



May 2004

ARBONNE  
INTERNATIONAL

# GO Getter

Your Quarterly Guide To Taking Control

## WELCOME TO GO GETTER

A Figure 8™ Weight Loss Program newsletter. It's a new quarterly publication that highlights Figure 8™ success stories, recipe ideas, testimonials, weight loss tips and program/product features and benefits. It's the perfect tool to complement the GoFigure8.com website ... where you can share your success, daily!

## CONGRATULATIONS ... YOU'RE A GO GETTER!

"The New You" Figure 8™ Challenge ... These people met the Challenge and lost 20+ lbs.



### "The New You" Figure 8™ Challenge... Join In!

Be a "GO Getter" and lose 20+ lbs. so we can recognize your weight loss efforts! Submit your success story and photo to us and it may be featured in the quarterly Figure 8™ "GO Getter" newsletter and online at GoFigure8.com. The new you in print ... in full color for everyone to share in your success. We can't wait to feature you!

#### Here's what to do:

1. Use the Figure 8™ products
2. Take a "before" photo of yourself
3. Lose 20 lbs.
4. Take an "after" photo

E-mail your "before and after" photos, product testimonial, name, city and state to:

**Kirsten Maranda**

Marketing Coordinator at [kirstenm@arbonne.com](mailto:kirstenm@arbonne.com) or mail to: 4 Cromwell, Irvine, CA 92618.



#### Kate Kelser from Edmond, Oklahoma

has been on the Figure 8™ Weight Loss Program since late January and has lost more than 20 pounds!

"Since I started using Figure 8™ I have lost 21 lbs.! I love these products. I never feel hungry. Also, I have started to exercise and eat healthier foods. I have so much energy, which makes it easier to stick with the right choices. My absolute favorite shake is the **Just GO!** Fiber and **GO Easy!** vanilla Protein Shake mixed together. The **On The GO!** Weight Loss Chews are awesome, too!

My before photo was taken in January of this year at my 26th birthday dinner. When I saw the picture I couldn't believe it; I knew it was time to do something. Figure 8™ appeared at the perfect time! I am so excited with the results I have experienced! Thanks Arbonne for these great new products!"

#### Belinda Holmes from Oklahoma City, Oklahoma

has been on the Figure 8™ Weight Loss Program for four months and has lost over 20 pounds!

"I am happy to report that I have been on the Figure 8™ system since the first Saturday in January, and have lost 20 pounds so far!

The one area that I have always had trouble with while on any diet is constipation. Any fiber drink, lowering my intake of food, etc. always created a problem for me. With reluctance, I let go of the natural fiber I had been on over a year, and just used the **Just GO!** Orange Fiber Shake. With the help of the Arbonne Bio-Nutria® Herbal Colon Cleanse, the fiber shake is working!

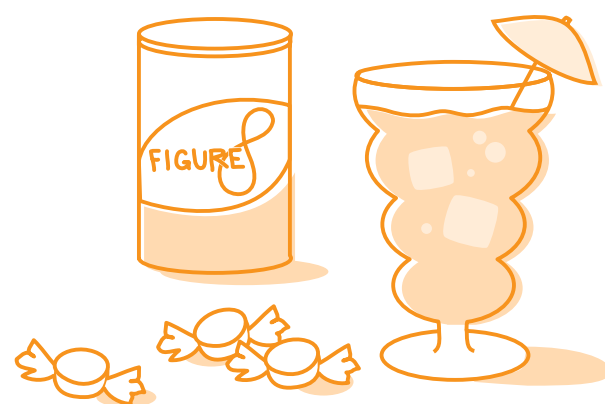
I drink the **Just GO!** Fiber Shake for breakfast and a **GO Easy!** Protein Shake for either lunch or dinner, depending upon whether I go out to eat. I make sure I eat the **On the GO!** Weight Loss Chews with the **Going, Going, Gone!** Dietary Supplement so I do not get hungry just having the shake.

This plan has been fantastic for me. I can't thank Arbonne enough for coming out with this plan."

#### Rita Bruglio from Lake, Michigan

has been on the Figure 8™ Weight Loss Program for a few months and has lost 22 pounds!

"I have now lost 22 pounds and have no cravings. This has been a very easy weight loss program for me to stick with. I love the supplements. I too, find it amazing that I am not hungry, or have cravings. It makes it so easy to stay on this 'new way of life.'"



# WWW.GOFIGURE8.COM: YOUR RESOURCE FOR EVERYTHING FIGURE 8™

Become a member of the Figure 8™ Message Boards!

