



Heather Hinton

Area Manager

Wow! I am forever grateful for the Arbonne 30 Days to Healthy Living program!! Being considered "the skinny girl", I really only thought about food as if it was going to cause me to gain weight or not. I never really understood the correlation between food and how your body functions and feels. I grew up with stubborn acne and mostly oily skin, and I tried everything under the sun to correct it, but nothing seemed to do the trick. I chose to do the Arbonne 30 days to healthy living to see how great I could feel! I was seeing other peoples testimonies and was wondering if this could be true for me. I wasn't sure how Easy it was going to be to succeed, working 50 hours a week, but I quickly learned this program is perfect for busy people! I was set up for success with recipes, shopping list and support! I learned how to grab healthy food on the go, and learn to plan my meals in order to succeed. I actually found that I saved money because I wasn't having to purchase over priced, under quality food from the cafeteria or the local coffee shop. I learned that cooking can be simple and fun, and embraced cooking with my husband! It was fun to find delicious recipes and teach my husband to switch out that morning cinnamon bun for a cinnamon bun flavor smoothie! Within the first week, I could feel a difference! I did not have the after lunch slump, brain fog and tiredness that I normally had, I was able to focus better, my sleep was more sound at night and I woke up feeling rested. My skin troubles went away (finally-wahoo!), and for the first time in a long time I felt confident to go outside and around people without make up on! I also noticed a huge change in my midsection, my little love handles had gone away and I had to start trying my scrub pants to stay up! It was amazing! I am so grateful for this program and that it is so easy to maintain after the 30 days! I continue to use most of the products daily and maintain a healthy lifestyle! I am so passionate about helping others feel their best and live their best life! I would love to have you join us, it will change your life.