



ARBONNE®
INTERNATIONAL
www.arbonne.com | www.GoFigure8.com

GO Getter

Your Quarterly Guide To Taking Control

Winter 2006

What's Inside

- PROTEIN PROS: INTRODUCING A NEW FIGURE 8® GO EASY! PROTEIN SHAKE — CHAI LATTE
- SELECTING THE BEST HEALTHY EATING PLAN
- FIGHT WEIGHT GAIN THIS WINTER THROUGH BALANCE AND COMMON SENSE
- WINTER 2-IN-1 RECIPES: PORK ROAST — MEXICAN CASSEROLE

A NEW YEAR, A NEW YOU ...

Go Figure 8® and take "The New You" Challenge!



Log in online to www.GoFigure8.com and join other successful weight loss winners and accept "The New You" Challenge to kick off 2006.

Try the Figure 8® products and lose 20 or more pounds, and we may feature you in an upcoming issue of the quarterly *GO Getter* newsletter and even include your testimony and photo online @ www.GoFigure8.com!

Here's how it works:

1. Take a "before" photo of yourself, log in online to the www.GoFigure8.com Web site and meet new friends.
2. Lose 20 pounds using the Figure 8® products and be sure to let your new friends at www.GoFigure8.com know about your weight loss.
3. Take an "after" photo of yourself to share with Arbonne.
4. E-mail your "before & after" photos, product testimonial, name, city and state to marketingc@arbonne.com, or mail to:
Arbonne International
Attn: Marketing Coordinator
9400 Jeronimo
Irvine, CA 92618

We can't "weight" to feature the new you!

CONGRATULATIONS ...

TO JOANNE BROOKOVER, TRACI SHOOP AND CAROL NUCCIO, YOU'RE ALL GO GETTERS!

"I started the Figure 8® Weight Loss Program one year ago and have lost over 30 pounds. For breakfast, I mix one scoop of the GO Easy! Protein Shake and one scoop of the Just GO! Orange Fiber Shake with fruit, one cup of skim milk and ice, mix it all in a blender and GO! My meals are low-fat with lots of veggies and fruit! I also snack on the

30 lbs.
On the GO! Weight Loss Chews,



I just love the Chocolate flavor! The chews give me a burst of energy in the afternoon, just when I need it the most! I also work out five times a week doing light cardio and weights. I feel great and my total cholesterol level has lowered 20 points already! Thank you, Arbonne!"

— Joanne Brookover from Barberton, Ohio

"I was first introduced to the Figure 8® Weight Loss Program when I was at a Body, Mind and Spirit Expo. I was approached by a lady who gave me a sample of the Figure 8® Daily Detox Tea and some information on the Figure 8® Weight Loss Program. I was going through some personal and financial troubles at the time and wanted to get ready to compete in a national figure competition show, but with the money and time that is required for the training, I didn't think I could. That is when I came across the Figure 8® Weight Loss Program information again. I needed to lose 20 pounds in 12 weeks and I was at 19% body fat. Most of your sport nutrition systems are expensive and I would sometimes have reactions to the products. And because of health issues, I needed to be careful and stick with weight loss products with only vegetarian ingredients.

20 lbs.

The Figure 8® Weight Loss Program is great because you can buy five products, including two free gifts, for just under \$150 ... plus you get the added bonus of great online support at www.GoFigure8.com. The GO Easy! Protein Shakes are great for my busy schedule when I need something on-the-go.

... GO Getters continued on back

Start the New Year off Right

SELECTING THE BEST HEALTHY-EATING PLAN

There are as many different, healthy-eating plans as there are people attempting to lose weight. The trick is finding the right one for you! The ideal plan should promote great health, provide energy and strength, help you maintain your desired weight, and most importantly, it should begin with you in mind!

A custom-fit meal plan

A well-constructed meal plan should not make you feel restricted — it should fit your lifestyle perfectly! A successful eating regimen should meet your nutritional needs, tastes and daily life demands. Important factors such as your health condition, food intolerances and allergies; schedule, age and gender affect what you eat.