At [www.GoFigure8.com](http://www.GoFigure8.com), you'll find hundreds of dieters in the message boards offering support and advice round-the-clock. Don't procrastinate! Log onto the message boards — you'll be able to communicate with fellow Figure 8™ers who are following the Weight Loss Program.

## GO Get Your Buddy at [www.GoFigure8.com](http://www.GoFigure8.com)

One of the best ways to succeed on the Figure 8™ Weight Loss Program is to follow it with a buddy at "Find a Buddy" weight loss community online, a network of weight loss winners started by Arbonne International and intended to support your efforts! Log on and look for a buddy, or leave your name and e-mail address and a weight loss buddy can look for you.

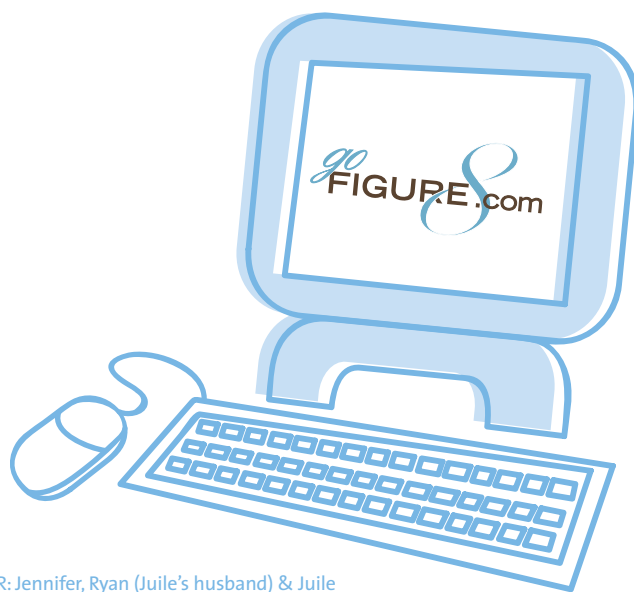
By joining at [www.GoFigure8.com](http://www.GoFigure8.com), you can buddy-up with fellow Figure 8™ers and get that often-needed support. So, sign up, buddy-up, lose weight together and offer the necessary support to help keep each other on track.

**Sarah Anderson has found a few buddies, and so can you!**  
Here's what she and her online buddies had to say.

"I have had much success in finding buddies in the chat room: I chatted with one gal, Lexi from Oklahoma, and also responded to a post from another gal, Jennifer M. from Alabama, via e-mail.

The great thing about the chat room is that not only do we motivate each other with Figure 8™, but we also bounce ideas off one another for working our Arbonne business and help to motivate each other to book shows, etc. as well.

I have two more girls; Julie, on my team here in Wisconsin and another friend (also named Jennifer) that are using the Figure 8™ products and are experiencing great success as well. Julie is starting to get compliments on 'looking thinner.' (Read Julie's testimonial on back cover.) Although she said there hasn't been too much lost in weight, she is noticing the inches slipping off which is awesome."



Front L-R: Jennifer, Ryan (Juile's husband) & Juile  
Back: Sarah

## Join the Weekly Figure 8™ Chat Online...

Live, Tuesdays @ 4 p.m. PST

The Figure 8™ online chat is now a weekly event! Simply go online to [www.GoFigure8.com](http://www.GoFigure8.com) ("go Communic8"/Chat Room) and join fellow Figure 8™ers to talk about your progress, swap questions and answers or weight loss tips and much more! Just head into the chat room @ [www.GoFigure8.com](http://www.GoFigure8.com), register, set up your profile plus screen name and you're ready to chat ... live!

Full transcripts will be posted on [www.GoFigure8.com](http://www.GoFigure8.com) shortly after the end of each chat.

### Q & A DISCUSSION FROM THE CHAT ROOM:

**Q:** Do you have any 'one' thing that you feel help[ed] you stay committed?

- "Red Hat in the Mitten" 3/1/04

**A:** I try to keep busy when everyone else is eating or when I get an urge! I also brush my teeth right after my suggested serving and it helps remind me that I am done. Or, if it's later between eating I get a glass of water. The chews have done great for me but breaking normal habits are hard! Just remember: Your mind is driving your car (the body) and it is up to you to put gas in it and not diesel! Even if it is cheaper to buy the gas and the gas smells better! LOL ... Just a little diet humor!

