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The PULSE!

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Spring into Renewal: Reset Your Body for a Healthier Season



As the days grow longer and the weather begins to warm, spring is the perfect time to reset your body and renew your health. Just like we clean and organize our homes this time of year, our bodies benefit from a seasonal "reset" to help eliminate what's been weighing us down and restore what's been missing.

Over time, our bodies can accumulate toxins, experience nutrient depletion, and fall into patterns that leave us feeling sluggish, foggy, and low on energy. A proper spring renewal focuses on three key areas: **hydration, metabolism, and cellular support.**

It all starts with hydration. Every system in your body depends on water—but not just any water. Proper hydration at the cellular level is essential for flushing toxins, supporting digestion, and restoring energy. That's where **X2O** becomes a foundational part of your daily routine. By adding X2O to your water, you're not just hydrating - you're delivering essential trace minerals that help your body absorb and utilize that water more effectively.



Next is metabolism. Did you gain some extra weight this winter you want to eliminate? Is the thought of putting on your swimsuit, shorts or tank tops this summer giving you stress? If you've been feeling stuck, low on energy, or struggling with weight or excess body fat, your metabolism may need a RESET.

Xooma's **MetaboWize system**—including the AM Formula, PM Formula, and Protein/Fiber Shake—work together to help your body burn fat, stabilize blood sugar, maintain or increase lean muscle mass, reduce cortisol, improve thyroid function, and support deep restorative sleep. It not only helps you look good...it also helps you feel great!



Spring renewal isn't about extreme cleanses or short-term fixes. It's about giving your body the consistent support it needs to function at its best. When you hydrate properly, fuel your metabolism, and nourish your body with the right nutrients, you create a foundation for better energy, improved mood, and long-term health. This season, take the opportunity to reset, refresh, and step into a healthier version of yourself.

ARE YOU HAVING AN ENERGY CRISIS?



If you've been feeling more tired than usual, struggling to focus, or relying on caffeine to get through the day, your body may be asking for better support—not just a quick fix.

Low energy isn't always about lack of sleep. In many cases, it's linked to nutrient deficiencies, poor hydration, or an overworked system.

Here are a few common signs your body may need an energy reset:

- ▷ Midday crashes or constant fatigue
- ▷ Brain fog or difficulty concentrating
- ▷ Increased reliance on caffeine or sugar
- ▷ Lack of motivation or mental clarity

BRAIN FOG



Rather than masking these symptoms, it's important to support your body at the source. **FocusUP** is designed to do exactly that.

This powerful, proven formula helps support energy production, mental clarity, focus, and cognitive performance – all without the jitters or crashes associated with those unhealthy and over-hyped energy products on the market today.

By combining proper hydration (with X2O) and targeted nutritional support like FocusUP, you can help your body produce natural, sustained energy throughout the day. Best of all, FocusUP is amazingly affordable – as low as \$1.97 per serving!

Have you tried EQUALAH?

EQUALAH
Balance • Energize • Thrive



EQUALAH is a revolutionary new formula designed to help you **take control of your blood sugar naturally** while improving energy, focus, and overall vitality.

Since its launch just a few months ago, we continue to receive tons of positive feedback. In fact, you'll be impressed with a remarkable experience (and test results) that **International Manager, Susie Keehner**, recently shared on our My Story Testimonials page.



**SCAN QR CODE to
read Susie's story**

SMART TIP

SUPPORT YOUR SKIN FROM WITHIN

As we head into the sunnier months of the year, most people think about protecting their skin from the outside—using sunscreen, wearing hats, or limiting sun exposure. But what many people don't realize is that true skin protection also starts from within.

One of the most powerful ways to support healthy, resilient skin is by ensuring your body has the right balance of essential fatty acids—especially Omega-3s.



Xooma's **Omega 3/75** provides a high-quality source of these critical nutrients, which play a key role in maintaining skin health at the cellular level. Omega-3 fatty acids help keep your skin hydrated, support elasticity, and promote a smoother, healthier appearance.

But the benefits go even further—especially during the spring and summer months.

Research has shown that high quality, fish-based Omega-3s may:

- ✓ Help reduce the skin's sensitivity to UV radiation
- ✓ Lower the body's inflammatory response to sun exposure
- ✓ Support a reduced risk of sunburn and skin irritation
- ✓ Help calm redness and promote faster recovery after sun exposure

While Omega 3's are not a replacement for sunscreen, they can provide an important internal layer of support that works alongside your external protection. By adding Omega 3/75 to your daily routine, you're not only supporting your heart and overall health - you're also giving your skin the nutritional support it needs to look and feel its best all season long.

SPRING INTO OPPORTUNITY:



Spring is a time for growth—not just in nature, but in your life too. It's a great **opportunity** to try something new by sharing products you already love. With Xooma, you can easily turn your personal experience into extra income.

The best part? You don't have to sell—**just share**. Share how you feel, what you use, and the results or stories you've experienced. When people see real value and genuine excitement, they naturally get curious and want to learn more.

Even small actions—like a conversation, a post, or sharing a sample—can lead to growth over time. Xooma's **Prosperity Plan** makes it simple to earn by helping others feel better. There's nothing complicated—just a chance to grow at your own pace.

This spring, as you refresh your health, think about refreshing your goals too. One simple conversation could lead to something bigger.

Don't Skip This Testimonial!

No one wants to hear about a **cancer diagnosis**, especially when you think you're doing *everything* you can think of to prevent it.

Ed Helm has been using Xooma Products since 2018 and recently shared his experience with chemotherapy and the remarkable role his Xooma supplements played in his prognosis and recovery.



SCAN QR CODE to listen to a 9-min audio clip of his testimony

*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.

SAVE on this popular summer essential



Get 2 bottles for just \$34.95!

That's a retail value of \$65 you get for just \$17.48 per bottle. Simply order **ITEM #1623** to claim these special savings. But don't delay – this opportunity expires on **April 30th**.



With more time spent outdoors in the spring and summer months, it's important to be prepared for life's little mishaps. From minor cuts and scrapes to insect bites, sun exposure, and skin irritations - having the right solution on hand can make all the difference.

SilverMAX Gel is one of the most versatile products you can keep in your home, gym bag, or travel kit. This powerful, homeopathic first aid gel is designed to support your skin's natural healing process while helping you stay comfortable and protected.



SilverMAX Gel works in four key ways:

- ✓ Helps reduce topical discomfort
- ✓ Calms minor skin irritation and inflammation
- ✓ Supports the body's natural defense against infection
- ✓ Promotes faster, healthier skin recovery

Whether you're dealing with a minor burn from cooking, a scrape from outdoor activity, or unexpected skin flare-ups, SilverMAX Gel provides a clean, non-toxic solution you can trust. Safe for the whole family and easy to use, it's the perfect companion for an active, on-the-go lifestyle. This season, don't just enjoy the outdoors—be prepared for it.