



ARBONNE
INTERNATIONAL

www.arbonne.com | www.GoFigure8.com

GO Getter



Your Quarterly Guide To Taking Control

Summer 2005

What's Inside

- THIRST-QUENCHING FRUITS OF SUMMER
- NEW FIGURE 8™ ON THE GO! WEIGHT LOSS CHEWS
- OUTDOOR ACTIVITIES
- RECIPES FOR A SUMMER BARBEQUE

BECOME A GO GETTER!

Show and tell your results with Figure 8™!



Become a "GO Getter" by losing 20+ pounds with the Figure 8™ Weight Loss Program and we'll recognize your weight loss efforts. Submit your success story and photo ("before" and "after" are best) and we may feature you in this quarterly Figure 8™ GO Getter newsletter and online @ www.GOFigure8.com.

We can't "weight" 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 of yourself

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

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

CONGRATULATIONS ... TO SARAH BROWBACK-WORTMAN, TODD SCHUCHMANN AND TERESA JOHNSON, YOU'RE ALL GO GETTERS!

BEFORE



"... combining the Figure 8™ Weight Loss products with a healthy eating plan, exercise, drinking more water and changing my focus — physically and spiritually — I have now lost 20 pounds in 10 weeks ..."

AFTER



"For the last 12 years, my weight has increased to 50–60 pounds more than my desired weight. I never stuck to a food plan nor did I exercise. I was often depressed to be in a tight size 16. So, I began my weight loss journey just days after Christmas in 2004. By combining the Figure 8™ Weight Loss products with a healthy eating plan, exercise, drinking more water and changing my focus — physically and spiritually — I have now lost 20 pounds in 10 weeks; six-and-a-half inches and I am in a loose-fitting size 14 (even a 12 in some clothes!). My goal is to lose another 30 pounds so I can enjoy wearing a bathing suit again. Thanks, Arbonne."

— Teresa Johnson, from Monroe, GA

"I love the new, Berry Burst **On the Go!** Weight Loss Chews. In fact, since starting the Figure 8™ Weight Loss Program, I've been able to lose over 60 pounds and it is truly amazing. I continue to be amazed by the awesome products this company provides its Clients and Independent Consultants to enjoy. Thanks again, it looks like you've got another winner here."

— Sarah Brownback-Wortman,
testimonial hotline

"When I turned 30, my metabolism seemed to come to a screeching halt, causing my waistline to grow. Our family eats nearly a vegan diet, so I knew my problem was because of my diet. Even though I started exercising more and lifting weights again, it didn't have the impact on my waist I had hoped. So, when my wife became an Arbonne Independent Consultant a couple of months ago, I volunteered to try out the Figure 8™ Weight Loss Program. What did I have to lose? My waist!"

After only 2 months of using the Figure 8™ Weight Loss Program, I have lost 25 pounds!

— Todd Schuchmann, from Virginia Beach, VA
continues on back cover ...

Thirst Quenching Fruits of Summer

The parade of summer fruits has begun

In the sizzling heat, getting adequate fluids and electrolytes is a must. The good news is electrolytes — and even some fluids — are readily available in fruits. And the best part about summer is that it is easier than ever to get fresh fruits. Summer helps make eating your way to a healthy, fit body as enjoyable as it is good for you. Here is a list of some in-season fruit to help kick off your summer fun:

<p>..... APPLES</p> <p>Red, yellow or green, apples are a good source of fiber. The skin of apples contains antioxidant flavonoids and poly-phenols-phytochemicals that can reduce free radical damage.</p>	<p>..... BERRIES</p> <p>Strawberries, raspberries, blueberries, blackberries and huckleberries are high in fiber and vitamin C. Cherries are another summer fruit that contain vitamin C and fiber.</p>	<p>..... MELONS</p> <p>Cantaloupe is rich in beta-carotene and vitamin C. Honeydew is a good source of vitamin C. Watermelon is a rich source of beta-carotene and vitamin C, and a good source of lycopene.</p>	<p>..... PLUMS & PEACHES</p> <p>Peaches contain beta-carotene and vitamin C, as well as fiber. The skins of the purple and red plums contain potent antioxidant phytochemicals.</p>
<p>..... APRICOTS</p> <p>The beta-carotene and vitamin C found in apricots make them an antioxidant-rich snack. Apricots are also a good source of fiber and potassium.</p>	<p>..... FIGS</p> <p>Fresh or dried, sweet figs are one of the highest fruit sources of fiber, and they also contain potassium, calcium and iron.</p>	<p>..... PAPAYAS</p> <p>Papayas are a rich source of beta-carotene, vitamin C and fiber, and also contain potassium and folate.</p>	<p>..... MANGOES</p> <p>Mangoes are rich in beta-carotene, vitamin C and fiber. Half a mango contains over 100% of the recommended daily intake of vitamin A.</p>

