

# Arbonne's Anti-aging Product Concept "Health is Beautiful"



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## Arbonne Anti-aging Product Concept: “Health is Beautiful” Diet & Lifestyle: Nutrition In and On the Body

There is a solid case to be made about the way Arbonne’s product concept was organized, which I have never seen for any cosmetic line presentation in any department store, boutique or drugstore.

While the Arbonne business can work to relieve the health destructive stresses of not enough money and/or meaning in one’s life, Arbonne’s product line is comprehensively designed to foster health positive action. Health is beautiful seemed to be the slogan for Arbonne’s concept, in other words, no matter what you look like, healthy is the most beautiful you’ll ever be. Therefore diet and lifestyle considerations are implicit and explicit in the Arbonne product line of antioxidant rich skincare and nutritionals, weight management with detoxifying teas and shakes, aromatherapy and antioxidant rich cosmetics.

To convey Arbonne’s organizing principle of “health is beautiful” in a short period of time (there is so much to tell), I looked at Arbonne’s nourishing and body balancing product line and found it was built from the cellular level up.

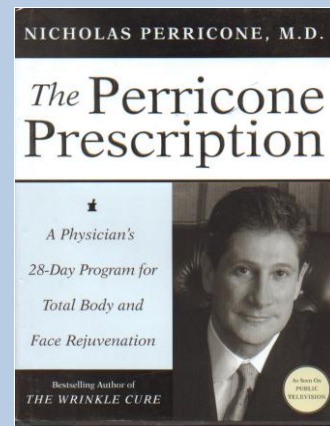
### Life at the Cellular Level

#### Digestive Enzymes: Translating Nutrition into Energy

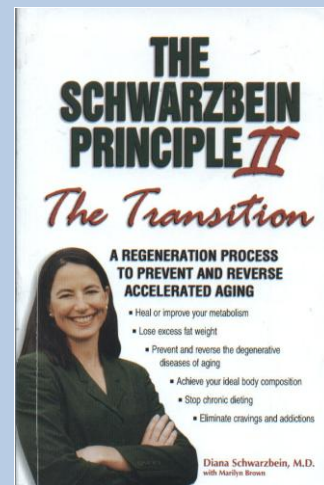
Accelerated Aging can occur from a number of actions, but most anti-aging doctors agree that aging well hinges on being well nourished, a very difficult task these days. Foods must be well chewed and enzymes available to assist in the transformation of food into energy via the mitochondria, a “little furnace” in every cell.

Arbonne’s HYBRIDS nutritionals for men and women, have enzymes, which assist in breaking foods down making it usable at the cellular level and the pre and probiotics for good gut and so nutrients can be turned into energy at the cellular level is critical to overall health management.

If your diet lacks good nutritional value, because you are eating processed foods out of boxes or from drive through windows, then you are not giving the body the raw material it needs and you’ll begin to age at an accelerated rate.



The conversion of food into energy in our bodies is accomplished in...The mitochondria [which] may be thought of as “little furnaces” that take food and break it down into its basic chemical structure...the chemical reactions in the mitochondria are one source of free radicals. In addition, free radicals are created in very high levels throughout the body whenever there is trauma, infection or inflammation... The cell has its own defenses...Antioxidants are the cell’s defense against free radicals.



To keep your body alive and functioning well, you need to have chemicals that are used for structure, function and energy. These chemicals are known as biochemicals...How much you do on a daily basis determines your need for bio-chemicals, the more you do the more you need to rebuild them. If you use up your bio-chemicals faster than your body can rebuild them, you are destroying your metabolism and accelerating your aging process.

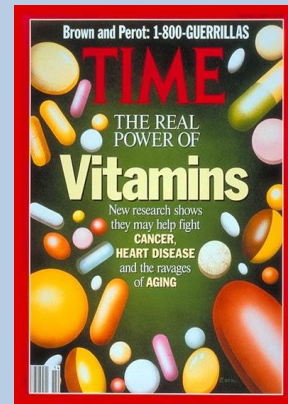
## Nutritional Supplements: On and In the Body

Arbonne's anti-aging concept puts antioxidants on the body and inside the body to give the body the raw materials to fight free radical damage at the cellular level. A growing number of researchers are reporting that the inflammation-aging connection is the single greatest cause of aging and age-related diseases such as heart disease, diabetes, Alzheimer's disease, arthritis, certain forms of cancer, diminished mental and physical energy, the loss of muscle mass and wrinkled, sagging skin. The presence of inflammation produced by lifestyle factors, like eating a pro-inflammatory diet (i.e., high glycemic carbohydrates); stress; weakened immune system and hormonal changes along with environmental stressors, like excess exposure to ultraviolet light (UVA & UVB) can result in accelerated aging.

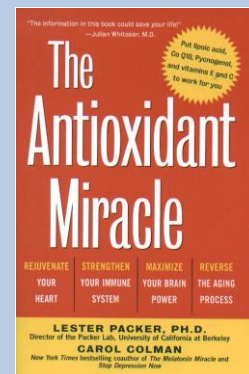
A steady regimen of anti-oxidants both on the body and inside the body, coupled with lifestyle changes that include an antioxidant rich diet and moderate exercise is an excellent way to do our part to prevent and protect ourselves from accelerated aging. Dr. Perricone counsels, "You must provide your brain with the nutrients it needs to function at peak levels, to solve problems, to keep memory sharp, to generate creative ideas and to experience a state of well being." Your body needs a steady supply of high quality protein and the right fats. What your body doesn't need is sugar and high-glycemic carbohydrates like wheat, pasta and potatoes.

Arbonne incorporates antioxidants in their topical and internal product formulas from nutritional supplements like the Omega 3s, B Vitamin-rich Heart Formula, the Hybrids with super foods, vitamins, minerals, to Arbonne's antioxidant-rich RE9 Nutrimin C skincare – why even the cosmetic colors are antioxidant rich!

