



April 2024

# The PULSE!

150 Research Drive  
Hampton, VA 23666

On the web: [www.xooma.com](http://www.xooma.com)  
Member Services: 1-888-865-6687  
Email: [cs@xooma.com](mailto:cs@xooma.com)



## April is IBS Awareness Month

**Irritable bowel syndrome (IBS)** is a digestive disorder marked by symptoms like pain, bloating, gas, constipation, and diarrhea. It's a common condition that affects up to 15 percent of people in the United States, making it one of the most common, modern-day gut disorders. While there is no 'cure' for this condition, there are several natural remedies that can provide relief from the symptoms of IBS.

### Avoid trigger foods

Most people with IBS experiment with various foods to determine what particular foods aggravate their symptoms. Common trigger foods are beans, broccoli, cabbage, onions, fructose, lactose, and wheat/gluten.

### Take a probiotic supplement

In people with IBS, probiotics work to restore balance in otherwise troubled intestines. Research has shown that several problems associated with IBS such as bacterial overgrowth in the small intestine, inflammation, motility and hypersensitivity, can be aided by probiotics. Fortunately, Xooma can help with our high-quality, multiple strain, 30 billion CFU probiotic formula known as **Probiotix**.

### Consume fiber

Adding more soluble fiber to your diet may help, particularly if you're dealing with constipation. When increasing your fiber intake, it's important to go slow and drink plenty of **X2O** water to stay properly hydrated. Too much fiber too quickly can bring on symptoms like gas and bloating. In addition, ingesting too much fiber and not enough water can make constipation worse.

You can find healthy sources of fiber in Xooma's **Xiome365** and **MetaboWize Protein Fiber Shake**.

### Consume magnesium

Adding more magnesium to your diet may help provide IBS relief, especially if you're dealing with constipation. Magnesium works by drawing water into the intestines to soften the stool and making it easier to pass. You'll find magnesium in Xooma's **X2O**, **X2O Plus**, **LifeSource**, **KardiaXyme**, and **MetaboWize PM**.

**Caution:** magnesium may not be the answer if you're dealing with chronic diarrhea.

### Manage stress

The digestive system is controlled by the nervous system. Higher stress levels can make your nervous system work overtime, leading to IBS symptoms. Learning to manage stress can help control IBS symptoms. There are many ways to manage your stress, including exercise, yoga, meditation, and massage.

## Got Seasonal Allergies?

*Ahh-choo!* The Spring season is here in North America. Goodbye to cold, dreary winter and hello to sunshine, warmer temperatures and...POLLEN. For many of us, the joy of the spring season is overshadowed by the sneezing, itchy eyes, coughing and congestion we experience this time of year. Relief starts **HERE!** (*Flip page over to learn more*)



## Social media is buzzing about 'Hydrogen Water' and WE HAVE IT

If you've spent any time on social media recently, you've probably seen people excited about their recent discovery of 'hydrogen water'. And there's good reason for their excitement because hydrogen rich water can provide many important health benefits like:

- oxidative stress reduction
- cardiovascular health
- cognitive health
- kidney health/ renal function
- anti-aging effects
- physical exercise improvements



## But did you know that Xooma has been providing people with hydrogen water for over 20 years?

That's right...every time you use an **X2O** sachet you're creating a bottle of hydrogen rich water. But, unlike the numerous companies online advertising expensive hydrogen water bottles and other man-made water altering machines, Xooma allows you to create hydrogen rich water naturally with our exclusive X2O mineral complex sachets.

Just as those companies show highly negative ORP (Oxidation Reduction Potential) readings with their devices to demonstrate the performance of their product, your X2O sachets also create highly negative ORP readings in water. **PLUS**, your X2O sachets also help to improve hydration at the cellular level, infuse your water with a full spectrum of 70 trace minerals and electrolytes, and transform your water into a highly alkaline beverage for multiple health benefits.

So don't waste your money on those expensive water bottles or electric machines. Get your hydrogen rich water the way nature intended with X2O! *And so affordable at just 98 cents per X2O sachet.*



## Seasonal Allergies...

(continued from front page)

According to Johns Hopkins Medicine, allergies are actually disorders of the immune system. The body over-reacts to harmless substances and produces antibodies/histamines to attack the substance. This is what causes the symptoms.

**A strong immune system is key to fighting seasonal allergies.**

Before you reach for that over-the-counter allergy medication this spring, Xooma has several products that can help you minimize the negative effects of seasonal allergies. If these are not part of your daily regimen, you owe it to yourself to see what a difference they can make.

**X<sub>2</sub>O** When your body is dehydrated, histamine production increases, causing the body to have the same trigger symptoms as seasonal allergies. Getting **proper hydration** will help prevent higher histamine production and help alleviate the allergy symptoms.

**Probiotix** Probiotics help **enhance the body's immune strength**, thus playing a vital role in managing allergies. They stimulate the production of antibodies and modulate the activity of immune cells, helping the body better respond to allergens. And when it comes to quality, value and performance - nothing beats Xooma's Probiotix.

**Xiome365** According to a new study, **prebiotics** may reduce the risk of allergic rhinitis (AR) by 66% compared to no prebiotic consumption. AR (also called 'hay fever') often leads to nasal congestion, runny nose, nose itching and sneezing and affects up to 30% of the global population. Xiome365 is one of the most comprehensive (and best tasting) prebiotic beverages in the market today!

**SILVER MAX** This **antimicrobial** and **anti-inflammatory** silver hydrosol can be used to fight against the effects of seasonal allergies. With your 'silver kit' you can use your nasal mister to spray the silver into your nasal passages for improved breathing or use the dropper device to add a couple drops into your eyes and ears to minimize itching. To provide an outstanding level of support and strength to your immune system, you can also use SilverMAX internally.

**Assimilator** Our exclusive blend of digestive enzymes are on the front end of healthy gut function. By helping break down the foods you eat and unlocking their nutrients, Assimilator supports against **inflammatory** and **histamine responses** in the body. It can also help minimize those unpleasant symptoms you might get from eating particular foods that don't seem to 'agree' with your body's unique chemistry.

\*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.

## The Xooma Difference

There are hundreds of active companies in the direct selling industry around the world every year. Sadly, the vast majority of those companies start and go out of business within 5 years or less. And yet, at Xooma, our journey in this industry started in 1993 and we are still growing and thriving today – *over 30 years later!*



So, what allows us to be one of the very few companies that has stood the test of time? We call it the Xooma difference. What makes us different is also what allows YOU to personally achieve success while proudly helping others do the same!

**XOOMA**<sup>TM</sup>  
WORLDWIDE.COM

**No fees to join and no requirement to buy a business kit**

**Real - value priced 'starter' packages**

**No annual fees**

**No fees for back office & management tools**

**Income/bonus qualification determined by actual dollars spent (QV)**

**Real world value pricing on products**

**Virtually no breakage to Company - makes it easy to maximize your income.**  
**50+% weekly payout**

**Referring just 4 people who sell, sample or consume \$100 per month covers the cost of your monthly product order**

**Products based on real nutritional science that deliver real results**

## Other Companies

**Start-up fees and/or mandatory business kits to buy**

**Over-priced 'starter' packages and/or large inventory purchases**

**Annual renewal fees or monthly fees**

**Monthly back office access fees**

**Income/bonus qualification determined by point value (PV) forcing you to spend more**

**Over inflated pricing on most products**

**Breakage to Company is purposely built into the plan - very difficult to maximize your income. Average payout is 35-40%**

**A personal group of 18 or more people is typically required to generate enough income to cover the cost of your product order**

**Products based on marketing hype or fake science**