



# XOOMA™ HEALTH BEAT

YOUR HEALTH.  
YOUR CHOICE.  
JANUARY 2013

It's January 2013 and we welcome you to a new monthly online newsletter, the **Xooma Health Beat!** Look forward to learning valuable health and product information from researchers and wellness industry experts like Tommie Weber, Dr. Michael Triglia, Ken Marsh and many others. You'll also discover genuine stories and powerful testimonies from people around the world who are using Xooma's wellness products.

Each month, our society gets more confirmations through modern science and nutritional research about the enormous and undeniable benefits of taking better care of ourselves using natural methods. And at Xooma, we know how to help you **CLEANSE, NOURISH, ALKALIZE, and BALANCE** your body using proven natural nutrients in cutting edge wellness formulas. With the new Xooma Health Beat, we will be bringing you this helpful information every month. So be sure to visit the back office of your Xooma website on a regular basis to keep up with all the latest information.

## Are you "Middle Age"? The answer just may surprise you!

Hi! I'm Dr. Michael A. Triglia, or Dr. "T" if you will. With over 30 years in the Health and Wellness business, I have to tell you this has been one of the driving questions that I am in continual search of the answer.

First, I want to give a big "Thanks" to Xooma Worldwide for inviting us, the Scientific Board, to be a part of this launch, the "Xooma Health Beat" to share some great helpful information.

The topic of this first article is, are you middle age? If not and you have not heard me go off on this subject yet, what age do you think it is: 35-40-45-55? Yes, I have to admit I sometimes lose my mind when I hear people in their 30's say, 'well, I guess I should be sore after sitting for an hour because after all I am reaching middle age.' REALLY?!

I told Dr. Marsh recently (yes, a title I have awarded him ) that I saw a van recently which had written on the side, "we help seniors 50 and older." REALLY, 50? I mean let's look at Dr. Marsh, or better yet our CEO Ron Howell, or our other Scientific Board member, Tommie Weber. All these guys, I'm pretty sure are over 35 and I challenge any of you to do more than they do, much less try to keep up with them mentally or physically!

So back to my point. I have preached for 30 years that middle age should be 60-80 years young. Yes, I believe we can live to 120! Notice I did not say "exist" but "live". I, nor any of my friends, are interested in merely EXISTING. We indeed love life and want to continue to do so and live it to the fullest. Now here comes the hard part. It takes a little effort to obtain this, and then to maintain it. You can believe all you want that you should be healthy, but as my Holy Bible clearly states, "Faith without works is DEAD!"





How do we do this, live this many years and not hit middle age until “later”?! Well let’s start looking back at when life begins. This is not negotiable; life begins, and the only time in math that one plus one equals one! Yes, if you take one egg, one sperm and never let them unite, you never have life! Now once they unite and create a zygote, life begins. This is not rocket science, yet I know young women today who want to have a baby and smoke, use drugs, over-eat, under-exercise, have poor nutrition, low pH, and are dehydrated. And they believe they are good-to-go if they are cutting back on alcohol and only drinking 6 sodas per day! REALLY?! So yes, it is critical for the mom and dad to have their system as clear as possible for at least one year, before conception to give the child the best fighting chance for life.

Next it is of best interest for the mom to create as healthy an internal and external environment as possible. And when the child is born, filling him or her with breast milk, if possible. Yes, what the mom eats and drinks still affects the child. What’s also important is filling the child with constant positive information. Personally I like having them around the word of God as soon as possible to set their plumb line that I like them to line up against for life.

Through all my years in the health and wellness industry, I have seen many things. I see so many children when they start bottles, get soda, other acidic drinks, and very little water. I recommend having a child crawl as long as possible. I also recommend making exercise a game, teaching them to have fun in motion. Then, when it is finally time for them to eat, YOU, the parent, are in charge, not the child. He/she must have good nutrition, and learn to love water, not tea or soda, at a very early age.

As the child starts school, keep him or her active and demonstrating why good nutrition is important. As they move into the teen years, it is not only important to tell them of the dangers of poor habits – drugs, alcohol, smoking, poor nutrition, over eating and under exercise – but instead, show them people who became old early from direct or indirect causes of bad life choices.

Now fast forward. Does that mean I am doomed if I am age 40-50 or 60+, can I still get healthy? Absolutely, yes! There was a group of men 60+ who embarked on a 12-week wellness program. At the end of the program, they turned the clock back 10-20 – not weeks or months, but years! Blood pressure, pulse, weight, soreness, all measurable reduction!

So as we are told, only God has the power but we have the authority here on earth to choose. I do not believe in government mandates in telling me what I can and can’t do. However, I do believe in companies like Xooma Worldwide who can not only give us great products, but a team of people who can also evaluate, motivate, and activate us into a healthier lifestyle.

Today, use your authority to help family, friends, neighbors, country, yourself, to rethink what you want middle age to be. Then, write a plan of action to get there.

You plus Xooma Worldwide equals helping the world look better, your feeling better, and living longer in the shortest amount of time. Are you ready for the challenge?!

Yours in all areas of health and wellness,  
Dr. Michael A. Triglia  
A.A.S., B.S., D.C.