

TRANSFORM30 Facebook Party Slides and Script

Cindy Cohen RN, Host

INVITATION



The 30-Day Complete Transformation CHALLENGE



EVENT LOCATION: YOUR COMPUTER

30 Days can Change Your Life
Exploit 15 years of research for long-term health and a slimmer you! You'll be supported by our vibrant, private Facebook group, with people of all ages and walks of life. Plus lots of tasty recipes!

Learn more at:
<http://www.cindycohenRN.transform30.com>
call Cindy Cohen RN 800.245.8917

Wednesday, Sept. 9th
9:00pm – 9:30pm

WHAT YOU WILL NEED:
comfy CLOTHES
your COMPUTER
refreshing DRINK

LOG INTO EVENT ON 



Share the love of health with Transform30.
Let's get this party started!



A few days ahead start posting on the Facebook Event Page you created



WANT TO LOOK AND FEEL BETTER THIS SUMMER?



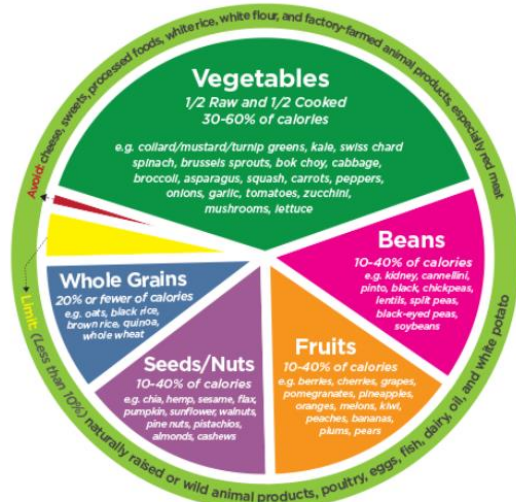
- 100% Plant Based
- Low Fat
- No Cholesterol
- Non-GMO
- Gluten Free
- Vegan
- Soy
- Perfect On-The-Go Breakfast
- Healthy Meal
- Pre-Workout Energy
- Post-Workout Recovery Drink
- Increased Energy



Powered By:

Juice Plus+ Complete Shakes

Dr. Fuhrman's Nutritarian Food Plate



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My Juice Plus Story.

Before and after – Jenna Quin

After 10 years of suffering from dermatitis, last year two months before Christmas it attacked my face, I suffered for 3 months of pain and embarrassment before being introduced to Juice Plus. It took only three weeks for me to notice change within my face and two months for it to be completely gone. Juice plus changed my life, not only did it make my dermatitis on my face vanish it also helped reduce my psoriasis and eczema which every doctor I seen told me I could never get rid of.

THE PROOF IS IN THE PHOTOS.

A YEAR
FROM NOW
YOU WILL WISH
YOU HAD STARTED
TODAY

WHAT YOU WILL NEED:

comfy
CLOTHES

your
COMPUTER

refreshing
DRINK

LOG INTO EVENT ON  facebook



PRE-EVENT POST 1

Learn more about Transform30 & Juice Plus

Facebook Event

Facebook Event Party

Go get yourself an invite



PRE-EVENT POST 2

Are you Ready?

Facebook Event Party
starts in 1 hour



POST 1: Are you ready:

Posted to the page 1 hour before

Are you ready?

We are just working behind the scenes getting it all set up, making sure we have

everything you need.

Share this post with your friends so they can join us too and get ready to start in 1 hour!

Here is how it works

Posts are numbered for you to follow

Refresh your page to see new posts

Watch the videos

Comment with any questions

Enjoy!!



POST 2: Here is how it works:

Posted to the page 30mins before

A bit confused on how this all works?

Here are some tips:

Posts are numbered so you can follow the flow. We have 16 posts.

We have 2 short videos to play so have your volume up ready to go.

Refresh your page often to see new posts. Enjoy!!