The vital **OMEGA 3s** so important for **mental attitude and brain support**. Says Dr. Mark Hyman (author of *Ultraprevention*), "The king of good fats are the omega-3 fats. These are the fats that come from wild foods....The problem is that 99% of us are currently deficient in these healthy, essential fats." When Dr. Alan Logan was asked to name the most helpful food factor, he said, "If I had to pick only one dietary factor that could change your psychological condition, omega-3s would be number one." He points to data showing that the average person's brain is starved for the omega-3s found in seafood, whole grains, grass-fed beef, flax seeds, walnut oils, and dark leafy greens like kale and spinach. As he says, "The brain is 60 percent fat and come retirement age or sooner, if you



*Free radicals are cellular renegades; they wreak havoc by damaging DNA, altering biochemical compounds, corroding cell membranes and killing cells outright. Such molecular mayhem, scientists increasingly believe, plays a major role in the development of ailments like cancer, heart or lung disease and cataracts. Many researchers are convinced that the cumulative effects of free radicals also underlie the gradual deterioration that is the hallmark of aging in all individuals, healthy as well as sick. —*  
*TIME, April 6, 1992*



What Are Antioxidants? "A family of vitamins, minerals and other nutrients – compounds produced by the body that occur naturally in many foods. Antioxidants work together in the body to maintain our health and vigor well into the late decades of life. They do this by protecting us from damage caused by free radicals...Scientists now believe that free radicals are causal factors in nearly every known disease...In fact, free radicals are a major culprit in the aging process itself...By controlling free radicals, antioxidants can make the difference between life and death, as well as influence how fast and how well we age...There is overwhelming scientific evidence demonstrating that those who eat a diet rich in antioxidants and take antioxidant supplements will live longer, healthier lives..."

haven't deposited enough of the good kind of fat—omega-3s—there is a greater risk of mental disease.”

When it comes to **weight loss**, the OMEGA3 offer many benefits. A study the Charles University in Prague, found that women on a low calorie diet lost significantly more weight and had greater reductions in their body mass indices (BMIs) and hip circumferences, when they took supplemental OMEGA3. But even if you are not on a low calorie diet, remember, Dr. Perricone says, that it takes fat to burn fat—OMEGA3s will do the trick.”

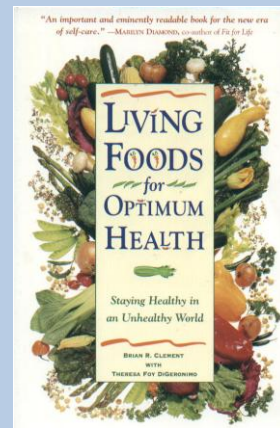
## Skincare

Arbonne’s skincare is loaded with antioxidants vitamins, but without the nutrition-blocking mineral oil bases so common in other skincare products on the market (yes Arbonne understands you needed to feed your skin too).

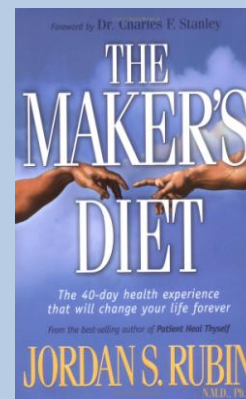
**Good for Your Skin, Good for the Brain:** Dr. Perricone made an important link between skin and brain functions. He poses: *“What is the exact connection between our brains and our skin?...As a research scientist and a dermatologist, I have observed that if something has a positive effect on the central nervous system—whether it is a nutrient, herb, or any pharmacological agent—it seems also to have a positive effect on the skin. It all starts in the womb...The same layer of tissue from which the brain is derived is also the source of the skin. Consequently there is a strong connection between the two structures.”*

What goes on the skin can be absorbed through the skin via the two circulatory systems, the blood and the lymph, reaching every major organ of the body within minutes. Nicotine patches, for example, dispense nicotine via the skin. Surprising as it might seem putting good things (antioxidants, vitamins, oils) on one’s skin could also have a positive impact upon the brain.

**Essential Oils are Oils Pressed from Living Plants.** Mineral oil is an inert (dead) substance, a cheap byproduct of petroleum refining. Arbonne uses essential oils, not mineral oils, in its product formulas. Mineral oil is overwhelmingly used as the medium in US personal care products because, bottom line, it is cheap. Mineral oil is occlusive, like plastic wrap on the skin. The skin is the largest detoxifying organ of the body and mineral oils, because of too large molecules, make expressing toxins through the skin difficult. Mineral oil can block good skin function. Dr. John Lee is quoted as saying that mineral oil is “estrogenic” and therefore not recommended for skin application. It just makes sense to use oils



Essential Oils are able to penetrate through skin due to their small molecules. They are absorbed into the bloodstream, into the lymphatic system; encourage growth of new cells delaying the process of aging by eliminating old cells more quickly. Different oils affect different hormones allowing weaker cells to leave the body and the remaining cells are strengthened, thus delaying aging by encouraging new cells and eliminating old. Circulation can also be improved, pain relieved, fluid retention reduced, and nerves calmed. Living Foods, p. 139



According to Dr. Jordan Rubin, author of *The Makers Diet* herbs were humanity’s first medical source. Herbs, spices are incredible sources of antioxidants with antimicrobial and anti-inflammatory properties...[that] still offer us medicines for inducing healing, preserving health and improving our quality of life. The bible mentions at least 33 species of essential oils and makes over 1000 references to their use...essential oils were inhaled, applied topically, taken internally. Some essential oils are antiviral and antibacterial; can reprogram receptor sites in body cells and damaged DNA coding; are anticarcinogenic.



better suited for skincare. Essential oils are discussed in *Living Foods for Optimum Health*, written by directors of the Hippocrates Institute, of West Palm Beach, Florida.

