



ARBONNE®
INTERNATIONAL
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GO Getter

Your Quarterly Guide To Taking Control

Fall 2006

What's Inside

- GOOD HEALTH; NOT JUST SKIN DEEP
- FALL EXERCISE REGIMEN
- FIGURE 8® DAILY DETOX TEA
- FALL SOUPS & STEWS

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® LLC.
Attn: Marketing Coordinator
9400 Jeronimo Road, Irvine, CA 92618

CONGRATULATIONS ... TO TAMMIE JEFFERS, JOANIE RYERSON AND SUSAN GRANDINETTI, YOU'RE ALL GO GETTERS!



"I began using the Figure 8® Weight Loss Products from the beginning of May until the end of June. During that time, I walked about two miles, four days a week and cut down on my fat and calorie intake. So far, I've lost 21 pounds!"

21 lbs.

Arbonne has given me a new perspective; I'm more energetic and I'm going to participate in another Figure 8® Weight Loss Challenge, so I can lose another 20 pounds. My goal is to be the size I was when I met my husband 14 years ago."

— Tammie Jeffers from Tomball, TX

"I began using the Figure 8® Weight Loss Products in March of 2006. At the time, I was about 30 pounds over my ideal weight.

My daily regimen consisted of a GO Easy! Protein Shake in Chocolate or Vanilla each morning, one or two On the GO! Weight Loss Chews between meals to curb my appetite and maintain my energy level, the Going, Going, Gone! Dietary Supplement before lunch and dinner, along with a Just GO! Orange Fiber Shake 30 minutes before dinner. I complemented this plan with a sensible diet and a 30-minute walk three to four times a week.



22 lbs.

I'm delighted to report that after four months I have lost 22 pounds and went from a size 10 to a size six. I feel healthier and have more energy. My success has been a true testimony to the quality of the Figure 8® Weight Loss Products."

— Susan Grandinetti from Trophy Club, TX



"My mom and I had just booked a vacation in February to go to Mexico with my two sons. What better incentive for my mom to lose weight? My mom began the Figure 8® Weight Loss Program in February and as of June 6th — just in time for our Mexico vacation — she had lost 34 pounds! She went from a size 18 to a size 12 and feels wonderful. She combined the Figure 8® products with moderate exercise and lost the weight she had been struggling with for many, many years. I am so very proud of her and wanted to share her story with all of the other 'GO Getters' out there!"

34 lbs.

— Joanie Ryerson, submitted by Kari Ryerson from Meta, MO

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Is good health only skin deep?

NUTRITION FOR A GREAT-LOOKING BODY AND CLEAR SKIN

There's nothing more beautiful than feeling and looking your very best. You'll find that behind every classic beauty are great products — and that's where Figure 8® comes in! The Figure 8® Weight Loss Program allows you to put your best body and skin forward with the best of science and nature. If you're ready and willing to love the body you're in ... Figure 8® is a "vision" of health!

A fit body — a pretty picture of health

A healthy-looking body will remain in style until the end of time. Maintaining a balanced and nutritious diet is key to achieving a fit figure. The Figure 8® Weight Loss Program offers products filled with ingredients that support the body's essential functions and encourages weight loss.* The **GO Easy!** Protein Shakes are loaded with more than 20 essential vitamins. Enjoy a taste-appealing drink on your way to obtaining an eye-appealing figure.

Skin so sublime

If you struggle with your skin's appearance after weight loss, the **Figure 8 Vanish™ 2-Step Cellulite System** can come to your rescue! This daily, synergistic regimen pro-

vides the ultimate defense for visually diminishing the effects of cellulite dimpling, and smoothes out skin. Its advanced formula blends botanicals with clinically-proven ingredients, leaving you with skin so smooth looking, you'll feel like nothing short of a beauty queen ... or king!

Vitamins and minerals — beauty ingredients

A healthy diet is a thing of beauty! Take a look at some of the vitamins and minerals contained in the Figure 8® Weight Loss Products:

Vitamin A	Biotin	Chromium
Vitamin C	Pantothenic Acid	Molybdenum
Vitamin D	Calcium	Alpha Lipoic acid
Vitamin E	Iodine	CoEnzyme Q10
Thiamin	Magnesium	Alfalfa
Niacin	Zinc	Kelp
Vitamin B6	Selenium	Ginseng
Folate	Copper	Stevia
Vitamin B12	Manganese	Lo Han

Lunch Tips

Party of one at your desk? If so, great! One of the best ways to ensure that you have a low-calorie lunch is to bring one from home. Here are some desk-dining tips:

Prepare a healthy lunch such as fresh fruits, ripe veggies, tasty tofu, a small salad or baked potato.

Arrange a delicious beverage to quench your thirst during your mealtime. Why not the **Figure 8® Daily Detox Tea**? It's a soothing drink, hot or cold.

