

# Possibilities

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## Links to Heart Disease, Colorectal Cancer, Age-Related Loss of Mental Function; Hypertension in Later Years, More

A study conducted in Utah found that Vitamin D contributes to a strong and healthy heart, and that inadequate amounts may significantly increase a persons' risk of stroke, heart disease, and death, even among people who have never had heart disease.

A research team at the Heart Institute at Intermountain Medical Center in Salt Lake City followed 27,686 patients who were 50 years old or older with no prior history of cardiovascular disease. They tested the participants' blood levels of Vitamin D, and then divided them into three groups: normal blood levels; low blood levels; and very low blood levels. The patients were then followed to see if they developed some form of heart disease.

Researchers found those with very low Vitamin D levels were **77% more likely to die**; **45% more likely** to develop **coronary artery disease**, and **78% more likely** to have a **stroke** than patients with normal levels of Vitamin D. Patients with very low levels of Vitamin D were also **twice as likely to develop heart failure**.

The study author, Brent Muhlestein, M.D., said "Utah's population gave us a unique pool of patients whose health histories are different than patients in previous studies. For example, because of Utah's low use of tobacco and alcohol, we were able to narrow the focus of the study to the effects of vitamin D on the cardiovascular system."

Heidi May, PhD, MS, and epidemiologist with the research team and one of the study authors, said "We concluded that among patients 50 years of age or older, **even a moderate deficiency** of vitamin D levels was associated with developing **coronary artery disease, heart failure, stroke, and death.**"

In two other recent studies, increased intake of Vitamin D were found to possi-

bly **slow age-related losses in mental function**, and **ease breathing in asthma** sufferers.

The first study, of 3,113 men across Europe between 40 and 79 years of age, found higher blood levels of vitamin D were linked to **better performance in tests of attention and speed of information processing**. The link to faster information processing was greater in men over 60.

Researchers from the University of Pennsylvania reported that vitamin D may slow the progressive **decline in breathing** that can occur in **asthmatics** as a result of human airway smooth muscle (HASM) proliferation.

Other research has found that, in adults, vitamin D deficiency may cause or worsen **osteopenia, osteoporosis, muscle weakness, fractures, autoimmune diseases, infectious diseases and cardiovascular diseases**. There is also evidence the vitamin may reduce the incidence of several types of **cancer and type-1 diabetes**.

Yet another study found a link between Vitamin D deficiency in premenopausal women and an **increased risk of developing systolic hypertension** 15 years later. The study analyzed data from 559 Caucasian women in Tecumseh, Michigan. The study began in 1992 when the women were 24 to 44 years old, with an average age of 38 years.

Blood pressure readings were taken annually throughout the study. They measured vitamin D blood levels once in 1993, and then compared their systolic

### Harvard Heart Letter: Best Way to Boost Vitamin D

The Harvard Heart Letter is trying to spread the word about Vitamin D's multiple benefits. It says D is not just good for bones, but also for the heart and overall health, as many other research studies have also concluded.

The Harvard Heart Letter also says that the safest way to get enough Vitamin D is to **take a daily supplement**. The Letter suggested 800 to 1,000 IU per day, although many other researchers in studies cited elsewhere on this page, suggested higher doses—many suggesting 5,000 IU per day for adults, and some suggest even higher levels.

The Letter said that beyond benefiting bone health, Vitamin D also helps prevent build-up of calcium in the arteries, decreased producing of rennin, a hormone that elevates blood pressure, in the kidneys, and could help strengthen heart contractions.

The Letter noted at least one-third of Americans are thought to be Vitamin D deficient and 75% of people with cardiovascular (heart) disease are deficient. ♦

bloods pressure measurements in 2007.

Pre-menopausal women who had vitamin D deficiency in 1993 had **three times the risk** of developing **systolic hypertension** 15 years later, according to researchers. Researchers controlled for age, fat mass, anti-hypertensive medication use, and smoking.

