

Arbonne Hybrids- Krystal Gray, C.C.N.
(Certified Clinical Nutritionist -Author of **Eat and Be Well**)
2006 Notes taken by: Maureen G. Mulvaney, MGM

***To Order Krystal Gray's Book or CD's Visit
<http://www.glowinginsideandout.com>**

- ★ Krystal Gray did her own, extensive, study on Arbonne's Bio Nutria Products
 - Tested Client's, Urine and saliva, prior to administering supplements and food plan
 - Placed Client's on 6 month food plan and Arbonne supplements
 - Retested Urine & Saliva
 - Found Arbonne's formulation to be Verifiably Effective

- ★ **The Skin** is the largest Eliminative and Absorptive organ of the body.
 - Be Aware... What ever you **Put ON your body ...within 26 seconds residues can be found in every organ of your body.**
 - **Use Skin Care that works with the body instead of against it...use Arbonne.**

- ★ **How Do YOU Know Whether you NEED Vitamins and Minerals?**
 - Never just take Vitamins, JUST to take Vitamins
 - Always Ascertain whether you need to be taking supplements.
 - To determine whether you are mineral deficient and need vitamins, answer the following questions. Place a check mark, on a piece of paper, each time you hear a symptom you have.

★ **Key QUESTIONS to Know if you Need Vitamins and Minerals**

"Let's find out if you need vitamins and minerals."

- **Focus on your Eyes.** Do you have any of the following Symptoms? Are Your Eyes:
 - Blood Shot
 - Dull
 - Tired
 - Swollen
 - Sad
 - Small
 - Tense
 - Life -less
 - Do they burn or itch
 - Do you have blurry vision

- **Focus on your Skin.** Do you have any of the following Symptoms? Is Your Skin:
 - Dry
 - Oily
 - Blemished
 - Colorless
 - Puffy
 - Grayish
 - Saggy
 - Drawn.

- **Focus on your Body.** Do you have any of the following Symptoms? Is Your Body:
 - Weak
 - Tired
 - Flabby
 - Over or under Weight
 - Do you have allergies
 - Are you sick all the time
 - Do you experience aches and pains
 - Do you experience Stiffness
 - Do you sleep well
 - Do you experience constant colds
 - Do you have Digestion problems such as constipation or diarrhea
 - Do you experience frequent colds
 - Do you feel like you are aging rapidly

- **Most IMPORTANTLY, FOCUS ON YOUR ATTITUDE.** Do you have any of the following Symptoms? Are YOU:
 - Depressed, much of the time
 - Do you REGRET the Past
 - Do you CURSE the Present
 - Do you Dread the Future
 - Does your life seem dull
 - Do you feel lethargic or low in energy
 - Do you live with feelings of:
 - RAGE
 - BITTERNESS
 - REGRET
 - RESENTMENT
 - HOPELESSNESS
 - FEAR
 - FUTILITY

- **If you check three or more of the above, YOU NEED SUPPLEMENTS! YOUR BODY IS CRYING OUT FOR HELP!**

MGM Associates

- Many of you will say, “**Well, I eat a good diet ... I don't need vitamins**”.
- **Response:** The land is depleted. The minerals are no longer in the soil. The plants do not get the mineral the need. Animals, eat the plants, then we eat the animals. The soil is depleted, the minerals are not in the plants, any more, therefore we do not get proper minerals from the plants and animals we eat.
- **YOU Might NOT NEED SUPPLEMENTS...If you are growing your own produce, on nutrient rich soil, plus CONSUMING 4-6 VEGETABLES, 2-4 FRUITS, ONE STARCH AND A PROTEIN, PER DAY.**
- **YOU Might NOT NEED SUPPLEMENTS ...If you are eating most of your FRUITS AND VEGGIES RAW or LIGHTLY STEAMED and DO NOT MICROWAVE.**
- **YOU Might NOT NEED SUPPLEMENTS ... If you DON'T SMOKE, DRINK ALCOHOL, TAKE BIRTH CONTROL OR USE PRESCRIPTION DRUGS .**
- **YOU Might NOT NEED SUPPLEMENTS ...If you GET ENOUGH REST, DRINK PURE WATER, EXERCISE DAILY, BREATH DEEPLY, EAT A LOT OF CRUCIFEROUS VEGETABLES** (veggies that help protect against cancer)!
- **SOLUTION...TAKE GOOD SUPPLEMENTS!**
 - The average American is eating *Nutria Garbage*...it looks like food, it might even smell like food...but is it JUNK FOOD GARBAGE.
 - The average American runs out the door, in the morning, gulping down a cup of coffee, while eating a pop tart. By mid day we drink pop or coffee to keep us awake and push the lever D4 for a tasty bag of M & M's .
 - We spend a lot of time at the coffee shop.
 - All this depletes the body of calcium...we are sick and tired all the time.

