



January 2022

# The PULSE!

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## Make your 2022 New Year's resolutions happen with Xooma

If you're like most people, you reflected on the previous year and celebrated some of your accomplishments while also thinking about some of the things you wish you would (or could) have done differently. So, most likely you're already deciding on what you want to achieve in this New Year in hopes of making it one of your best years ever.

**If so, we've got you covered.**

**Better health:** Unless you're already enjoying optimal health, you probably have specific health goals this year. Maybe it's to lose weight, have more energy, sleep better, experience less pain or have better mental performance. Whatever it is, Xooma's proven wellness products have the power to help you achieve your health goals in 2022. All you need to do is make the commitment to USE those products consistently as part of your daily health regimen. It takes just a few minutes per day...but the benefits you experience can last for years.

**More money:** In today's economy everything seems to be going up in price. 'Inflation' is a real problem. And while none of us can control the global economy, we can control our own personal economy. Rather than complaining about higher prices, we can resolve to earn more money. Fortunately, Xooma's Prosperity Plan can help you transform your income in 2022. Whether it's earning a few hundred dollars extra per month or thousands of additional dollars each month, our simple but lucrative financial rewards program can and WILL work for you – *if you work it.* \*

**Helping others:** Most people you know have 'better health' and 'earn more money' on their personal New Year's resolution list. However, a large majority of those people don't know where to start. In fact, most of them are actively looking for realistic ways RIGHT NOW to fulfill those goals this year. Have you...WILL you...share Xooma with them? Even if some of the people you know said 'no' in the past, things change, and people change. Imagine the positive impact you can have on people's health and possibly their financial future by encouraging them to say 'yes' to try Xooma. You have the power to HELP countless numbers of people this year by staying committed to sharing Xooma with as many people as you can. There's no risk in sharing but so much to gain (*for them and for you*) when you do.

\*See Xooma's official Prosperity Plan for complete details. Earnings mentioned are estimates and not guarantees. Your results are dependent on your personal efforts and may vary.

## Another COVID variant?

**Here's your defense plan!**



Everywhere you look you're now seeing and hearing reports about the new Omicron variant fueling a surge of new coronavirus cases. Until there's a cure, there are two critical things you'll want to keep on doing: maintaining strong support for your immune system AND always practicing good hygiene & sanitation.

With Xooma's **Triple Shield of Protection** (item #9120) you'll have 3 foundational products for strong immune support - X2O™, Probiotix™ and Silver MAX™. At just \$199.<sup>99</sup> (with \$50 Gift Card savings applied), you get huge savings of over \$155 off retail prices! Or, if you don't need the entire package, you can purchase any of these important products individually.



To learn more about these key products and how they support your immune system, visit the Member's portal of your Xooma website, click on the 'Training' tab and then on 'Product Info.'

*What did you just touch?!*

Sadly, none of us knows where those microscopic COVID virus particles are lurking in our daily activities. Are they on the shopping cart at the grocery store? The gas pump handle? The door to a public restroom?



Who knows...so why take the chance?

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## SMART TIP: Beware of Winter Dehydration

All that heat pumped into your office or home keeps the building warm, but indoor air is really dry. Think about it...*how many times have you had to use lip balm or skin lotion thus far this winter?* Spending time inside working, sleeping, and hanging out keeps you exposed to this dry heat for much of your day, causing you to lose fluids and become dehydrated.

In cold weather, the body's thirst response is diminished (by up to 40 percent even when dehydrated). This happens because our blood vessels constrict when we're cold to prevent blood from flowing freely to the extremities. This enables the body to conserve heat by drawing more blood to its core.

Because of this, the body is fooled into thinking it is properly hydrated, meaning *you don't feel as thirsty* and *your body doesn't conserve water*. That's why it's just as important to use **X2O** in your water throughout the winter.

Don't wait until you 'feel' thirsty. Instead, stay committed to a daily water consumption goal (with X2O) of half your body weight in ounces per day. For example, if you weigh 200 pounds, make it a goal to consume at least 100 ounces of X2O water each day. You'll be amazed at how better you feel during the day and sleep at night when you stay properly hydrated.

## YOUR DEFENSE PLAN (Continuation)

Keep your environment free from viruses and other dangerous microorganisms as much as possible by using Xooma's exclusive cleaner & sanitizer - **Insta Protex™**. This eco-friendly and non-toxic solution is extremely affordable, amazingly easy to use, and provides long-lasting protection against viral and bacterial threats **up to 14 days** after application.



If you're not using this product around your home and when you're out in public then be sure to place an order for this powerful sanitizer this month. For more information about Insta Protex visit your Xooma website and click on the 'Premier Products' tab.

\*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.

## Is your body **FAT** risking your **LIFE**?



Besides advanced age, obesity is by far the most common – and one of the most dangerous – risk factors for COVID-19.

A short time ago, the official top COVID-19 risk factors were high blood pressure, Type 2 diabetes, and chronic heart conditions – each of which in part stems from **obesity**.

This virus (and its variants) weakens your lungs, so if infected, you get less oxygen. In response, your heart has to pump faster and your blood pressure rises. Type 2 diabetes throws off your immune system, and a compromised immune system is less able to fight the virus.



Obesity in America (photo: Everyday Health)

But a recent study from Stanford Medical School shows that fat cells can be the most dangerous reservoir of COVID-19 in your body. The more fat cells you have, the larger the reservoir. That means the virus being made inside your fat cells can overwhelm your immune defenses.

Therefore, it's not just the fact that obesity can tax your heart and your blood vessels if you have the virus. Rather, the more fat you have, the more virus your body produces. This helps explain why COVID-19 wards in hospitals are filled with obese patients. The older and heavier these patients are, the more likely they are to end up in intensive care – with a higher risk of death.

This underscores the importance of losing body fat and maintaining a healthy weight. Fortunately, as a Xooma Member you have access to a science-based, proven weight management system that delivers real results. The **MetaboWize™** system is based on over 10 years of metabolic research to help you melt away body fat 24 hours a day.

If you are concerned about excess weight and the health risks that come along with that, be sure to place your order for **MetaboWize** this month and start your journey to healthier and happier YOU.

