



November 2025

The PULSE!

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SUGAR IS SLOWLY DESTROYING YOUR HEALTH

Our modern food supply is loaded with sugar. Often, these sugars are 'hidden in plain sight' under different names. For example, dextrose, fructose, glucose, lactose, maltose, sucrose, maltodextrin, high-fructose corn syrup, brown rice syrup and cane juice are all just alternate names for SUGAR.

The average American consumes more than 17 teaspoons (about 71 grams) of added sugar per day. According to the American Heart Association (AHA), that's almost **double** the maximum daily limit recommended limit for men and almost **triple** the max daily limit recommended for women.

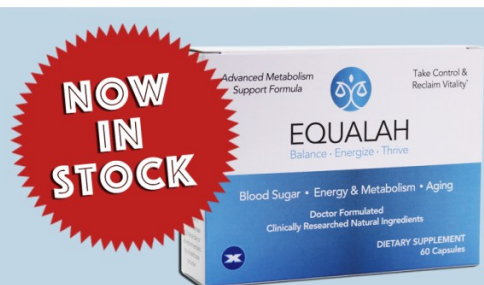
This translates to a shocking
57 POUNDS of added sugar
consumed per person - *every year*.

THE HEALTH RISKS OF EXCESSIVE SUGAR

Overconsumption of sugars offers zero nutritional benefits and can lead to serious health problems, including:

- **HEART DISEASE:** A high-sugar diet can lead to increased blood pressure, chronic inflammation, and an increased risk of dying from cardiovascular disease.
- **TYPE 2 DIABETES:** November is 'Diabetes Awareness Month'. Excess sugar in the blood is linked to a significantly high risk of developing type 2 diabetes.
- **OBESITY AND WEIGHT GAIN:** Sugary drinks and foods are particularly linked to weight gain because excess sugar is often stored in the body as fat.
- **LIVER DAMAGE:** When consumed in excess, the liver metabolizes fructose into fat, which can lead to non-alcoholic fatty liver disease.
- **INFLAMMATION:** A high intake of added sugar is associated with chronic, low-grade inflammation in the body.
- **INSULIN RESISTANCE:** The body's cells in muscles, fat, and the liver stop responding properly to the hormone insulin. This prevents the cells from efficiently absorbing glucose (sugar) from the bloodstream for energy leading to numerous health problems.

A POWERFUL NEW TOOL TO WIN THE FIGHT AGAINST THE 'SUGAR MONSTER'



This isn't just another supplement — it's a movement! While others pay \$79.95 for a 30-day supply (60 capsules), YOUR price as a Xooma Member is *just* **\$49.99**.

That's only **\$1.67 a day** for a powerful, clinically validated formula — and a product you can proudly share with others looking to experience the same results.

Having a hard time keeping your blood sugar in a healthy range? Worried about diabetes or other sugar-related problems down the road? EQUALAH makes it easy to support your body when you drink or eat foods high in sugar.

Try it for 90 days and experience the difference for yourself.

Order Item #5201

We've been quietly working behind the scenes since the beginning of this year to bring a wellness supplement to the market that is unlike anything we've ever done before.

After extensive research and development, we're thrilled to introduce **EQUALAH** — a revolutionary new formula designed to help you *take control of your blood sugar naturally* while improving energy, focus, and overall vitality.

EQUALAH Is designed to help you:

- Support healthy blood sugar levels
- Boost daily energy and metabolism for health weight management
- Promote healthy aging and overall vitality

Doctor formulated and powered by **clinically researched natural ingredients**, EQUALAH blends a comprehensive mix of **vitamins, minerals, and antioxidants** that work together to support balanced glucose levels, insulin sensitivity, and steady energy throughout the day.

EQUALAH also combines a **patent-pending curcumin nanotechnology** with a synergistic blend of nutrients that further enhance **insulin sensitivity, glucose metabolism, and long-term metabolic health**.