Eating plan guidelines

Regardless of which meal plan you select, these simple practices can keep you downsizing to your ideal size:

- Consider the meals in your eating plan. Take full advantage of your snack time by selecting a regimen that lets you eat nutrient-rich and rich-tasting foods, such as nuts and a piece of fruit.

- Adapt your food regimen to your taste buds. As long as you stay within your nutritional boundaries, you can play with your meal menu. Spice up your food so it's not only healthy, but also delicious!
- Combine different eating plans any way you like. If you could benefit from more than one meal plan — do it. Try the Figure 8® Weight Loss Program.
- Select a meal plan that is well-suited for you. Rigid meal plans make it hard for you to keep any New Year's weight loss resolutions. Make weight loss easier on yourself by choosing a plan that includes foods from all the food groups and small snacks throughout the day.

Selecting — and maintaining — a healthy meal plan is essential to achieving your weight loss success during the New Year. You can plan for success by choosing a healthy eating plan that revolves around you, not the other way around!

Talk to your primary care provider before beginning a new meal plan.

PRODUCE POINTERS

A healthy eating plan isn't complete without fruits and veggies. One of the best and most convenient places to find fresh vegetables and fruits is in the produce section of your grocery store.

Splurge on fruits and vegetables. For optimum health you should eat at least five servings per day. Stock up when you go grocery shopping!

Select veggies and fruits with good color. Stay away from produce with blemishes, bruising, soft spots or shriveling. A good-looking fruit or vegetable implies you're in store for a fresh treat!

Enjoy winter veggies. It's the season for root vegetables like rutabagas, parsnips, turnips, squash and brussels sprout, just to name a few. Now's the best time to "veg out!"

Buy a variety of fruits and vegetables. Each offers different vitamins, minerals and fiber to promote good health. Eating a wide variety of fresh foods will maximize your nutritional benefits.

"Celebrate with me! I started the Figure 8® Weight Loss Program in early June and so far I have buy a new pair of jeans, figuring I'd get a size 14, well, they were too big and I needed a size 12! I'm If I can do this, anyone can!" — Posted by Katie Hileman on the www.GoFigure8.com message board

Ask the Expert



Have a weight loss, nutrition or Figure 8® product question? Why not Ask the Expert ... Michele A., Arbonne's Product Manager, Nutrition. E-mail her anytime @ GoFigure8@arbonne.com.

Q: I feel that I have a pretty good understanding of how to eat healthy. I limit my intake of high-fat and high-sugar foods but I am curious about portion size. Grains are my favorite food group and I think I have a tendency to overeat food from this group, so, do you have any suggestions?

A: Portion control is important to keep in mind when trying to lose weight and/or trying to maintain a healthy weight ... while enjoying a variety of foods. A balanced diet is one that includes all of the food groups. In other words, enjoy foods from every color, every day. Keep in mind that the sizes of your portions, and the types of foods you eat, affect how many nutrients and calories you're getting. By avoiding large portions of high-calorie foods, such as fried foods or sweet desserts, and eating more low-calorie foods, such as fruits and vegetables, you will get the nutrients you need, feel full and reduce the number of calories you consume. All of these factors play an important part of a healthy diet.

Here are some recommended serving sizes from the basic food groups:

| FOOD GROUP | FOODS | SERVING SIZE | DAILY SERVING GOALS |
|---|----------------------------------|--------------|---------------------|
| GRAINS: Try to eat a lot of whole grains, such as 100% wheat bread, brown rice and oatmeal. | Cooked pasta | 1/2 cup | 4+ servings |
| | Whole wheat bread | 1 slice | |
| VEGETABLES: You need your vegetables, especially dark green and orange ones. | Raw leafy vegetables | 2 cups | 4+ servings |
| | Cooked vegetables | 1/2 cup | |
| FRUIT: Sweet, juicy fruit is definitely part of a healthy diet. | Apple, banana or pear | 1 small | 3+ servings |
| MILK AND CALCIUM-RICH FOODS: Calcium builds strong bones to last a lifetime, so you need these foods in your diet. | Low-fat milk or yogurt | 1 cup | 3 servings |
| | Mozzarella cheese | 1.5 ounces | |
| PROTEIN: These foods contain iron and lots of other important nutrients. | Cooked, skinless chicken or fish | 1.5 ounces | 3 servings |
| | Cooked legumes or dried beans | 1/2 cup | |
| | Eggs | 1 medium | |

That's a lot of food to swallow. The good news is no one becomes a perfect eater overnight. Take it one step at a time.