- "Arbon Queen" 3/2/04

*Today I am wearing my favorite size 8 pants that I refused to get rid of when I accepted the fact and sharing with them the Arbonne Figure 8™ Weight Loss Program. I am living, walking and smiling!*

## Low-Carb Diets: Bad Fad?

**Low-carb diets are the current fad, but are they good?**

Yes, when taking in all of the necessary proteins and fatty acids. This smart type of dieting was introduced back in the '70s and has gained momentum in recent years.

Unlike usual fad diets that come and go or get discontinued for unhealthy practices, low-carb dieting is the leading method to dieting.

Arbonne launched Figure 8™ to help meet the demands of the carb-conscious consumers. The **GO Easy!** Protein Shakes are some of the tastiest shakes in the market.

- High in vegetable protein
- Low in carbohydrates
- Low in sugar
- Low in calories
- Low in fat
- Contain no saturated fat
- Contain no cholesterol
- Contain no lactose
- Contain no artificial sweeteners, colors or flavors
- Contain no animal products/by-products (vegetarian)

**GO Easy!** Protein Shakes are the perfect addition to the low-carb diet!

## PEOPLE ARE TALKING ...

How the Figure 8™ Weight Loss Program and products are working for Consultants and Clients.

### SUPPRESS APPETITE

"My Figure 8™ products arrived in the afternoon, and I immediately took the **Going, Going, Gone!** supplement and enjoyed a **On The GO!** Weight Loss Chew; then, I followed it with a **GO Easy!** Protein Shake that same evening. It's been nearly a week now, and I've not had a single sugar craving since the first hour of my new diet. We call that instant results. Hunger control has also been very noticeable. Thank you, Arbonne."

- Gale Boyd; Orem, UT

"I went to a Figure 8™ introduction class hosted by my RVP and not only learned about Figure 8™, but also had the opportunity to taste it ... it was delicious! I placed my order and started drinking two shakes a day as soon as I received my supply. I also took the **On The GO!** Weight Loss Chews with me to work to help during those extra craving moments and I'm happy to say that I haven't touched the chocolate drawer since! I've never tasted anything as filling, delicious, or healthy for me as the Figure 8™ plan and even my hubby has noticed the difference. Scales have never been my friend, and I'm no stranger to dieting, but with Arbonne's Figure 8™ Weight Loss Program I can already see and feel a difference. I have more energy. I don't crave sweets. The **Going, Going, Gone!** supplement, **On The GO!** chews and **GO Easy!** shakes give us the opportunity to eat/drink a fast meal that is all of what we would otherwise lack by visiting the local drive-thru!"

- Valerie Petrie; Hutchinson, KS

"Arbonne, thank you for creating a weight loss program that is safe! After taking heart and blood pressure medicine for almost two years, and being sensitive to any other types of weight supplements, Figure 8™ is the first plan I can follow without the jittery side effects. I love it and take my three shakes a day without any problems! Thank you for only using pure, safe and beneficial ingredients."

- Shar Rother; Norman, OK

### SHED POUNDS

"I am so excited — not only for the weight loss (13 pounds), but also for marketing it to anyone who wants to add better nutrition to their daily diet plan. The **Going, Going, Gone!** supplement is phenomenal — it works incredibly to curb my appetite and the **On The GO!** chews rock! I have one of each flavor mid-morning and mid-afternoon."

- Susan Seibel; Springvale, ME

"I started the program four weeks ago today. I lost five pounds the first week. WOW! Great boost. Now I have had a steady one pound per week drop for the last three weeks — eight pounds total!"

- Dawn Jewell; Ashley, IN

"Thank you for coming up with the Figure 8™ Weight Loss Program. I've lost 11 lbs. in the last month. Go Arbonne!"

- Amy Whitney; Phoenix, AZ

"I just want to thank you for coming out with the Figure 8™ Weight Loss Program. I have lost weight previously through a program that primarily emphasizes reducing calories, and I gained much of the lost weight back. I have an impending deadline for getting in shape (my 20-year high school reunion!), but I had been hesitant to start a new program, just to gain the weight back again. So, when Figure 8™ came out, I decided to give it a shot.

I have lost 7 lbs. in 3 weeks, and one thing I noticed and bragged about right away was that I had lots of energy. All my friends who had gone on super-low-carb diet plans complained that they felt awful, had no energy, etc. Plus, I didn't feel jittery and I had no cravings. I mean, I dream about the occasional chocolate-covered donut, but I have really managed to get by just fine without all the "white stuff," even as a vegetarian. Now that my metabolism has gotten a little "jumpstart," and I have confidence that I'm getting plenty of protein in my diet, I have started back to the gym. I feel very certain that I will achieve my weight loss and health goals soon, and that drawer full of "skinny pants" will be opening up once again!"