Finally, increased blood levels of vitamin D may **reduce the risk of colorectal cancer by as much as 40%**. This study included over half a million participants from 10 European countries. It was published in the *British Medical Journal*.

Editor: We offer Vitamin D<sub>3</sub>, in both a 1,000 I.U. vegetarian capsule and a 5,000 I.U. vegetarian capsule. Our Item No. J-24 is the 1,000 I.U. capsule and Item J-24A is the 5,000 I.U. capsule.

We hope all this research is helpful in understanding the broad range of benefits and needs for Vitamin D. ♦

## Vitamin Link to Obesity, Blood Pressure & More; Plus Herb That Helps The Liver

A Canadian study found that nearly half (47%) of young adults in Canada have either a Vitamin C deficiency or have "less than optimal" levels of Vitamin C. The study included 979 Toronto-based participants between the ages of 20 and 29.

The researchers said the deficiency was associated with elevated markers of chronic disease and obesity, including:

- ◆ a "significantly" higher waist circumference,
- ◆ body mass index,
- ◆ inflammation and
- ◆ blood pressure.

The study was published in the *American Journal of Epidemiology* 2009 170(4):464-471.

Natural health experts have touted the herb Milk Thistle for its benefits in protecting the liver from toxins, for centuries.

Now a study headed by lead researcher Dr. Kara Kelly, of New York-Presbyterian Hospital/Columbia University Medical Center's Herbert Irving Comprehensive Cancer Center, has concluded that the herb can even help eliminate chemotherapy toxins from the liver. Kelly commented in a statement issued by the American Cancer Society that "Our results are promising as there are no substitute medications for treat-

ing liver toxicity."

The study involved 50 children who were undergoing chemotherapy for acute lymphoblastic leukemia which caused liver inflammation. The children were randomly assigned to receive Milk Thistle or a placebo. After 56 days of oral treatment with milk thistle in capsule form, patients receiving the milk thistle treatment did better than those who did not.

The patients receiving the milk thistle were also said to be able to endure higher doses of chemotherapy, though the difference (11% fewer patients on milk thistle needed chemotherapy dosage reductions) was said to be statistically not significant, researchers said this should be studied further to see if milk thistle could aid in allowing higher doses of chemotherapy.

Editor: We're not convinced higher doses of chemotherapy are desirable, given our well-known stand on such things, however, we do find it impressive that Milk Thistle can be proven to help the liver fight off even toxins this powerful.

Our **Milk Thistle** is Item No. J-100.

Our **Vitamin C** options include Items J-68 and J-69. J-68 is a 500 mg tablet, and J-69 is a 1,000 mg Timed Release Tablet. ◆

## DOUBLING the Rate of Kidney Function DECLINE...

That's what researchers found could result to people's kidney function from adding extra salt and sipping diet soda.

They studied more than 3,000 women and found those who drink at least two diet sodas a day DOUBLE their rate of kidney function decline. Sodium also increased their odds, as demonstrated by test results consistent with previous experimental animal testing.

One of the researchers, Julie Lin, M.D., of Brigham and Women's Hospital in Boston, said "While more study is needed, our research suggests that higher sodium and artificially sweetened soda intake are associated with greater rate of decline in kidney function."

Because most of the participants of the study were white women, researchers said it is unknown if the results can be applied to men or additional ethnicities.

Results were consistent even after considering factors of age, caloric intake, obesity, high blood pressure, diabetes, cigarette smoking, physical activity and cardiovascular disease.

The study results were presented at the American Society of Nephrology's annual meeting in San Diego, California, in 2009. Certainly seems worth noting, to us. ◆



## Trivia & Tidbits . . .

1. You know the "Big Apple" but where's the "Little Apple"?
2. What was the game of Scrabble first called?
3. Who was the first U.S. President's wife to be called The First Lady?
4. What is a brontologist?
5. What's the name of the top-hatted Monopoly game man?
6. Who founded the Library of Congress?
7. What's the name of the little boy on the Play-Doh can?
8. In what year was the U.S. law requiring cigarette manufacturers to put a health warning on their labels enacted?