Essential oils have the highest ORAC ratings of any substances in the world. The “ORAC” or Oxygen Radical Absorbency Capacity scale measures the antioxidant powers of foods and other substances. According to Dr. Jordan Rubin, stricken as young man with Crohn’s disease, essential oils have been highly prized since ancient times. Rubin reports: “four biblical essential oils greatly outperform the highest ranking fruits and vegetables in existence. For example, one ounce of clove oil has the antioxidant capacity of 450 pounds of carrots, or 120 quarts of blueberries or 48 gallons of beet juice.” I am delighted to know that applying these wonderful oils and other antioxidants to my skin not only feeds my skin, but also aids cellular function which promotes health and well being overall, from head (the brain) to restoring and softening my toes and heals!

Arbonne’s product concept includes essential oil rich aromatherapy designed to daily activate, reactivate and unwind us affecting a stressful lifestyle. The effect of these specially blended essential oils is to work upon the hypothalamus to actually change mood and attitude. Synthetically formulated perfumes may smell good, but that ends in the nose, because the scents don’t work on the hypothalamus, but can cause allergic reactions.

### Hormones: Cellular Messengers

An individual’s skin reveals a great deal about their state of health. Looking good and feeling good is an interplay between nutrition, antioxidant vitamins both through skincare and in the body via supplements, like Omega 3s, the King of Good Fats; essential oils for cellular support by application on the skin and inhaled via distressing aromatherapy; and the symbiotic interplay of the Arbonne concept of health, vitality and well being would not be complete without including the body’s cellular messenger system, hormones.

Dr. John Lee, author of the book *What the Doctor May Not Tell You About Menopause*, and a speaker at a previous Arbonne NTC, gives a number of conditions which are not normal, but indicate a hormone imbalance. They are:

*Irritability, Fatigue, PMS, Hair Loss, Depression, Disturbed Sleep, Mood Swings, Endometriosis, Infertility, Night Sweats, Weight Gain, Dry Skin, Low libido, Fibromyalgia, Unexplained Weight Gain, Heart disease, Osteoporosis, Fluid Retention, Irregular Periods, Migraines,*



### 9 KEY INGREDIENTS IN RE9:

- 1. Bio-Hydria® Complex** – proprietary blend of seven plant nutrients that soften and condition skin.
- 2. Nanospheres** – infused with free radical fighting antioxidant vitamins, penetrate deep into the skin to protect, condition and adjust to skin’s specific needs.
- 3. Vitamin C, Magnesium Ascorbyl Phosphate** – biologically-active form of Vitamin C that promotes the production of collagen, elastin and ground substance..
- 4. Elhibin®**, a revolutionary, plant-derived skin protectant, contributes to skin’s elasticity, softness and smoothness. And, Stimu-Tex®, a unique, plant-derived skin moisturizer, helps improve the structure and function of the skin’s epidermal lipid layer, minimizing water loss and helping skin metabolism.
- 5. Alpha Lipoic Acid** – a powerful antioxidant that penetrates skin quickly and absorbs into the skin’s cells to increase cell metabolism.
- 6. Kojic Acid** – a highly effective, natural skin lightening agent that reduces the appearance of long-term sun and environmental damage.
- 7. Copper** – bolsters enzymes that stimulate the growth of collagen. Stimulates elastin production and formation of cellular cement between cells.
- 8. Alpha & Beta Hydroxy Acids** – AHAs derived from foods, plants, lactic acid and citrus breakdown protein bonds, increasing cell proliferation. BHA with antioxidant properties helps to visibly tighten and smooth skin, and reduce the appearance of brown spots and fine lines.
- 9. PPT3, PentaPeptides** – Increase skin thickness and improve skin roughness, wrinkle volume and wrinkle depth. Reinvigorate fibroblasts to produce significant quantities of collagen and glycosaminoglycans to restore dermal matrix.

*Vaginal Dryness, Hot Flashes, Thyroid Dysfunction, Anxiety, Heavy or Painful Periods, even Prostrate Problems in Men.*

### **How do hormones become imbalanced?**

Stress is a factor in depleting progesterone levels, the main ingredient in Prolief, Arbonne's Balancing Crème. Being on the go can cause the body to perceive crisis engaging the production of cortisol, a hormone charged with countering the effects of Adrenaline (stress). If the stressors continue, a woman's body can even stop ovulating, the action necessary to producing progesterone, even more severely limiting the production of progesterone.

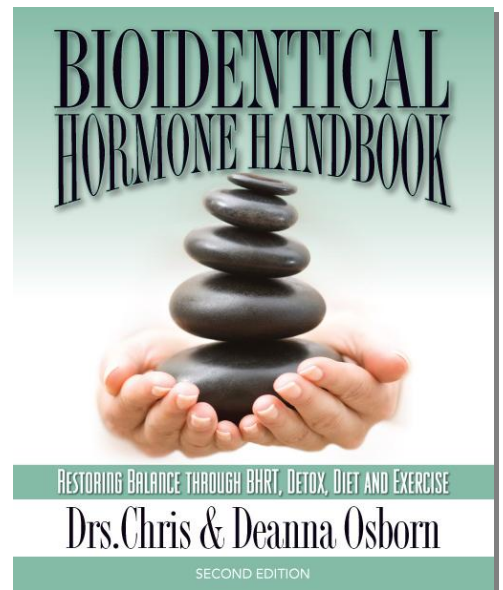
Diet can also be a factor. Animals are fed estrogen or growth hormones and in eating meats and drinking milk, those hormones can be passed to the consumer. Also, sugar and refined starches, high glycemic foods can act as false estrogens in the body.

Environment today is a great consideration in hormone issues. We live in a petro-chemically based society and the by-product is a xeno estrogen, a false estrogen, a cellular messenger with an unnaturally message. Pesticides and herbicides are sprayed on our foods, women put their hands in household cleaners every day, and petroleum based personal care products (like mineral oil) can contribute to hormone imbalance.