- Deb Jones; Roanoke, VA



## 4 Products Make it Simple

1. **GO Easy!** Protein Shake with INNER G-PLEX®, Vanilla & Chocolate
2. **Just GO!** Orange Fiber Shake
3. **Going, Going, Gone!** Dietary Supplement
4. **On the GO!** Weight Loss Chews, Chocolate & Citrus

## 8 Dietary Elements Make it Work

1. High protein
2. Low carbohydrate
3. Low Fat/No saturated fat
4. No cholesterol
5. No artificial sweeteners, colors or flavors
6. No animal products/by products (vegetarian)
7. Suppresses appetite\*
8. Boosts metabolism/Increases energy\*

## Autoship The Way to Go!

Autoship makes it even easier and more cost-effective to fashion your weight loss program. Sign up for Autoship and enjoy:

- 20% savings on all Figure 8™ products
- Your products delivered monthly to your door
- A free Arbonne product with each order

To order product today or to sign up for Autoship, contact your Arbonne Independent Consultant or call 1-800-ARBONNE

# "FIGURE 8™" PRODUCTS

Everything you need to GO, GO and lose weight!

**GO Easy!** Protein Shake with INNER G-PLEX®  
14.8 oz/420 g., 14 servings; \$22 (Can \$29) each  
Vanilla, #1836  
Chocolate, #1837  
Save 20% on Autoship...\$17.60 (Can \$23.30)  
#1836A Vanilla, #1837A Chocolate

**Just GO!** Orange Fiber Shake  
17.3 oz/490 g., 14 servings  
# 1835; \$22 (Can \$29)  
Save 20% on Autoship...\$17.60 (Can \$23.20);  
#1835A

**Going, Going, Gone!** Dietary Supplement  
90 tablets, 30 day supply  
#1857; \$38 (Can \$50.75)  
Save 20% on Autoship ... \$30.40 (Can \$40.60);  
#1857A

**On the GO!** Weight Loss Chews  
30 chews per bag \$18 (Can \$24) each  
Chocolate, #1834  
Citrus, #1833  
Save 20% on Autoship ... \$14.40 (Can \$19.20);  
#1834A Chocolate, #1833A Citrus

## Get the entire "GO Figure" set

1 **GO Easy!** Protein Shake with INNER G-PLEX®, Vanilla, 1 **GO Easy!** Protein Shake with INNER G-PLEX®, Chocolate, 1 **Just GO!** Orange Fiber Shake, 1 **Going, Going, Gone!** Dietary Supplement, 1 Bag **On the GO!** Weight Loss Chews, Chocolate, plus 1 Figure 8™ Shaker Cup and 1 bag **On the GO!** Weight Loss Chews, Citrus, FREE for \$122 (Canada \$161.75). **#1875. Save 20% on Autoship ... only \$97.60 (Can \$129.40) #1875A**



that I was a size 12. I am looking forward to meeting my friends for our regular Friday lunch date  
ling proof that it works. If you really want it to work, you will do it. - Judy Konya; Stow, OH

## THE FIGURE 8™ PLAN:

An easy-to-follow regimen for on-the-go lifestyles

- Replace 1–2 meals per day with the Figure 8™ **Go Easy!** Protein Shake(s)
- Make sure existing meals and snacks are healthy
- Get plenty of fiber with 1–2 servings of **Just GO!** Fiber Shake per day
- Use the **Going, Going, Gone!** Dietary Supplement 30 minutes before each meal to help support your weight loss efforts
- Help satisfy cravings by using 1–2 of each flavor (chocolate and citrus) **On the GO!** Weight Loss Chews as a mid morning and mid afternoon snack
- Increase activity
- Drink the recommended 8 (8oz.) glasses of water per day
- Set attainable weight loss goals of 1-2 lbs. per week



Visit [www.GoFigure8.com](http://www.GoFigure8.com) for further support and recipe ideas.

## DINING OUT TIPS Dine at your favorite restaurant ... even while dieting. Here are a few tips to keep in mind

### Before heading out...

- Instead of consuming three meals on the days you plan to dine out, drink a Figure8™ Protein Shake in place of the other two meals of the day to help keep calories to a minimum.
- Enjoy a light snack, like a piece of fruit or vegetable, before heading out to avoid overeating at the restaurant.

