



Lose Weight – Feel Great

Getting healthy isn't just about eating right. Taking high quality supplements also plays a very important role. The good news is Xooma's products, especially products like the **MetaboWize™ Protein Fiber Shake** will support you. The entire MetaboWize System has a great track record for helping countless people re-shape their entire body.



And while Xooma's MetaboWize system can give you amazing fat-loss results, getting your body into shape and staying in shape still requires a commitment to some regular exercise. Here's some simple ideas:

Exercise & Movement

Your body was made to MOVE. And if you choose to make it 'fun' you'll find it's much easier to do. One possibility is walking regularly with someone you know and having a great conversation while you do. If you find yourself in front of the television, you could do stretching and exercises on the floor at the same time. From yoga and Tai Chi to simple push-ups or sit-ups, your TV time could also be your 'workout' time. Virtually every fitness expert says, "if you don't move it, you will lose it." *(Continued)*

Building in the 'New Normal'

Great, you've partnered with Xooma and you know there are tons of ways to improve your health and increase your wealth. Except for one thing. The world isn't what it was... at least not for the moment.

If your Xooma business activities were centered around one-on-one meetings or weekly in-person presentations, social distancing has most likely impacted the way you do business. Social life and business environments are no longer what they once were. You MAY still be able to look someone eye-to-eye, it's just from several feet away now or through video.



Here's the good news. You still have a 'green light' for your long-term business model. Social distancing won't be forever.

Here are some ways that you can build your Xooma business, despite the disruption created by the global pandemic. *(Continued)*

What's Your 'Why'?



If you're not taking enough action to work toward your goals and dreams, there's a good chance your WHY probably isn't big enough. When your WHY is big enough, it will compel you to take action. You'll start planning for more than just the next few months.

You'll be planning for the next year, 3 years and 5 years.

The more you think about and envision your future, your dreams and what you want from this life, the more it will motivate you to action. So if you're not dreaming big enough, you may not have enough 'drive' in the NOW moment.

Here's what Brian Tracy says about the 'bigness' of your dreams: *"Dream big! There are no limitations to how good you can become or how high you can rise except the limits you put on yourself."* Brian Tracy also said something very similar to what was shared in last month's Pulse newsletter from Dr. Wayne Dyer. Here is Brian Tracy's version: *"If you change the quality of your thinking, you change the quality of your life."*

So increase your capacity to dream bigger, discover and grow your WHY, and choose to live without limits!

Loyalty Rewards

Staying loyal to your personal health and business goals with Xooma brings many positive rewards into your life – including **Loyalty Rewards**. There's just one thing. **You have to remember to claim them!**



Here's how it works. Simply make the commitment to purchase (or sell) at least \$100 worth of Xooma's products each month through your personal Xooma ID number. This ensures you'll have the personal sales volume necessary to qualify for the Rapid Rewards Program. AND you're qualified for the Loyalty Rewards Program at the same time! Here's what you get. *(Continued)*

National Diabetes Awareness month

November is National Diabetes Awareness month. Did you know approximately 95% of diabetes cases are Type II? But that's actually good news, because Type II Diabetes can be manageable. Here's how Xooma can help! *(Continued)*



Building in the 'New Normal' (Continued)



Invite your guests to a Zoom presentation to see the World's Largest Water Party, every Monday and Thursday night @ 8:00pm ET. Details are in your back

office and in Xooma's weekly eblasts.

Host your OWN video calls using: Zoom, Skype, Google Meet, or Facebook Video. Do a 3-way phone call with one of your business partners and a guest. Share your personalized Xooma websites for more information on Xooma's products. Share some of the many promotional posts from Xooma's corporate Facebook page on your personal Facebook page. Encourage others to check out all the testimonies on Xooma's products by going to mystory.xoomaworldwide.com.

Those are just some of the options. Thanks to modern technology, you've got plenty of ways to share Xooma with others – even if you can't meet with them in person. So, get creative and find what works best for you.

Diabetes Awareness (Continued)

Consciously choose your lifestyle habits

The first place to begin is taking a look at your eating habits. If you haven't kept a Food Diary in the past, you might want to begin here. This simple task just might surprise you!

Choose foods that are lower glycemic (lower sugar) and also alkaline. Which also means reducing your 'carb load', meaning the number of carbohydrates you consume – and the time of day you consume them – can make a big impact.

Here's another way Xooma can help. Purchase Xooma's 'Blood Sugar Support' pack. The nutrients within these products work synergistically to deliver real results in your life. Best of all, this pack saves you money.

Believe in Better

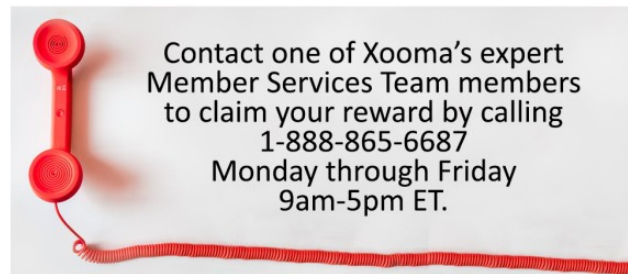


The Blood Sugar Support pack has everything you need: X20, Berry Balance, Assimilator, Omega 3/75 and the Believe in Better book to help you succeed. You'll **SAVE over \$86** off the retail price when you order **item #8159** and take control of your blood sugar!

*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.

Loyalty Rewards (Continued)

When you maintain a minimum \$100 order every month for 3 consecutive months at a time, your loyalty is rewarded with a Buy 1 / Get 1 FREE purchase of any single Xooma product of your choice – wow! ***So don't forget to take advantage of your Loyalty Rewards.***



Contact one of Xooma's expert Member Services Team members to claim your reward by calling
1-888-865-6687
Monday through Friday
9am-5pm ET.

Lose Weight – Feel Great (Continued)

10 years of metabolic research uncovers how to melt away body fat...24 hours a day.

That's the science we used to create Xooma's exclusive **MetaboWize System** - our Protein Fiber Shake, AM Formula and PM Formula. This science-based system has been in Xooma's product line for over 10 years because it works!

While these 3 products work together in harmony, the **MetaboWize Protein Fiber Shake** is the one of the most important. Your lean muscle tissue helps you burn fat...but it needs high quality protein to do the job. And our protein shake is one-of-a-kind. It's pure source, grass-fed, non-hormone treated, 99.5% lactose-free, naturally sweetened, low-carb, low calorie and highly absorbable. It's ideal for a quick & healthy snack, or you can simply substitute it for one of your meals. Even better, it comes in two great-tasting flavors: Tropical Vanilla and Chocolate. Best of all – **just \$2 per serving!**

Why wait until the New Year? Get in shape BEFORE the holidays this year. And if you're looking for the best value, order one of Xooma's MetaboWize Gift Card packs below.



MetaboWize Gift Card packs offer additional savings

Order Item #1480, \$199.99

MetaboWize Complete Pack with
2 Tropical Vanilla protein canisters

Order Item #1481, \$199.99

MetaboWize Complete Pack with
2 Chocolate protein canisters

Order Item #1482, \$199.99 MetaboWize Complete Pack with 1 Tropical Vanilla and 1 Chocolate protein canister

New testimonies come in every month for this proven fat-loss system...and it will work for you too. So, take the next step and order your MetaboWize products this month. You'll be glad you did.

150 Research Drive • Hampton, VA 23666-1339
On the web: www.xooma.com • Email: cs@xooma.com • Toll-free: 888-865-6687