Bring nutritious snacks just in case you need something to hold you over until lunch, like the tasty **On the GO!** Weight Loss Chews. They help to curb appetite and deliver a boost of energy so you can power through a full day of work.*

Pack condiments so you can flavor your food just the way you like it.

Don't forget utensils because unless you're eating finger foods, you're going to need them. Now you can dig in!

"I have been drinking the Figure 8® GO Easy! Protein Shakes for over one in the morning ... one at lunch ... and I eat sensibly for dinner." —

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 have reached my weight loss goal and would like to know if I should continue to use the Figure 8® Weight Loss Products?

A: Although it may not be required to continue using the Figure 8® Weight Loss Products, most people find it easier to continue using them in order to maintain the achieved weight. It's important to maintain the same caloric intake and exercise regimen. A healthy diet and exercise regimen are key to successful weight loss and weight maintenance. The many benefits of the Figure 8® Weight Loss Program that have helped thousands lose weight are listed in the chart below.

PRODUCT	BENEFIT
GO Easy! Protein Shake	18 grams of vegetable protein that helps you feel satisfied 22 essential vitamins and minerals Three great flavors: Chocolate, Vanilla and Chai Latte
Just GO! Fiber Shake	Provides half of the daily requirements for fiber Offers soluble and insoluble sources, that help you feel satisfied
Going, Going, Gone! Dietary Supplement	Proprietary Get Going! Herbal Blend has ingredients known to boost metabolic rate and support regulation*
On the GO! Weight Loss Chews	Proprietary Keep Going! Herbal Blend contains ingredients known to increase energy levels and help the body adapt to stress* Two delicious flavors: Chocolate and Berry Burst
Figure 8® Daily Detox Tea	Proprietary Figure 8® Daily Detox Tea Blend to support cleansing and detoxification*
Figure 8 Vanish™ 2-Step Cellulite System	Defend against the appearance of cellulite



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

The Message Boards, @ 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!](#)

TO CATCH THE WEIGHT LOSS VISION, YOU NEED BETTER "WEB SIGHT!"



Balance is the key to success, figuratively speaking. Tip the scales back into your favor this season by utilizing www.GOFigure8.com, a state-of-the-art Web site, complete with up-to-date fitness articles and weight loss tips that fit perfectly into your routine.

[Click to www.GOFigure8.com](http://www.GOFigure8.com)

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

Fit for Discussion



Figure 8® Daily Detox Tea

Proprietary Blend provides:

MILK THISTLE | Supports and protects healthy liver function.

COUCH GRASS ROOT | Helps to gently remove toxins.

LEMON GRASS | Appealing flavor and soothing aroma, has antioxidant properties and helps to support digestion.

SARSAPARILLA ROOT | Protects the liver and supports detoxification while possessing antioxidant properties.

PEPPERMINT LEAVES | Aid in digestion.

DANDELION ROOT | Supports the liver and gallbladder to eliminate waste.

UVA USI LEAVES | Support the kidneys.

BURDOCK ROOT | Helps promote kidney function and removes toxins from the body; may prevent free radical tissue damage.

FENNEL FRUIT | Aids in digestion and the relief of occasional bloating.

FIGURE 8® DAILY DETOX TEA

When it comes to cleansing your body, three means of purifying are better than two! The kidneys are two, bean-shaped organs that are located in the back part of the abdomen and are responsible for cleansing the body by regulating its fluid volumes. The body's waste and extra water is transformed to urine and is stored in your bladder. Waste in the blood comes from the normal breakdown of active tissues and from the food we eat. After your body has taken what it needs from food, the waste is sent to the blood for filtration. If the kidneys do not remove these wastes, the waste builds up in the blood and can cause damage.

The Figure 8® Daily Detox Tea possesses a unique proprietary blend formulated with herbs to cleanse and eliminate toxins from the body.* This international blend of botanical ingredients contains herbs that not only support the normal function of the kidneys, but also prepares the body to achieve weight loss.*

Drink to a cleansed body and good health with the Figure 8® Daily Detox Tea — your kidneys will thank you!



Figure 8® Daily Detox Tea
20 bags
#1844; \$12 (Canada \$16)

NEW Seasonal

On the GO! Weight Loss Chews, Spiced Cider

Be sure to add this seasonal flavor to your weight loss program.

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 Sept. 1–Dec. 31, 2006.

es for over two months and have lost 20 pounds! What I do is make
ner.” — Posted by Carol on the www.GOfigure8.com message boards

Focus on Fitness

BEGIN A FALL EXERCISE REGIMEN

Ace your fitness goals with a school-friendly schedule.

Just when you thought the scorching hot summer days wouldn't come to an end, you're saved by the school bell. The school season signals more than a change from the heat of summer to the cooler fall season. It means a change in schedule, which may interfere with the fitness schedule you have set in place. But there's no need to sing the back-to-school blues! Stay on top of your fitness and weight loss goals by starting a back-to-school exercise regimen.