Birth control pills and HRT - After recent hormone studies were published, questions about non-bio identical hormones abounded. Every woman should read the now plentiful books and articles which deal with this controversial matter. Today, millions of women concerned about contraception, aging and menopause question whether or not to undergo hormone replacement therapy (HRT).

As for skin issues and hormones, there are considerations particularly for younger girls. Many young girls today, beginning as early as puberty, are given birth control to help with problem skin, like acne. While birth control may help with skin problems, there is a downside. According to Endocrinologist Diana Schwarzbein, women are not getting the correct information about how dangerous birth control pills really are. She cautions that birth control can disrupt the sex hormone system, and, because all hormones are connected, the body's entire hormone system is disrupted, too.

In a press release of July 29, 2005 the International Agency for Research on Cancer (IARC), a division of the World Health Organization (WHO), declared the classification of combined estrogen-progestogen [non bio identical hormones] oral contraceptives (OCs) as carcinogenic. The IARC placed the contraceptives into their



Drs. Chris and Deanna Osborn's second edition of their best selling *Bioidentical Hormone Handbook* will put you on the path to health and fitness as they show you the vital interplay between hormone balance, detoxing, exercise, and nutrition, and as the foundation for life-long good health. For ordering information and guidance go to:

[www.thehormonehandbook.com](http://www.thehormonehandbook.com)

Group 1 classification, the highest classification of carcinogenicity, used only 'when there is sufficient evidence of carcinogenicity in humans.'

Accutane, a prescription written for problem skin, is often offered to young girls and boys. There are risks here too. Recently a young man, who took Accutane, was awarded a \$2.6 million dollar court judgment because of problems with his colon. There are a number of cases reportedly making their way through the court system of others who believe they were not adequately warned about the problems associated with Accutane. A better solution is first to detox and rid the body of toxins for clearer more vibrant skin externally and a better running system on the inside. Birth control is also often prescribed for young girls to control problem skin. Dr. John Lee on page 36 of his book *What your Doctor May NOT Tell You About Breast Cancer*, he says: "The use of oral contraceptives by teens is now an established risk factor for breast cancer. The younger the girl, the higher the risk of breast cancer. In general, girls under the age of 18 who use oral contraceptives triple their lifetime risk of breast cancer."

If problem skin conditions continue unresolved by Clear Advantage, then there could be problems with a controversial condition called Candida, which may require a change of diet for a period time to detox the body from the effects of candida. Dr. Jeffrey S. McCombs' book, LIFEFORCE can be helpful in this regard, but this should be the beginning of your search to restore problem skin related to internal toxins.



## What is Candida?

Candida is controversial...Candida is the popular term for candidiasis (candida overgrowth) - a condition first identified by American physicians in the 1970s. Moderate amounts of candida live in every one of us without causing any harm, but when given free rein to grow unchecked, e.g. by wiping out the surrounding bacteria with broad-spectrum antibiotics, Candida can change into its fungal form and spore through the intestinal wall into the rest of the body. Once through, it rampages around the body producing a multitude of symptoms. There are too many symptoms to list them all here. A minority of sufferers have numerous symptoms; the vast majority have thrush + a few others; not every sufferer has thrush.

**Group 1:** The damage to the intestinal wall allows undesirable toxins to permeate into the bloodstream. This condition called 'leaky gut syndrome' often leads to: food allergies, foggy brain, migraines, muscle aches.

**Group 2:** Once through to the rest of the body, candida has the ability to disrupt the endocrine system causing symptoms such as: thrush, fungal infections of the nails/skin e.g. athlete's foot, cystitis, weight gain or weight loss, PMS, menstrual irregularities, joint pains, ear infections, asthma, chronic tiredness, hayfever, allergies, sinusitis, sensitivity to perfume, tobacco smoke and petrol

**Group 3:** Symptoms in the intestines include: bloatedness, diarrhoea and/or constipation, flatulence, itchy anus, In addition, candida involvement has been implicated in some cases of other illnesses e.g. ME/CFS, Endometriosis. <http://www.candida-society.org.uk/>

## Detoxing and Weight Management



Dr. John Peterson, author of “Our Stolen Future” says; The chemical hot spot is not an oozing swamp of toxic effluent: it’s our bathrooms, kitchens, living and bedrooms loaded with EDCs, Endocrine Disrupting Compounds, found in synthetic chemicals like phthalates mimic estrogen in the body and have the ability to interfere with hormone systems. “Pollution isn’t something coming out of a smokestack. It’s in us. It’s become part of the background chemistry of our bodies. And it’s accumulating. And it’s accumulating quickly.”

Further says Peterson, sixty years ago, only a few synthetic chemicals had been invented. The explosion of modern chemistry began in the era of the military buildup during the 1930s-40s. Chemists invented plastics, pesticides, solvents, degreasers, insulators, and other materials for defense and to feed more people. Since WWII, more than 85,000 synthetic chemical compounds have been commercially developed and released into the environment. These toxic chemicals are suspected of contributing to cancers of the breast, prostate, brain and testicles, lowered sperm counts, early puberty, miscarriages, and other reproductive diseases as well as diabetes, ADD, asthma and autism. Bisphenol-A is so common and is linked to lower sperm counts, early onset of puberty, insulin resistance and diabetes, prostate and testicular abnormalities, etc.

Arbonne is not just another pretty face. There are deeper concerns and more significant actions in order to have good skin as well as overall health. The two are inseparable and Arbonne’s Concept acknowledges that fact. Arbonne was thinking women’s skincare and makeup, because cleaning out the system is a good first step to health, beauty and well being before taking prescriptions and other remedies, which may not be needed if the toxins are removed satisfactorily.