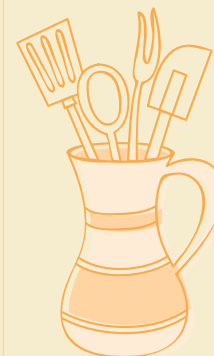
### Once at the restaurant...

- Drink a glass of water upon arriving to help make you feel full.
- Pass on the complimentary items: chips, salsa, bread, etc.
- Avoid empty calorie-filled beverages such as sodas, lemonades and alcoholic beverages. Water, teas and coffees are better choices.

- Identify the light menu items and choose from those. If you do not see them, ask your server.
- Request that salad dressings, sauces and other condiments be served on the side. (These are often a source of hidden calories.)
- Request that heavy foods be removed from your meal. For example, cheese, mayonnaise, sour cream or cream sauces.  
*Please note: Substituting vegetables for french fries is another helpful option.*
- Portion control. Request a container for take home food and pack half of the meal portion in the container. Sharing a meal is another method of portion control.

### EXAMPLE FOR REPLACING ONE MEAL PER DAY

	<b>30 Minutes Before Breakfast</b>	1 Going, Going, Gone! Dietary Supplement
	<b>Breakfast</b>	Healthy Breakfast
	<b>Mid-Morning Snack</b>	1-2 Chocolate and/or 1-2 Citrus On the Go! Weight Loss Chews or a Healthy Snack
	<b>30 Minutes Before Lunch</b>	1 Going, Going, Gone! Dietary Supplement
	<b>Lunch</b>	Go Easy! Protein Shake & Just Go! Fiber Shake
	<b>Mid-Afternoon Snack</b>	1-2 Chocolate and/or 1-2 Citrus On the Go! Weight Loss Chews or a Healthy Snack
	<b>30 Minutes Before Dinner</b>	1 Going, Going, Gone! Dietary Supplement
	<b>Dinner</b>	Healthy Dinner



## Recipe Ideas

Looking for something to make for dinner tonight? Try this hearty chicken salad that is low in carbs and high in protein. The chicken cutlets aren't breaded—they're marinated, and then quickly sautéed.

### Chicken Spring Salad

- 1/2 cup** lite balsamic vinegar dressing
- 1 tablespoon** lemon juice
- 1/2 teaspoon** salt
- 1/8 teaspoon** freshly ground pepper
- 1 1/2 pounds** chicken cutlets
- 2 tablespoons** olive oil, divided
- 6 cups** loosely packed spring salad mix
- 2 ounces** Ricotta salata  
*(Ricotta salata found in the gourmet cheese section of your supermarket or in Italian delicatessens)*

Combine 1 tablespoon dressing with the lemon juice, salt and pepper in a shallow bowl. Toss in chicken to coat. Let stand 15 minutes. Pat chicken dry.

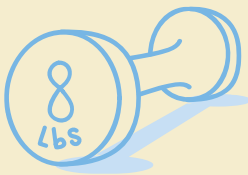
Heat 1 tablespoon oil in a 12" skillet over medium-high heat. Add half the cutlets; cook 3 to 4 minutes per side, until golden and cooked through. Transfer to plate; repeat with remaining cutlets.

When ready to serve, toss greens with remaining dressing. Arrange salad on plates, and top with chicken. Top salads off with shave shards of cheese over each salad.

Yield: 4 servings

\*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## Why Exercise is Wise



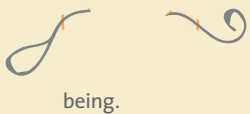
We all know that exercise can help to burn calories, but did you know that exercise could do much more? Weight bearing exercise can help:

1. Prevent osteoporosis by helping to build bone mass
2. Release endorphins (mood enhancers) to help develop a positive state of mind
3. Increase metabolism by increasing lean body mass

## Some simple ways to add exercise to your life:

- Walk your dog
- When you go to the store, park your car far away from the entrance and walk the distance
- If you have a choice, always take the stairs — forget the escalator or elevator
- Set aside 10 minutes when you wake up and 10 minutes before you go to bed to do some stretches, sit-ups or an exercise that targets a specific area

**Remember:** By including a little exercise in your life, you are making a positive impact on your overall health and well being.



# SHAKE THINGS UP!

Find tasty tidbits and recipes at [www.GoFigure8.com](http://www.GoFigure8.com), click on "The Figure 8™ Plan."

Be sure to check out our list of recipes at [www.GoFigure8.com](http://www.GoFigure8.com)! The web site offers recipes to help add variety to your shakes. The following are suggestions people have shared online with us on how to shake things up with the Figure 8™ products.

