

Healthy Habits *for Life*

Gut: Restore, Rebuild, Renew



Arbonne Products presented in Person, Purchased Online with Discounts and Delivery to YOUR Door.



FeelFit Pea Protein Shake Simply 1

Keeping sugar low and motivation high! Introducing a new way to enjoy our bestselling Pea Protein Shake, this vegan shake mix is keto-friendly and has less than 1 g of sugar and 5 g of carbs per serving. It features 23 vitamins and minerals including methylated forms of Vitamin B12 and Folate, and 20 g of easy-to-digest vegan protein from Peas, Cranberries and Rice to help you feel full and support muscles. SRP \$89 | **PC Price \$71.20**

Flavors: *(Circle)*

Chocolate **Vanilla** **Strawberry** **Coffee** *Limited time flavor:* **Peppermint Mocha**



MushroomPowder Daily Defense

A daily superblend of mushrooms that supports your immune system, helps you adapt to stress, and supports cognitive function. With only 5 ingredients, this blend derived from 100% organic mushroom extracts contains standardized bioactive beta glucans. With a uniquely selected mushroom blend to support immune response on a cellular level, this mild-tasting powder supports the body's cells to respond to environmental stressors. It features Reishi with adaptogenic properties to help alleviate stress, and Lion's Mane to help support healthy cognitive function. With a slightly earthy, yet neutral taste, it blends seamlessly into a shake, smoothie bowl, oatmeal or preferred beverage. SRP \$50 | **PC Price \$40.00**



FeelFit Appetite Control

Feeling full can help promote healthy lifestyle decisions. Formulated with Glucomannan*, a fiber derived from the konjac root that expands upon contact with water in the stomach, this vegan dietary supplement ingredient helps you feel full to support weight management. This dietary supplement also features Magnesium that contributes to energy-yielding metabolism from carbohydrates, fats and protein -- and helps support healthy blood glucose levels that are already in the normal range. Featuring a delicious Watermelon-Kiwi flavor, one serving before mealtime up to three times a day helps keep your appetite in check so you can make wise choices that enhance an overall healthy lifestyle. SRP \$72 | **PC Price \$57.60**



GreenSynergy Elixir

Your Green Gut Glow on the go! Create synergy from the inside out with a drinkable smart nutrition + skincare routine that features your greens, collagen builder, and happy gut formula all in one tasty citrus-flavored shot. GreenSynergy Elixir features 13 full-spectrum digestive enzymes for less bloat, a full serving of fruits and vegetables for smart nutrition support, and a vegan collagen builder for great-looking skin. SRP \$115 | **PC Price \$92.00**

Your Info

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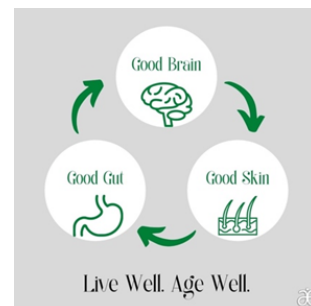
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90 Day money-back guarantee, Discounts available with no monthly reordering requirement!

Gut: Restore, Rebuild, Renew, Immunity

Disease begins in the gut. Recent research has found that 80 percent or more of our immunity depends on healthy gut bacteria, which are ten times as plentiful as the cells in our bodies.

Malabsorption and poor digestion may be a root cause of many confusing digestive maladies from Irritable Bowel Syndrome, Leaky Gut, to life threatening Celiac Disease and Crohn's Disease. Inflammatory bowel disease and food allergies have increased 50 percent since the 1990's. Gut issues can show up on the skin. The incidence of eczema and skin allergies have risen 69 percent in the last 30 years, and now affect one in eight children.



Nerves in the gut lining are in constant communication with the brain, which is releasing regulators at the cellular level to instruct metabolism, fat storage, appetite, hormone levels—thyroid, estrogen, melatonin—and more. Both food and pharmaceuticals alter the gut microbiome and its signals to the brain for better or for worse. The release of hormones from endocrine cells in the lining of the gut depend on the composition of gut bacteria.

Brain health depends upon food metabolized by the gut flora in order to provide nutrients needed at the cellular level. Dr. David Perlmutter, author of *The Better Brain Book* and *Grain Brain*:

Individuals who consume a diet high in carbohydrates have an 89% increased risk of developing dementia, while people who consume a diet high in healthy fats reduce their risk by 44%.

Ensuring that the foods you consume are high in antioxidants, rich in healthy fats, low in carbohydrates, and powerfully anti-inflammatory can go a long way towards optimizing brain health and boosting memory and cognition.

Dr. Mark Hyman, director of the Cleveland Clinic Center for Functional Medicine, blames sugar for our national crisis in cognitive decline. "The underlying causes of Alzheimer's disease begin with too much sugar on the brain. The cycle starts when we over-consume sugar and don't eat enough fat, which leads to diabetes. Diabetes leads to inflammation, which creates a vicious cycle that wreaks havoc on your brain.

Good Skin

Scientists have also confirmed the gut-skin connection. Dr. Loren Cordain has asserted that increased intestinal permeability or "Leaky Gut Syndrome" causes body-wide inflammation, or a slow "burn" that accelerates body-wide aging including the skin.

Good Mood

The body's neurotransmitters, or "feel good" substances, like serotonin and norepinephrine are produced in the gut. When you clean up the gut, allowing the gut to function at optimal levels, you increase the production of these transmitters. If you have mild depression or anxiety, the first thing to do is address the gut by cleaning up your diet and taking a good prebiotic, probiotic and digestive enzyme. The gut is where the regulation of mood, appetite, and sleep when in the right balance make life worth living means a good mood! Too often today glyphosate, the main ingredient in the weed killer Roundup sprayed since 1995 on genetically modified crops and has destabilized the gut. Help Restore, Rebuild, and Renew Your Gut with Arbonne tools.