WWW.GOFigure8.COM

Your Source for Everything Figure 8®



The Message Boards @ www.GoFigure8.com, is Where it's At!

Attention all GO Getters! Go post online with fellow GO Getters! [See you online!](#)



**FIGURE 8® ON THE GO!
WEIGHT LOSS CHEWS,
PEANUT BUTTER***

Finally, great-tasting weight loss products to "chews" from

Weight loss and taste can go hand-in-hand — or more appropriately — hand-in-mouth with Arbonne's Figure 8® On the GO! Weight Loss Chews, in new peanut butter flavor. These chews are designed to help fight fat* and provide a quick pick-me-up boost of energy* ... so you can watch your weight while you're on the go!

Shape up your life today with Figure 8®

* Available January 1 – March 31, 2006, while supplies last.

* 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 Skinny on Nutrition



Protein Benefits

- Provides structure to our muscles, ligaments, tendons, organs, glands, nails and hair.
- Essential for growth and development and is vital for basic bodily functions.
- Biologically-active proteins include: Enzymes, hemoglobins, immunoglobulins, hormones and neurotransmitters, among others. These proteins help to keep the heart beating and the blood flowing and they bind the essential minerals the body requires for good health.
- Provides satiety. Protein takes longer to break down than carbohydrates and fats, therefore prolonging satiety.
- Great source of vitamins and minerals.

Figure 8® GO Easy! Protein Shake with INNER G-PLEX®, Chai Latte Features and Benefits:

- Low in calories — 110 calories
- Low in fat — 1.5 grams
- Low in carbohydrates — 8 grams
- High in vegetable base protein — 18 grams
- Over 20 essential vitamins and minerals
- INNER G-PLEX® — Proprietary blend of nutrients that work synergistically to help increase energy at the cellular level

PROTEIN PROS: ANNOUNCING THE BRAND-NEW FLAVOR OF FIGURE 8® GO EASY! PROTEIN SHAKE — CHAI LATTE



Protein is a vital part of our diet, and fortunately many foods — such as beef, poultry, fish, eggs, dairy products, nuts, seeds and legumes like black beans — are rich in proteins. Protein builds up, maintains and replaces the tissues in your body. Muscles and organs are made up mostly of protein.

NEW! GO Easy! Protein Shake, Chai Latte
Loaded with more than 20 essential vitamins and minerals, you're minutes away from a rich, creamy drink that is blended with sweetness and spice. This Figure 8® GO Easy! Protein Shake includes Arbonne's exclusive INNER G-PLEX® with eight different dietary elements to encourage weight loss.* Shake your way to looking great.

14.8 oz/420 g, 14 servings; **#1802; \$22** (Canada \$29)
Save 20% on Autoship ... #1802A; \$17.40 (Canada \$23.20)

Not available for resale in Canada, personal consumption only.



NEW! Seasonal On the GO! Weight Loss Chews, Peanut Butter

Be sure to add this new flavor to your weight loss program for an energy boost, featuring the Keep Going! Herbal Blend.

Features and Benefits:

- Low in calories — 30 calories in each chew
- Power-packed with Arbonne's proprietary Keep Going! Herbal Blend
- Codonopsis — Increases energy levels
- Astragalus — Energy tonic
- Rhodiola — Promotes weight loss, relieves stress and is a tonic for well-being

Available January 1 – March 31, 2006, while supplies last.

Lost 25 pounds! I used to wear a size 16 when I started the program and the other day I went to an exercise class, seeing success and couldn't have done it without the Figure 8® Weight Loss Program!

