

Healthy Habits *for Life*

Carb Dodging & Intermittent Fasting



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*



EnergyFizz Ginseng Fizz Sticks

Get the natural boost you need to make it through the day. Whether used as a replacement for your morning coffee or for a mid-afternoon pick-me-up, simply mix this vegan, low-calorie, effervescent dietary supplement with water. Designed to help increase energy levels while temporarily relieving fatigue, promoting alertness and enhancing cognitive performance, its vegan blend of Ginseng Root, antioxidant Coenzyme Q10, Chromium and B vitamins (including Riboflavin and Niacin) is joined by naturally-derived Caffeine from Guarana and Green Tea. SRP \$65 | **PC Price \$41.60**

Flavors: *(Circle)*

Strawberry **Blood Orange** **Pineapple** **Mango Peach** **Watermelon** **Blackberry** *Limited time flavor: Raspberry Honeydew Melon*



BeWell Superfood Greens

Fruits and vegetables are important foods to include in your daily meal planning. When you find it challenging to regularly consume these foods, a nutrition supplement can help increase your intake. One scoop of this versatile, vegan superfood powder delivers a blend of 36 fruits and vegetables in each serving for a boost of greens. Featuring prebiotic fiber and phytonutrients along with a natural, deep-green color courtesy of Blue-Green Algae derived from Spirulina, Chlorella, Wheatgrass and Barley Grass, this vegan nutrition supplement provides the benefits of eating the full color spectrum of fruits and vegetables. Sweetened naturally with cane sugar and stevia, our superfood powder can be added to water, juice or a smoothie, making it easy to get the greens your body needs. SRP \$57 | **PC Price \$45.60**



GutHealth Digestion & Microbiome Support

Minding your gut's microbiome is a must, as this delicate balance of bacteria helps support healthy digestion. Designed to amplify the benefits of a healthy diet, this powder-based dietary supplement mixes easily with water so its blend of prebiotics, probiotics and enzymes can work synergistically with your body to promote a healthy gastrointestinal tract. Its ingredients include prebiotics derived from Chicory Root and 3 billion CFU of Bacillus coagulans probiotics plus enzymes that support the digestion of carbohydrates, fats, proteins and lactose which in turn helps the digestive system function normally. SRP \$58 | **PC Price \$46.40**



CleanTox Herbal Detox Tea

Approach healthy living from the inside out. Designed to help support the liver and kidneys (the body's detoxifying organs) this mild, caffeine-free, vegan detox herbal tea features Milk Thistle, Peppermint, Dandelion, Sweet Fennel, Elder Flower, Nettle Leaf, Parsley, and Licorice plus a refreshing flavor. SRP \$20 | **PC Price \$16.00**



Your Info

Name

Phone

Email

Address

Your Order

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

Launching Your Healthy Habits for Life

After a few weeks, on Arbonne's Healthy Habits you may be delighted to find far less aches and pains, better sleep, and fewer cravings. These products are designed as nutritional supports that consist of 1) a good clean Simply 1 protein packed with multiple daily vitamins and essential minerals, 2) daily fruits and veggies in a convenient scoop, and 3) a fizz packet chocked full of B vitamins, 4) a probiotic for gut health and 5) herbal detox tea to help elimination organs in the body's release of toxins.

These ingredients can be mixed in Arbonne's delicious Simply 1 low carb protein, add a little good fat (think coconut oil, MCT oil, or even organic whipping cream). Drink the tea cold or hot any time of day or so good just before bed!

Sugar Burning and Calorie Counting to Fat Burning and Carb Counting

There is a lot of talk of fat burning today! How do we stop storing fat and to start burning fat deposits? How to get rid of stored toxins surrounded by protective fat and stored on hips, backs, tummies, arms, and bums? Arbonne's Simply 1 protein is a valuable bridge from sugar burning to fat burning. After a few months, you are well on your way to developing eating habits and patterns that move you from a sugar burner/fat storer to a fat burner.

Despite a few decades of avoiding fats, fats surround your cells and carry nutrients to cells. Fat also slows the breakdown of protein and provides fuel without an insulin response. The goal now is to maintain a low blood insulin level to burn fat every day without being hungry. This allows your body to burn stored fat and consumed fat, while producing ketones instead of glucose to feed your brain and give you energy.

Intermittent Fasting

After weaning off of a dependency upon sugars, processed foods, and grains, it is easier to open your eating window beyond the 12 hours between dinner and breakfast. Fasting from dinner the previous day to lunch the following day gives the body 18+ hours to restore, reboot and regenerate a healthy metabolism. SUGARS and GRAINS and snacking will sabotage this eating pattern.

Give Yourself Time to Adjust

Research over the last decade details the health imperative of leaving the "Standard American Diet's" Little FATS+SUGAR+ GRAINS to avoid Insulin Resistance to avoid the chronic diseases born in Metabolic Syndrome. A sugar-addicted SAD-consuming energy-storing person will likely find it difficult to quickly jump quickly into a low insulin fat burning state. Going too fast can make intermittent fasting a short-lived misery, but with time the sugar cravings and the seesawing blood sugar of insulin resistance, will make intermittent fasting manageable, health and energy enhancing, and freeing. The way back is clear but be patient with yourself.

Let's eat of the good fats and oils of the land and return to the old path of farm-to-table goodness delivered to us from God's hands.