**Your Team hosting
today are:**

POST 3: Your Host today is:
Posted to the page 15mins before

Today's event is hosted by

Cindy Cohen RN, Here I am on Facebook. <http://www.facebook.com/cindycohenrn>

If you would like to follow our team happenings you can find the with this hashtag
#TeamHeartDriven

**We will be
starting soon**

Say hi.....
Comment below and tell us
where in the world you are
and what time it is (just curious)

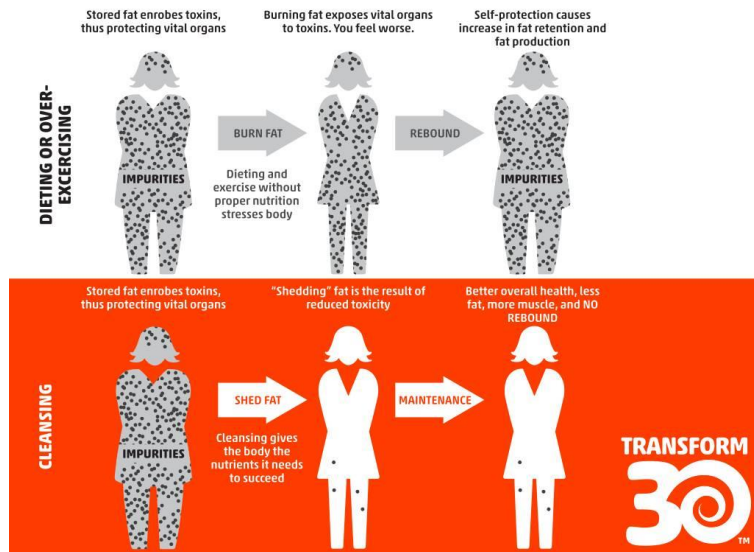


POST 4: We will be starting soon

Posted to the page 10mins before

Let us get to know you, introduce yourself and tell us where you are from and what time it is there!! Beauty of global networking & training.

I am Cindy, I am a registered nurse, wellness consultant, and owner of C2 Your Health LLC. I am also a Qualified National Marketing Director, Certified Transform30 Coach with The Juice Plus Company.



STARTING

POST 5: Dieting

LET'S GET STARTED

Now this picture really shows why counting calories and even exercising without proper nutrition can do more harm than good.

You have to understand the difference between dieting and cleansing. Have you ever experienced the rebound that is explained in this picture? I know i have.

We hang on to fat to protect our body and vital organs from all the toxins in our food and the environment. When we diet and exercise to BURN fat, we put our body in jeopardy of excess toxic exposure. Athletes too - who may look skinny but are more toxic on the inside and this can lead to many health challenges from chronic inflammation.

When you take on the Transform30 challenge, you focus on adding over 40+ fruits and veggies in your body every day. That helps the liver convert these toxins into something that can come out your urine and poop.

The body then naturally SHEDS the fat as it doesn't need it for protection anymore.

There is NO rebound. You will go through a detox for the first 2 weeks, while your body adjusts and changes to the new routine.

(No slide-Post video link)

POST 6: (post-NO SLIDE)

<https://www.youtube.com/watch?v=ohWhSyg5sd8>

Crazy huh? So, how the heck are you going to add 40+ fruits and veggies in your diet everyday with your busy life?

Watch this short video to learn from Dr. Mitra Ray an expert in beauty and health.

✓ Comment "DONE" when you have watched it.

Juice Plus (Micronutrients for REPAIR)



POST 7: So what is Juice PLUS+?

Juice PLUS+ is the nutrition of whole foods in a capsule and chewable form. Formulated by a Naturapathic Doctor to provide the foundation needed for optimal body repair.

Fruit, Veg and Berries = 26 Crushed NON GMO chemical free plants. (Micronutrients for REPAIR).

Because that is not so easy to do on an everyday basis The Juice Plus+ Company has concentrated the best parts of 26 types of fruits, vegetables and berries in capsule form. You can now get the benefit of more than 12,000 valuable phytonutrients, vitamins and minerals.