Most fruits are naturally low in fat and calories. They do not have cholesterol but provide many of the vitamins, minerals and fiber our bodies need to stay healthy and ward off many illnesses. *Are you getting your recommended five a day?*

Selection & Storage of Fruit

Buying seasonally and locally is your best bet with fruits. Fresh fruit should “give slightly” to the touch and give off a faint aroma of the fruit inside. Avoid bruised or damaged fruit. Store at room temperature for a few days, or refrigerate ripe fruit for up to a week. To freeze: First blanch fruit in hot water for about 30 seconds, then plunge into cold water and remove the skin (or leave the skin on for apricots, peaches and plums). Slice the fruit, remove the pit, and toss fruit with a bit of lemon juice to retain the color. Freeze in a single layer on a baking sheet. Remove frozen fruit pieces and place in a freezer bag.

“I’ve been on the Figure 8™ Weight Loss Program for 3 weeks now and have lost 12 pounds. Weight loss has always been a struggle, but with this program I’m not having trouble sticking to. I take the Going, Going, Gone! Dietary Supplement 3 times a day (no more than four a day), and then I pretty much eat what I want for dinner. I started out at 167 pounds and am noticing the weight loss!” – Posted by “CandyGirl” to the www.GOFigure8.com chat boards

Ask the Expert



Have a weight loss, nutrition or Figure 8™ product question? Why not Ask the Expert ... and say hello to Michele A., Arbonne's Product Manager, Nutrition. E-mail her anytime @ GOFigure8@arbonne.com.

Q: How much water should you drink each day?

A: Your water needs are just as unique as you are. How much water you need depends on many factors, including your health status, your activity level and your environment. No single rule fits all people; however, there are three approaches to help you estimate your water intake (for healthy, sedentary adults living in a moderate climate.)

Replacement approach. You lose close to an additional liter of water a day through breathing, sweating and other bodily functions. Food usually accounts for 20 percent of your fluid intake, so if you consume 2 liters of water or other beverages a day (a little more than 8 cups), along with your normal diet, you are drinking enough to replace the fluid loss.

Eight, 8-ounce glasses of water a day. Another approach to water intake is to drink eight, 8-ounce glasses of water a day (about 1.9 liters).

Dietary recommendations. The Institute of Medicine recommends that men consume 3 liters (about 13 cups) a day and women consume 2.2 liters (about 9 cups) a day. These guidelines are based on national food surveys that assess people's average fluid intakes.

You may need to modify total fluid intake from these approaches depending on several factors:

Exercise. If you exercise or engage in any activity that makes you sweat, you'll need to drink extra water to compensate for the fluid loss. Drink two cups of water two hours before a long endurance activity. One to two cups of water is also adequate for shorter amounts of exercise.

Environment. You need to drink additional water in hot or humid weather to help lower your body temperature and to help replace what you lose through sweating. You also may need extra water in cold weather if you sweat while wearing insulated clothing. Heated, indoor air can cause your skin to lose moisture — increasing your daily fluid requirements. And altitudes greater than 8,200 feet also can affect how much water your body needs.

Illnesses or health conditions. Some signs and symptoms of illnesses, such as fever, vomiting and diarrhea, cause your body to lose extra fluids. You may need to limit the amount of water you drink if you have certain conditions that impair excretion of water.

Pregnant or breast-feeding. Women who are pregnant or breast-feeding need additional water to stay hydrated and to replenish the fluids lost, especially if nursing. The Institute of Medicine recommends that pregnant women drink 2.3 liters (nearly 10 cups) of fluids a day and women who breast-feed drink 3.1 liters (about 13 cups) of fluids a day.

