



# XOOMA™

## HEALTH BEAT

YOUR HEALTH. YOUR CHOICE.



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### Re-Size your body this New Year with MetaboWize

By Ken Marsh

If you're like most people, you're probably finding it very hard to resist the temptations of the Holiday Season. Chances are you've indulged in many of those decadent foods and drinks that seem to be around every corner this time of year.

Typically, all this wonderful indulgence results in tighter fitting clothes, avoidance of mirrors and a "resolution" in January to get in shape and lose weight.

Sadly, most people end up following the latest fad diets in hopes of losing the weight they gained over the holidays but end up with very little results. Fortunately, as a Xooma Member, you don't have to be another victim of the "empty promises" offered by those diet promoters you're seeing on TV and in magazines because you've got **MetaboWize!**



This proven weight management system has been used by tens of thousands of people around the world to get that lean and healthy body they've always wanted. So, if you want to look your best in 2014, forget those magic diet pills and potions advertised in the mass media. Instead, get REAL RESULTS with MetaboWize.

#### *WHY is MetaboWize unlike any other "diet program" on the market?*

MetaboWize is the culmination of nearly ten years of research into how and why our bodies have such an easy time storing fat, but most importantly, how to mobilize that fat so that it becomes a primary energy source for your body. This advanced all-natural system is an exclusive formulation of only the highest quality nutrients and ingredients in synergistic ratios. This helps stimulate your metabolism, control cravings, reduce appetite, burn fat and create more energy 24/7!

#### **Metabowize AM**



The MetaboWize AM Formula helps stimulate your metabolism throughout the morning and early afternoon by working to elevate the brain chemical norepinephrine and by optimizing the body's methylation process. The body is then encouraged to burn more body fat and create more energy. It also contains nutrients that work to optimize the functioning of the thyroid gland, which is imperative to a healthy metabolism.

#### **Metabowize PM**



The MetaboWize PM Formula controls cortisol which is often associated with a dysfunctional metabolism, poor health and obesity. It also contains nutrients that help to boost levels of the feel-good brain chemical serotonin, which is necessary for effective relaxation, deep sleep, craving control and fat loss. Research presented in the Archives of Internal Medicine shows that insufficient sleep decreases metabolism, leading to overweight conditions and even obesity.

## MetaboWize Shake



The one-of-a-kind specialized fiber blend within the MetaboWize Protein Shake consists of fibers that expand upon delivery to the stomach, ultimately helping to further curb appetite and cravings, while the other fibers work as a food source for healthy bacteria - required to maintain optimal digestion, absorption of nutrients and elimination. This one-two punch (premium quality whey proteins and functional fibers) and the unsurpassed quality of all ingredients within this proprietary formula is what truly sets the MetaboWize Protein Shake apart. Best of all, it's super easy to mix and tastes great!

## A realistic plan for today's busy lifestyles

If you're like most people, you're busy. Counting calories, weighing your food or trying to assign "points" to everything you eat and drink takes lots of valuable TIME. Unfortunately, the more time it takes, the less likely we are to stick with our weight-loss program. (Has this happened to you?)

However, the MetaboWize System is so simple, it takes almost no time at all. Just take the AM Formula in the morning, enjoy a Protein Shake or two during the day, and take the PM Formula at night. Combined with sensible meals and some basic exercise and you've got a real world system that **really works!**

## MetaboWize costs LESS than one of those "value meals" at your local fast-food restaurant!

*Think about it.* What does it cost for the typical high-calorie, high-fat "value meal" at your favorite fast-food restaurant? In the U.S., the average cost is \$5 - \$7. That means one fast-food meal per day would cost you \$150 to as much as \$210 per month! That's a lot of money and the end result is we get fatter.

As a Xooma Member, you get the MetaboWize "Core" Package (a full 30-day supply) for just \$3.34 per day. Not only can the MetaboWize system help you lose that excess fat and unwanted pounds, it can literally save you money every month!