In clinical studies:

- ❖ 81.8% of participants saw their fasting glucose return to healthy levels
- ❖ 90.9% improved their HbA1c
- ❖ 69.6% achieved normal blood sugar even when standard approaches had plateaued

The result?

- ⇒ Steady, balanced energy
- ⇒ Improved focus and mood
- ⇒ Healthier weight and overall vitality

*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.

SMART TIP

Surviving the Holiday Season

Ahh...yes. The holiday season is finally here. Family, friends, fellowship, and FOOD.

Lots and lots of food.

And while all of these delicious foods tantalize our taste buds and put a smile on our face, they also tend to create digestive mayhem inside our body.

Does this happen to you during the holiday season? That familiar but uncomfortable feeling of being 'stuffed' after a meal? How about heartburn, bloating, gas or an upset stomach? Yep...that's the part of the holidays that none of us want to experience. So, let's change that this year.

Digestive Mayhem?

Fortunately, as a Xooma Member, you have access to a *superhero* who can fight against that arch enemy of holiday happiness – *digestive mayhem*. And while this superhero doesn't come with a red cape, it does come in a convenient, portable bottle. Your superhero's name - **Assimilator**.



This exclusive and powerful formula contains a wide spectrum of much needed enzymes along with other key nutrients to support healthy digestion. Not only does Assimilator help you absorb more of the nutrition from what you eat, it also helps you break down those foods to reduce or eliminate feelings of 'yuckiness' (bloating, gas, stomach churning) – especially with those unhealthy holiday foods.

FREE INFO



Scan to download a FREE Copy of our **Assimilator Overview** (a 2-page PDF) or visit https://www.xoomaworldwide.com/content/pdfs/Assimilator_Overview.pdf

Bottom line: Assimilator makes you feel good! So, if you haven't tried this product yet, there's no better time than right now to put it to the test and see how it works for you. And if you're already a fan of this superhero, now is the time to order some extra bottles and make sure you've got plenty to share with your family and friends this holiday season. We're confident it's the kind of gift they will THANK you for sharing with them.

Eat, drink and be merry this year with the help of Assimilator. Be sure to **order Item #1118 this month!**

Are you a member of 'The Club'?



In Xooma, there's a special club you can be a part of that comes with list of awesome benefits when you decide to join. This isn't one of those clubs with secret handshakes or special passwords to 'get in'.

Being a part of this club is super easy. It requires one small decision – *purchasing and/or selling at least \$100 per month in Xooma's products*. That's it.

So, go shopping once per month in your online Xooma 'store' and find at least \$100 worth of products for you and your family to enjoy... and you are automatically eligible for the following benefits:

- ▶ The **lowest prices** on Xooma's products
- ▶ A **FREE product** of your choice once every 3 months with our Loyalty BOGO Rewards
- ▶ The opportunity to get your **\$100 in products FREE*** each month by simply referring 4 other people who also join 'The Club' through Xooma's Rapid Rewards Program
- ▶ Access to special discounts, promotional programs, and incentives
- ▶ Time-tested, proven health benefits that regular monthly usage of Xooma's products provide

For far less than the cost of your monthly TV/internet service bill, you can have all of these benefits by simply making that small commitment to invest at least \$100 per month in you and your family's health. So, are YOU a member of *The Club*? If not, this is your official invitation to join countless other Xooma Members around the world who make the wise decision to reap these rewards – each and every month.

The perfect holiday gift – for under \$11



Tired of giving the same old coffee mugs, candles or gift baskets?

This year, surprise your family, friends, and neighbors with something that truly makes a difference – **the gift of better health with Xooma!**

➔ For just **\$10.99 (shipping included)**, send them a **Xooma Sampler Pack** that includes:

X2O (for hydration and balance)
FocusUP (for energy, mood & mental performance)
Xiome365 (for gut health & vitality)
 – we'll even add a **\$50 Gift Card!**

Sending one is easy: Visit Xooma.com, click 'Request Samples' at the top and fill out the name & shipping address for the person you want us to send your gift to. Then simply follow-up with them once they've received this special gift package from you.



\$32 retail value!

*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.