You will also be optimally supplied with powerful antioxidants that are important for your well-being every day.

Fruit BLEND: apples – acerola cherries – dates – oranges – peaches – plums – pineapple – papayas – cranberries

Vegetables BLEND: carrots – green cabbage – garlic – parsley – white cabbage – turnips – tomatoes – broccoli – spinach

Berries BLEND: red grapes – bilberries – blueberries – blackberries – elderberries – raspberries – mountain cranberries – black currants

✓ Which one of these did you eat today?

✓ Comment

Complete (Macronutrients for FUEL)



POST 8: What is Juice PLUS+ COMPLETE?:
FUEL & WILLPOWER

Juice PLUS+ COMPLETE = Whole Food Shake Mix with an additional 14 plants to help fuel your body (Macronutrients for FUEL)

Including now the NEW RANGE of Whole Grains & Cranberry and Spiced Apple and Raisin bars. All ✓gluten free, ✓No GMO, ✓High Fiber, ✓High Protein, ✓ all natural ✓deliciousness.

These products also stabilize your blood sugar and that gives you ✓ WILLPOWER!

Doing two shakes a day following the Transform30 Challenge makes me a sane, intelligent person because it stabilizes my blood sugar!

The shakes are what's called low glycemic load or low GI and they really work! In fact 1 shake has a GI the same as a cup of broccoli. If only we could get you to eat a cup of broccoli for breakfast everyday.... a nutritionist dream we know it won't happen!!

Having the capsules and complete daily is how we kick our cravings to the curb!!

✓ Does this make sense to you? Yes? No?

(No slide-Post video link)

POST 9 (copy video link too for this post-NO SLIDE)

Link <https://www.youtube.com/watch?v=jzWHTGc9Wmc>

POST 9: Juice Plus+ Vice President, John Blair, shares how Juice Plus+ is made. From being picked at the peak of ripeness to the proprietary drying and encapsulation process. See it all!

✓ Comment "DONE" when you have watched it.

Juice PLUS⁺
The Next Best Thing to Fruits & Vegetables



Increases energy
Boost immune system
Sleep better
Increase antioxidants
Improve fatigue
Strengthen hair & nails
Improve skin conditions
Helps weight loss
Improves pregnancy
Improves digestion
Balances hormones
Improves workout & recoveries

Decreases allergies
Reduces colds & Flu
Decreased needs for medications
Reduces oxidative stress
Reduces protein damage
Decreases inflammation
Fewer sick days



POST 10: Benefits?

Everybody wants to eat more healthily but often do not have enough time to plan every meal perfectly. Juice PLUS+ can help. Juice PLUS+ whole food bridge the gap between what we DO EAT every day and what we SHOULD EAT every day.

Adults take 2 fruit, vegetable and berry capsules daily with plenty of water. Children up to 13 years of age take just 1 fruit, vegetable and berry capsule per day. Juice PLUS+ allows you to enjoy the benefits of fruits and vegetables in a very simple way.

****Of course you should still eat fresh fruits and vegetables every day****
That way you will have a balanced diet and remain fit and strong.

There is no better opportunity to enjoy a long and healthy life!

POST 11: MY PERSONAL TRANSFORMATION STORY



18

March 2014 the Juice Plus Company came out with a new healthy detox, weight loss, rejuvenation program and I decided to give it a try. I was skeptical at first, I had tried many weight loss programs in the past, where I did lose weight and of course gain it back again. To my surprise I not only lost 20 lbs. in the 1st month, I lost 10 lbs. the second month and have lost a total of 55lbs. and have kept it off now for 4 months just like the program says it will. Here's my transformation story page.

<http://cindycohenrn6.wix.com/cindycohenrn>

POST 12: PERSONAL STORY

TRICIA



This is Tricia. She is loving the MAXIMUM RESULTS she is experiencing with her Transform30 Day Challenge program. WOW what a big change in 30 days!