**Order your MetaboWize Package TODAY and get that lean, healthy body you always wanted in 2014.**

## The Most Overlooked Cause of Weight Gain – *and the Solution.*

What you and millions of others really want isn't weight loss – it's *fat loss*.

But there's a problem. The majority of the weight-loss products, systems and books on the market today completely overlook one of the leading causes of excess body fat – *acidity*.

Animal products, meats, refined sugars, processed foods and some grains, nuts and seeds are all acidic to your body. Furthermore popular beverages like coffee, tea, soda, diet soda, sports drinks, wine, beer, and several bottled waters are also acidic. To make matters worse, physical and mental stress can also trigger acidic conditions in the body. (Just worrying about losing weight can add to increased body fat.)

Your stomach and colon want acid; the rest of your body wants alkaline conditions. And our marvelously made body will do anything to maintain the alkalinity of our blood at a pH reading of 7.4. As a result, excess acids get directed into the tissues of the body, away from the blood and we start to gain body fat. How does this happen?

1. Dairy Products



2. Meat and Poultry Products



3. Refined, Processed, and Frozen Food Products



4. Refined Sugars and Artificial Sweeteners



5. Beverages



The body creates fat cells to carry acids away from your vital organs in an effort to protect them. In one sense, your excess body fat is attempting to save your life! But that's also why your body doesn't want to let it go. However, when you focus on helping your body become more alkaline more often, your ability to lose that unwanted body fat becomes much easier. In fact, just increasing your alkalinity alone can cause you to lose fat (and weight).

#### How to get alkaline:



When you look at the typical food and beverage choices most people make today, you can clearly see that most of those choices are acidic to the human body. So, the key to being more alkaline is making different choices. Choosing alkaline foods and beverages for your daily diet is the smartest way to go. And don't forget to avoid physical and mental stress.

#### **What?! Let's get real here.**

Eating nothing but green leafy vegetables and living a stress-free life is NOT realistic in today's world. We're not saying you shouldn't make smarter, more alkaline food and beverage choices on a regular basis. But, stress is part of life and who can say "no" to an occasional slice of pizza or an amazing sugary dessert.

Fortunately, there's an easier way to get alkaline – *just add X2O.*

#### **X2O supports fat loss in 3 ways...**

- 1. X2O helps hydrate your body at the cellular level.** Think about it. You've probably never seen a weight loss system or diet program that didn't recommend you drink more water. Why? Because your body needs to be properly hydrated in order for you to be successful in your weight loss goals. Even mild dehydration can slow down your metabolism as much as 30%. When you add an X2O sachet to your water it provides improved hydration by allowing the water to be more easily absorbed by the body. In addition, X2O delivers vital electrolytes into your water that help improve overall hydration at the cellular level.
- 2. X2O provides ionic trace minerals which support healthy weight management.** Ensuring that your body gets the minerals it needs is not only a vital component of being healthy, it also supports your fat loss / weight loss goals. This is because minerals play a key role in important bodily functions that relate to your metabolism. Minerals have a direct effect on appetite control, blood sugar balance, food cravings, adrenal and thyroid hormone functions, and the use of fat for energy in the body. X2O sachets release beneficial trace minerals into your water which can be easily absorbed and used to support your body's metabolic functions.
- 3. X2O gives your water a healthy alkaline boost which helps you burn fat.** If you want to shed excess body fat with less effort, it is important to maintain a healthy pH balance in the body. X2O transforms almost any drinking water into a powerful alkaline beverage which helps fight against the acidic conditions our bodies face every day. With a pH reading of up to 9.9 (in water), X2O helps to neutralize excess acid and promotes the release of those unwanted fat cells.

#### **Look and Feel Great in 2014 with MetaboWize and X2O**

The MetaboWize system and X2O is an unbeatable combination for effective and long lasting weight loss / fat loss. Best of all, you can enjoy all these products for as little as \$4.17 per day – making it an absolutely incredible value that delivers REAL results to help you finally achieve those New Year's resolutions in 2014!

