



January 2024

The PULSE!

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Your Gut Health Plan For 2024



Poor gut health is now being linked to more and more of our modern-day health problems and illnesses. Thus, maintaining a healthy gut is a key factor to your overall well-being. So start this New Year right by incorporating these **6 simple and effective habits** into your weekly routine and reap the incredible health benefits that come from having a happy gut.

1. Eat Whole Foods: Try to reduce your consumption of highly processed foods and consume more whole foods into your diet. These natural, unprocessed foods are packed with nutrients that nurture your gut and help you feel good.

2. Incorporate Fermented Foods: Add fermented foods (*organic/grass fed is best*) like yogurt, sauerkraut, cottage cheese or raw cheese, and apple cider vinegar to your meal plans. They're great for your gut flora.

3. Stay Hydrated: Cellular hydration is crucial for gut health, proper elimination, and virtually all bodily functions. So make it your goal to drink at least 75-100 ounces of purified water – **supercharged with X2O** – every day.

4. Exercise Regularly: Getting 30-60 minutes of physical activity at least 5 days per week can go a long way in supporting your overall health. A growing body of research now suggests that exercise also promotes a diverse gut microbiome, helping reduce inflammation and supporting immune function.

5. Get Adequate Sleep: Making sure you get enough rest is vital for your gut health. Ideally, adults need 7-9 hours of quality sleep each night. If you struggle to fall asleep (or stay asleep), be sure to try the **MetaboWize PM™** formula and/or the **X2O Plus™** capsules. Both products get rave reviews for helping people enjoy better quality sleep.

6. Consume Prebiotics & Probiotics: Two key reasons why gut dysfunction is so common in our modern world is because most people don't consume enough (or any) prebiotic fiber in their diet and have severe imbalances (*bad VS. good*) of probiotics in their GI tract. Thankfully, Xooma has a simple and effective way to supply these critical nutrients to your body. The great tasting **Xiome365™** prebiotic beverage and our 'one-a-day' **Probiotix™** capsules are a powerful combination to help you feel great by keeping your gut healthy.

? DID YOU KNOW

You can **LOSE** up to **5 pounds** in just **5 days!**

The MetaboWize system has a simple but effective way to 'jump start' your weight-loss results. It's a program we call 'Rapid Results.'



While for many people, losing up to 5 pounds in such a short period of time sounds almost 'too good to be true', the results can't be denied. Over the years, thousands of people have used our 5-day Rapid Results program to successfully launch their New Year's weight loss/fat loss journey.

Get started by ordering any MetaboWize package priced at \$109 or more in January and we'll include our MetaboWize success guide absolutely FREE.



FREE SUCCESS GUIDE!

This guide includes our popular Rapid Results program and gives you step-by-step instructions on how to get the best weight loss results possible.

Imagine what it would feel like to step on the scale (on day 6) to see that you lost 4 pounds, 5 pounds, 6 pounds...or more. The MetaboWize System can give you the results you're looking for in a way that makes it simple and fun. *We can't wait to hear about YOUR success.*



Save BIG on Joint Health

The holidays are over. Time to re-focus on your health and start moving your body again. Whatever exercise plan you choose, you need your joints, muscles, ligaments and tendons to be nutritionally fortified and healthy to get the results you want.

Joint Health is our proven formula that delivers the kind of nutrients critical for healthy joints and tendons, while also helping to reduce pain. It works to rebuild & restore your strength and mobility so that you can move freely.

Order **Item #1147** this month and get a bottle of Joint Health for **just \$39.99*!**
That's a savings of \$25.00 off the retail price.

*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.

*Special Offer Ends January 31st. Limit 2 bottles per Member ID.

SMART TIP: Winter Dehydration is REAL

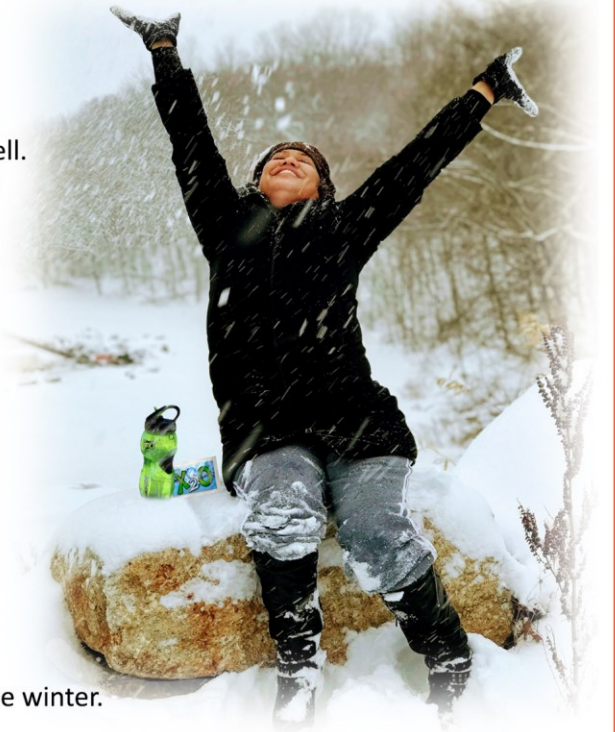
Most people worry about the risks of becoming dehydrated in the hot summer months...but dehydration is a serious concern in the winter as well. Have the outdoor temperatures turned cold where you live? If so, all that heat pumping into your home or office leaves your indoor air really dry.

Think about it...*how many times have you had to use lip balm, skin lotion or a humidifier thus far this winter?* Spending time inside keeps you exposed to this dry heat for much of your day, causing you to lose fluids and become dehydrated.

During cold weather, the body's thirst response is diminished by up to 40 percent - even when we are 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's 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. You'll be amazed at how much better you feel when you stay properly hydrated this winter season.



Let us
help you
make 2024
your
BEST year
yet!

It's a brand-new year. Have you thought about what you want this year to look like?

What goals or aspirations do you have to make 2024 one of your best years ever? Are there some areas of your health you're looking to improve? Do you need to lose some weight, shed excess body fat, or build some lean muscle? Do you struggle with low energy, poor sleep or have problems with focus or memory? Are you experiencing gut dysfunction, weak immune system or excess inflammation?

Maybe you already feel good and you're looking to take your physical body to another level this year.

How about your financial situation? Do you have all the money and financial security you want...or are you looking for more? Are there vacations you dream about taking that you simply can't afford? Do you need or want a newer car but not sure you can fit it into your current budget? Has today's inflation and rising prices forced you to eliminate certain things from your life that you used to enjoy? Is a shortage of money preventing you from buying healthy and organic foods or getting all the Xooma supplements you want to support your health?

No matter what your health or financial goals are in 2024, Xooma has the tools to help you achieve them. Our time-tested, researched-backed, proven wellness products will definitely help you enjoy more abundant health in 2024. Our Rapid Rewards program can have



you getting your Xooma products **FREE** each and every month by helping as few as 4 people become Members who simply purchase a minimum of \$100 worth of Xooma products per month. Help those 4 people duplicate that effort and you'll quickly be earning **\$500 per month – or more.***

And, if you'll simply make a weekly effort to refer others to expand and grow your Xooma 'Team', you could be earning thousands, *or possibly tens of thousands of dollars per month*, by the end of this year! Imagine what an extra \$500 - \$5000 per month would mean for you and your family.

In Xooma, you CAN achieve your financial goals in 2024. Everything you need to make it happen is already here. All you need to do is put forth the effort. And since YOUR success is what creates OUR success, please know we're going to be here to support you every step of the way. So let's make THIS year your BEST year yet!

*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.