What does the regimen entail? Simply adjust your workout program to fall in sync with your new fall schedule. Exercise is vital to successful weight loss results, so make it your personal homework to find the time to squeeze it in. Exercise will give you the energy you need to get through the fall season. Plus, you're sure to make the grade by incorporating the Figure 8® Weight Loss Program with any type of physical activity.

And if you have children, here are a few tips to help get you into shape:

- **Walk the kids to and from school.** It's one great way to get quality time with your child and get some quality cardio in.
- **Bring your kids to the gym.** A lot of gyms offer childcare. If you belong to a gym, see if the service is available and check out the details.
- **Breakup your workout.** Try an early morning walk, a bike ride or a jog in the evening to end your day.
- **Play sports with your kids.** It will make for a fun day at the park and exceptional physical training.
- **Dine with your little ones.** As you make your kid a well-balanced dinner, make one for yourself so you can eat together. You'll make a great role model!



Recipes & Meal Options

HEALTHY MEAL OPTIONS

Autumn is upon us; here are some delicious soups and stews you're sure to "fall" for.

Vegetable Stew Medley

2 onions
2 carrots
2 red peppers
2 ribs celery
1 cup mushrooms
2 zucchinis
2 tomatoes
2–4 tablespoons salsa
1 cup tomato paste
1 cup water
1 tablespoon sugar
1/4 teaspoon salt

1. Cut onions, carrots, red peppers, celery, mushrooms and zucchini into bite-size pieces.
2. Sauté in veggie broth for five minutes until still slightly crunchy.
3. Cut tomatoes into bite-size pieces and add the rest of the ingredients.
4. Cover and cook for 20 minutes on simmer.

Yields 4 servings

Corn "Chow Down" Chowder

2/3-cup low-fat milk
1 1/2 tablespoons cornstarch
1 16-oz. bag frozen combination broccoli, corn and red peppers
(cut up any large pieces)
1 15-oz. can cream-style corn
1/2 cup thinly sliced scallions
1 cup canned chicken broth
1/2-teaspoon cumin
1/4-teaspoon pepper

1. In a large saucepan, dissolve cornstarch in milk.
2. Add all vegetables, broth and cumin.
3. Bring to boil, stirring often.
4. Reduce heat to medium-low.
5. Simmer until vegetables are tender, 10 minutes.
6. Add pepper and serve.

Yields 4 servings

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



Get the scoop on Figure 8® today by contacting your Arbonne Independent Consultant or 1.800.ARBONNE, or visit us online at 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 and Spiced Cider

8 Dietary Elements Make it Work

1. High in vegetable 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 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

Just GO! Orange Fiber Shake

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

Going, Going, Gone! Dietary Supplement

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



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 **Figure 8®** Shaker Cup

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

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

On the GO! Weight Loss Chews

30 chews per bag; \$18 (Canada \$24) each
Chocolate, #1834; Berry Burst, #1840; Spiced Cider, #1853*

Figure 8® Daily Detox Tea

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

Figure 8 Vanish™ Pre-Shower Cellulite Scrub

8 oz./227 g, #1877; \$40 (Canada \$53.25)

Figure 8 Vanish™ Contouring Cellulite Cream

6 oz./170 g, #1876; \$55 (Canada \$73)

*Available September 1 – December 31, 2006, while supplies last.



"GO Figure" Set Special

Everything you need to GO, GO, GO and get your figure back!

The Vanishing Act Set includes:

Figure 8 Vanish™ Pre-Shower Cellulite Scrub and Figure 8 Vanish™ Contouring Cellulite Cream ... a \$95 value!
#675; \$85 (Canada \$113)

The Figure 8® Daily Detox Tea is a unique blend formulated with herbs to help cleanse and eliminate toxins from the body, preparing you and your body for weight loss success. * — Michele Arth, Product Manager, Nutrition

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 onions
- 2 carrots
- 2 red peppers
- 2 celery stalks
- Mushrooms
- 2 zucchinis
- 2 tomatoes
- Salsa
- 1 can tomato paste
- Scallions
- 1 can vegetable broth
- 1 can chicken broth
- Low-fat milk
- Cornstarch
- 1 bag frozen combination mix, broccoli, corn and red peppers
- 1 can cream-style corn
- Cumin
- Sugar
- Salt
- Pepper



INDEPENDENT STUDY RESULTS

Figure 8 Vanish™ 2-Step Cellulite System

Analysis of self-assessment questionnaires showed that the use of Figure 8 Vanish™ Contouring Cellulite Cream and Pre-Shower Cellulite Scrub for a 12-week period on cellulite-prone areas, resulted in significant improvements in cellulite appearance, tactile roughness and skin dryness.

- 90% of subjects agreed products moisturize skin
- 81% of subjects agreed products firm and tone skin
- 79% of subjects agreed the skin looks smoother and less dimpled
- 75% of subjects agreed that "orange peel" look was reduced



Contact Us

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

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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.

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