"I blend the **GO Easy!** Protein Shakes with the **Just GO!** Orange Fiber Shake and ice. I even add a tiny bit of unsweetened orange juice at breakfast ... it tastes like an Orange Julius®!"  
- **Kimberly Hoffman; Overland Park, KS**

"I add about a quarter cup of frozen fruit to the vanilla **GO Easy!** Protein Shake and a little bit of ice, in addition to the water. Mixed well in a blender it makes a refreshing and very satisfying drink."  
- **Beverly Sleeper; Edgewood, MD**

"Slowly mix **GO Easy!** vanilla Protein Shake with diet soda. It tastes like a float! I also like my shake poured over ice."  
- **Gina Edwards; Hillsboro, KS**

*Please note the addition of ingredients changes the nutritional profile on the packaging.*



## FIGURE 8™ SHAKER CUP

Shake things up with this on-the-go shaker cup that lets you measure precisely how much powder and liquid you need to blend the perfect, healthy shake!  
**Business Aid #1845, \$1 (Canada \$1.50)**



"Go ahead and make the shakes hot! This will not affect the protein content. If anything, it may decrease the vitamin/mineral content, but not by much. Hot chocolate that's good for you! Yum!" - **Cheryle Robinson, Product Manager, Nutrition**

## PEOPLE ARE TALKING ...

How the Figure 8™ Weight Loss Program and products are working for Consultants and Clients.

### LOSE INCHES

"I started the Figure 8™ Weight Loss Program at the end of January. I don't own a scale, so I don't know how much I weighed. However, I do know that I was in a size 24, even a 26 in some things. I am now down to a size 22, and continuing to drop! I am so thankful that Arbonne made Figure 8™, and it truly delivers what it says it does!

I'm far from being done, but much closer than I have been in the past 2 years — and feeling healthier in the process! Alongside of the Figure 8™, I work out five to six days a week, and that really helps shed the pounds, too. Thanks Arbonne, for all that you've done!"

- **Jennifer Martin; Colorado, Springs, CO**

"Today I am wearing my favorite size 8 pants that I refused to get rid of when I accepted the fact that I was a size 12. I am looking forward to meeting my friends for our regular Friday lunch date and sharing with them the Arbonne Figure 8™ Weight Loss Program. I am living, walking and smiling proof that it works. If you really want it to work, you will do it."

- **Judy Konya; Stow, OH**

### GAIN ENERGY

"My husband and I started on Figure 8™ one week ago and I cannot thank you enough for giving us back our energy, improving our moods and making this diet so simple to follow."

- **David & Lisa Krajci; Washington, MI**

"I am a 28-year-old teacher who has been on a roller coaster with her weight since high school. I have tried everything from diet pills, over-the-counter shakes to working out. I thought to myself, 'Oh well, I have tried everything else; I might as well try the Figure 8™ Weight Loss Program, too.' Much to my surprise, the **GO Easy!** chocolate Protein Shakes are delicious, and the **Going, Going, Gone!** supplements helped incredibly. I have more energy than I've had in a long time.

The products work! I lost five pounds in the last month. I actually ran out of the products and there was a short period of time without any Figure 8™ before my first Autoship order arrived. In the time without the products, I noticed I did not have as much energy. I can't wait to receive my next Figure 8™ order. Thanks Arbonne!"

- **Juile Anderson; Oshkosh, WI**

### SATISFY CRAVINGS

"Those stubborn pounds I could never shed are coming off and my size 10 jeans are getting loose! I don't feel like I'm depriving myself at all. I stay full from breakfast to dinner with only the **GO Easy!** Protein and **Just GO!** Orange Fiber shakes for lunch, and the **On The GO!** chews make a great 'cheat' in the late mornings and afternoons. I'm losing weight without the irritability and headaches that used to come from being hungry and I have energy all through the day!"

- **Cheri Nutting; Marlborough, NH**

"I used the products for about three weeks, and noticed that they really helped keep me full and satisfied, I really feel that these are some of the best tasting weight loss shakes out there.

I love the products. It's the only weight loss program I have tried that really satisfies me throughout the day. I drink a **GO Easy!** Protein chocolate shake for breakfast and curb my morning snack attack with an **On The GO!** chocolate chew."

- **Sarah Anderson; Oshkosh, WI**

## Contact Us

Have a topic you'd like to see in GO Getter? A Testimonial? Recipe? E-mail us!

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\*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

The testimonials in this publication reflect the actual experience of each individual, are anecdotal only and may be atypical.



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Business Aid #2522 50M 5/04