** – Helps support energy, immunity and calcium absorption
- **Antioxidant & Immunity Booster** – Bath your cells in antioxidants, supports immune system, energy boost

## A Simple Plan – (*hand it out cheat sheet now*)

Replace 2 meals a day with a healthy shake!

8am – Shake– add fruit

SNACK – Low glycemic snack and/or Fizz Stick, Detox Tea, Fit Chew

12pm – Shake– add fruit and veggies

SNACK – Low glycemic snack and/or Fizz sticks, Detox Tea and Fit Chew

6pm – Lean and Green Meal – see meal plan

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Join our Facebook group for recipes and recommendations.

### **proper proportions**

½ plate with a green healthy vegetable

¼ lean and clean protein source (organic chicken, clean fish, grass fed beef)

1/8 healthy carb, (brown rice, legumes or quinoa)

1/8 healthy fat–(almonds, avocados, olive oil)

## **OTHER WAYS TO REDUCE TOXINS**

Skincare, makeup shampoo's and personal care can be a significant source of toxins, containing hormone disrupting chemicals and some may even encourage cancer growth

Arbonne skincare is toxin free and it actually works. *(Show before and after pictures)*

This is our #1 selling premium Anti-Aging skincare line– RE9 Advanced.... *It's safe AND effective*

## **OPPORTUNITY – Is this business for you?**

*Many people are looking for more time, more money or both. Do you like to help people? Then this may be a fit.*

### **What if you...**

- had an extra \$1000 or more a month?
- were your own boss?
- could share what you've learned to help others?
- could completely change your own financial future and help others do the same?
- We have a simple, duplicable system to support you in building a part time business with the potential to earn a full time income. Make sure you go home with some info on the business if you are even just a little bit interested.



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### Network Marketing is a viable business

We have multiple ways to earn in Arbonne and the average District Manager makes between \$200 to \$1000 a month and a Regional Vice President makes between \$5,000 and \$10,000 a month. Plus, we are pampered with Tiffany jewelry and travel opportunities!!

Who do you know that could benefit from this compelling information?

Shop the deals tonight-- then host and earn rewards for the rest of your wish list! Besides this wellness workshop we do a fun and girls night in facial! We have a generous host rewards program that I would love to tell you more about!

### 3 WAYS TO WIN!

Show deals and steals– This entire set you can get off 40% off as a preferred client and as a new PC you can get a free \$50 product with your set and I would recommend the greens balance.

That is the program in a nutshell. It is simple, we have some great resources to help you through the 30– days. We have a Facebook support group, we have shopping guides and we have lots and lots of recipes that taste delicious

**Client:** Great customer service and high quality products!

**Preferred Client:** Save! I have never paid full price for my Arbonne products and I don't think anyone else should either.

- \$20 for a 20% discount on all orders (no min monthly orders)
- Receive a FREE product (1 product up to \$50 value) w/ a \$150 retail order (price before your discount)
- Save 40% on select packages

**Consultant:** Earn! Only \$79 to start/ \$30 renewal 35–50% off all orders – Unlimited income opportunity

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### CLOSING INSTRUCTIONS:

- I am going to hand out our catalogs and our order forms– If you haven't finished your profiles make sure you do that now. I want to make sure that everyone gets the best deal in their budget so let me work with each of you individually.
- Is there anybody here who needs to leave first? I'll be at the table to check you out first!
- Thank you again for taking the time to come and listen, YOU matter, and I'm so glad you came!

Be prepared with Host packs and Sponsoring / Curiosity Packs/ Remember to have fun!