



ARBONNE®  
INTERNATIONAL  
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# GO Getter

Your Quarterly Guide To Taking Control

Spring/Summer 2006

## What's Inside

- WHY ARE YOU SO TIRED?
- FIGURE 8 VANISH™ 2-STEP CELLULITE SYSTEM
- SELF-DEFENSE EXERCISE
- NO-COOK SUMMER RECIPES

## BECOME A GO GETTER!

Show and tell your Figure 8® results!



Lose 20+ pounds and Arbonne may feature you in this publication! Submit your success story and photo ("before" and "after" are best) and we may feature you in this quarterly Figure 8® GO Getter newsletter, plus we'll put you online @ www.GoFigure8.com.

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

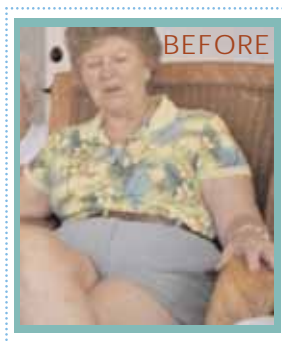
Here's what to do:

1. Use the Figure 8® products
2. Take a "before" photo of yourself
3. Lose 20 (+) pounds
4. Take an "after" photo of yourself

Then e-mail or mail your photos, product testimonial, name, phone number, city and state to:

Marketing Coordinator  
marketingc@arbonne.com or mail to:  
Arbonne International  
Attn: Marketing Coordinator  
9400 Jeronimo Road, Irvine, CA 92618

## CONGRATULATIONS ... TO ALICE KEARNS AND JULIE MOHNEY, YOU'RE BOTH GO GETTERS!



"I was introduced to the Figure 8® Weight Loss Program in November of 2005 when I went to the home of a prospective client. I work as a dog sitter and as my client and I discussed her dogs, I saw her Figure 8® products. She shared the products, the Figure 8® Weight Loss Program and how to use it. I explained how I wanted to lose weight but was disabled due to medical conditions and took medication — both issues didn't allow me to exercise. I didn't know what to do and had exhausted all of my options. That's when she told me that all of Arbonne's products were pure, safe, beneficial.

25 lbs.

As a result, we made an arrangement where I would dog sit in exchange for Figure 8® products. And so I started my new diet with a bang! I mixed the GO Easy! Protein Shake in Chocolate and the Just GO! Orange Fiber Shake with soymilk for breakfast. I had healthy, well-balanced meals for lunch and I snacked on apples with yogurt, the On the GO! Weight Loss Chews in Chocolate, no fat whip cream and strawberries. I drank the Figure 8® Daily Detox Tea cold with ice twice a day and I took the Arbonne Bio-Nutria® Herbal Colon Cleanse every night.



I was a size 20-18 when I began the Figure 8® Weight Loss Program and by February something great had happened ... my clothes didn't fit right! Figure 8® was no longer just a diet, it had become a way of life. I loved my GO Easy! Protein Shakes in Chocolate and I looked forward to eating my On the GO! Weight Loss Chews in Chocolate. The last time I weighed myself I had lost 25 pounds! Now I wear a size 16 and I'm working my way to a size 14. The thing that amazed me is how the Figure 8® Weight Loss Program and my success came so naturally!"

— Alice C. Kearns from Stuart, Florida

24 lbs.

"I began using Arbonne's Figure 8® Weight Loss Program January 31, 2005. I've lost 25 pounds so far! I recently started a weight loss group competition to see how much weight we can lose from April 17-June 17. Seven of my friends and I are all using the Figure 8® products, and within the first week we lost a total of 24 pounds! I'm so excited about this product line. It's the first time in my life that I've lost weight like this!"

— Julie Mohney from Goshen, Indiana

# Why are you so tired?

## IDENTIFY WHAT'S ROBBING YOU OF YOUR ENERGY SO YOU CAN TAKE BACK CONTROL OF YOUR LIFE

There's nothing worse than feeling tired and knowing you have a huge "to do" list — that keeps growing as you recall more items to add — but your body isn't in agreement. You're just plain exhausted ... and you've noticed it's becoming a regular occurrence. Don't despair! If you're tired of being tired, all you have to do is identify the culprits so you can regain your energy to make the most of your days. And in no time you'll feel like the "GO Getter" you truly are!

Here is a list of reasons why you may be missing the "oomph" you used to have, plus easy fixes:

### Not exercising as much

Just when you think you're too tired to work out — work out! Exercise does take energy but it gives it right back ... and then some! You'll feel charged and you'll reap all the health benefits of exercising.