AND THE ANSWER IS...

1. Manhattan, Kansas, where those words are painted on the water tower.
2. Lexico.
3. Abraham Lincoln's—Mary Todd Lincoln.
4. Someone who studies the science of thunder.
5. Rich Uncle Pennybags.
6. Thomas Jefferson.
7. Play-Doh Pete, who first appeared on the can in 1960, 4 years after Play-Doh came out.
8. 1965.

ON "THE WEB"!

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## PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

### Substance in New TV Commercials Linked to **WEIGHT GAIN; Higher BLOOD PRESSURE, LDL & TRIGLYCERIDES; GOUT, HEART Disease, LIVER Damage, NUTRIENT Depletion, & More!**

If that headline seems like a “mouthful” it’s because there’s a LOT of information we want to get onto this page.

Let me start with this tidbit. We read recently that 25% of the calories most Americans consume come from what many legitimate scientists view as a poison, but it’s disguised as a food. And it’s in EVERYTHING. We’ve read it is in every type of processed, pre-packaged food you can think of. (Even many infant formulas are more than 50% sugar—43% being corn syrup solids.) And, get this, processed foods account for more than 90% of the money Americans spend on meals! It’s said to be responsible for:

- ◆ Insulin Resistance
- ◆ Weight Gain
- ◆ Elevated Blood Pressure
- ◆ Elevated Triglycerides and LDL
- ◆ Depletion of Vitamins & Minerals (and we believe, as do countless experts, that deficiencies of vitamins and minerals can cause all kinds of other problems)
- ◆ Gout
- ◆ Heart Disease
- ◆ Liver Damage

The food-considered-poison-by-some that we’re talking about is High Fructose Corn Syrup (HFCS). And the TV commercials that seem to be running endlessly around here at least, are the ones promoting it by having the apparent “smart” character in the ad explaining to the “dumb” character in the ad who thinks there’s something wrong with High Fructose Corn Syrup, that there’s NOTHING wrong with it—it’s just corn, natural, and the same as sugar!

From the time we started seeing the onslaught of these commercials, my wife Kolleen and I started thinking it was odd that a substance with such a stranglehold on its market felt any need to advertise. Maybe that’s a positive sign... maybe some of the studies that have learned such damaging things about just how damaging HFCS really is, are beginning to make a difference in people’s thinking and the HFCS industry is getting nervous.

The bad news may be that if the HFCS industry acts quickly enough, and throws enough money at this to be able to basically

brainwash every man, woman, and child into thinking that it’s a healthy substance, there may be no changing people’s minds about the dangers it poses.

Today we ran across a very lengthy article (15 pages if you print it out) that’s also fairly technical regarding energy metabolism and how the liver processes various substances, but it is VERY interesting, and frightening, despite all that. It’s on Mercola.com and is written by Dr. Joseph Mercola, a well-respected member of the natural health field, and osteopathic physician, board certified in family medicine.

We encourage you to read the whole article, but we’re giving you some of the key highlights here.

The article points out that we’re eating more than we were 25 years ago, and that science has found this is happening because of biochemical changes that have altered the way our bodies regulate energy. Something has caused the appetite regulating system to run amok. And, the article points out, it “isn’t simply a matter of calories in and calories out. Six-month old babies are the latest victims of the obesity epidemic—diet and exercise cannot explain that.”

So what are we eating now that we weren’t eating 30 years ago? Studies have found the extra calories are coming in the form of carbohydrates... specifically sugar. Even more specifically, in the form of sugared drinks. Soft drinks account for 41% and fruit drinks 35% of the majority of the extra calories being consumed.

And... today, 55% of the sweeteners used in food and beverages are made from corn, and the number one source of calories in America is soda, in the form of High Fructose Corn Syrup (HFCS). And, here’s a frightening tidbit: the **average** American drinks **60 gallons** of soda a year! Wonder how much addicted soda-drinkers drink?

