



March 2026

The PULSE!

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ARE YOU STUCK IN THE 'MINERAL GAP'?

Most people think they're low on energy because of age. Or stress. Or hormones. But for many people, the missing link is actually - **minerals**.

Modern soil depletion has quietly changed the nutrient density of our food supply. Even if you're eating clean, organic, and intentional there's a good chance you may still be mineral deficient. Research highlighted by Harvard Health reports that many adults fall short in essential minerals like magnesium and potassium - both critical for cellular energy, nerve transmission, and muscle contraction. Data from the National Institutes of Health shows magnesium deficiency alone affects a large percentage of the population- impacting hundreds of biochemical reactions in the body.

Here's what that means in practical terms: If your minerals are off...

- Your hydration is off.
- Your nervous system is off.
- Your hormone signaling is off.
- Your recovery is off.

This is why mineral quality and bioavailability matters. Not all minerals are created equal. What your body recognizes and what your cells actually use - is full-spectrum, naturally occurring trace minerals in their proper ratios. That's why **X20** has become a foundational part of so many people's daily health routine.



Each X20 sachet infuses your drinking water with **70+ natural ionic trace minerals** - including calcium, magnesium, and potassium - transforming 'dead' water into a refreshing mineral-rich beverage.

X20 also turns ordinary or filtered water into naturally alkaline, pH-balanced hydration that helps neutralize acidity, support metabolism, and promote optimal energy and wellness. Plus, X20 also supports improved hydration efficiency and electrolyte absorption — without sugar, sweeteners, flavors, or calories.



And for those of us who need higher levels of mineral intake (beyond X20 sachets), we can add 1-2 capsules of **X20 Plus** to our daily routine (ideally in the evening)

to ensure our body has all the trace minerals it needs to keep us healthy.

Avoid getting stuck in the 'mineral gap' by consuming at least 1-2 of the **X20 sachets** in your water each day and consuming 1-2 capsules of **X20Plus** when your body is craving more.



Discover the Power of Progesterone - and save 50%

Hormonal balance plays a powerful role in overall well-being—for both women **and men**. One hormone that often goes overlooked is **progesterone**, a naturally occurring hormone that supports balance within the endocrine system and works in harmony with other hormones such as estrogen, testosterone, and cortisol. And when your hormone are out of balance, it can lead to a cascade of undesirable symptoms.

Bioidentical progesterone is structurally identical to the progesterone produced by the human body, allowing it to be more easily recognized and utilized. When used appropriately, progesterone can help support:

- A sense of calm and emotional balance
- Restful sleep and relaxation
- Healthy stress response
- Hormonal balance during times of change, including aging

For women, progesterone levels naturally fluctuate throughout life—especially during perimenopause and menopause. For men, progesterone plays a supportive role by helping balance estrogen levels while also supporting a healthy testosterone level.

Progesterone creams are absorbed through the skin, bypassing the digestive system and offering a convenient, non-invasive way to support hormone balance. When used as part of a healthy lifestyle, topical progesterone can be a 'game changer' in the way you look and feel.

Life's Harmony™ cream is designed to support the body's natural rhythm using an exclusive bioidentical progesterone formula. This ultra-pure, clean formula supports hormone balance, calm, and vitality from the inside out.

And to make it as easy as possible for you to put this product to the test for yourself, we're taking **50% off** the retail price during the month of March.

That means each tube of Life's Harmony is **just \$19.50!** (Limit 2 per Member ID). To take advantage of this amazing savings opportunity simply order **Item #1130**. But don't delay...this special offer **ends on March 31st!**

TRY IT TODAY!





SLEEP AWARENESS WEEK: REST BETTER, LIVE BETTER

According to the Centers for Disease Control and Prevention, adults should get **7–9 hours of sleep per night**, yet nearly **one in three adults falls short**.

Each March, **Sleep Awareness Week** (March 8–14) highlights the vital role sleep plays in our overall health. Quality sleep isn't just about feeling rested—it directly impacts energy levels, immune health, metabolism, mood, and long-term disease risk.

