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The PULSE!

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It's National Nutrition Month!



The **Academy of Nutrition and Dietetics** designates March of every year as National Nutrition Month to focus attention on the importance of making informed food choices, getting proper nutrition, and developing good physical activity habits. At Xooma, we celebrate this designation because as a trusted and respected health & wellness company, we are focused on this all year long!

While there are many things that can contribute to poor health, nutritional deficiencies are one of the most common challenges we face. As most people already know, our modern-day, ultra-processed food supply lacks many of the key vitamins and minerals our body needs to maintain good health. Worse yet, many of the foods and beverages we consume these days contain harmful chemicals, pesticides, and preservatives that can lead to a myriad of health problems over time.

Fortunately, thanks to supplementation, we can conveniently provide our body with all the nutrition it needs – especially when it isn't found in the foods we're consuming. And when it comes to supplements, Xooma has some of the highest quality, best performance-based nutritional products on the market today! **We've got what YOU need...**

- Hydration, minerals & pH balance: **X2O & X2O Plus**
- Increased energy /mental performance: **FocusUP & RevitalMind**
- Weight loss/fat loss: **MetaboWize** products
- Gut health/digestion/elimination: **Xiome365, Probiotix, Assimilator**
- Cardiovascular health/reduced inflammation: **KardiaXyme**
- Immune support: **SilverMAX & Insta-Protex**
- General nutrition: **LifeSource, Blast & Omega 3/75**
- Blood sugar support: **Berry Balance**
- Joint pain/mobility: **Joint Health**
- Hormone balance: **Life's Harmony**
- Serious health concerns: **Ellagic Acid & Natural Collection**

No matter what your health needs are, there's a good chance that Xooma has the nutritional support 'tools' your body needs. In fact, we've been helping people around the world positively transform their health for over 30 years! And with your help, we will continue to help more and more people discover the difference Xooma can make in their life.

*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.

THE POWER OF ONE



As a Xooma Member you already know that the **ONLY** form of advertising we do is 'word of mouth'. No TV ads, no radio ads, no magazine ads, etc. The only way someone learns about Xooma is when a caring and motivated person like yourself introduces them to our products and our company. So, when someone decides to buy our products or become a Member, we **PAY** referral fees to the person who introduced them to our company.

And remember...this is **NOT** just a one-time payment. You earn referral fees **every time** that person purchases more Xooma products. Then when *they* introduce someone new to Xooma, you earn referral fees from those purchases as well. And so on.

This simple 'word of mouth' advertising has allowed us to pay people like YOU month after month and year after year (*for the past 30 years!*). Some people earn enough money to cover the cost of their own monthly product purchases – essentially getting their Xooma products each month for **FREE**. Other people earn several hundred or several thousands of dollars per month. And some of our Members earn tens of thousands of dollars per month!

It all starts with ONE. Thanks to the power of duplication, when you help one person become a Xooma Member it can start a movement and business organization where 1 person becomes 2 people, and 2 becomes 4, and 4 becomes 8, and so on. In fact, if you and the Members of your team just helped *just one new person* become a Xooma Member, each month, for the next 12 months... you could have a Xooma Team of over 4000 people in one year!



Sounds crazy...but it's true. See the details of this simple duplication plan by logging in to the Member's portal of your Xooma.com website. Click on the 'Business Tools' link and look for

the 'Power of 1' document. Review it for yourself...but also make sure to share this powerful yet simple growth plan with others as well.



Rinse your mouth with a teaspoon or two of this liquid for better oral health. Read this month's **Smart Tip on back page to learn more.**

MORE THAN 1 IN 3 AMERICANS ARE SLEEP-DEPRIVED SAYS CDC

March 10–16 is Sleep Awareness Week this year. This annual event is designed to educate us on the dangers of sleep deprivation and encourage us to prioritize sleep to improve our overall health & well-being. Today's sleep experts all agree that the human body needs 7-9 hours of quality sleep each night.

There are a *multitude* of factors that contribute to YOU getting the kind of rest that your body needs. Your mattress quality, pillow style, exposure level to light or electronic devices, the temperature of your bedroom and your daily stress levels all have a positive or *negative* effect on your sleep. What many people don't realize is that **nutrition** also plays an important role in helping you get that deep, uninterrupted, restorative sleep that our body needs.

Fortunately, Xooma has smart ways to support the nutritional needs your body has for quality sleep. First, **X2O** sachets in your water support sleep by helping to keep the body properly hydrated throughout the day while also providing important trace minerals that support brain chemistry as well as helping to reduce muscle spasms, soreness, and/or restless legs.

Next, knowing that several key minerals in X2O (like calcium, magnesium & potassium) are helpful to sleep when consumed in the evening, we created **X2O Plus** capsules. X2O Plus allows you to get more of those amazing X2O minerals into your body in the evening without having to consume large amounts of water. *Because...* too much water before bed means trips to the restroom in the middle of the night which interrupts your sleep. In addition, X2O Plus contains a healthy dose of Vitamin D3. Human clinical studies have found that low blood serum levels of vitamin D were associated with poor quality sleep, fewer hours of sleep and daytime drowsiness.



Finally, too much stress during the day can make it difficult to sleep at night, contributing to weight gain and increases in body fat. That's why we created **MetaboWize PM**. This exclusive formula controls cortisol – the hormone often associated with dysfunctional metabolism, poor health, and obesity. It also contains nutrients that help boost levels of serotonin, the feel-good brain chemical necessary for effective relaxation, deep sleep, craving control and fat loss. Best of all, MetaboWize



PM also contains melatonin which has been shown in studies to help us fall asleep faster, increase our total sleep time, and minimize sleep disruptions.

SMART TIP: SILVER MAX FOR ORAL HEALTH



Chances are you already know that using 1-2 teaspoons per day (orally) of SilverMAX is an excellent way to help support and maintain the strength of your immune system. However, following this smart tip will give you even **more benefits** from that daily dose of SilverMAX.

You floss and brush your teeth every day...right? (Please say 'yes'... 😊) Well, keep your bottle of SilverMAX in the bathroom and take your oral dosage **right after** you're done cleaning your teeth.

- 1 Take a teaspoon or two of the silver liquid and **gently swish** it around in your mouth so that it touches your teeth & gums.
- 2 Hold the liquid under your tongue for at least 20 seconds before swallowing.

This simple tip will allow you to use your SilverMAX as an oral rinse to support healthy, bacteria-free gums *while also* using it internally to support your immune system. You're now getting multiple health benefits from a single dose!



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and
SHARE XOOMA**

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@xoomacorporate