Back to some facts on HFCS. It was introduced to the U.S. market in 1975. Food and beverage makers started switching to HFCS from sucrose (table sugar) because it was much cheaper to produce... sucrose costing 3 times as much as HFCS. Initially, it was expected that less HFCS would be used, because it’s 20 times sweeter than table sugar, however, the amount of sweeteners used has risen, instead.

- ◆ Key points of various studies of HFCS: Study by Dr. David Ludwig, Boston Children’s Hospital, found **each additional serving** of a sugar-sweetened drink, both **body mass index** and odds of **obesity** increased in the children he studied.
- ◆ Dr. Kelly Brownell, Yale University, analyzed 88 studies and found clear associations between soft drink consumption and **higher body weight**.
- ◆ Study by Schulze in JAMA in 2004 (vii) provided evidence that sugared drinks cause **Type II Diabetes**.
- ◆ Study found 16 volunteers fed a controlled diet including high levels of fructose had produced new fat cells around their hearts, livers and other digestive organs in 10 weeks time on that diet. The group fed a similar diet but with glucose replacing fructose, did not develop the same problems.

And sweetened fruit drinks are also contributing to the increasing weight problems in this country.

The article points out that it isn’t that fructose is bad... it’s the MASSIVE amounts of fructose being consumed that’s causing the problems. The new TV ads are aimed at convincing people that fructose is equal to table sugar, natural and safe. As Dr. Mercola put it, “cocaine is natural but you wouldn’t want to use 141 pounds of it a year.” And it isn’t just sodas and fruit juices to watch out for... salad dressings and condiments and virtually every processed food needs to be watched.

And, lurking on the horizon is a new product... crystalline fructose. This one’s made by letting the fructose crystallize from a fructose-enriched corn syrup, creating a product that is 99.5% fructose—a fructose level TWICE as high as regular HFCS! Seems obvious that all the health problems associated with HFCS could become even more pronounced with this new product.

We’ve given you the tip of the iceberg. But, hopefully, if you see that commercial and the “smart guy” says “what’s so bad about it?” You can answer him—and remind yourself “what’s so bad about it” when you reach for products containing it, or want to explain it to your kids and grandkids. ♣

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### ***“UNUSUAL TEAM EFFORT?”***

When we first read the following story, we were reminded of the phrase “Mysterious Ways”, and thought it was truly unusual how this help got sent to this little girl.

“C.P.” wrote to us “My daughter Jayne is a telemarketer. She was quite new at her job but was doing well. She had developed the habit of silently praying for people before her calls went through.


“This one day a child answered on the other end. The little girl cried ‘Could you come and get me? I’m home alone and I’m scared.’ Jayne asked her how old she was. She whimpered ‘4’, and said her mommy left her alone a lot and she was scared. ‘Can you come and get me?’

“Jayne signaled for a supervisor’s help. They said to keep the child talking while they got 911 to trace the call

“Jayne’s heart was breaking as she thought of her own 4-year-old granddaughter. Then they told Jayne to tell the

little girl ‘Someone is coming to help you and when they knock at the door — do not hang up— come back and talk to me.’ Jayne heard the doorbell ring over the phone and told the little girl to answer the door. Then a policeman identified himself on the girl’s phone. He told Jayne ‘It’s okay, she’s safe now, we’ll take care of her.’ And he thanked Jayne for her help.

“Later she found out the call was a number in the state of Idaho and she works in Iowa!

“So for everyone who hates telemarketers (myself once included) ... they are just doing their job. And for my daughter’s company to take 15-20 minutes out of their production time to follow up a call... speaks volumes to me. They were used by God that day. We thank God that a little girl received the help she needed at the time.” And we bet the little girl was thanking God for the nice people who acted as “angels” for her... 

