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The PULSE!

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Pink Ribbons and a Plan

According to the American Cancer Society, breast cancer is the second leading cause of cancer death in women. October is **National Breast Cancer Awareness Month** - organized by major breast cancer charities to increase awareness of the disease and to raise funds for research into its cause, prevention, diagnosis, treatment and cure. And...*pink ribbons* are a common symbol to remind people of this cause.

And while the fight to eliminate breast cancer continues, health experts agree that taking actions to **PREVENT** this disease is one of the smartest things you can do. Amongst those prevention strategies, experts highly recommend **maintaining a healthy weight** as well as improving your nutrition level through **healthy diet and supplementation**.

Fortunately, as a Xooma Member, you have access to one of the most successful, time-tested fat loss/weight loss systems ever created with **MetaboWize™**. Based on over 10 years of metabolic research, the MetaboWize system delivers real, long-lasting results. At the core of the system are 3 products – the AM Formula, PM Formula & Protein Fiber Shake. These products work together to help your body burn fat 24 hours a day. And if you want to accelerate your results from the MetaboWize System, add **X20™** water to your daily regimen and pick up a bottle of **Nature's Body Cleanse™**.



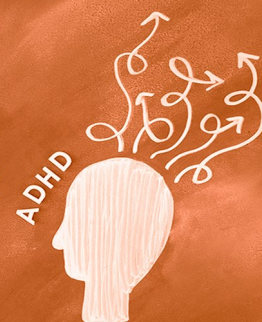
Healthy eating is also a critical piece to your cancer prevention strategy. For example, leafy green vegetables contain carotenoid antioxidants, including beta carotene and lutein which are associated with reduced breast cancer risk. Citrus fruits are teeming with compounds that may protect against breast cancer, including folate, vitamin C, carotenoids, and flavonoid antioxidants. And berry-based antioxidants, including flavonoids and anthocyanins, have been shown to protect against cellular damage, as well as the development and spread of cancer cells.



You can also get many of these potent antioxidants, carotenoids, flavonoids, and anthocyanins in a multitude of Xooma products. Products like Xooma's **LifeSource™**, **Berry Balance™**, **Ellagic Acid™** and **Natural Cellation™** all support your body in preventing serious disease and illness.

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.

October is National ADHD Awareness Month



Attention-deficit/hyperactivity disorder (ADHD) is a neurodevelopmental disorder affecting both children and adults around the globe. Difficulty with attention, concentration, memory, impulsivity, hyperactivity, and social skills — these are among the signs of attention deficit hyperactivity disorder, which affects millions of Americans.

Though the causes and risk factors for ADHD are still largely unknown, this annual awareness campaign provides an opportunity for all of us to stop and think about the health and well-being of one of our most critical organs – **our brain**.

So, how's YOUR brain performing? Are you feeling sharp and mentally energized...or are you experiencing challenges with things like focus, concentration, and memory? Let's face it, one of the biggest fears most of us face as we age is losing our mental abilities and becoming dependent upon others to help us function from day to day.

Fortunately, healthy brain function and mental performance is something we take seriously at Xooma. In fact, it's so important that we developed not one, but TWO brain support products with research proven nutrients to help you feed your mind every day. The first one is **FocusUP®**.

Forget the coffee, energy drinks and those other unhealthy stimulants. FocusUP is an excellent *and healthy* way to stay physically and mentally energized each day. In addition, you'll also be getting **key nutrients** that have been shown to improve focus, concentration, memory, and mood.



Best of all, whether you choose capsules or the great-tasting drink mix, your cost per serving is **LESS** than most of those unhealthy alternatives in the marketplace.

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ADHD Awareness Month (continuation)

The second one is **RevitalMind™**. This specialty formula is designed for those who are age 40 and above as it contains multiple 'clinical level' nutrients (and dosage amounts) shown in science to support effective focus, concentration, memory and mental acuity. In fact, just one of the nutrients in this formula has been shown in clinical research to potentially reverse mental aging by up to 10 years!

Available in capsules, RevitalMind can be your daily brain nutrition choice, or it can also be used **in addition** to FocusUP each day.



One final important brain support tip. Your brain is approximately 75% WATER. Therefore, proper hydration within your body is critical for brain health and brain performance. Even *mild* dehydration can create noticeable declines in focus, memory and concentration.

Bottom line...your brain needs water, which means you need to stay hydrated throughout the day. And in our opinion, one of the smartest ways you can give your body (and brain) the cellular hydration it needs and *craves* is by using Xooma's **X2O** sachets in your water each day.

SMART TIP: Don't 'sell'...just share.

When asked why they don't have more people within their Xooma Team, many of our Members over the years have confessed that they just don't feel comfortable trying to 'sell' stuff to other people. They either fear being labeled a 'pushy salesperson' or they fear the feeling of rejection when someone says "no". If that sounds like you, we've got GOOD NEWS.

In Xooma, there's no need to 'sell' anything. Instead, just SHARE. You can **share information** on our products and our Prosperity Plan via your Xooma websites, brochures, newsletters, videos, recorded calls, webinars and more.

You can also **share success stories**. It could be your own personal story of the positive impact Xooma has had in your life. Or it could be the real-world success stories from countless other Xooma Members around the globe which you'll find on the mystory.xoomworldwide.com website.

You can also **share product samples** with people who are interested in trying one (or more) of the Xooma products you think they would enjoy. Most importantly, you can share that there's NO RISK in trying Xooma's products or becoming a Member. With no fees to join and no 'business kits' to buy, becoming a Xooma Member simply requires placing an order for our product. And since those products come with a **100% money-back guarantee**, there's absolutely no risk to them or YOU for sharing Xooma with them.

So, stop thinking you need to sell anything and instead, **simply SHARE** and watch your team grow!

Are you using these tools?



The 'right tools' can make a BIG difference in your Xooma business. Your online Member's Portal provides you with access to a variety of Business Tools that can make it easier than ever to grow your Xooma business.

The **Health & Wellness Newspaper** shares the many benefits of mineral-rich alkaline water (X2O), jaw-dropping personal testimonies of Xooma Members, and more about the acid-alkaline balance critical to good health. Order your pack of 50 newspapers, put your contact information on them, and place them in strategic locations so they can help build your business for you.

Xooma **Product Brochures** provide detailed information about Xooma's flagship products and include an area where you can put your contact information. Professionally designed & printed, these full-color brochures are packaged in sets of 25. Keep them handy so you can easily share product information without having to search the Internet.

Our double-sided **Enrollment Form** is a must-have if you're building a Xooma business. This detailed form shows your prospect the contents of Xooma's Gift Card Starter Packs, Add-On Value Pack offers, and the many benefits of Xooma membership.

PLUS--don't forget about these 'fun' tools!

The **green Xooma wristband** is more than just a fun novelty. Kids will love to wear this glow in the dark wristband. And when you wear it, be proud to tell people what it represents and join us in our quest to help others live in the "Truth".

Xooma's reusable **Water Bottles** and **Blender Bottles** are perfectly sized for your single servings of X2O and your MetaboWize protein shakes. Their eye-catching green colors can attract attention to help you engage in conversation about Xooma and the products you use them for.

These are just some of the many tools that you can order them directly from your Member's Portal or by calling our friendly Member Services Team at 1-888-865-6687 during the week.

Remember, you also have access to many 'virtual' tools – FREE of charge – like shareable health education audio recordings, electronic newsletters (the Xooma PULSE and the HealthBeat), promotional videos, and more! Explore your Member's Portal, if you haven't already, and check them out. Building a home-based business is so much easier when you're using these valuable tools.