

# The Power is in The Product

Designed to introduce you to the **products** of Arbonne and familiarize you with the **benefits!**

Each single-serving stick packet contains a mild-flavored powder that can be added to any cold or room temperature liquid. Provides prebiotics, probiotics and enzymes to help support optimal digestive health.

**Recommended for: Daily Digestion Health and nutrient absorption.**

Directions: Add one stick pack (4.65 g) to at least 4 oz. of cold/room temperature liquid and stir until mixed. Take once daily.

## Arbonne Essentials Digestion Plus



This powerful formula contains 11 digestive enzymes, prebiotics and a patented probiotic to support the intestinal wall often damaged by allergenic foods. Probiotics scrub away yeast overgrowth in the lower GI and reestablish friendly bacteria.

### What are Prebiotics?

Prebiotics help keep beneficial bacteria healthy. They basically are non-digestible foods that end up in your digestive system to help beneficial bacteria (probiotics) grow and flourish.

Dr. Michael McCann, MD, physician and researcher, states,  
***“Probiotics will be to medicine in the twenty-first century as antibiotics and microbiology were in the twentieth century.”***

**Probiotics:** “Good” or “friendly” bacteria that live in your digestive system. Probiotics aid in the overall function of your internal systems by maintaining a proper PH level conducive to digestion and absorption without the growth of bad bacteria. Probiotics also play a role in the muscular contractions that move food through your stomach during digestion and help promote the healthy passage of material through your body. Probiotics have been linked to the development of a healthy immune system, cholesterol level, blood pressure, intestinal wall and vitamin and mineral absorption.

**Digestive Enzymes:** Naturally produced chemicals that help breakdown food. The body produces and uses specific enzymes to breakdown specific foods. Age, poor diet, chemical exposure and poor digestive health can interfere with the production of digestive enzymes and prevent the easy and efficient breakdown of foods. Supplements and enzyme rich foods can supplement the poor production of digestive enzymes and help the body break down, digest and absorb food for nourishment and energy production.

All deficiency disease is the result of pH imbalance and a lack of nutrients, minerals, amino acids or essential fatty acids. When you lack any of the essential nutrients or have toxins enter your system, you are beginning the process of acidosis, breaking down at a cellular level. In other words, your body pH balance is disrupted, causing the body to form the perfect environment for the development of disorders such as arthritis, weight gain, fibromyalgia, chronic fatigue, yeast infestations, constipation, spastic colon, Crohn's disease, gout, acid reflux, kidney stones, diabetes, heart disease and cancer.

When your body pH is balanced the cells in your body will oxygenate and cause you to heal at a phenomenal rate. Cancer cells put in a test tube with acidic fluids will multiply. Put those same cancer cells in a test tube with alkaline fluids and they die.

Creating a proper pH environment in our bodies is key to good health.

Mayo Clinic: “Although more research is needed, there's encouraging evidence that probiotics may help:

- Treat diarrhea, especially following treatment with certain antibiotics
- Prevent and treat vaginal yeast infections and urinary tract infections
- Treat irritable bowel syndrome (IBS)
- Reduce bladder cancer recurrence
- Speed treatment of certain intestinal infections
- Prevent and treat eczema in children
- Prevent or reduce the severity of colds and flu”



Most commercial yogurts are not a good source of probiotics. Heat pasteurization significantly reduces most of the 'good' bacteria benefits