*Editor: We invite you to share your miraculous/unexplained help/fork-in-the-road stories with us, for sharing with others (anonymously, if you choose).*



## **E-Mails, Mailbag & Phone Calls. . .**




**Franklin’s Happy** — At least we’d guess he is. According to his “owner”, **Real Willard’s Water** saved Franklin the kitty, the trauma of a visit to the vet. “R.E.” told us that Franklin was “under the weather” but she gave him “ample doses” of RWW, and he bounced right back. As R.E. put it, Franklin is “now good as new with no stress-filled vet visit”. When we think of all the times we’ve been told that RWW helped their cat, dog, horse, cow, bird, pet rabbit, and many more types of animals, we figure the “fan base” for RWW amongst animals must be really large! And, it does often give people the idea that RWW just might have some benefit for them. When those people try it themselves and find out that it does seem to help them too, they probably thank those pets!

### **No More Morning Scratchy Throat & Cough**

— That’s what “B.W.” told us. He said that “Every morning going to work I used to cough and my throat was scratchy and that is not happening”, since he’s been using our **Colloidal Silver (Item CS-32 or CS-8)**, and our **Colostrum Spray (Item H-4)**.

### **No More Red Eyes From Shampoo**

— That’s because of our **Real Willard’s Water Soap (Item No. E-101)**, according to “P.Y.”. She told us that our Natural Real Willard’s Water Soap “is great!” And that it “makes a good shampoo/conditioner without the lauryl/laurath sulfate that causes my eyes to become red. Not sure I could live without RWW!” 



## More Product Highlights & Updates from Charlie

# Smart Dogs...Burns...Bronchitis...Asthma...Pain...More!

Well, by the time you get this newsletter, we'll be in to the second month of this whole new year. Time flies!

When I think about items of interest our readers have told us they enjoy, I always have to think about user reports. People love to know what other real people have said they like about a product, or have found it useful for.

Well, we've got a number of some very interesting reports, so I think I'll just let those "users" tell their stories...

**Worth The Effort** — A comment from "D.H." in Texas, sort of clarifies just how much people come to LOVE the RWW... "I gave three friends the information I got from you and one of them was thrilled that she **no longer needs to drive 1-1/2 hours to get her Real Willard's Water.**"

Anyone willing to put in a one-and-a-half hour drive, to get any particular product, obviously feels that product is very special. If you check out the following other user reports, you'll see why so many people DO think RWW is very special.

### "AWESOME TESTIMONY"

— That's the subject line (Awesome Testimony) "S.R." used in her email when she told us this dramatic story.

"A friend came to our house to ask what to do for her son who had **burned** his arm very badly, from his **finger tips to the top of his arm.** He was siphoning gasoline from his auto to a motor he was cleaning... when it burst into flames and his whole arm caught on fire and according to his friend stayed on fire while he rolled in the dirt to put out the fire.

"My friend came because my husband was a burn nurse and wanted his advice on treatment since her son was refusing to go the hospital. My husband told her that her son really needed to go to the emergency hospital and seek treatment. Since that was not an option for her son, I sent her home with a mixture of Willard's Water and my husband told the mother how to

clean the eschar. She later called me and said the WW was helping and could she have some more, which of course, I provided.

"A few weeks later I saw her son and took the opportunity to see his arm. His skin was rosey pink in color and no scarring. He told me that the palm of his hand had been one big blister and flesh just hung from his arm. He showed me his arm, it showed nothing but pink skin now. His mother told me that that is only thing he had done to the burn — WW and clean the wound. They were amazed of the healing properties of WW and the fact that there was absolutely **no scarring** from such a bad burn. She told me, 'I'm a believer now, I'm going to order some for me!'

"I have used WW many times when I burn myself in the kitchen reaching into the oven and for sunburn, but WOW! — this really showed me what WW can do! I sure wish hospital burn units knew about it and used it.

"Thank you for such a wonderful product."