Detoxifying for problem skin or skin that had simply lost its luster is possible everyday and for a specific time every few months. The liver is the largest internal detoxifying organ. It filters out toxins and chemically

### ***National Geographic***

William Cocke, Nov. 3, 2004

Male smallmouth bass appear to be producing eggs in the Potomac River, near Washington, D.C...Our impression is that they are males that are being feminized [because] of the nature of the chemicals that are in the water, and most of them are estrogenic [meaning they stimulate development of female sex characteristics], Some of [the estrogenic chemicals] are natural urinary estrogenic products from humans, and some of them are pharmaceuticals—birth control pills...also found [were] large concentrations of compounds called alkylphenols—common substances often associated with household detergents and personal-care products.

converts them so they may be eliminated safely, but if your liver takes in more toxins than it can eliminate, it malfunctions causing a variety of symptoms.

- **External signs of a sluggish liver** are: coated tongue; bad breath; a flushed facial appearance; excessive facial blood vessels; acne; psoriasis; eczema; oily skin; rosacea; yellow conjunctiva (eyes); red swollen itchy eyes; dark circles under the eyes; brownish spots and blemishes (liver spots); rashes and itchy skin; inability to lose weight. Digestive issues are also a sign of an overburdened liver: Gall stones and gall bladder disease; intolerance to fatty foods; intolerance to alcohol; indigestion; reflux; nausea; abdominal bloating; constipation; irritable bowel syndrome; and hemorrhoids.
- **Neurological and emotional signs of toxicity** can include: Depression; mood changes, anger and irritability; poor concentration and "foggy brain;" and recurrent headaches with nausea.
- **Immune dysfunction** is also a sign of toxicity: Allergies; sinus; hay fever; asthma; dermatitis; hives; fibromyalgia; chronic fatigue; chemical and food sensitivities; auto-immune diseases; and recurrent infections.

The 7 Day Detox is not just a bowel cleanser/laxative...even though, when there is great toxicity, it can have that effect. If you are toxic and your liver is sluggish, it is important to be on a good balanced eating plan, water regimen, exercise, rest, etc., along with nutritional supplemental support.

Arbonne's Sea Source is all inclusive. A good plan when on the 7 Day internal cleanse is to drink all the water called for; eat a healthy-clean diet; drink the Detox Tea 2-3 times a day to support the liver and kidneys; along with the fizz tabs to keep the energy balanced; daily dry brushing; and take a Sea Source Soak bath each night during the cleanse.

Arbonne's fiber, two fiber shakes a day keeps that colon rollin,' vital to cleansing the body every day. If you are not having a bowel movement every time you eat (3 times a day), I have been advised that could rightly be called "constipation." James L. Wilson, says waste that doesn't eliminate can seep back into the system. It's important to have enough fiber to move through the gastro-intestinal tract and keep regular...

Daily fiber in your diet not only improves bowel motion and re-establishes normal bowel function and strengthens adrenal function. As the body's responses become more efficient, your liver often begins to detoxify more rapidly. This means that more toxic constituents are contained in the bile that is secreted by your liver and emptied into your intestinal tract for elimination.

Fiber prevents bile from becoming toxic in your large intestine by binding with it and moving it along the digestive tract. In this way, fiber helps eliminate fat-soluble toxins from your body. Without sufficient fiber present, these poisons may be released from the bile and reabsorbed through your intestines.

- James L. Wilson, N.D., D.C., Ph.D., *Adrenal Fatigue*, Smart Publications, Petaluma, CA, 2007, p. 203.

The detox tea, coupled with the daily fiber shakes, is a wonderful way to gently purge the body's waste management systems of toxins and impurities. Both the fiber shake and the protein shakes contain the vitamins, minerals, and protein: Vitamin B5 and C, copper, zinc, magnesium, and manganese which, according

to Dr. Perricone, are the principle nutrients needed to repair any type of tissue damage, from serious wounds to unwanted wrinkles.

For seasonal detoxifying it could be helpful to spend a few days including the Colon Cleanse supplement along with the daily detox tea and fiber shakes.

### **Detoxing: How To**

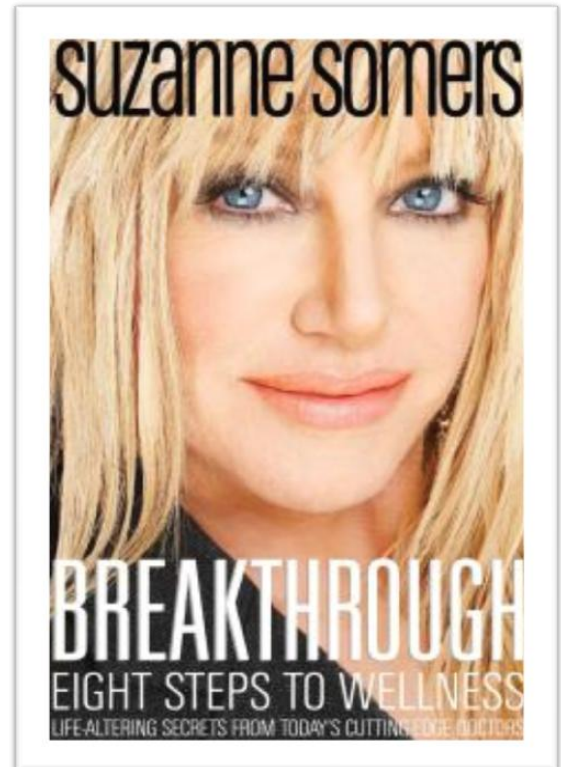
Detoxing is important to do. The book "Breakthrough" by Suzanne Somers – maybe a little unconventional - I know but she HAD breast cancer over 10 years ago and has made health maintenance a focus of her life. In a series of books, she has interviewed anti-aging cutting-edge docs and it is most informative and easy to understand reading and guidance with lists of doctors across US in each book who practice anti-aging medicine. Suzanne says, after getting your hormones balanced, detoxing is the second of eight steps to "wellness." Many spa and alternative health practitioners also agree.