POST 13: PERSONAL STORY



20

This is Deb. In the first 30 Days of the Transform30 Juice Plus+ 1 Shake a day, Juice Plus+ capsules and a few diet changes, and down 1 smaller size!

Start by saying YES to the following:



By participating in Transform30, you will be introduced to new foods and this will set you on the path towards a healthier lifestyle. Many of the foods and action steps required for the challenge will become habits and part of your lifetime plan for optimal health.

Say YES to:

Juice Plus+

JuicePlus+ Complete (power shake) and JuicePlus+ Premium (capsules). Combined, these will support your transformation.

Drink Water

Drink enough pure water a day such that your urine remains clear (usually 2 to 3 liters).

Exercise

Do 30-60 minutes of moderate exercise at least four days a week.

Zero Wheat

The benefits to getting off of wheat are enormous. And it's easier than you might think!

Zero Dairy

Try hummus as a substitute for cheese. Eat leafy greens for the best source of calcium.

Breathe

Complete deep breathing exercises three times per day for 3 minutes for relaxation.

Sleep

Plan ahead to get 8 full hours of sleep each night.

Assist

Eating your last meal by 6:00 pm allows your body to rest and digest properly.

Balance

If you are an athlete or in training feel free to increase portion size to accommodate high energy expenditure.

POST 14: How Transform30 works?

By participating in Transform30, you will be introduced to new foods and this will set you on the path towards a healthier lifestyle. Many of the foods and action steps required for the challenge will become habits and part of your lifetime plan for optimal health.

Saying YES to:

Juice Plus Shakes & Capsules

Zero Wheat & Dairy

8 Hours of sleep per night

Drinking half your body weight in water each day

Exercise at least 4 days a week for 30-60

Breathing, making time for you to quiet your mind

Thinking about portion size and balance of your meals and stopping before 6pm to allow your body a 12hr fasting time over night to process the days food

Get reducing the following:



If you say YES to developing positive habits, then it becomes easier to avoid old habits that do not support a better you! This is a list of optimal suggestions and the more of them you reduce, the more complete your transformation will be. The most important aspect of the Transform30 program is taking your Juice Plus products (which research shows support positive changes), eliminating wheat (gluten), and dairy products for 30 days.

Reduce:

Reduce Artificial Preservatives	Reduce Artificial Colors	Reduce Sweeteners
Reduce Chemicals	Reduce Caffeine	Reduce Saturated Fats or Cholesterol
Reduce Refined Sugar	Reduce Hydrogenated Fats	Reduce Alcohol

POST 15: How does the Transform30 Challenge program work?

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Reduce Saturated Fats or Cholesterol
Reduce Refined Sugar
Reduce Hydrogenated Fats
Reduce Alcohol

(Note: We are not counting calories. It's about eating high quality food with extra plants for support. Also you can have your power meal at night and have your shake at lunch make it work with your lifestyle)

What you will need to get started

CHOOSE *Maximum Results - Chocolate / Vanilla 2 shakes a day
Or 1 Whole Grains & Cranberries / Spiced Apple & Raisin bar*



CHOOSE *Premium - 2 Fruit, 2 Vegetable, 2 Berry*



- Apple
- Orange
- Peach
- Acerola
- Cherry
- Cranberry
- Papaya

- Carrot
- Parsley
- Beet
- Kale
- Broccoli
- Cabbage
- Spinach
- Tomato
- Rice Bran
- Oat Bran

- Grape
- Blueberry
- Cranberry
- Blackberry
- Blackcurrant
- Bilberry
- Raspberry
- Redcurrant
- Elderberry

- Soy - minimally processed
- Pea protein
- Broccoli sprouts
- Alfalfa sprout
- Amaranth
- Quinoa
- Millet
- Coasa
- Chickpea
- Rice
- Tofu
- Flaxseed
- Pumpkin
- Pomegranate
- Apple






POST 16: Maximum Results

What you will need to get started

Chocolate / Vanilla 2 Complete Shakes a day

OR

1 Shake and 1 Whole Grains & Cranberries / Spiced Apple & Raisin bar

Premium Trio Pack – Fruit, Vegetable and Berry Blends

This loads your body up with the 40+ Fruits, Veg and Berries in Juice PLUS+ to naturally cleanse the toxins from your body. As a direct result of the cleansing / detoxing you will automatically lose fat storage resulting in weight loss. Juice PLUS+ supports your body during this process while rebuilding (rejuvenation) every cell of your body.