Well... we thank you for sharing this wonderful story. We've heard from many, many people over the years who have had amazing stories to tell of using RWW on burns and sunburns.

Dr. Willard told us that one explanation he was once given for why burns treated with RWW don't usually scar is that the RWW somehow causes the burned area to heal "by first intention"... meaning it heals from the bottom up, or from the inside up to the surface, instead of scabbing over and healing from the top down to the lower levels, which is how scars are formed. Now, there's never been an FDA approved study to prove that, and we sure don't recommend anyone does any self-care on burns — we're happy and relieved it worked out well for S.R.'s friend, but we still urge anyone with a burn to get professional help.

### How Do I Make Sure I USE It?

Habits, once made, can be hard to break... but when you WANT to get in the habit of doing something like drinking RWW every day, or taking your supplements every day, it can also be hard. Maybe one or more of these tips will help:

- ◆ Take them on the same schedule daily.
- ◆ Set out the glass you will use, or the saucer you'll set your supplements on, in a conspicuous place so you "can't miss it".
- ◆ Put the bottles of supplements, or the bottle of RWW concentrate, in a "handy" place... also a place where you "can't miss it". Supplement bottles kept in cookie jars that are used as centerpieces on a table or kitchen counter help a lot of people remember to take them. Putting your bottle of RWW right beside your coffeemaker is another "reminder".
- ◆ Set an alarm in your cell phone to go off at whatever time of day you want to remember to take some supplements, RWW, or walk your dog!

### NO MORE ANNUAL

**"VISITS"** — Nancy from Ohio is glad to be rid of THAT "visitor" though! Here's how Nancy tells her story:

"It all started in 1988, when I was pregnant with my daughter. I got a cold and didn't want to take any medications so unfortunately, a simple cold progressed to bronchitis. From that year on, until 2007 when I first began drinking Willard's Water, I got **bronchitis** severely and yearly. By severe, I mean it lasted for months each time and sometimes even caused me to have laryngitis for weeks. My trade is acting. I use my voice for a living. To say that having laryngitis was inconvenient doesn't begin to cover it.

"When my dear friend, Jimmy, gave me some Willard's Water to drink and told me of the many wonderful effects it has on people, I fell in love. The taste alone made me a huge fan but then miracle of miracles happened. That year I did not get bronchitis. I didn't even get a sniffle of a cold. I also teach a college

course in Broadcasting and have spent many days with very sick students coughing and sneezing all around me. I'm like Teflon to illness! Nothing sticks to me. I'm as healthy as a horse, if that horse is REALLY healthy.

"So that's my story, no more colds or bronchitis for me. How do I know that it's the Willard's that keeps me snuffle free? On a few occasions, due to placing my order too late, I've had to go a couple of days without it. At those times, I've felt just a hint of a cold or chest congestion. No worries though, a glass of Willard's washes all of those sick feelings away!"—Nancy

We don't know why RWW has such an apparent impact on colds, flu, bronchitis, but we sure know a lot of people have told us that it does. That includes my own wife, Kolleen. She'd had an average of **4 or 5 bouts of bronchitis every year** for years and years, when we were first introduced to RWW. You guessed it... once on RWW, no more bouts of bronchitis... except one... and that was when we were given some imitation RWW without knowing it. While Kolleen was using that fake product, she came down with bronchitis again—and her bad back got bad again. But, once we got back on the REAL thing... her bronchitis cleared up and her back got better again. And, when I switched her back to the REAL product, I hadn't told her I'd done it—gotten the REAL product for her again. So when her bronchitis cleared up, and her back got better, while she still thought she was on the stuff that had seemingly quit working, it was pretty convincing that the REAL product can't be matched. AND that it wasn't any sort of placebo. And, by the way, that all happened back in the Fall of 1982. And she's never had bronchitis since! And her back's just fine (unless as she puts it, she does something klutzy and throws it out of place but then a trip to her chiropractor does the trick and she's had none of the predicted arthritis forming in her back and neck, either!

