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The PULSE!

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3 steps to reclaim your health after the Holiday Season



For most of us, the Holiday Season had us eating and drinking many things that looked and tasted great but also created some 'chaos' in our digestive system and gut. And if you're like most people, you also experienced higher levels of stress this time of year – another disrupter to our gut. Even if you were using Xooma's digestive enzyme formula (Assimilator) with

your meals throughout the holidays, you probably feel like there's still room for improvement in the way you feel. AND, if you're one of the millions of people who gained some extra weight over the holidays, this may be one of the fastest ways to start to 'jump start' your weight loss efforts.

Start Here...

1 **The first step** is to gently clean the intestinal tract. The cleansing solution we're talking about here is our **Nature's Body Cleanse™** (NBC). This exclusive formula enhances bowel ecology, regularity and just makes you feel better as you begin to reverse the digestive chaos created by the holidays. Best of all, NBC promotes better nutrient absorption and weight loss. People who use this product LOVE the predictable and gentle results it gives which is why it has such a high re-order rate. So, if you're not using this product yet, there's no better time to start than right now.



2 **The second step** is to repair and restore the inner gut terrain and the microbiome. So much of what we eat and drink during the holidays contains the kinds of unhealthy ingredients that can break down the protective barrier within the gut and damage our microbiome. So, we need to give our body the nutritional 'building blocks' it needs to restore that healthy balance to the gut. The first set of building blocks is commonly known as **prebiotics**. And in Xooma, our **Xiome365™** is a powerful prebiotic formula. Packed with 25 organic nutrients, this delicious beverage nourishes your body in a way that can provide impressive results within a short period of time.



3 **The third step** is to replenish your healthy gut bacteria. Unfortunately, poor diet choices, increased stress, and many of today's prescription drugs have a negative effect on the good bacterial strains in the gut that keep us healthy. When too much of our 'friendly flora' is destroyed, we see an increase in the number of harmful bacterial strains populating the gut. This puts our gut out of balance which leads to elimination problems and a weaker immune system. That's why it's so important to supply your body with multiple strains of positive, beneficial bacteria known as **probiotics** (*the second set of 'building blocks'*). And you've got one of the best probiotic supplements in the market today with Xooma's exclusive **Probiotix™** formula.

Now that the holidays are officially over, it's time to hit the 'reset' button for your digestive system. In addition to making **X20™** water your main beverage choice and eating more healthy foods, this **3-step system** will have you feeling like a new person as we enter the New Year! So, be sure to place your order for these essential products this month.



LISTEN & LEARN

Xooma's Conference Calls

DIAL (605) 313-5169

ACCESS CODE 544657*

Enjoy more abundant health by empowering yourself with expert information you can trust. These calls are FREE and open to the public. Join in and invite a friend!

WEDNESDAYS @1pm EST

In this weekly 15-minute call, Vice President of Sales, Ken Marsh, shares news about what's trending in the health & wellness industry. He also offers 'insider tips' on related Xooma Products.

1st & 3rd THURSDAYS @9pm EST

This call features an esteemed member of Xooma's Scientific Advisory Board, and other wellness industry experts, to teach you how to take more control of your personal health and how Xooma's cutting-edge wellness products are designed to support you on your path to optimal health.

Just one sachet of X2O gives you ALL these benefits:



- **Hydrogen rich water:** Why buy one of those expensive 'hydrogen water bottles' that artificially alters your water when you can create potent, hydrogen rich water *naturally* by simply adding X2O.
- **Mineral rich water:** Bottled & filtered water may be free of most contaminants... but it's also known as DEAD water. X2O brings that water back to life by infusing it with 70 trace minerals derived from a pristine, ancient seabed source.
- **Highly alkaline water:** Virtually all beverages (including bottled waters) are ACIDIC to your body. Chronic acidic conditions in the body can lead to disease and illness. X2O creates strong alkalinity in your water which helps to neutralize acids and promote optimal health.
- **Improved hydration:** Most sports & hydration beverages utilize cheap table salt (sodium) and sugar to try and stimulate hydration in the body. X2O delivers superior hydration to the body by delivering a full spectrum of naturally occurring electrolytes (minerals) into your water.