Improve your sense of well-being, willpower to make changes, and athletic performance with the Transform30 Juice Plus+ Product Support System

15 years of Clinical Studies show...	Silver 1 shake a day	Gold 1 shake a day + JP Plus	Platinum 2 shakes a day + JP Plus
reduce abdominal fat		✓	✓
improve recovery from exercise		✓	✓
reduce inflammation		✓	✓
improve skin health		✓	✓
reduce number of sickness days		✓	✓
improve respiratory system		✓	✓
improve cardiovascular function		✓	✓
improve gum health		✓	✓
improve antioxidant status		✓	✓
promote lean mass	✓	✓	✓
reduce body fat	✓	✓	✓

PLUS

- Facebook Support Group
- Food Journal
- Body Measurement Tracker
- Shopping Guide
- Recipes for healthy snacks & meals

What is the cost?



Average / cup \$3.50

Sign me up for	Full Retail	Transform 30 Price I am worth it!	Eligible for
Silver 1 shake a day	\$65/month	\$2/day \$61.50/month	
Gold 1 shake a day + JP Plus	\$149/month	\$4.80/day \$132.75/month	✓
Platinum 2 shakes a day + JP Plus	\$206/month	\$6.00/day \$181.25/month	✓

POST 17: What are the costs for the monthly program?

It depends. If you want any of these results - to improve your fitness, have more energy,

reduce cravings and experience less stress, this affordable program will be a great fit for you.

Depending on what your weight loss / health goals are will determine what program you will want to start with. Do you want cleansing/detox? Weight loss? Rejuvenation?

The shakes cost less than a trip to Starbucks and in fact it will probably save you money. The average cup of coffee is \$3.50 and the average dinner at a diner is \$12. If you eat out once per day like most people do then the Transform30 program will save you money.

So how much does the Transform30 Challenge program cost? Well if you went to Dr. Mitra's Beauty Retreat for 1 week to learn a lot of what we will teach you in the next 30 days you would be looking at an investment of over \$4000.

Good News! The plan that gives you MAXIMUM RESULTS, just like the beauty retreat and like I experienced costs about \$6.00 a day, however there are 2 other plans to choose from. I'm glad to be knowing at the end of the day I'm getting everything I need in terms of micro and macronutrients for FUEL & REPAIR. You will be glad too.

What else will you get?

- Not only do you get 1-1 mentoring and support
- We give you recipes,
- Fitness challenges,
- Measurement tracker,
- Shopping guide
- and a Secret Facebook group for support with others doing the same

POST 18: Wait there is more?

But wait there is more!

You will be supported with health coaching, mentoring, recipes, fitness challenges, program guide, shopping lists and a Facebook Group page for support.

We want to make sure you get everything you need for your transformation.

Wanna get started? Get signed up today with the hosting rep that sent you to this event.

Any Questions?

**Contact the person
who invited you
to the Event.**

Thank you



LAST POST 19: Questions & thank you?

I will be here today for the next 15mins to ask any questions.

ALSO.....let us know that if you have kids, when joining the program, they may be eligible to get FREE soft chewables and join the world's largest observational Children's health study.

Thanks for joining us today, watch for our next SLUMBER PARTY and JOIN US in the TRANSFORM 365 TODAY COMMUNITY where you will find new information and new customer stories every day.



30 Days Can
Change Your Life

Take control of your life
Choose to do it today