Summer is a great season to get started eating right and looking great. Drinking enough fresh water is absolutely necessary to keep your temperature regulated and your body functioning properly. A minimum of 1–2 liters of water per day is ideal, especially in hot weather. And if you exercise, be sure to drink several liters more depending on how much you sweat.

WWW.GOFigure8.COM

Your Source for Everything Figure 8™

The Chat, @ www.GOFigure8.com, is Where it's At!

Attention all GO Getters! Join a live, online chat on the first Tuesday of every month at 4:00 p.m. (PST) with fellow GO Getters and Michele Arth, Arbonne Product Manager, Nutrition.



**Figure 8™ On The GO!
Weight Loss Chews — because
cravings never take the day off!**

Maintaining a well-balanced approach to eating is a *full-time job*. Luckily for you, with Figure 8™ On The Go! Weight Loss Chews, you can take a holiday and your diet will still stay on duty! These great tasting, low-in-calorie chews, in Berry Burst, Citrus and Chocolate flavors, can help curb your cravings.*

Support your weight loss goals this summer and send those extra pounds packing ... with Figure 8™.

* 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



Arbonne's Proprietary Get Going! Herbal Blend includes:

Codonopsis – Increases energy and helps the body adapt to stress. Research has confirmed the ability of codonopsis to help increase endurance to stress and to maintain alertness.¹

Astragalus – Classic energy tonic and also is known for increasing stamina and endurance in physically active people.¹

Rhodiola Rosea – Promotes weight loss, relieves stress and is known as a tonic for well-being. Also plays a role in the body's ability to take up and utilize oxygen, which may explain some of the non-stimulant "energizing" effects attributed to the plant.²



1. The Encyclopedia of Medicinal Plants, Andrew Chevallier
2. Supplement Watch Web site



Figure 8™ On the GO! Weight Loss Chews

The recent introduction of the Berry Burst **On the Go!** Weight Loss Chews, is a wonderful addition to the Figure 8™ Weight Loss Program. The great, berry-tasting chew offers a flavorful new way to add variety to your diet. The chews are formulated with Arbonne's **Keep Going!** Herbal Blend.

Having small, well-balanced snacks between meals is essential to your health and to healthy weight loss. It is important to snack throughout the day to ensure that all of your daily nutrient requirements are met. Healthy snacks also help keep the stomach full, which can support consistent blood sugar levels. It is recommended that you consume three small snacks each day and that the calorie content of the snack should be between 100–200 calories, depending on your caloric needs (visit www.GoFigure8.com and click on the Calcul8or to estimate your individual needs). The recommended 1–2 **On the Go!** Weight Loss Chews in between meals totals 30 calories for one chew and

60 calories for two chews. In addition to the weight loss chews, you also may incorporate a small serving of seasonal fruits or vegetables (SEE FRUIT ARTICLE ON FACING PAGE) for a well-balanced snack. This is a great way to satisfy your sweet tooth and also add three healthy servings of fruits and vegetables.

Figure 8™ On the GO! Weight Loss Chews

30 chews per bag; \$18 (Canada \$24)
Chocolate #1834; Citrus #1833;
Berry Burst #1840
Save 20% on Autoship... \$14.40
(Canada \$19.20); Chocolate #1834a;
Citrus #1833a; Berry Burst #1840a

...has been a huge issue for me since I was 13. I think I've tried every diet under the sun and this is the first weight loss program that works. I eat a GO Easy! Protein Shake for breakfast and lunch, have an occasional On the GO! Weight Loss Chew (so good) and am now at 155. I think eating what I want for dinner has made this doable for me. And thankfully, people

Focus on Fitness

Physical fitness — a game where everybody can win

One goal all Figure 8™ers seem to have in common this summer is getting into shape. Fortunately, as summer has arrived, so have the means by which you can achieve this worthwhile goal.

One of the best ways to achieve physical fitness, along with following the Figure 8™ Weight Loss Program, is through exercise. There are three components to a healthy body: Aerobic conditioning, strength training and flexibility. Of the three, aerobic conditioning is the best at increasing your metabolism so you can trim off the excess. Mix in a few lofty, but attainable goals, and you have the perfect recipe for fitness. All of these "fitness" ingredients need personal attention, although the amount you allot to each may vary with your particular goals and over time. So, where can you begin?