*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.

Goodbye ugly & unhealthy body fat - 2025 is my year!

The new year is here. It's the perfect opportunity (or perfect excuse) to look at your body with a fresh set of eyes and ask yourself if you're happy with what you see.

Too much body fat raises your risk for several **serious health complications** like type 2 diabetes, heart disease, stroke, high blood pressure, sleep apnea, fatty liver disease, and even certain cancers. Plus, that excess weight makes it more difficult to exercise or even do simple things like climbing a set of stairs or bending over to put on your shoes.

Whether you do it to look better or to safeguard your health (or both), releasing that excess fat on your body is a very smart goal to set for yourself in 2025.

Fortunately, you've got the tools you need here in Xooma to help you safely and naturally melt away that unwanted body fat while also maintaining (or building) your lean muscle tissue... which IS the 'metabolic engine' of your body. We call it the **MetaboWize System™** and it has provided real-world, long-lasting results for people around the world for over 10 years! And now, with the completely new MetaboWize AM Formula, you can count on getting even better results in less time.

With the MetaboWize Packages starting at just \$3.67 per day, it's shockingly affordable to get the RESULTS this proven system delivers.

Imagine the positive changes you'll experience when you start melting away that excess fat as the number on your bathroom scale keeps going down. Imagine how much better you're going to look, how much better your clothes are going to fit, and how much more confidence and pride you're going to have in yourself. Most of all, imagine how much better you're going to FEEL knowing that your health is improving every week. So, make the decision that "2025 is MY year" by ordering your MetaboWize package today!

Does the shape or size of your body make you feel proud and confident, or does it make you want to find new ways to 'hide' the excess fat around your mid-section, arms, and/or legs?

What about the way you FEEL? Even if you're comfortable with the way you look carrying that excess body fat, the negative health effects are something you should not overlook.



Retail: \$167.95 Your Price: **only \$3.67/day**

CORE WEIGHT LOSS PACK includes 30 servings of protein fiber shakes (your choice of Creamy Vanilla or Chocolate Crave), the AM & PM Formulas, and a Xooma Blender Ball Cup



Retail: \$341.95 Your Price: **only \$6.99/day**

METABOWIZE COMPLETE PACK includes 60 servings of protein fiber shakes (your choice of Creamy Vanilla or Chocolate Crave), X20 (30 sachets), Nature's Body Cleanse, the AM & PM Formulas, our exclusive Xooma Water Bottle and a Xooma Blender Ball Cup

Increase your income in 2025 by doing THIS

When you look at the most accomplished and successful athletes in any sport, you'll discover they all have 1 thing in common. They master the **FUNDAMENTALS** of their chosen sport. They find those key elements to maximizing their performance - and they do those things over and over.

It's no different with your Xooma referral business. If you want to experience success (financial rewards) in Xooma, you've got to master the fundamentals of growing your team of Members and customers. Fortunately, you can qualify for and maximize your income by following **3 simple steps**.

Step 1:

Make the commitment to use (or sell) at least \$100 per month in Xooma's products within your own household. With 30 incredible wellness products to choose from, this small investment of **just \$3.33 per day** in your health is something **virtually anyone can do**.



Step 2:

Personally refer/introduce at least 4 other people into your Xooma Team who also make that small commitment to personally use (or sell) at least \$100 per month in Xooma's products. **NOW** - more than any other time of the year - tens of millions of people are making a commitment to be healthier in this new year. All you need to do is **simply find 4** of those people to join your

Xooma Team. And when you do...you'll be **earning at least \$100 per month**...which is like getting your personal products for **FREE** every month!

Step 3:

Duplicate steps 1 & 2. Help those 4 people personally refer/introduce at least 4 other people into THEIR Xooma Team who also make that small commitment to personally use (or sell) at least \$100 per month in Xooma's products. *Why?* Because (like you) those Members want to earn a check for at least \$100 per month to help cover the cost of their products. Again, it's like getting your Xooma products free each month!

Want to earn more? Simply repeat these 3 fundamental steps over and over again. Not only does this 3-step plan help you to start earning approximately **\$500 per month**, but as you continue to repeat these steps every month, your Xooma Team continues to grow and so does your income!

