

# Want to Lose Weight? Think Figure 8®!



By:  
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For anyone who has tried to lose weight, you quickly learn that it's easier said than done. With so many choices of diets to follow, supplements to take, plus a dizzying array of products for the weight loss conscious, how can anyone be successful?

There are three key elements for success in any weight loss program:

- A balanced, healthful alternative eating program
- Movement (exercise in some form)
- Support from others

Arbonne International has taken up the gauntlet on weight loss by addressing two of these key elements directly:

1. They've developed a healthful line of products under the Figure 8® Weight Loss Control Program. (If you think about it, the number 8 IS the only one that has a waistline.)
2. They've put YOU in control and provided a support system at their website, [www.gofigure8.com](http://www.gofigure8.com).

The Movement part is up to you!

First, let's identify the components of the Figure 8® weight loss program and the products that help support you in your weight loss goals.

Arbonne has focused on the eight critical dietary elements that are necessary for any weight loss program to be successful:

- High protein
- Low carbohydrate
- Low fat/no saturated fat
- No cholesterol
- No artificial sweeteners, colors, or flavors
- No animal products/ by-products (a truly vegetarian product line)
- Suppresses appetite\*
- Boosts metabolism/ increases energy\*

How did they do it? Arbonne has created four distinct products in the Figure 8® line:

**Go Easy! Protein Shakes**

Replace one or two meals a day with a Go Easy! Protein Shake to jump-start your weight loss. Each flavor (vanilla, chocolate, chai latte) is loaded with

more than 20 essential vitamins and minerals and includes Arbonne's proprietary Inner G-Plex®, a complex that provides energy at the cellular level.

**Just Go! Orange Fiber Shake**

Just one glass of this shake per day provides you with nearly half of the recommended daily fiber intake!

**Going, Going, Gone! Dietary Supplement**

"Arbonne has focused on the eight critical dietary elements that are necessary for any weight loss program to be successful."

This supplement is designed to support fat loss, control your appetite, and increase your metabolism\*.

**Figure 8® On the Go! Weight Loss Chews**

No weight loss program works if you feel as though you are depriving yourself. These chews are the perfect way to feel like you are "cheating" when you're really helping to support your weight loss efforts. They are formulated to curb your appetite and give you a healthy burst of energy in between meals. Plus, they come in three yummy flavors.

An additional product useful in promoting a healthy weight loss regimen is Arbonne's **Figure 8® Daily Detox Tea**. This all-natural tea assists your body's natural cleansing process of the liver and kidneys by helping you counteract, filter, and clear toxins. This is important at any time, but more so during weight loss simply because the fewer toxins you retain, the easier it is for your body to process foods correctly by using them as energy and not storing them as fat.

**Website**

While these products are fabulous and effective if used as recommended, the second key component to successful weight loss is finding others who are going through the same thing. Recognizing this, Arbonne has created a website specific to their Figure 8® line: [www.gofigure8.com](http://www.gofigure8.com). Here you can:

- Learn all about the products above
- Read Arbonne's online Figure 8® newsletter that covers various aspects of weight loss, healthy eating, exercise, and even has an "ask the expert" area
- Find useful tools, such as a body mass calculator and a daily caloric needs calculator
- Participate in online chats

and post comments and questions to message boards - a portal to connecting with others eating Figure 8® products and committed to losing those extra pounds.



Arbonne is truly committed to helping people achieve their dreams, whether it is successful weight loss or financial independence. Arbonne utilizes the principles of network marketing to sell their products - giving women and men the opportunity to own their own business and pave their own path to success.

**Stop the Presses! This Just In!!**

Arbonne has now introduced the first non-edible product in its Figure 8® line: **Vanish™ 2-Step Cellulite System!** This revolutionary system includes the Vanish™ Pre-Shower Cellulite Scrub and the Vanish™ Contouring Cellulite Cream. The scrub goes on dry before you shower - activated by the vigorous rubbing/scrubbing

designed to heighten blood flow and slough off dead skin to reveal the healthy, vibrant skin beneath.

After showering, the second step, Vanish™ Contouring Cellulite Cream, is applied. Using a proprietary blend of botanicals and clinically proven ingredients, this cream helps to improve the appearance of visible cellulite. Used over time, these two products create a vanishing act that will leave your skin looking smooth, not dimpled. You won't believe your thighs!

If you've been contemplating owning your own business, please consider becoming an Arbonne Independent Consultant. Start here by answering the following questions:

- Would you like to have more time and money for your family?
- Do you value having creative control over your life and work?
- Would you like to benefit from the advantages of owning your own business?
- Do you care about others and want to make a positive difference contributing to people's lives?

If you answered "Yes!" to these questions, you may be a perfect candidate for an Arbonne Independent Consultant business.

"You won't believe your thighs!"

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Pam Voss, Executive District Manager for Arbonne International, has always been passionate about helping people. On a recent mission trip to Kenya, she was struck by how difficult even the simplest things can be to obtain there - especially vaccinations. As a former nurse, Pam is keenly aware of the importance of immunizations and early disease detection. After investigating ways to support healthcare efforts in Kenya, Pam has decided to donate all of her Arbonne profits to Mobile Medical Clinics that provide healthcare services to the remote villages she visited.



Rachel Morrison our newest District Manager. She has the same dreams of unlimited income and is making her dreams come true with the help of Arbonne. Congratulations Rachel, we are really proud of you. Rachel can be reached at (410)905-1703 or [contact4dance@yahoo.com](mailto:contact4dance@yahoo.com)