

Fat Toxicity – Why We Need to Detoxify

Why do we have Toxic Body Fat?

Our environment and the food we eat have changed drastically over time: everything is much more toxic now. The world we live in is full of toxins, including pesticides, herbicides and heavy metals in food, chemical scents in candles, chloride in drinking water – just to name a few. The changes have occurred so recently that our bodies have not yet been able to adapt. Our bodies cannot process all these toxins. Because of this, nearly everyone has toxic buildup in their bodies. As a natural defense mechanism, toxins are pulled away from our vital organs and stored in body fat. This is why so many people carry unwanted body fat (often around lower belly, hips and thighs) even if they are reducing caloric intake and exercising. When weight loss stalls, in order to lose that unwanted fat weight, we must detoxify. It is important that we detoxify to prevent disease and maintain health.

It might be helpful to consider the analogy of our bodies as a bathtub. Just like water fills up a tub through a faucet, toxins fill up our bodies by the air we breathe, the things we touch and the food and beverages we eat and drink. In a bathtub, if the water comes in at a faster rate than the water goes out through the drain, the water level rises and might even spill over the top. In our bodies, when toxins come in at a faster rate than our bodies can process them, our body pulls those toxins away from our vital organs and holds them in fat stores. The toxins are also stored in the thyroid, brain, central nervous system, and liver. Sometimes our toxic load is so high that it “spills over the top” which can lead to a range of health problems such as diabetes, skin irritations, heart disease, chronic pain, digestive problems, headaches, mood swings, irritability, etc...

By focusing on eliminating toxins from our diets and eating whole foods, we help our bodies detoxify. Back to the bathtub analogy: by decreasing the amount of water coming in through the faucet, the water level naturally falls. In our bodies, when we decrease the toxins coming in, our overall toxic load falls. It is also important to “clean the drain” so that toxins can be more efficiently eliminated. Our healthy lifestyle program offers whole food nutrition as well as a liver and kidney cleanse so we effectively decrease our overall toxic load. When we decrease our toxic load, we feel better and also are able to lose unwanted fat weight – especially lower belly, hips and thigh fat.

How do we detoxify?

The first step in detoxifying is “turning down the faucet” by eating whole non-allergenic foods. Eating whole foods gives our bodies a rest from digesting the processed foods commonly found in typical Western diets. Our bodies were not designed to process these highly processed and addictive foods. By not eating allergenic foods such as dairy, wheat and soy, we keep our bodies from producing their own toxic responses to those foods.

The second step in our detoxification program involves “cleaning the drain.” Our bodies detoxify via our liver, gallbladder, kidneys, lungs and skin. These organs are our toxic “drain.” A gentle internal body cleanse is included as part of this program so we can effectively “clean the drain.”

This Healthy Lifestyle Jumpstart program provides 4 weeks worth of sample menu plans with recipes as well as offers nutritious Arbonne products to help you achieve your detoxification and weight loss goals. Get ready to increase energy, improve skin and lose unwanted body fat!

Arbonne Nutritional Products: How to Use

Protein Shake: Feel satisfied for longer periods of time with increased energy, thanks to more than 20 essential vitamins and minerals, plus our exclusive Protein Matrix and INNER G-Plex Proprietary Blends, as well as flaxseed for heart health. These Go Easy! Protein Shakes are wheat-free, dairy-free, soy-free, and do not contain whey. In each 2 scoop serving you will find 20 grams of sweet pea, cranberry, and rice protein ideal for health, especially when eliminating allergenic food sources.

Drinking meals is easier on digestion and allows our body to have energy for detoxification.

Use: Replace 1-2 meals per day and use as a recovery shake after a workout.

Daily Fiber Booster: This blend of soluble fibers from fruits and grains provide 12 grams of high quality fiber, giving you nearly half of what's recommended daily. It contains no saturated or trans fats. This non-gritty, flavorless, odorless powder can be mixed with liquid or food. **Begin with ½ a scoop 1-2x daily and increase to 1 scoop 2x daily.**

Herbal Daily Detox Tea: A blend that begins with milk thistle to support cleansing and detoxification. Formulated with eight supporting herbs that create a synergistic blend to promote optimal health. Prepares you and your body to reach your weight loss and healthy living goals. This tea is especially helpful for cleansing the liver, kidneys, and blood. **Drink at least 1 per day. May drink continuously throughout day. Can add ice, lemon or stevia.**

Enerby Fizz Tabs: These fizzy tabs help boost energy, control appetite and increase metabolism. The energy tablets contain green tea, ginseng, essential B vitamins, and guarana. **Drink between meals for pick me up and for appetite control. May mix with shakes and SeaSource Detox 7 day cleanse.**

Fit Chews: These mouthwatering snacks contain the Keep Going Herbal Blend that helps control appetite and delivers a boost of energy. These chews are especially helpful for those who crave sweets and will help stabilize blood sugar levels.