To start your detox, pick a week you are home and not traveling. Limit your diet to fish, veggies, plenty of water, and Arbonne's protein drink that is good anytime, but I especially like it during a detox. I add yogurt and berries to the 7 oz of water that I put in the protein powder (it's a vegan protein – yellow pea protein in powder and there is a premixed portable container which is good).

As you detox it is important to use the colorless, odorless, tasteless fiber. A scoop in the morning and in the evening is all the protein you need. You can put it in water or a protein shake – anything really. It is good to use Arbonne's fiber every day to be sure to get the right amount of fiber, which is hard to do these days.

Start the 7 day detox – each day put one of the little Arbonne bottles in 4 cups of water and drink through the day. It has to be watered down and spread out over the day. I also like to drink a cup of the detox mixture in the morning, a cup at noon, a cup in the afternoon and a cup in the evening. For 3-5 nights of the 7 days, bathe and soak Arbonne's minerals.

Use the dry brush each day of your life before showering or bathing. Using circular motions, come up the legs, arms and backs moving toward the heart. This brushing moves that lymph system. I like to use the Arbonne Seasource scrub and wash in the bath that week to exfoliate. The skin is the largest detoxing organ of the body and it works best when exfoliated. If you are getting a good mineral support in your multi-vitamin great, if not, then Arbonne has a good vitamin and mineral support in their hybrids. While detoxing, consider calling a massage therapist and have a massage during the week. It just helps move things along, and using the body mask and hair mask during the week or as part of the massage treatment puts minerals back while relaxing you. Remember mineral support make you peaceful.



## Weight Management: Diet and Lifestyle

After extensive reading in bookstore sources (secondary sources meant for mainstream reading), I discovered Arbonne's concept was on the cutting edge and truly pure, safe, beneficial, more spa-like, vegan, etc., which put it outside of the realm of prescribed cosmeceuticals. Arbonne was more alternative and preventative (what you can do), rather than treatment based and what can be done for or to you. All the books on health and wellbeing in the bookstores are basically "diet and lifestyle" books. Pick any one of the books in the health and wellness section and get started.

Part of a good regimen includes eating properly. Chewing foods well, having ample digestive enzymes (in the Arbonne probiotics) to digest foods is critical for life at the cellular level. Remember, Dr. Perricone says, your body needs a steady supply of high quality protein. Arbonne has a very high quality protein powder made from vegan sources, pea protein, not whey (milk) or soy proteins, which are sometimes not as easily assimilated by the body.

But is your eating problem just a lack of willpower? According to David Kessler, former commissioner of the U.S. Food and Drug Administration, over-eating maybe more insidious - the combination of fats, sugars and salt used by food manufactures to trigger a 'bliss' point in the human brain.

For millions of us, the real problem is modern food is impossible to resist. Kessler - who is professor of pediatrics, epidemiology and biostatistics at the University of California - says it all comes down to the bliss point, foods that change brain chemistry. Instead of satisfying hunger, the salt-fat-sugar combination will stimulate that diner's brain to crave more, Kessler said. For many, the come-on offered by Lay's Potato Chips -- "Betcha can't eat just one" -- is scientifically accurate. And the food industry manipulates this neurological response, designing foods to induce people to eat more than they should or even want, Kessler found.

Obesity is understood to be a killer making weight management key to overall good health. Arbonne's protein powder, fiber shakes and appetite curbing chews can help keep systems running clean and efficiently. Weight management plays a huge role in health maintenance and disease prevention. Dr. Bernard Levin of Houston's MD Anderson visited Louisville, Kentucky in September 2004, and was quoted as saying two thirds of all cancers can be prevented through diet and lifestyle changes. When asked what the American public needs to learn to prevent cancer? Dr. Levin replied



This photograph of me was taken just after my mother died before she was 70 years old, of cancer. My father also died before 70 with heart disease and diabetes. I was certain in my late 40s that I was just getting older, fatter and less healthy. Didn't infirmity accompany age? I thought so, but I resolved after their early deaths to find out how to maintain health and well being. Arbonne's balancing cream was THE reason I became a consultant and a business builder immediately. I could tell from the reading I had done that Arbonne was most unusual and skincare didn't begin to describe the Arbonne Concept.



This is me after Arbonne and significant changes to diet and lifestyle. The puff is gone from my skin, no more sugar, I have regained my energy and built an Arbonne business presenting the Arbonne Concept.



“health literacy...understanding more about biology, having some grasp of what makes us tick and things we can do to make ourselves healthier.

## Conclusion

There are other companies which also take a comprehensive approach to beauty, but Arbonne’s 7 product categories were more preventive and alternative in tone and therefore more approachable. People at Arbonne presentations are inspired to take hold of their own health, beauty and wellbeing. Arbonne is a gateway into the world of what you can and need to do for you. I am making no health claims particularly when it comes to Arbonne products, but I do recommend books that I have read, like *The Maker’s Diet* to those with gastro-intestinal issues, the Osborns’ *Hormone Handbook*, and other books included in the bibliography that speak to hormone balance, brain health, cancer prevention, etc.

Arbonne’s products are cutting edge current with today’s thinking about becoming and staying healthy. I have met a number of doctors who understand the importance of a good eating regimen – nutritional healing - to regain a stronger health position. When problem skin issues arise and more than Clear Advantage is required, Dr. Cordain’s book, “The Dietary Cure for Acne” is also a great help for that troubled skin. I advocate to my team, as an Arbonne Independent Consultants, we work on getting ourselves in shape and along the way we’ll learn a great deal about feeling better and looking better through the Arbonne Concept that we can impart to others.



## *Arbonne Green Commitment*

Arbonne is committed to environmental responsibility. As our business grows, we strive to minimize our impact on the earth through the implementation of innovative and responsible environmental practices, and we encourage our manufacturing and sourcing partners to do the same.