Dire Prediction: **IF WE DON'T FEED THE BODY THE NUTRIENTS IT NEEDS, IT CAN ONLY DO FOR YOU, WHAT YOU DO FOR IT....NOTHING.**

- **WE NEED TO FEED THE BODY CORRECTLY TO HAVE ENERGY.**

- **WHY YOU need to Feed and Supplement the Body?**

- Your body is only as strong as your cells.
- The body is made up of 100 trillion cells
- Cells make up your Tissues
- Tissues make up your Organs
- Organs make up... YOU.
- The body is only as strong as your weakest link...the Cell.
- If you are not feeding the cells of the body, nutrient rich food, the cells CAN NOT be healthy.
- If you do not feed the liver cells, pancreas cells, colon cells, skin cells, heart cells, etc., Healthy foods and supplements...they CAN NOT BE HEALTHY.

- **Why are they called Supplements?**

- They are called supplements because they are to Supplement what you DO NOT get from your food.

- **Why do some people have problems, such as nausea or stomach ache, when taking supplements?**

- #1 Supplements ARE NOT TO BE TAKEN WITH JUNK FOOD or a Soda Pop.
- If you have ever taken supplements and felt nauseous, or gotten a stomach ache, most likely, you were not eating enough food or the right kind of food.

- **Why don't most consultants promote the Hybrids?**

- It's hard to promote something that you are not familiar with...Learn about the Hybrids
- You can only promote supplements, to other people, when YOU ARE ON THE ARBONNE SUPPLEMENTS YOURSELF...Get on the Power Paks.
- Be healthy ...to Promote Healthy!
- Take your supplements, on a daily basis, not a hit or miss basis.
- When you are on a good nutrient plan and you are eating healthy and drinking pure water, then people will flock to you.
- Over Weight or Under Weight is not Healthy

- People do not want to be sold anything... they want YOU TO SHARE, with them, What WORKS!
- Tell clients, from your point of view, why the Hybrids are working for you.
- Be a product of your own products...Do not Preach...Just DO!

★ **How can we change people over to the Hybrids, when they were on Arbonne's Antioxidants that were less EXPENSIVE?**

• Ask your clients the following **Hybrid Quiz Questions:**

- Does your diet consistently contain all the recommended nutrients?
- Do you maintain a high paced and stressful lifestyle?
- Do you desire more energy and optimal performance?
- Do you desire a feeling of well-being and balance?
- Is your Health worth \$2.82 per day, less than a Star Buck's Coffee?

• **Do you think the Hybrids are too expensive?**

▪ Response:

*“Would you let me come to your house with my calculator and pull out of your cabinet, all the products that do not work for you. What would happen if I added them all up. What would the amount of money be, for all the NON-Nutritional items, you are currently eating, that are causing you to be sick and tired?
How Much is YOUR HEALTH WORTH?”*

★ **Why The HYBRIDS Work & What Beneficial Effects YOU are Getting:**

- There is no IRON in the Hybrids
 - Iron affects the absorption of Calcium.
 - Iron should be taken independent of calcium, at least 2 hours before taking calcium, so as not to affect the absorption of Calcium.
 - Get your Iron from another source

The Hybrid-Women's Power Pak Contains:

- **Cranberry**
 - To enhance and prevent Urinary Tract Issues

- **THE SUPER FOOD ANTIOXIDANTS**
 - **Contain 28 different Colors Fuits and Vegetables,** in a 3.5 oz serving

 - **Siberian Ginseng**
 - Which is alternative to your cup of coffee, without the post let down
 - Improves energy and endurance
 - Improves athletic performance
 - Helps with mental acuity

 - **Pantothenic Acid**
 - Helps combat Stress, Migraines, Chronic Fatigue
 - Offers Adrenal Support
 - Minimizes Depression effects

 - **Pomegranate Extract**
 - Positive effects on Osteo-Arthritis & LDL levels

 - **Blueberry**
 - Considered by many as the most Potent Antioxidant out there
 - Recent studies indicate there might be help for Alzheimer's because Blueberries helps with Memory

 - **Grape Skin Extract**
 - Natural Anti –Inflammatory

 - **Elderberry**
 - Anti-Viral, supported by double blind clinical study
 -

 - **Red Bell Pepper & Tomatoes**
 - Lycopene to protect against Prostate, Cervical and Pancreatic cancer

 - **4 types of Calcium**
 - Calcium Citrate –the best absorbable form of Calcium that does not require stomach acid to absorb...on it's own it would require many tablets so they put in Calcium Carbonate, Calcium Phosphate and Calcium Glycinate because it is more concentrated

 - **Vitamin E**
 - Vitamin E –form of d-alpha-tocopheryl succinate...this form is not found in most over the counter retail items
 - proven in studies to help in the inhibition of cancer cells

Hybrids have an ORAC value of 8000

The average product, on the market, is about ORAC of about 4000

- ORAC=OXYGEN RADICAL ABSORPTION VALUE
- ORAC -What is needed to help the body defend against the free radicals which can affect your cells.
- Antioxidants are *Defense MEN*... You need lots of them to keep the free radicals at bay
- The ORAV means-absorbs those free radicals that keeps those bad free radicals at bay.