BIKES, BLADES & H₂O

There are several ways to get aerobic conditioning. The easiest way to start shaping up is to pick an activity that you like to do, or something that closely resembles it.

BICYCLE RIDING

For example, take bicycle riding. This is an activity that can be done anywhere. All you need is a bike. Take advantage of the long summer days by pedaling around the neighborhood with your kids. They'll be able to burn off some extra energy while you're burning off extra calories.

ROLLERBLADING

For those of you who like the cool rush of winter skating, mixed with the warmer temperatures of summer, rollerblading is a fun option. Grab your head-

phones and create your own musical fusion as you work on your flexibility. Rollerblading is great because it stretches out your thighs and hamstrings in a gentle motion, and strengthens and tones your legs.

SWIMMING

Another great summer exercise you can add to your list is swimming. This highly-aerobic water activity burns plenty of calories per hour, plus results in strength conditioning as well. Work out in the pool, so you can look good outside of it, too!

As summer is in full bloom, take advantage of exercising properly. These seasonal, aerobic activities are easy to do, and more importantly, can easily incorporate the entire family.

TURN BEFORE YOU BURN!

While the sun is a welcome change from cold, winter weather, it also can be dangerous. Be sure to use a sunscreen with an SPF of 15 or higher. Try the Arbonne BefoRE Sun Save Face & Body, SPF 15 or Sun Damage Control, SPF 30 sunscreen and be sure to re-apply every two to three hours.

Arbonne BefoRE Sun Save Face & Body, SPF 15 sunscreen, #945; \$26 (Canada \$34.50)

Arbonne BefoRE Sun Damage Control, SPF 30 Water Resistant sunscreen, #950; \$28 (Canada \$37.25)

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

Recipes & Meal Options

HEALTHY MEAL OPTIONS

Grilling is a healthy and delicious way to prepare foods, as well as a wonderful way to enjoy summer dining outdoors. Try these healthy, and appetizing menu ideas for a delightful, barbeque meal that's quick and easy to create!

..... GREAT GRILLING TIPS

- Preheat your grill. Be sure the grates are clean and piping hot before you lay down food.
- When cooking with wooden skewers, soak them in water first to prevent burning.
- Wait until the last 20 minutes of cooking to brush meats with sauce, to prevent burning.
- Keep a spray bottle of water close by in case of flare-ups.
- Clean grill off while still hot. Brush the grate with a metal barbeque brush and let the remnants burn into the coals.

🔪 Grilled Baked Potatoes

4 large baking potatoes
1/2-cup salsa, or light sour cream

Yield: 4 servings

1. Wash and pierce the potatoes with a fork and wrap each one in double thick, heavy-duty foil.
2. Place the potatoes directly onto hot coals or on a low grilling rack and cook for approximately 45 minutes, turning potatoes often, using tongs.
3. Open and split the potatoes. Top with salsa or light sour cream. Serve.

🔪 Citrus Grilled Salmon

1/2-cup lime juice (about 2 limes)
2 tbsp olive oil
1/2 tsp salt
1/2 tsp black pepper
4 salmon steaks (1-1/2 lbs total, each 3/4 thick)
1/4-cup green onion, chopped
1 tbsp fresh lemon juice
1 tbsp water
1/4 tsp honey

Yields: 4 servings

1. Combine lime juice, oil, salt and pepper in a small bowl. Place salmon in a shallow dish. Pour 1/4-cup lime juice mixture over fish, turn over to coat. Refrigerate for 10 minutes, turning once. Save remaining mixture for sauce.
2. Heat grill to high, or prepare charcoal grill with hot coals. Position the grill rack 6 inches from heat.
3. Stir green onion, lemon juice, water, and honey into saved lime juice mixture.
4. Place salmon on greased grill rack. Drizzle with half of lime juice mixture from marinade dish. Grill over hot coals on covered grill 2 minutes per side or until cooked through.
5. Serve with green onion sauce.