### *At Arbonne we:*

- Support responsible harvesting of our botanical ingredients (harvest and replenish)
- Never utilize endangered plant species in our formulations
- Practice “source reduction,” optimizing packaging and product design to use less materials
- Use renewable sources for all of our paper packaging
- Strive to achieve Forest Stewardship Council (FSC) certification for all paper packaging
- Incorporate Post Consumer Recycled (PCR) content in all shipping cartons and plastic packaging, wherever possible
- Print with soy-based inks wherever possible
- Ensure our distribution facilities have recycling programs for all incidental packaging and shipping supplies

Continuous improvement is critical to our commitment. We regularly review our ingredients, packaging materials and business operations to optimize our positive contribution to defending and protecting the earth’s resources.

## **Discover The Arbonne Concept: 7 Product Lines**

**Restoring balance and vitality, through better diet and exercise, choosing safer products to use in our homes, by managing our stress, and by using the 7 categories of Arbonne Products to improve our overall health position:**

Hormones: Prolief, Phytoprolief

Detoxing products include tea, fiber shakes, colon cleanse, and now the addition of the Seasource Products

Weight Management: Protein and Fiber Shakes

Nutritional Supplements: Hybrids with digestive enzymes, brain boosting B vitamins, antioxidants, Omega 3 essential fatty acids and mineral support and more.

Skincare: Arbonne's skincare is free of mineral oils allowing the antioxidant support and essential oils to penetrate the skin and be carried throughout the body. RE9 and FC5 are the daily skin regimens and Clear Advantage for problem skin; and Before Sun

Aromatherapy formulas are rich in essential oils derived from plants in scrubs, sprays, candles, to assist in soothing anode-stressing.

Colors: Arbonne's classic cosmetic colors are certified ORGANIC and fortified with antioxidant support and are perfect for the finishing touches to a radiant canvas, your face, made beautiful by Arbonne's comprehensive view to healthy skin, from the inside out.

**For detailed information on Arbonne Products related to this publication, visit [www.raybonne.wordpress.com](http://www.raybonne.wordpress.com) and click on *Product Knowledge Sheets*.**

**For more information on Arbonne International visit [euniceray.myarbonne.com](http://euniceray.myarbonne.com)**

**Anti-Aging, Health Maintenance: Arbonne RSVP**  
**\$700 of product for \$350!**

<b>Re9 Advance Set</b>	<b>\$323</b>
<b>Vanilla Protein Powder</b>	<b>\$60</b>
<b>Chocolate Protein Powder</b>	<b>\$60</b>
<b>Digestion Plus</b>	<b>\$50</b>
<b>Collagen Support</b>	<b>\$48</b>
<b>Omega 3 Supplement</b>	<b>\$34</b>
<b>Citrus Fizz Sticks</b>	<b>\$32</b>
<b>Pomegranate Fizz Sticks</b>	<b>\$32</b>
<b>Prolief Natural Balancing Cream</b>	<b>\$36</b>
<b><u>Arbonne Aromassentials Awaken Body Lotion</u></b>	<b><u>\$22</u></b>
<b>Total</b>	<b>\$697</b>
<b>+ <i>Free Gift!</i> Power Packs: Men or Women</b>	<b>Value: \$102</b>

To find out how you can get all these products at 50% off,  
contact me by email - [euniceray@gmail.com](mailto:euniceray@gmail.com) or phone - 502-773-2755

