

ADVERTISING FEATURE

Support Life or Life Support—Your Choice

How retired Firefighter/EMT Bob Fitzgerald kicked the toxins out and re-sculpted his body

On his fifty-fifth birthday Bob Fitzgerald's son reminded him, "Dad, the doctor said that you have to lose that belly." Three years after retirement Bob realized that he had slowed down, gained weight and was eating poorly.

Knowing he needed to make a lifestyle change, he said, "My son was my advocate, so I began searching for a safe and natural solution."

His search soon leads him to the Arbonne product line and their "30 Days to Healthy Living", a program centered around eating whole foods while avoiding addictive ones. An Arbonne representative and their vast social network helped Bob to understand how the body absorbs synthetic chemicals that cause internal toxicity which leads to wide-ranging health issues including, obesity, diabetes, and inflammation.

Concerned about how his body might react to changes, Bob quickly discovered that the Arbonne products walk you along a gentle progression to removing stored toxins as you begin to eat cleaner. Adipose tissue, the fat in our bodies is where we store the harmful toxins in an ongoing battle to keep them away from our vital organs. Arbonne's 7-day Body Cleanse is a mild sea botanical blend that attracts toxins, cleanses the digestive tract and supports the liver and kidneys as you remove stubborn fat and begin to increase your energy.

Built upon the body cleanse cornerstone is an Herbal Detox Tea, a blend of 9 detoxifying herbs. This decaffeinated tea supports kidney and liver functions and acts as a natural diuretic in support of weight loss and digestion.

Rounding out Bob's selection of healthier choices is the Protein Shakes, Fizz Sticks, Digestion Plus, Fiber Boost, Fit Chews, and Greens Balance. All pure, certified vegan and botanically based from this well established, international 30-year old company.

Discover more about Bob's over 50 fitness journey at