Since we've touched on the topic of imitations....

### "I'm A Little

**Embarrassed"** — That's what "B.B." said when she relayed her story to us. But, she certainly has no reason to be.. She was just acting as a prudent person, and luckily, she found out some real helpful information. Here's her

story:

"I'm a little embarrassed (to say this) but money was a little tight so I decided to try the Willard Water from \_\_\_\_\_. There was something about it, but I didn't quite know what it was. I always mix WW in our dogs' water, but by the second day, I noticed that they weren't drinking very much water at all. This bothered me a lot. Their sense of taste and smell is so much better than any human's, so I knew right there that I just couldn't give them this 'other' WW. I placed an order for WW from you, and as soon as I put it in their dishes, they drank it up and didn't leave a drop! I will never get WW from any other company ever again."

Well, "B.B.", you're not alone. It's only natural to try to save money wherever you can, but when that winds up getting you something that's NOT what it's supposed to be, it's no bargain. But, fortunately, your dogs let you know what the situation was... as they say, all's well that ends well!

**Two Birds With One Stone Type Deal** — That's what it seems like from "R.T.'s" experience. He used one thing... Real Willard's Water and seemed to get help with two fairly significant problems.

The first one was caused by a fender bender he was in. He said it resulted in him pulling something in his back, which hurt so bad that at first he thought he'd broken it. He said the **pain** was so bad right at first that he'd had to crawl into the restroom where he wondered if he'd starve to death. All he had with him was a small bottle of aspirin and the RWW. Well, he kept on with the RWW, and by January 5 (the accident happened in mid-December) he told us he has no pain. And, he'd had the same kind of injury a few years ago and back then it had taken months for him to get back to the point he was already at on January 5.

Now that's a happy ending! And, again, "us laypeople" can't explain it, but we do know we hear from an awful lot of people with **back, neck, and other pain from injuries, or arthritis**, or whatever, who tell us they can't believe how much the RWW has helped. We're guessing at least some of that pain relief may be due to the RWW's often reported ability to **reduce swelling and inflammation**, which often are at least part of the reason for pain. So, maybe

that's part of why so many people get so much relief from pain when using RWW. As I said, we're not experts and have no scientific proof to offer you, but it's one of our own personal theories.

Back to R.T.'s second report. That's why it's like two birds with one stone... one product, worked for him on two pretty different things... "What I just told you about my back is only part of my story. I have a little **breathing problem** and use albuterol inhaler for **excessive phlegm**." R.T. added that since he's been using RWW "the phlegm has disappeared and I can breathe, walk hard, work without the inhaler. I think it's the water. Thank you."

Well, we're sure not experts on this either, but we've sure heard from a lot of people in the nearly 30 years we've been involved with RWW, who have told us that their **asthma, emphysema, bronchitis, etc.**, have gotten much better since they started drinking RWW on a regular basis. We don't know why. But since it can't hurt anyone, and we always tell everyone to be sure to check with their health care provider first to diagnose their problems, and offer any advice or treatment options, before they decide to just use RWW or anything else, it's hard to see how it could hurt. And, as I said, an awful lot of people have told us of all kinds of respiratory problems that they say were helped by RWW.

As I've said over and over again in his article and throughout the years, we're not health experts of any kind. We've just "been around" RWW for nearly 30 years now (since late 1981), and talked and corresponded with literally hundreds (maybe thousands) of people who have been thrilled with what they say RWW did for them.

We also are confident that the health experts who are familiar with RWW who say that it helps the good things in your system (like good food and food supplements) to work better, and it also eliminates bad things, like toxins, free radicals, swelling, etc. are right. Ditto for the ones who say RWW helps to raise the alkalinity of one's system and that's also beneficial in getting and staying healthy.

Combine all that with the fact that there's nothing in RWW that could hurt anyone, and it would seem you've got a winning combination! We sure think so, and we sure wouldn't live a day of our lives without it! ♦