Still think the Hybrids are too expensive?

- Ask your client to go to the Store and COMPARE PRICES.
- What is the price of one jar of Siberian Ginseng?
- What is the price of one bottle of Pantothenic Acid?
- What is the price of one bottle of Pomegranate Juice which has a fraction of the extract in the Hybrids?
- The COST WOULD BE PROHIBITIVE!

What Price is YOUR HEALTH?

- Others will not purchase from you if you think it is too expensive
- What good is it to make a lot of money if you are not Healthy and can not enjoy the money?

★ Get healthy

- If you are a business person, You probably have a 5 and 10 year game plan for your Business?
- You need to have a 5 to 10 year eating plan for your Health...Supplemented with Hybrids
- You will see major changes in your health and energy level with Hybrids
- You must be persistent and consistent

Questions everyone should ask about Supplements and What Makes Arbonne Products Different:

- Are the products you are now taking, **Standardized**?
 - Arbonne's products contain Standardized botanicals and herbs
- Are the products you are now taking, **Cold Processed** or Heat Processed?
 - Heat Processed means they actually might not be the nutrient value they need to be
 - they are like little pieces of Coal Tar that takes energy to get thru your body
 - Arbonne products are Cold Processed.
- What grade are the ingredients in the products you now take?
 - Arbonne's products are made from the **finest pharmaceutical grade** ingredients
 -
- Are your products **Bio-Available**, at the cellular level?
 - Arbonne products are Bio-Available, at the cellular level
- Do your products disintegrate in 30 minutes?
 - Arbonne products disintegrate within 30 minutes
 - Contain proprietary herbal blends that work synergistically with active components for optimal results
- How are your current products formulated?
 - Arbonne's products meet US Pharmacopeia (USP) standards
 - Without colors, starch, yeast, caffeine, preservatives or salt
 - Provide maximum absorption with highly bio-available ingredients
- Can you return products?
 - Arbonne has a 45 day return, from date of purchases, FOR ANY REASON!
- ARE YOUR PRODUCTS AFFORDABLE?
 - ARBONNE'S HYBRIDS cost less than a Starbucks per day
 - Affordable on Autoship
 - One box of Hybrids and Go Figure Set = \$251 per month
 - Qualifies for : *One Hundred for Twenty*
 - you could also get a DeTox Tea
 - Resist
 - Another Fiber Shake or
 - Get 2 Hybrids the second one for \$55
 - Approximately \$7 per Day to be on a great Nutrition Plan with supplements for 6 month
 - Go to a Gym and find out how much that would be per day

- A personal trainer is \$60 an hour with a 10 session minimum, regularly \$75 per hour)

★ **Hybrids are definitely worth the \$2.80 per day**

★ GET on the Supplements! Get your entire Team on Supplements or at least 6 months...see the difference.

★ Sign up all new people with a: **NUTRITION RSVP Set**

- Offer your clients the following: **A Nutritional RSVP**
- **RE9 Skin Care products**
 - RE9 Skin Care system -Slows Down the Aging Clock
 - 6 month study showed, conclusively, reestablished you own collagen Type 1 & 4
 - Caused a Youthful appearance in 6 months
- **2 month Supply of Hybrids- Power Paks**
 - By doing both the Skin Care and Power Paks together...you change
 - after 6 months your taste buds will change
 - You are educated, instead of you getting hungry and the Aberstate of your body says EAT, you will be deprogrammed from the commercials that say get fries and a Coke, instead you will begin to say, "Great I get to eat a Large leafy salad, protein of my choice, & take my Power Paks Consistently. Yippee, I'm healthy!"
- **1 month RESist**
 - Contains: Flax Seed, Lipoic Acid & Co Q 10
 - Good for hair, Skin and Amazing Anti-Aging Antioxidants
 - Only product, Krystal has seen, on the market, with all 3 of these ingredients. Usually these ingredients are sold separately
- **Weight Management Set**
 - Figure8 Set
 - With the DE Tox Tea

★ **Are the Hybrids Good For Teens?**

- You can put them on the Hybrids...the Black Cohash is so small it will not effect the kids plus The Antioxidatns will give them energy
- You can get your kids to create recipes for the Fiber Shakes...make it fun and they will drink them