Weight Loss Boards

Focus on Fitness

IT'S TIME TO THROW AWAY THE EXCESS HOLIDAY "WAIST"

Fight weight gain this winter through balance and common sense

A person's weight is a simple question of math: Weight is gained when more calories are consumed, than used, during day-to-day activities. During the holidays, it's natural to consume more calories than usual. If you find that you're "treating" yourself a bit more this season, relax — weight loss with Figure 8® is easy. A few examples, like parking the car farther from the store when shopping or doing stretches and simple exercises while watching TV, can counteract the extra calories and keep that holiday "waist" where it belongs — off.

In addition to balance, it's important to use common sense when trying to lose weight. If you're really just trying to lose a few pounds, do not go on a diet the same week you'll be under extra deadlines and pressure at work. This can be a recipe for failure. A smarter decision might be to think about your long-term goals of overall health and fitness, and begin to make small changes to achieve those goals. Over time, these small changes in everyday behavior can add up, while you trim down. The American Dietetic Association suggests that when you find yourself eating more than you're comfortable with while socializing, to try using a smaller plate at buffets or think more of the conversation and what's coming out of your mouth rather than what's going in.

Fighting weight gain is a daily process. Sometimes, despite our best efforts, we may put on some extra weight. That's okay. Don't get discouraged. However, don't use it as an excuse to indulge even more. Weight can fluctuate for a variety of reasons. The key is to determine a healthy weight in general for yourself, then keep and maintain it through balance and common sense. Don't "weight" any longer. Start today!



Recipes & Meal Options

HEALTHY MEAL OPTIONS

Winter 2-in-1 Recipes: Pork Roast Mexican Casserole
Putting Leftovers to Good Use

Try this healthy, creative, two-day menu idea for a satisfying meal that's not just quick and easy, but you'll have dinner planned two days in a row!

Garlic Pork Tenderloin

- 1 1/2-pound lean pork tenderloin
- 2 teaspoons vegetable oil
- 1/2-cup chicken broth
- 1/2-cup chopped fresh basil
- 1/4 teaspoon cayenne pepper
- 8 cloves garlic, crushed

Yields: 8 servings
(with 4 servings reserved for the second meal)

1. Cut pork crosswise into 16 pieces. Flatten each piece to 1/4-inch thickness between waxed paper.
2. Heat oil in a nonstick skillet over medium heat. Cook pork in oil for about 3 minutes, turning once to brown.
3. Stir in remaining ingredients. Heat to boiling, cover and simmer for about 5 minutes or until meat is no longer pink.
4. Serve and enjoy!

Note: Reserve 8 pieces of cooked pork for the next day's recipe. Cool and store in refrigerator.

Mexican Casserole

- 3/4-pound cooked pork (leftover from above recipe)
- 1 1/2-oz. can kidney beans
- 1 8-oz. can tomato sauce
- 1 cup low-fat cheddar cheese, grated
- 1/2 cup salsa
- 1/4 teaspoon chili powder
- low-fat and/or low-carb tortilla chips

Yields: 4 Servings

1. Cube the cold, cooked pork.
2. Place in a mixing bowl and drained kidney beans, tomato sauce, and cheese. Add salsa and chili powder.
3. Pour into baking pan and cook for 30 minutes at 350°, or until heated through and bubbling.
4. Remove from oven and sprinkle with crushed tortilla chips. Bake 5 more minutes and serve.

Clip here for a handy, double-sided recipe + grocery list!

Figure 8® Products



4 Products Make it Simple

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

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*



The Way to GO!

Autoship makes it even easier and more cost-effective to fashion your weight loss program.

