



February 2025

The PULSE!

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Getting to the HEART of the matter

For most people, hearts in the month of February is a reminder of the Valentine's Day holiday. But February is also 'American Heart Month,' so we want to give you some important advice on how to show more LOVE to one of the most critical organs in your body - *your heart*.



Did you know that heart disease and stroke claimed more lives in 2021 in the United States than all forms of cancer and chronic lower respiratory disease combined?!

Heart disease continues to be the greatest health threat to Americans and is still the **leading cause of death worldwide**.

Here's the Good News...

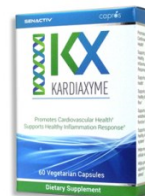
The good news is heart disease is preventable when you adopt a healthy lifestyle, which includes not smoking, maintaining a healthy weight, controlling blood sugar and cholesterol, treating high blood pressure, and getting regular exercise. And while we don't have the ability to force people to stop smoking or make them exercise, Xooma's supplements can help you fight against many of those risk factors.



X2O™ water supports heart health by helping to keep the body properly hydrated. This allows the heart to more easily pump blood through the blood vessels and leads to lower blood pressure.

Did you know drinking one or more diet sodas a day increases your chances of having a heart attack by 43%?

KardiaXyme™: This one-of-a-kind formula provides strong cardiovascular support. KX helps remove free radicals and toxins, helps lower bad cholesterol and increase good cholesterol, supports healthy blood vessel function, helps maintain healthy lipid levels, and minimizes the debilitating effects of chronic inflammation.




Omega 3/75™: Omega-3s from fish and fish oil have been recommended by the American Heart Association (AHA) for more than 20 years. Omega-3 fatty acids can benefit heart health by decreasing triglycerides, helping to lower blood pressure, reducing blood clotting, and decreasing your risk of strokes and heart failure. Choose an ultra-pure omega-3 fish oil for best results. Omega 3/75 is one of the highest quality supplements of its kind on the market today.



Berry Balance™: High blood sugar levels can lead to serious heart complications. In fact, adults with diabetes are twice as likely to have a heart attack or stroke as those without it. Fortunately, Berry Balance is a powerful and effective antioxidant & polyphenol supplement designed to help you bring your blood sugar levels back into a normal, healthy range.



 Show love to your heart this month and EVERY month by making these key Xooma products part of your daily health regimen.




**JOIN OUR
NEW FACEBOOK
COMMUNITY
FOR A CHANCE
TO WIN!**

Do you love talking about and sharing Xooma's products and referral plan benefits with others but don't want to be limited to just your personal social media page?

If you have a Facebook profile, we'd like to invite you to join our newly launched **private** Facebook Group called **Xooma Insiders**. This new group is an exclusive online place where Members like you can share Xooma content beyond your personal FB page (thus focusing your Xooma-related posts to an audience that is opting in to receive it).

It's also a place where we can help each other learn more about Xooma Worldwide, our products and the real-world results they provide, our Prosperity Plan, and the extra incentive rewards we offer on top of all that. This is a community where ALL people who have an interest in Xooma are invited (Members & Customers, Leaders & Newbies, Prospects & Fans, and those who just want to learn more). Best of all, it's FREE!

Become an 'Insider' today: visit your Facebook page and enter 'Xooma Insiders' in the search bar, click on our group page and request to join.

When you join this new community page by **2/28/25**, you'll be automatically entered into a drawing for **\$100 in Xooma products of your choice**. In fact, 3 lucky winners will be drawn on March 1st to win this valuable prize.

So, join the Xooma Insiders Facebook community today, get in on the conversation that's already happening there, and you might end up winning a \$100 prize to use in the month of March!



*The statements in this publication have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease.

SMART TIP

Don't try to 'sell' ... just SHARE.

When asked why they don't have more people within their Xooma Team, many of our Members over the years have confessed that they don't feel comfortable or confident trying to 'sell' stuff to other people. They either fear the perception of being labeled a 'pushy salesperson' or they fear the feeling of rejection when someone says "no". If that sounds like you, we've got good news. In Xooma, there's no need to 'sell' anything. Instead, **just share**.