Chronic sleep deprivation has been linked to:

- Poor focus, memory issues, and mood changes
- Increased stress, anxiety, and depression
- Weight gain, insulin resistance, and heart health concerns
- A weakened immune system and slower recovery

In short, insufficient sleep affects both daily performance and long-term health.

Targeted Nutritional Support:

In addition to healthy habits, specific nutrients can help support deep, restful and restorative sleep. Here's how Xooma can help:



- **X20 sachets:** Hydration is critically important. Even mild dehydration can lead to headaches, muscle cramps, or restlessness that interfere with restful sleep.
- **MetaboWize PM** is designed to support reduced cortisol, relaxation, nighttime recovery, and metabolic balance/fat burning while you sleep. Many people say this outperforms other sleep aids they've tried.
- **X20 Plus:** Minerals are especially important for deep, restorative sleep. Magnesium supports muscle relaxation and helps calm the nervous system. Calcium and Vitamin D help the body produce melatonin and support normal circadian rhythms.

Simple Sleep Tips

- ☒ Keep a consistent sleep and wake schedule
- ☒ Create a calming bedtime routine
- ☒ Limit screens and bright light before bed
- ☒ Stay active and well-hydrated during the day

Do you need a 'reset' on your sleep habits? This month, take some time to evaluate YOUR sleep habits. Small changes—better nutrition, hydration, and nighttime support—can lead to deeper rest and better health in the years ahead.



ARE YOU USING XOOMA'S MOBILE APP?

Get the Official Xooma Mobile App and always have your 'Xooma Tools' readily available for helping others learn about Xooma and the benefits of membership. Gives you instant access to the latest Xooma News and Insights. It's FREE and available for both Android and Apple devices.



IF YOU'RE GOING TO DRINK COFFEE - DO THIS

For tens of millions of people around the world, coffee is an automatic part of their daily morning ritual. And while many people have replaced their morning coffee routine with the amazing energy and brain boosting benefits of **FocusUP**, there is still a huge population of people who like to drink coffee. So, if you're a coffee drinker, here's the 'Xooma strategy' to get the most from that coffee in the healthiest way possible.

First, do NOT reach for that cup of java until you've had at least **8-10 ounces of X20 treated water**. After 7-9 hours of sleep your body is very dehydrated. The worst thing you can do is make coffee your first beverage of the day, which by its very nature, will dehydrate your body even further. You need to rehydrate FIRST.



Second, since coffee is more than 98% water, the **quality of that water** plays a major role in both taste and how your body responds to your brew. Obviously, using purified water is the perfect place to start as it eliminates (or minimizes) the huge number of chemicals and contaminants found in most tap water. But, purified water is acidic which adds more acidity to the coffee and results in less flavor, more bitterness and poor taste.

However, using **mineral-rich alkaline water** (created by X20 sachets) in the water reservoir of your coffee maker can completely transform your experience. Those trace minerals are essential for extracting the full flavor profile from the coffee. Magnesium, in particular, enhances the extraction of aromatic compounds, resulting in a smoother, richer, and less bitter cup of coffee.

Alkaline water also helps balance acidity. While coffee is naturally acidic, brewing with alkaline water can soften harsh notes and reduce stomach discomfort or acid reflux that some people experience after drinking coffee.

Finally, just as water quality matters, so does the **quality of the coffee** itself. Conventional coffee is one of the most chemically treated crops in the world, often containing pesticide residues, herbicides, and synthetic fertilizers. These chemicals can interfere with gut health, increase toxic load, and reduce your health over time. So, choose high quality, organic coffee which is free from harmful pesticides and unnecessary chemicals.

And, *remember this*. Even with the smart strategies outlined above, coffee is STILL acidic and still dehydrating to the body. So, be sure to **drink plenty of X20 treated water** during the day to bring your body back into balance after enjoying your morning coffee.

*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.