- 20% savings on all Figure 8® products
- Your products delivered monthly to your door

GO Easy! Protein Shake with INNER G-PLEX®

14.8 oz/420 g., 14 servings; \$22 (Canada \$29) each
Vanilla, #1836; Chocolate, #1837; Chai Latte, #1802
Save 20% on Autoship ... \$17.60 (Canada \$23.30)
#1836A Vanilla; #1837A Chocolate; #1802A Chai Latte

Just GO! Orange Fiber Shake

17.3 oz/490 g., 14 servings
#1835; \$22 (Canada \$29)
Save 20% on Autoship ... \$17.60 (Canada \$23.20); #1835A

Going, Going, Gone! Dietary Supplement

90 tablets, 30 day supply
#1857; \$38 (Canada \$50.75)
Save 20% on Autoship ... \$30.40 (Canada \$40.60); #1857A

On the GO! Weight Loss Chews

30 chews per bag; \$18 (Canada \$24) each
Chocolate, #1834; Berry Burst, #1840;
Peanut Butter, #1801*
Save 20% on Autoship ... \$14.40 (Canada \$19.20);
#1834A Chocolate; #1840A Berry Burst;
#1801A Peanut Butter

Figure 8® Daily Detox Tea

20 tea bags
#1844; \$12 (Canada \$16)
Save 20% on Autoship ... \$9.60 (Canada \$12.80); #1844A

*Available January 1 – March 31, 2006, while supplies last.



"GO Figure" Set Special

Everything you need to GO, GO, GO and get skinny!

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

1 **FREE** Figure 8® Shaker Cup

1 **FREE** Bag **On the GO!** Weight Loss Chews, Berry Burst, (an \$18 (Canada \$24) value!)

"GO Figure" Set Special, #1875; \$122 (Canada \$161.75)

Save 20% on Autoship ... only \$97.60 (Canada \$129.40) #1875A



"The new Peanut Butter On the GO! Weight Loss Chews taste great when twisted, by hand, with the Chocolate On the GO! Weight Loss Chews ... it's a fabulous little treat that tastes just like a peanut butter cup!" — Candace Keefe, Sr. VP Product Development & Field Events

Recipes & Meal Options

RECIPE INGREDIENT LIST

Here's a quick shopping list for the recipes on the reverse side.

Just clip and take to the store with you ... be sure to check the refrigerator and pantry and cross out the items you already have at home.

- 1 1/2 pounds lean pork tenderloin
- Vegetable oil
- Chicken broth
- Fresh basil
- Cayenne pepper
- 8 garlic cloves
- 1 15-oz. can kidney beans
- 1 8-oz. can tomato sauce
- Low-fat Cheddar cheese
- Salsa
- Chili powder
- Low-fat and/or low-carb tortilla chips



... continued from front cover

The On the GO! Weight Loss Chews are great for suppressing my appetite between my meals. Because I have to stay lean and muscular I really like the Figure 8® Daily Detox Tea. It helps prepare my body by relieving it of the excess toxins, water and bloating. With commitment to exercise, drinking lots of water, eating healthy and staying mentally and spiritually focused, I went from 19% body fat to 10% body fat in just 12 weeks and looked great on stage at the national show. Thanks, Arbonne."

— Traci Shoop from Hope Mills, NC

"I wanted to let you know how well my diet is going with the Figure 8® Weight Loss Program. I started this program seven months ago weighing in at 220 pounds, today I weigh 166 pounds ... I have lost 54 pounds! I took the program information to my doctor to have him look at the ingredients and he told me they looked great, considering my present health issues!

One month later he did a full blood work up on me to see how I was doing, and my results were fantastic! My liver and kidneys looked great and even the doctor was impressed with the results! He told me I no longer had to take my blood pressure medicine that I have been taking for 18 years! By the way, my husband is crazy about me all over again. I love this program and he does, too."

— Carol Nuccio from Livermore, CA

Contact Us

Have a topic you'd like to see featured in *GO Getter*?
A testimonial? A recipe? Let us know!

marketingc@arbonne.com
Marketing Coordinator
Arbonne International
9400 Jeronimo, Irvine, CA 92618

1.800.ARBONNE
www.arbonne.com | www.GoFigure8.com
Toll-free Testimonial Hotline:
1.877.613.4302

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

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



ARBONNE®
INTERNATIONAL

Business Aid #9021 1/06

© 2006 Arbonne International, LLC. All Rights Reserved.

To order product today, or to sign up for Autoship, contact your Arbonne Independent Consultant or call 1.800.ARBONNE.