★ **I seem to go to the bathroom more often since I've been on the Hybrids, is that normal?**

- If you experience going to the bathroom, more often, with loose stools...that is normal. it is the detoxifying effect, from the nutrients, that are in the Hybrids. It will subside over time.
 - To help the symptoms to subside:
 - Make sure you Drink your Body Weight, divided in half, by ounces, of Pure Water –alkaline drops would be great to add to the water
 - Drink Lemon water first thing in the morning and last thing at night to keep you alkaline

★ **Are the Hybrids OK for all ages?**

- Hybrids are Gender specific but not Age specific-the Cohash is about the only thing that is different for kids and adults
- Arbonne is not a health food store but is a Skin Care company that has given us some great products that will keep us healthy and enhance the Skin.
- If you have specific Heart Problems or Arthritis problems, than you need to go to a good nutritionalist and get specific products to treat each symptom or go to a doctor
- This is a good program to get you Healthy and begin to clean up your act....eat good foods...take supplements...exercise and Drink pure water (herbal Teas)
- Whatever you put in your body will have bio-chemical reaction so you can process that substance or liquid through your body.
 - Example: The Pop you drink contains Phosphoric Acid.
 - For the acid to Bio-chemically go thru your body, it needs to be connected to calcium
 - Opps...There is no calcium in pop
 - So... the body must LEACH THE CALCIUM from your hair, nails, teeth and bones!
 - Is it a wonder why we have bone and joint pain? The calcium has been leached out.
 - Is it a mystery we have Osteo- Arthritis and Osteo-perosis ? The calcium has been leached out.
 - We are literally, leaching the calcium, out of our bones because the substances we are taking into our bodies are too ACIDIC!

- **SOLUTION:**

- Chew food 10-20 x's per mouthful
- Drink more water but not with your meal
- Need to be on the Fiber Shake 2 x's per day
- Take in 25-30 grams of fiber per day
- You must Change your Diet ...Eat properly
- Get on a Good Eating PLAN

★ **Help People Get Healthy** -Internally, Externally and Financially with Arbonne

★ **What if you are taking Cumatin, blood thinner, is it OK to take the Hybrids?**

- The Hybrids have Vitamin K in them...tell your client to take the Hybrids to the Doctor and ask if they are OK to take
- Remember...We do not cure or heal anything

As the landlord, of your body, give your body the proper environment to thrive:

- Drink the right amount of Pure Water, each day
- Chew food 10-20x's per mouthful
- Sit Down When You Eat
- Do Not Drink while you Eat
- Take your Supplements Daily
- Eat meals, consistently, at the proper time, each day
- No Water or Liquid with your Meals

Why NO Water or other Liquids with YOUR meals

- The saliva in your mouth has an enzyme called, Tylin, which mixes with your carbohydrates and is the first part of digestion.
- The first part of digestion, starts in the mouth. The Tylin, enzyme, is what breaks down the food.
- If you put any kind of liquid with Tylin, you dilute the Tylin. Already the first part of you digestion is impaired since it is diluted.
- Also, If you drink with your meals you also probably swallow big hunks of food
- Let's review:

- You dilute the enzymes, in your mouth, with liquid
- That DOES NOT break down the food properly
- Plus you send down big hunks of foods
- The big chunks of Food, are sent down, with diluted digestive enzymes
- The enzymes in the stomach also become diluted
- This process Does Not FEED the cells properly
 - Remember...The cells do not want to see the food in the same form as when you see it on you plate
 - The cells need to see the food coming, at them, in liquid form
 - YOU have to Chew the food...Dilute it with enzymes
- A feeling of fullness will occur when you eat properly.
- Do not eat, more than will fit in the size of your fist, like the All State Commercial (You are in Good Hands)
- Drink YOUR Food and Chew Your Juice...meaning take more time to EAT
-
- How to Order *Eat and Be Well*- Book by Krystal Gray, C.C. N.
Visit <http://www.glowinginsideandout.com/>

You will see results immediately, with the HYBRIDS. If you take them Burger King and other junk food, the results will be diluted!

...Remind clients again and again to change the diet along with the Hybrids.

To get the Best Results with our Arbonne Hybrids you must do the following:

- Drink the right amount of Pure Water each day
- Chew food 10-20x's per mouthful
- Sit Down When You Eat
- Do Not Drink while you Eat
- Take your Supplements Daily
- Eat meals at the proper time per day

Comments from MGM:

Make small shifts...each time you feel a little better, you will make better choices.

Like the Tylenal commerical...Tell your Arbonne Clients...

'If you are not going to use our products properly, I'd rather you just didn't take them at all.'

Thank You Krystal Gray for Sharing you Knowledge and Wisdom, with all of US!

Love, Maureen G. Mulvaney, MGM