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



4 Products Make it Simple

1. **GO Easy!** Protein Shake with INNER G-PLEX®, Chocolate & Vanilla
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*



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
- A FREE Arbonne product with each order

GO Easy! Protein Shake with INNER G-PLEX®

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

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; Citrus, #1833; Berry, #1840
Save 20% on Autoship ... \$14.40 (Canada \$19.20);
#1834A Chocolate; #1833A Citrus; #1840A Berry

Figure 8™ Daily Detox Tea

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



"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

plus 1 **FREE** Bag **On the GO!** Weight Loss Chews, Citrus, (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 calorie content of a snack should be between 100–200 calories, depending on your caloric needs (visit www.GoFigure8.com and click on the Calcul8or to estimate your individual needs)."

– Michele Arth, Arbonne Product Manager, Nutrition

Recipes & Meal Options

Couscous Salad with Apricots and Almonds

- 1-cup celery, finely chopped
- 1-1/4 to 2 cups carrots, grated (about 1/2 pound)
- 2 cups pitted apricots, quartered
- 2 jalapeños, seeded and minced
- 1 tsp lime or lemon juice
- 2 cups whole wheat couscous
- 1/2 tsp salt
- 2 cups boiling water

Vinaigrette:

- 1/4-cup brown rice vinegar
- 3 tbsp fruit sweetener
- 2 tbsp extra-virgin olive oil
- 1 tbsp ginger, freshly grated
- Salt to taste
- 1/4-cup lightly toasted, slivered almonds
- 3/4-cup parsley, chopped
- Cilantro

1. Combine celery, carrots, apricots, jalapeños, and lime or lemon juice. Set aside.
2. In another bowl combine couscous and salt. Pour boiling water over couscous, cover, and set aside for 5 minutes. Do not let it sit for much longer than 5 minutes or couscous will stick together.
3. Combine vinaigrette ingredients: vinegar, fruit sweetener, olive oil, and ginger. Pour over celery-apricot mixture. Fluff couscous with a fork. Combine with celery-apricot mixture. Add salt to taste. Just before serving, mix in toasted, slivered almonds, and chopped parsley or cilantro.

Yields: 8 servings

RECIPE INGREDIENT LIST

Here's a quick shopping list for the barbeque recipes.

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.

- Fresh salmon steaks
- Whole wheat couscous
- Limes
- Lemon
- Orange
- Green onion
- Celery
- Carrots
- Apricots
- Cucumbers
- Red and yellow bell pepper
- Ginger
- Baking potatoes
- Fresh dill
- Cilantro
- Granulated sugar
- Parsley
- Jalapeños
- Honey
- Slivered Almonds
- Brown rice vinegar
- Fruit sweetener
- Low-fat plain yogurt
- Cayenne pepper
- Extra virgin olive oil
- Salsa
- Light sour cream
- Sugar
- Salt
- Pepper

... GO Getters continued from front cover

"My pants fit baggy now and I have to put my belt on the tightest notch. My wife says I look great and my friends and coworkers have asked what I'm doing because the results have truly been remarkable.

This system is so enjoyable! The **GO Easy!** Protein Shakes, **Just GO!** Orange Fiber Shake and the **On the GO!** Weight Loss Chews are all delicious! I am surprised at how filling the chews make me feel. I normally eat generous portions at meals, so I was skeptical that shakes could satisfy me, but these do!

The thing about Figure 8™ I love the most is that it contains no whey protein. Like so many people these days, I am allergic to dairy products and have never found a good protein shake I can drink. Thank you, Arbonne for not using animal by-products!"

— Todd Schuchmann, from Virginia Beach, VA

PEOPLE ARE TALKING ...

"I bought the snack size zippered bags and I put one scoop of **GO Easy!** Protein Shake and **Just GO!** Orange Fiber Shake in each bag. I make sure I have a couple of bags with me everywhere I go. When I need something to eat and can't find anything healthy to buy, I buy a small bottle of water, drink it down to about 7 ounces, snip the corner of the plastic bag and squeeze the powder into the bottle."

— Talitha Seibel, posted on the www.GOFigure8.com chat board

Contact Us

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

Kirsten Aguilar
Marketing Coordinator
marketingc@arbonne.com

Arbonne International, Inc.
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 #2537 75M 7/05
© 2005 Arbonne International. All Rights Reserved.



To order product today, or to sign up for Autoship, contact your Arbonne Independent Consultant or call 1.800.ARBONNE, or visit us online at www.arbonne.com.