7-Day Body Cleanse Dietary Supplement: Marine botanicals and herbs assist with gentle elimination and flush out excess fluids. **Use: Drink one full bottle mixed with 32 ounces of water throughout the day. Drink an additional 32 ounces of water.**

Daily Power Packs for Men and Women: These are daily nutritional packs containing 5 supplements with multivitamins, multiminerals, probiotics and enzymes, along with bone health and antioxidant formulas targeted to address both men's and women's individual needs. Take one pack per day.

Antioxidant & Immunity Booster: 3 oz shot drink of known super fruits infused with powerful antioxidant and immunity ingredients as well as ingredients for energy. Supports immune health.

Digestion Plus: Single serving packs that contains mild flavored powder that can be added to water or sprinkled on food. Provides prebiotics, probiotics and enzymes to help support optimal digestive health.

Omega 3 Plus: These essential fatty acids support cardiovascular health by assisting in the **breakdown of cholesterol and triglycerides**. Even better, they help **sharpen mental acuity, enhance concentration and support joint health**. **Use: Take 2 capsules once a day.**

Also available: Calcium Plus, Herbal Colon Cleanse, Women's Balance Menopause Support, Joint Support

Whole Food Nutrition Optimal Food Choices: What Can I Eat?

LEAN PROTIEN

Free range, cage-free, hormone free

- Figure 8 Protein Shake, Lean chicken & turkey , Cold water fish, Salmon, Halibut, Cod, Mackerel, Sardines , Shellfish , Grass fed, Lean Red Meats(1x per week), Lamb, Game

HEALTHY FATS

Serving size is smaller due to fat density

- Raw nuts & seed (no peanuts), Macadamia Nuts, Freshly ground Flaxseed, Olive Oil, Olives, Flaxseed Oil, Cod Liver Oil, Avocado, Coconut Milk, Almond Milk, Almond Butter.

HIGH FIBER CARBOHYDRATES

- Squash (acorn, butternut, winter), Artichokes, Leeks, Lima Beans, Okra, Pumpkin, Sweet Potato or Yam, Turnips.
- **Legumes** – Black beans, Adzuki Beans, Cow Peas, Chick Peas (garbanzo), French Beans, Kidney Beans, Lentils, Mung Beans, Navy Beans, Pinto Beans, Split Peas, White Beans , Yellow Beans, Brown Rice, Quinoa, Hummus, Millet

FRUIT: GLYCEMIC INDEX (GI)

- **Low GI:** Berries (blackberries, blueberries, boysenberries, elderberries, raspberries, strawberries), Sour Green Apple
- **Moderate GI:** Cherries, Pears, Fresh Apricots, Melons, Oranges, Peaches, Plums, Grapefruit, Pitted Prunes, Apples, Avocados, Kiwi, Lemons, Limes, Nectarines, Tangerines, Passion Fruit, Persimmons, Pomegranates.
- **High GI:** (*avoid during weight loss except after a workout*) Bananas, Pineapple, Grapes, Watermelon, Mango, Papaya

NON-STARCHY VEGETABLES

FILL YOUR PLATE WITH AS MUCH AS YOU WISH

- Arugula, Asparagus, Bamboo Shoots, Bean Sprouts, Beet Greens, Bell peppers - (Green, Red, Yellow), Broad Beans, Broccoli, Brussell Sprouts, Cabbage, Cassava, Carrots, Cauliflower, Celery, Chayote Fruit, Chicory, Chives, Collard Greens, Cucumber, Jicama (raw), Jalepeno peppers, Kale, Kohlrabi, Lettuce, Mushrooms, Mustard Greens, Onions, Parsley, Radishes, Eggplant, Endive, Fennel, Garlic, Ginger Root, Green Beans, Hearts of Palm, Radicchio, Snap Beans, Snow Peas, Shallots, Spinach, Spaghetti squash, Summer Squash, Swiss Chard, Tomatoes, Turnip Greens, Watercress

WHOLE FOOD MEAL BREAKDOWN

- Main Dishes: Lean Proteins, High Fiber Carbohydrates and Non-Starchy Vegetables
- Side Dishes: Low Glycemic Index Fruits and Healthy Fats

4 WEEK JUMPSTART MEAL PLAN

Wake up

Cup of Detox tea

Fizzy tab (do this if you need caffeine 1st thing)

Digestive

Breakfast

Protein shake with fiber booster or

Healthy whole food recipe

Snack (optional, but recommended)

Fizzy tab, if you need something else, have a chew, a piece of low sugar fruit, or a small handful of nuts or seeds or small serving of some other healthy fat.

Lunch

Protein shake with fiber booster or

Healthy whole food recipe

Cup of Detox tea

Snack (optional, but recommended)

Fizzy tab, if you need something else, have a chew, a piece of low sugar fruit, or a small handful of nuts or seeds or small serving of some other healthy fat.

