



10 DAY BODY CLEANSE DETOX CHALLENGE

Why Cleanse?

Our body naturally detoxifies, but when the balance is off our system can't keep up and our internal systems become stressed. In order to protect our organs, our body works by pulling toxins away and storing them in fat cells. This places major strain on our systems and negatively impacts our health. This may manifest in various ways such as- bloating, poor immunity, tiredness, irritability, weight gain, lethargy, brain fog, and poor skin just to name a few.

Detoxing cleans out our body and allows it to divert needed energy to burning away fat and sustaining our physical and mental energy throughout the day, every day.

10 Day Body Cleanse Detox Challenge

Our body cleanse detox challenge is achieved by eliminating “addictive”, allergenic and inflammation causing foods, drinks and ingredients. This program is designed to educate you on how certain foods are sabotaging your health and how to make better food choices and even reveal any food intolerances or sensitivities that you may have.

While we focus on keeping the bad stuff OUT, we will educate you on putting the good stuff IN. We will use a combination of Arbonne's vegan certified, gluten-free, GMO free nutritional supplements and WHOLE, REAL, UNPROCESSED FOODS to increase your nutrient intake and help you feel and look great from the INSIDE-OUT!

For 5 days before we commence the 10 day detox, you will want to start cutting back on stimulants and toxins from your body to give it a chance to reset; balancing blood sugar to reduce cravings and other detox symptoms. This will start the process of your body finding its own natural balance again. So, cut back on caffeine (coffee), refined sugars, alcohol, processed foods, gluten and dairy. You will start to feel the benefits of cleaning these things out; like more energy, better sleep, decreased inflammation and even weight loss.

What can you expect during a detox challenge?

Yes, your body will detoxify! While the first few days/weeks may have been euphoric and sheer excitement and motivation, just know it's very normal for them to also be the hardest. The more toxicity you have been storing (or the more you typically eat of the foods we are removing), the worse you may feel as you experience a bit of 'withdrawal'. This will pass. Some things you may feel include: cravings, moodiness, irritability, headaches, fatigue, loss of appetite, nausea, nasal congestion, GI changes, interruptions to sleep pattern just to name a few. You may even find you are more constipated initially, but your regularity will improve overall.

REMEMBER!

You are not alone in this journey, we will support and encourage you all the way through. We are here to work with you to help you achieve your health goals.



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Meal Replacement Protein Shake Mix – Chocolate or Vanilla (10 / 30 serve packs)

Do the daily shake with delicious, nutritious, perfectly balanced protein shake. Provides 20g of vegan protein to help support muscles, delivering essential amino acids, plus more than 20 essential vitamins and minerals per serving.

Body Cleanse (7 serves)

Let it all out. Detoxify by cleansing your system with our lemon-ginger flavoured formula that's gentle enough for daily use. Aloe soothes the gastrointestinal tract, ginger supports healthy digestion, and choline supports liver function

Herbal Tea (20 bags)

Featuring a unique blend of 6 botanicals this tea is refreshing, soothing, mild and caffeine-free. It is designed to help flush toxins out of your kidneys and liver.

Greens Balance (30 serves)

Mum always said to eat your veggies. Greens Balance makes this easy with its spectrum of proprietary colour blends of whole fruit and vegetable powders- delivering antioxidants, phytonutrients and fibre you need to have a more balanced, healthier diet every day.

Daily Fibre Boost (30 serves)

Did you get your fibre today? Get your fibre fix with approximately 12g of fibre, nearly half the daily requirement, derived from grains, fruit and vegetables. This flavourless, soluble fibre can be added to all foods and beverages, including Meal Replacement Shakes.

Energy Fizz Sticks – Citrus / Pomegranate (30 serves)

As a replacement for your morning coffee or for when you start to feel the afternoon slump, stir in a fizz stick to create a refreshing bubbly drink to temporarily help promote alertness and enhance cognitive performance, help promote endurance and enhance motor performance, and help boost energy.





10 DAY BODY CLEANSE DETOX CHALLENGE CLEANSE PACKAGES



Basic Cleanse Pack [QV 161]

Meal Replacement Shake (10)
Body Cleanse
Herbal Tea
Greens Balance
Energy Fizz Sticks

Recommended Retail Price

\$299.50

Preferred Client Membership

FREE

Shipping

FREE

PC Discount

\$116.70

TOTAL PRICE

\$182.80

Ultimate Cleanse Pack [QV 283]

Meal Replacement Shake (30)
Body Cleanse
Herbal Tea
Daily Fibre Boost
Greens Balance
Energy Fizz Sticks
BONUS Vanilla Shake On the Go Packs
(10)

Recommended Retail Price

\$472.50

Preferred Client Membership

FREE

Shipping

FREE

PC Discount

\$178.70

TOTAL PRICE

\$293.80

Ultimate Cleanse Buddy Pack [349]

Meal Replacement Shake x2 (30)
Body Cleanse x2
Herbal Tea x2
Daily Fibre Boost
Greens Balance
Energy Fizz Sticks x2

Recommended Retail Price

\$644

Preferred Client Membership

FREE

Shipping

FREE

PC Discount

\$252.30

TOTAL PRICE

\$391.70



10 DAY BODY CLEANSE DETOX CHALLENGE ORDER FORM



NAME: _____ **DOB:** _____

ADDRESS: _____ **POSTCODE:** _____

EMAIL: _____ **PHONE:** _____

Basic Cleanse Pack [QV 161] (circle options)	Recommended Retail Price	\$299.50
Meal Replacement Shake Vanilla / Chocolate	Preferred Client Membership	FREE
Body Cleanse	Shipping	FREE
Herbal Tea	PC Discount	\$116.70
Greens Balance		
Energy Fizz Sticks Citrus / Pomegranate	TOTAL PRICE	\$182.80

Ultimate Cleanse Pack [QV 283] (circle options)	Recommended Retail Price	\$472.50
Meal Replacement Vanilla / Chocolate	Preferred Client Membership	FREE
Body Cleanse	Shipping	FREE
Herbal Tea	PC Discount	\$178.70
Daily Fibre Boost		
Greens Balance		
Energy Fizz Sticks Citrus / Pomegranate	TOTAL PRICE	\$293.80
BONUS Vanilla Shake On the Go		

Ultimate Cleanse Buddy Pack [QV 349] (circle options)	Recommended Retail Price	\$644
Meal Replacement x2 Vanilla / Chocolate	Preferred Client Membership	FREE
Body Cleanse x2	Shipping	FREE
Herbal Tea x2	PC Discount	\$252.30
Daily Fibre Boost		
Greens Balance		
Energy Fizz Sticks x2 Citrus / Pomegranate	TOTAL PRICE	\$391.70

Visa Mastercard American Express

Card Name:

Card Number:

Expiry Date:

CVV:

Total: