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The PULSE!

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WHERE DOES YOUR HEALTH RANK?

Let's be real for a minute. How often have you heard someone say, "Being healthy is just too expensive" or "I wish I could afford those Xooma supplements"? Maybe you've even said it yourself.

But here's the kicker—many of those same people have no problem spending hundreds of dollars every month on things that do nothing to support their health. Take a look at this breakdown of common monthly expenses:

LIFE 'ESSENTIALS'	AVERAGE MONTHLY COST
Cable TV/Streaming TV Services	\$75 - \$125
Coffee Shops (Starbucks, Dunkin, etc.)	\$90 - \$110
Fast Food Restaurants	\$150 - \$300
Lottery Tickets/Gambling	\$70 - \$95
Drinks/Wine/Beer	\$60 - \$90
Shoes & Clothing Purchases	\$80 - \$120

Now, we're not here to bash your morning latte or your Friday night Netflix binge. There's nothing wrong with enjoying the things that make life fun. But here's the truth—**none of these expenses contribute to your health.** In fact, some may even work against it.

So let's flip the script. **What if you invested in your health first?**

Imagine redirecting just a portion of that fast food or coffee shop budget toward something that actually supports your body—like Xooma's high-quality health supplements. Swapping one or two habits could free up **\$100-\$200 per month**. That's money you could be using to help prevent illness, boost energy, improve mental clarity, and feel better every single day.

Because here's the harsh reality: **when a serious health crisis hits, most people would pay anything to feel good again.** So why wait until you're forced to care about your health?

PREVENTION: THE SMARTEST INVESTMENT YOU CAN MAKE

Prevention isn't just a buzzword—it's a big key to a happy and healthy life. And yes, it does require some lifestyle changes. But more often than not, it's not about finding more money. It's about using what you already spend—*differently*.

And here's something even better: if you simply share Xooma with 4 others who also invest in their health (just \$100/month), you could earn enough to **cover your own product costs**. That means you're taking care of your body and your budget.

So ask yourself again...**Where does YOUR health rank?**

If you're ready to move it to the top of the list, your body—and your future self—will thank you.

START PUTTING YOUR HEALTH FIRST — TODAY. BECAUSE PREVENTION IS ALWAYS CHEAPER (AND EASIER) THAN A CURE.



Getting enough vitamin D is important in maintaining overall health. It helps build strong bones and teeth, can regulate your mood and fight depression, and can even support weight loss.

A natural way to get a good dose of vitamin D is through regular sun exposure on your skin. However, if you're like most people, you also understand the potential dangers of excessive sun exposure, particularly the risk of skin cancer, including melanoma. As a result, you may be avoiding the sun or using some type of sunscreen to protect your skin.

In either case, you're either eliminating or reducing your body's ability to generate vitamin D naturally.

So, what can you do?

Here's the good news: You'll find healthy doses of Vitamin D3 (the most bioavailable and beneficial form of vitamin D) in several Xooma products like **X20 Plus, Xooma Blast, Kardiasyme, LifeSource, and Natural Collection.**

Whether you're enjoying time outdoors or spending more time in the shade this summer, these products can help you maintain optimal vitamin D levels year-round.

And don't forget, if you get too much sun exposure, our **SilverMAX liquid & gel** is one of the most effective ways to quickly soothe, nourish and repair your sunburned skin.





POOP IS NOT A 'BAD' WORD

We get it. Poop is not the type of thing most of us talk about openly. However, a steadily growing number of people around the world are having elimination (poop) problems *...and that's not good.*

According to the most recent data from the National Institute of Health, **17 out of every 100 adults** around the world have chronic constipation. And if you're 60 or older, the number jumps to 33 out of every 100 people.

So let's explore **WHY** this happens to so many of us...and more importantly, **WHAT** can we do about it.

Dehydration: Dehydration is a major cause of constipation. As stool moves through the large intestine, the large intestine absorbs water naturally. If you don't have enough water in your body, your intestine removes extra water from the stool, leaving you with hard and dry stools that are difficult to pass.

SOLUTION: Drink plenty of water daily with **X20** to keep your body properly hydrated. Remember: although they contain water, most caffeinated drinks (like coffee or soda) or alcoholic beverages actually stimulate fluid loss that can lead to dehydration.

Poor Digestion: Much of our modern day food choices often lack natural enzymes crucial for breaking down foods and absorbing nutrients. Without these enzymes, digestion and elimination suffer.

SOLUTION: Give your body the key enzymes it needs to effectively break down and digest those foods by using a capsule of Xooma's **Assimilator** with your main meals each day.

Poor Gut Health: Imbalances in your gut and microbiome can lead to either constipation or diarrhea. Either situation may be your body's way of telling you that your gut health needs attention. Sadly, with all the chemicals and toxins in our modern-day foods and beverages, combined with the overuse of antibiotics, a majority of us have some level of gut dysfunction. Poor gut health not only creates poop problems, but it also leads to many other disease and illness conditions.

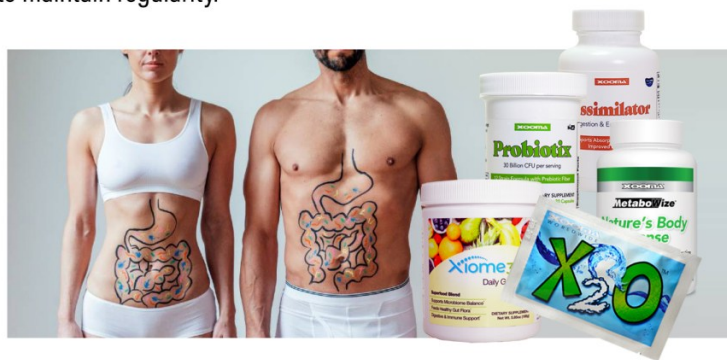
SOLUTION: Protect and improve your gut and microbiome with the nutritional support it needs by enjoying the delicious prebiotic beverage, **Xiome365**, weekly and taking one capsule of **Probiotix** each day.



In the U.S. alone, there are at least 2.5 million doctor visits per year for constipation.

Chronic Constipation: People who have struggled with constipation over a long period of time (*several months or years*) can greatly benefit from doing an internal 'cleanse' of the GI tract. By gently removing the built-up waste material and fecal matter from the bowels, we allow the body to do a 'reset' of the inner terrain to support regular elimination.

SOLUTION: **Nature's Body Cleanse** is ideal for those with chronic constipation. It gently cleanses the GI tract and helps eliminate toxins that contribute to weight gain. This gentle formula can be used long-term to maintain regularity.



GOT JOINT PAIN OR MOBILITY ISSUES? YOU NEED THIS

If you've ever pulled a muscle, lifted something the wrong way, suffered from a sports injury or been in an accident, then you've experienced the frustration of a painful muscle or joint injury.

Xooma's **Joint Health** is a synergistic formula that contains the clinically significant levels of researched and proven ingredients that deliver real results for anyone experiencing age or exercise-induced joint damage. This combination of nutrients has over 10 years of clinical research and has been shown to protect and support joints, tendons, ligaments, cartilage, muscles, connective tissues and bones, and aid in post injury joint repair.

Joint Health is by far one of the best-kept secrets in Xooma's product line. People around the world have fallen in love with the health benefits they've experienced from this exclusive formula. So, if you're experiencing joint pain or discomfort, you owe it to yourself to discover the restoration and relief this has provided to thousands of people around the world - *for more than 17 years.*



Don't get stuck sitting on the bench this summer. Move freely, without pain by adding Joint Health to your daily routine and experience the difference it can make in your body! **Order Item #1137**

*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.