Share information on our products and our Prosperity Plan via your Xooma website, social media (like Facebook & Instagram) brochures, newsletters, videos, recorded calls, and more.

Share success stories. It could be your personal story of the positive impact Xooma has had in your life. It could also be the real-world success stories from countless other Xooma Members around the globe which you'll find on the mystory.xoomworldwide.com website.

Share product samples with people who are interested in trying one (or more) of the Xooma products you think they would enjoy. In fact, we've made sampling incredibly easy with our new **\$10.99 sample package**.

Anyone can go to your personalized Xooma.com website, click on the 'Request Samples' button at the top of the page and receive samples of 3 of our most popular products for just \$10.99 delivered to their door (in the U.S.).

By the way, **don't forget to share** with people that that there's **NO RISK** in trying Xooma's products or becoming a Member. With no fees to join and no 'business kits' to buy, becoming a Xooma Member simply requires placing an order for our product. Plus, those products come with a 100% money-back guarantee so there's absolutely no risk to them or YOU for sharing Xooma with them. Take the stress out of thinking you need to sell anyone and instead, simply SHARE and watch your team grow!

The 90 -Day Rule

Today, we live in an 'instant gratification' world. Thanks to advances in modern technology and services, we can get most things we want...when we want them...*quickly!* But here's the problem...

Your body - your HEALTH - doesn't work that way. The body is incredibly quick at adapting and adjusting to whatever we do to it...but long-term changes to your health (good or bad) happen slowly. For example, if you're overweight or obese, you didn't gain all that excess weight in a week or two. In the same way, you wouldn't expect to lose 20, 30 or 40 pounds in just 3-4 weeks. *Why is this important?*

When you're using Xooma's products, you need to make at least a **90-day commitment** to those products to start experiencing the kind of results you want. Can you see results sooner? Absolutely! In fact, some people report noticeable changes in their health in as little as a few days. But as amazing as Xooma's products are, it still requires TIME for your body to make those changes you want. So, stay consistent (*minimum of 90 days or more*) and you'll soon discover the significant improvements Xooma's products can make in your life.

7 SIGNS YOUR BODY IS CRAVING ELECTROLYTES



Essential for far more than just hydration, the category of minerals know as 'electrolytes' help support energy production, nerve function, muscle movement, and even your mood.

- 1 Fatigue That Won't Go Away:** Feeling drained even after a full night's sleep? Without the right balance of minerals, your cells can't efficiently produce energy, leaving you exhausted.
- 2 Irritability & Mood Swings:** Electrolytes impact your brain chemistry. Low levels can leave you moody, anxious, and snappy—often for no clear reason.
- 3 Sugar or Junk Food Cravings:** Low electrolytes can disrupt your blood sugar, triggering intense cravings for sweets and snacks that only leave you feeling worse later.
- 4 Lightheadedness or Dizziness:** Do you feel faint when standing up quickly? Dizzy spells can signal a fluid-electrolyte imbalance that affects blood pressure.
- 5 Muscle Cramps or Spasms:** Your muscles rely on calcium, potassium, and magnesium to function. A shortage of these minerals can lead to cramps, spasms, or twitches.
- 6 Insomnia & Trouble Staying Asleep:** Electrolytes are critical for repair and recovery. If you're restless at night or waking up frequently, low magnesium or calcium might be to blame.
- 7 Heart Palpitations:** This one can be a little scary. Electrolytes keep your heart beating in rhythm. When they're off-balance, you might feel irregular heartbeats or palpitations.

Fortunately, Xooma's **X20** delivers a full spectrum of these essential, bioavailable electrolytes every time you add a fresh sachet into your water. And if you feel your body is still craving more minerals and electrolytes (*beyond your sachets*), be sure to add a capsule or two of our **X20 Plus** to your daily regimen and discover the difference those additional X20 minerals (along with vitamins D3 and K2) can make in your health. ●

Let Ken tell your guests what they need to know
about **XOOMA**
in 5 minutes

24 HOUR ACCESS RECORDING

(605) 313-5155
access code:
572473#