### An irregular sleeping schedule

If your sleeping schedule constantly varies, you're throwing off your internal clock and disrupting your

body's natural schedule. Try to maintain regular sleeping hours to get a full eight hours of "Zzzzs" so you can wake up refreshed, revived and re-energized.

### Dehydration

Dehydration causes your body to conserve energy by decreasing blood circulation which can lead to fatigue. Be sure to drink liquids such as water, or the Figure 8® Daily Detox Tea, so you can hydrate and cleanse your body at the same time!

### Stress

Stress has been known to cause exhaustion and even weaken the immune system. Find ways to relax, such as yoga, spa visits or just do nothing at all! Once you start to treat yourself better, you will feel better.

### A poor diet

You can only get out of your body what you put in it. Eat healthy and fuel your body with essential vitamins, minerals and foods. The Figure 8® GO Easy! Protein Shakes, the Just GO! Fiber Shake and Arbonne Smart Nutritional

Hybrids™ are great sources of beneficial dietary elements. These shakes and dietary supplements are sure to get you moving and shaking!

If your tiredness persists or you feel that it may be caused by a medical condition, consult your primary care provider. We all deserve to feel tip-top, but be careful not to be too hard on yourself. If you're tired after a long day, it may be that you simply had a strenuous day. In that case, being tired is normal. Sit back, relax and kick up your feet once in a while — you deserve to!

*\*To purchase these products contact an Arbonne Independent Consultant or 1.800.ARBONNE.*



*"I have lost 25 pounds to date, but more excitingly, I went from a size 18 to a 16, to almost a size 14. I a*

## 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: Why do we get cellulite?

**A:** Cellulite is the common term we use for what looks like the dimpling of the skin, found mostly on the thighs and buttocks, and more often seen on women than on men. Scientifically speaking, cellulite is simply the outward result of a disturbance of the skin's underlying connective tissue. What that means is, wherever your body has localized, excess fatty deposits, dimpling (called cellulite) can appear.

There is no way to prevent cellulite; however, there are measures we can take to fight against the appearance of cellulite. Start by eating a low-fat, high-fiber diet — and include a wide variety of fruits and vegetables — while staying hydrated by drinking plenty of water. Be sure to include plenty of physical activity, such as cycling, swimming and aerobics, for at least 30 minutes to an hour, three or more times a week. Doing so will not only improve your overall health, but will also help turn the lights out on cellulite. Shape up and get your figure back by massaging the affected area with the Figure 8 Vanish™ 2-Step Cellulite System.

The Figure 8 Vanish™ 2-Step Cellulite System contains clinically-proven ingredients to help reduce the appearance of cellulite.



WWW.GOFigure8.COM  
Your Source for Everything Figure 8®

The Chat, @ [www.GoFigure8.com](http://www.GoFigure8.com), is Where it's At!

Attention all GO Getters! Click now to go chat online with fellow GO Getters. [See you online!](#)

### LOSE YOUR DIMPLES, AND STILL HAVE PLENTY TO SMILE ABOUT Figure 8 Vanish™ 2-Step Cellulite System



Things are shaping up for you to go and get your figure back! Why not smooth out skin and effectively combat the visual signs of cellulite? With Arbonne's botanically-based cellulite system that's advanced and clinically-proven — the fight against cellulite is shaping up right!

Firm up dimpled skin today with Figure 8 Vanish™.

# The Skinny on Nutrition

## Botanicals

### GOTU KOLA

Improves blood flow, while increasing support and function of veins.

### CAMELLIA OLEIFERA

(Green tea) leaf extract is an antioxidant and free radical fighter.

### ROSEMARINUS OFFICINALIS

(Rosemary) stimulates and rejuvenates skin.

### AESCULUS HIPPOCASTANUM

(Horse chestnut) anti-inflammatory helps tone veins and fights water retention.



## FIGURE 8 VANISH™ 2-STEP CELLULITE SYSTEM

Figuring out the best way to shape up has never been easier



Getting your figure back has never been easier, or more manageable, than now, with the new Figure 8 Vanish™ 2-Step Cellulite System. In addition to a complete line of pure, safe, beneficial products, the Figure 8®

Weight Loss Program has added one more way to help you achieve those weight loss goals and get your figure into top form.

Cellulite is a real thing. Cellulite can start in women as young as 14, or anytime after puberty. Women are affected by cellulite at least nine times more often than men, due to structural differences just below the surface of the skin.

But here's the good news — thanks to the Figure 8 Vanish™ 2-Step Cellulite System, you can beat the odds and gain an edge over cellulite in two simple steps!