Dinner

Lean protein and greens: refer to the detailed list of whole food options on the Optimal Food Choices Diagram. If you are eating out, eat protein and salad or protein and veggies. NO pasta!!

DO NOT eat after 7pm – have a cup of detox tea after dinner-if you must, have unsweetened hot cocoa made with almond milk.

Follow this for **4 Weeks** to help your body detoxify.

What to take OUT of your diet:

- No Wheat Gluten--NO white flour, wheat, rye, basically ALL breads--no tortillas, no white rice. You **can** have brown rice and brown rice cakes.
- No Alcohol
- No nitrates, msg, artificial sweeteners, soy, vinegar products (mustard, pickles, etc)
- No Dairy: cheese, cream, milk, or sour cream
- No Caffeine--NO coffee, sodas or diet sodas. You **CAN** have green tea, fizzy tabs & water with lemon!
- No sugar or honey. **ONLY** use stevia or xylitol.
- No bananas, melons, grapes, red apples, dried fruit. **ONLY** green apples and berries.
- Use almond butter instead of peanut butter.
- Raw coconut flakes and nuts make great snacks Limit servings of fat.

What Arbonne products do you need?

Protein shake: vanilla or chocolate (1-2x/day)

Fiber booster (1 - 2x/day)

Fizzy tabs (2x/day)

Detox tea (2x/day)

Chews (as needed)

Daily Power Packs (1x/day)

7 day Seasource cleanse (optional)

When eating, think lean protein and greens -- big leafy salad, steamed veggies and your choice of organic meat or wild caught fish, grass fed beef, chicken, eggs, turkey, legumes with brown rice, quinoa or amaranth. (Serving size 3 ½ oz women, 4 oz men)

ARBONNE PROTEIN SHAKE RECIPES

ALMOND CRUNCH	<p>2 scoop of Arbonne protein powder + 1 scoop of Arbonne Fiber 1 cup unsweetened almond milk or coconut milk, may add ice and water 1-2 tsp xylitol or a few drops of stevia 1 Tbsp slivered or sliced raw almond</p>
CHOCOLATE	<p>2 scoop of Arbonne chocolate protein powder + 1 scoop of Arbonne Fiber 1 cup unsweetened chocolate almond milk or coconut milk, may add ice and water 3/4 tsp flax oil 1 tsp xylitol Pinch Cocoa nibs (unsweetened) 1 tsp unsweetened cocoa powder</p>
NUTTY APPLE CINNAMON	<p>2 scoop of Arbonne protein powder + 1 scoop of Arbonne Fiber 1 cup unsweetened almond milk or coconut milk, may add ice and water 1/4 cup unsweetened apple sauce or 1/2 sour green apple, sliced Cinnamon to taste 1 Tbsp raw pecans, slivered or sliced raw almonds</p>
SWEET VERRY BERRY **my absolute favorite!	<p>2 scoop of Arbonne protein powder + 1 scoop of Arbonne Fiber 1/4 cup organic coconut milk + 1/2 cup unsweetened almond milk or coconut milk, may add ice and water 1 tbsp of almond butter 1/4 cup frozen or fresh berries Some coconut shaves unsweetened</p>
MOCHA SHAKE	<p>2 scoop of Arbonne chocolate protein powder + 1 scoop of Arbonne Fiber 1/2 cup unsweetened almond milk or coconut milk, may add ice and water 1 tbsp of almond butter 1 teaspoon instant coffee crystals</p>
BLACKBERRY TANG	<p>2 scoop of Arbonne protein powder + 1 scoop of Arbonne Fiber 1/4 cup organic coconut milk + 1/2 cup unsweetened almond milk or coconut milk, may add ice and water 1 tbsp of almond butter 1 pomegranate Arbonne fizzy tab, dissolved in 1/2 cup water 1/4 to 1/2 cup of fresh/frozen unsweetened blackberries</p>
LEMON/LIME FRESH	<p>2 scoop of Arbonne protein powder + 1 scoop of Arbonne Fiber 1/4 cup organic coconut milk or unsweetened almond milk or coconut milk, may add ice and water 1/2 cup of water and 1-2 tsp xylitol or drops of stevia 1/2 a lemon/lime (peeled and sliced). may add a few rind shavings for health and taste or use 1-2 Tbsp lemon/lime juice or to taste</p>
BANANA/PEANUT BUTTER	<p>2 scoop of Arbonne vanilla protein powder + 1 scoop of Arbonne Fiber 1/2 cup unsweetened almond milk or coconut milk, may add ice and water 1 tbsp of natural peanut butter 1/2 banana</p>
PUMPKIN SPICE	<p>2 scoop of Arbonne protein powder + 1 scoop of Arbonne Fiber 3/4 cup unsweetened chocolate almond milk or coconut milk, may add ice and or water 1/4 cup pumpkin puree (minimize if weight loss is a goal) 1 Tbsp pecans Pumpkin pie spice to taste</p>