# CENTER FOR OCCUPATIONAL & ENVIRONMENTAL MEDICINE, P.A.

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WWW.COEM.COM

## HORMONE BALANCE TEST

<p><b>Symptoms: (Progesterone Deficiency)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Large breasts</li> <li><input type="checkbox"/> Swollen tender and painful breasts</li> <li><input type="checkbox"/> Edema/swelling</li> <li><input type="checkbox"/> Irritable and aggressive</li> <li><input type="checkbox"/> Heavy periods</li> <li><input type="checkbox"/> Painful periods</li> <li><input type="checkbox"/> PMS</li> <li><input type="checkbox"/> Insomnia</li> <li><input type="checkbox"/> Cyclical headaches</li> <li><input type="checkbox"/> Infertility</li> <li><input type="checkbox"/> Early miscarriage</li> <li><input type="checkbox"/> Migraines</li> <li><input type="checkbox"/> Anxious/depressed</li> </ul>	<p><b>Symptoms: (Estrogen Deficiency)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Vaginal dryness</li> <li><input type="checkbox"/> Painful intercourse</li> <li><input type="checkbox"/> Bladder infections</li> <li><input type="checkbox"/> Hot flashes</li> <li><input type="checkbox"/> Night sweats</li> <li><input type="checkbox"/> Memory problems</li> <li><input type="checkbox"/> Lethargic</li> <li><input type="checkbox"/> Depression</li> <li><input type="checkbox"/> Hair loss on the top of the head</li> <li><input type="checkbox"/> Vertical wrinkles above lip</li> <li><input type="checkbox"/> Droopy breasts</li> <li><input type="checkbox"/> Hairy face</li> </ul>	<p><b>Symptoms: (DHEA)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Dry hair</li> <li><input type="checkbox"/> Dry skin</li> <li><input type="checkbox"/> Flabby muscles</li> <li><input type="checkbox"/> Fat belly</li> <li><input type="checkbox"/> Scant underarm hair</li> <li><input type="checkbox"/> Scant pubic hair</li> <li><input type="checkbox"/> Low libido</li> <li><input type="checkbox"/> Prone to high blood pressure, atherosclerosis, heart disease</li> <li><input type="checkbox"/> Poor immunity, cancer, infections</li> <li><input type="checkbox"/> Hard climbing stairs when over 65 years old</li> <li><input type="checkbox"/> Insecure, anxious, gloomy and sad</li> </ul>
<p><b>Symptoms: (Growth Hormone Deficiency)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Thinning hair</li> <li><input type="checkbox"/> Sagging cheeks</li> <li><input type="checkbox"/> Flabby abdomen</li> <li><input type="checkbox"/> Dry and thin skin</li> <li><input type="checkbox"/> Feeling exhausted</li> <li><input type="checkbox"/> Large wrinkles on face</li> <li><input type="checkbox"/> Forehead creases</li> <li><input type="checkbox"/> Double chin</li> </ul>	<p><b>Symptoms: (Excessive Estrogen)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Hair loss</li> <li><input type="checkbox"/> Prostate enlargement</li> <li><input type="checkbox"/> Irritability</li> <li><input type="checkbox"/> Puffiness/bloating</li> <li><input type="checkbox"/> Headaches</li> <li><input type="checkbox"/> Breast enlargement</li> <li><input type="checkbox"/> Weight gain</li> </ul>	<p><b>Symptoms: (Aldosterone)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Low blood pressure</li> <li><input type="checkbox"/> Dizzy when standing up</li> <li><input type="checkbox"/> Feel better lying down</li> <li><input type="checkbox"/> Crave salty food</li> <li><input type="checkbox"/> Frequent urination</li> <li><input type="checkbox"/> Dehydrated skin</li> </ul>
<p><b>Symptoms: (Excessive Androgens- male hormones)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Acne</li> <li><input type="checkbox"/> Excessive hair on the face and arms</li> <li><input type="checkbox"/> Thinning hair on the head</li> <li><input type="checkbox"/> Ovarian cysts</li> <li><input type="checkbox"/> Polycystic ovarian syndrome (PCOS)</li> <li><input type="checkbox"/> Hypoglycemia and/or unstable blood sugar</li> <li><input type="checkbox"/> Infertility</li> <li><input type="checkbox"/> Mid cycle pain</li> </ul>	<p><b>Symptoms: (Testosterone deficiency – men &amp; women)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Weight loss</li> <li><input type="checkbox"/> Loss of muscle</li> <li><input type="checkbox"/> Lower sex drive</li> <li><input type="checkbox"/> Constant fatigue</li> <li><input type="checkbox"/> Enlarged breasts</li> <li><input type="checkbox"/> Lower stamina</li> <li><input type="checkbox"/> Softer erections (male)</li> <li><input type="checkbox"/> Gallbladder problems</li> <li><input type="checkbox"/> Tire easily with exercise</li> <li><input type="checkbox"/> Fat belly</li> <li><input type="checkbox"/> Slack &amp; wrinkled face</li> <li><input type="checkbox"/> Constantly depressed</li> </ul>	<p><b>Symptoms: (Cortisol deficiency)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Debilitating fatigue</li> <li><input type="checkbox"/> Foggy thinking</li> <li><input type="checkbox"/> Thin and/or dry skin</li> <li><input type="checkbox"/> Brown spots on face</li> <li><input type="checkbox"/> Unstable blood sugar</li> <li><input type="checkbox"/> Low blood pressure</li> <li><input type="checkbox"/> Intolerance to exercise</li> <li><input type="checkbox"/> Crave salt &amp; sugar</li> <li><input type="checkbox"/> Allergies weak &amp; trembly after stress</li> </ul>
<p><b>Symptoms: (Thyroid Deficiency)</b></p>		
<ul style="list-style-type: none"> <li><input type="checkbox"/> Cold sensitivity</li> <li><input type="checkbox"/> Cold extremities</li> <li><input type="checkbox"/> Easy weight gain</li> <li><input type="checkbox"/> Dry skin</li> <li><input type="checkbox"/> Hair loss</li> <li><input type="checkbox"/> More tired in the morning</li> <li><input type="checkbox"/> Constipated</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Puffy face and eyelids in morning</li> <li><input type="checkbox"/> Slow and unclear thinking</li> <li><input type="checkbox"/> Prone to skin cancers</li> <li><input type="checkbox"/> Dry lusterless, thick hair</li> <li><input type="checkbox"/> Big calves</li> <li><input type="checkbox"/> More tired after napping or resting</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Morning leg and ankle swelling</li> <li><input type="checkbox"/> Pear shaped trunk, padded buttocks and thighs</li> <li><input type="checkbox"/> Depressed in the morning</li> <li><input type="checkbox"/> Elevated diastolic blood pressure</li> <li><input type="checkbox"/> Joint stiffness in the morning</li> </ul>

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### **Important Legal Warnings for Those Involved in the Health & Wellness Movement**

State and Federal laws and FDA Regulations are very strict. Declarations of healing and diagnosis might be considered practicing medicine without a license. It is strongly suggested to use consideration of care in public representations about diagnosis, healing of disease, and “cures” and to consider adhering to these guidelines:

- Do not use the word “diagnose.” Only licensed medical professionals (physicians, acupuncturists, chiropractors, etc.) are legally entitled to diagnose illness. You “detect problems” or the like.
- Do not refer to medical diagnostic words, such as cancer, leukemia, fibromyalgia, etc. Lay practitioners do not diagnose. Refer not to diseases but to “health problems,” etc.
- Do not refer to “cures.” You cannot claim to cure anyone. You can only help people be better informed about maintaining good health, having a better diet, exercising more properly and routinely, taking health supplements, and promoting prevention and better overall lifestyles.
- Do not make “referrals” to medical practitioners. This implies that you have done a diagnosis. Instead suggest that the person may want to find another more “holistic” or “multi-disciplinary” approach.
- Never tell people that a healing or practice is a replacement for any medical treatment they may be receiving. Your services can be used as a complementary practice for medical care—not as a replacement.
- Never tell people to change or discontinue current medical treatment. Encourage them to seek advice from their physician or licensed healthcare practitioner.