The new Figure 8 Vanish™ 2-Step Cellulite System is a daily, synergistic regimen that provides the ultimate defense for visually diminishing the effects of cellulite dimpling, and visually smoothes out skin like never before. This advanced formula blends botanicals with clinically-proven ingredients, and leaves your senses stimulated and your skin looking smooth.

Defend against the appearance of cellulite today with the Figure 8 Vanish™ 2-Step Cellulite System, and win the war you're in, by visually firming up that dimpled skin!

*Not available for resale in Canada, for personal consumption only.*

Figure 8 Vanish™ Pre-Shower Cellulite Scrub  
8 oz./227 g, #1877; \$40 (Not available in Canada)

Figure 8 Vanish™ Contouring Cellulite Cream  
6 oz./170 g, #1876; \$55 (Not available in Canada)

### NEW Seasonal On the GO!

#### Weight Loss Chews, Mandarin Cream

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 June 1–August 31, 2006, while supplies last.

ing than that, I've lost a dress size and a half!  
m so excited!" — Alice Kearns from Stuart, Florida

## Focus on Fitness

### ARE YOU READY TO PUT UP A FIGHT AGAINST CELLULITE?

Self-defense classes — A great plan of attack for weight loss

It's often said that the best offense, is a good defense. If you're ready to take on a new form of exercise, you can attack your weight loss goals and unleash on unwanted pounds by taking a self-defense class! With the lovely warm season upon us, now is the perfect time to kick and punch your way to your dream figure ... and a new dreamy sundress or bathing suit to match!

It's all the rage ...

So you don't have to worry about being the only new face in a self-defense class! Within recent years, self-defense classes have grown in popularity and with good reason — classes feature instruction on how to protect yourself with basic and practical defense moves that deliver a great cardio-based workout, while improving strength and flexibility. And you don't have to be an athlete to perform basic self-defense skills. It combines low-impact martial arts and boxing moves, such as simple kicks, punches, flips, jabs or even learning specific tactics, like getting out of holds — moves just about anyone can do!

Flex your physical and mental muscles ...  
Good health mirrors a fit body and mind.

Self-defense training offers the benefit of improving and strengthening both your mental and physical condition. The classes promote the idea of taking your personal safety into your own hands because your well-being is priceless. In addition to the physical benefits, learning self-defense is known to boost self-confidence levels, sharpen mental alertness, reduce stress and fuel a sense of empowerment. Charged up from a self-defense class, you can easily face diet and life challenges with a "take that!" approach.

Kick around ideas ...

As you plan to slim down, kick-by-kick and punch-by-punch, try to think of all the ways to have fun with a self-defense class, and then put them into play! Why not combine it with your regular exercise routine to spice up your workout program? You might invite a friend to attend a class with you; self-defense training offers tremendous benefits for everyone. If you're eager to feel and look your best by taking a self-defense class, enroll today — coupled with the Figure 8® Weight Loss Program, it's one fight you're sure to win!

\*These statements have not been evaluated the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## Recipes & Meal Options

### HEALTHY MEAL OPTIONS

No-Cook Summer Recipes

It's almost summer, and time again for a few cool recipes.

#### Stuffed Summer Tomatoes

- 2 cups cucumber, diced and peeled
- 1/3 cup red onion, finely chopped
- 3 tablespoons fresh basil, chopped
- 1 19-ounce can white beans, rinsed and drained
- 2 tablespoons white wine vinegar
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 garlic clove, crushed
- 4 large tomatoes (about 2 pounds)

Yields 4 servings

1. Combine first four ingredients in a large bowl, and toss gently.
2. Combine vinegar, oil, salt, pepper, and garlic in a small bowl, and whisk together.
3. Drizzle vinegar mixture over cucumber mixture, and toss gently to coat.
4. Core each tomato and cut into six wedges, cutting to, but not through, bottom of tomato.
5. Spread wedges slightly apart. Spoon 3/4 cup mixture into the center of each tomato and serve.

#### Crunchy Chicken Salad

- 2 cups cooked chicken breast, cubed
- 1 cup green apple, diced
- 1/2 cup celery, diced
- 2 tablespoons green onions, chopped
- 1/3 cup low-fat mayonnaise
- 1 tablespoon reduced-fat sour cream
- 1 teaspoon fresh lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon fresh pepper, ground
- 1/8 teaspoon cinnamon, ground

1. Combine first five ingredients in a large bowl.
2. In a separate bowl, combine mayonnaise and remaining ingredients and stir well with a whisk.
3. Add mayonnaise mixture to chicken mixture and toss well to coat.

Yields 4 servings

#### Mini Bacon Cheddar Sandwiches

- 1/2 cup shredded reduced-fat extra sharp cheddar cheese, (6 ounces)
- 5 tablespoons block-style fat-free cream cheese, softened
- 5 tablespoons green onions, thinly sliced
- 3 1/2 tablespoons fat-free mayonnaise
- 1 1/4 teaspoons hot sauce
- 3 bacon slices, cooked and crumbled (substitute turkey bacon, if preferred)
- 12 (1-ounce) slices wheat or rye bread, crusts removed

Yields 6 servings, 12 wedges

1. Combine all ingredients except the bread, stirring well.
2. Spread three tablespoons cheese mixture on each of six bread slices; top with remaining bread slices.
3. Cut each sandwich in half diagonally; cut each half diagonally again to form four wedges.

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

Get the skinny on Figure 8® today by contacting your Arbonne Independent Consultant or 1.800.ARBONNE, or visit us online at [www.arbonne.com](http://www.arbonne.com).

# 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

## 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 to fashion your weight loss program.

- Your products are conveniently 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  
Autoship ... #1836A Vanilla; #1837A Chocolate;  
#1802A Chai Latte

### Just GO! Orange Fiber Shake

17.3 oz/490 g., 14 servings  
#1835; \$22 (Canada \$29)  
Autoship ... #1835A

### Going, Going, Gone! Dietary Supplement

90 tablets, 30-day supply  
#1857; \$38 (Canada \$50.75)  
Autoship ... #1857A



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

## "GO Figure" Set Special

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

- 1 Bag **On the GO!** Weight Loss Chews, Chocolate
- plus 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)  
Autoship ... #1875A

### On the GO! Weight Loss Chews

30 chews per bag; \$18 (Canada \$24) each  
Chocolate, #1834; Berry Burst, #1840; Mandarin Cream, #1852\*  
Autoship ... #1834A Chocolate; #1840A Berry Burst;  
#1852A Mandarin Cream\*

### Figure 8® Daily Detox Tea

20 tea bags  
#1844; \$12 (Canada \$16)  
Autoship ... #1844A

### Figure 8 Vanish™ Pre-Shower Cellulite Scrub

8 oz./227 g, #1877; \$40 (Not available in Canada)

### Figure 8 Vanish™ Contouring Cellulite Cream

6 oz./170 g, #1876; \$55 (Not available in Canada)

\*Available June 1 – August 31, 2006, while supplies last.



### The Vanishing Act Set includes:

Figure 8 Vanish™ Pre-Shower Cellulite Scrub and Figure 8 Vanish™ Contouring Cellulite Cream ... a \$95 value!  
#675; \$85  
(Not available in Canada)

The Figure 8 Vanish™ 2-Step Cellulite System contains clinically-proven ingredients to help reduce the appearance of cellulite.

## 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.

- 2 chicken breasts
- Bacon
- 1 green apple
- Fresh basil
- 1 19-ounce can of white beans
- Shredded reduced-fat extra sharp cheddar cheese
- 4 large tomatoes
- Wheat or rye bread
- Green onions
- Celery
- Garlic clove
- White wine vinegar
- Fat-free & low-fat mayonnaise
- Reduced-fat sour cream
- Fat-free cream cheese (block-style)
- Extra-virgin olive oil
- Fresh lemon juice
- Salt
- Fresh ground pepper
- Ground cinnamon
- Hot sauce



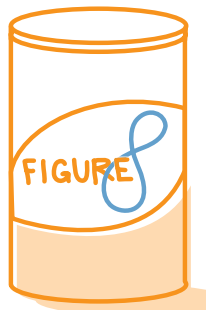
### PEOPLE ARE TALKING ...

"I have lost 20 pounds and maybe more by now. I am 57 years old and feel better than I have felt in a long time. Thanks!"

— Bernice Davis from Oakboro, NC

"Arbonne, I love you! For the past year, I have been driving to the local coffee shop every day and spending \$3.56 on a "grande, non-fat, hot chai latte." The day the GO Easy! Protein Shake in Chai Latte became available, I ordered it! I got it in the mail yesterday and instead of using cold water, I used hot water with it and it's delicious! You have saved me over \$2 every single day by making this product available. I love my hot GO Easy! Protein Shake in Chai Latte and the Figure 8® Weight Loss Program! Thank you so very much, Arbonne."

— Kelly Wooden from Edmond, OK



## Contact Us

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

Marketing Coordinator  
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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.



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Business Aid #9040 5/06

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