

POSSIBILITIES. ♦ ♦ ♦

From NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 (218-236-9783) ♦ www.willardswater.com ♦ April, 2005

Supplement Improves School Performance

A little extra of this mineral in the diets of school-age children could be the answer to every teacher's prayers. A new study found students pay more attention and behave better when they are given more zinc.

Researchers gave seventh graders 20 milligrams (mg) of zinc, five days a week for 10 to 12 weeks. Testing revealed improvement in mental performance over children who didn't receive additional zinc. Previous studies have shown zinc is an important part of motor, cognitive and psychosocial function in very young children and adults. This is the first study to look at the effects of zinc supplementation in adolescents.

The study included 209 seventh graders who each received a juice drink containing either 0, 10, or 20 mg of zinc gluconate. Neither the students, teachers, nor parents were aware of which students were getting which dose. The current Recommended Daily Allowances for zinc is 10 mg. Study author James

G. Penland, Ph.D., says a deficiency of the mineral is not uncommon in the United States, especially in ado-

lescents, because of their rapid growth and typically poor eating habits.

The group receiving just 10 mg showed no improvement on tests gauging reaction time, memory, reading abilities, and the ability to sustain attention. The group receiving 20 mg not only did better on the tests, they were also reprimanded for fewer behavior problems. Penland says he hopes the current dietary guidelines would be updated to reflect the positive benefits of zinc, if further testing confirms these findings.

Editor: We provide zinc in Item No. J-96. This is a 30 mg tablet which is slotted so it can be easily broken in half for a 15 mg doze. This zinc is in an amino acid chelate form which is believed to improve absorption. ♦

Reaction time, memory, reading, attention, and behavior all improved...

Found to Slow Middle-Age Spread...

That's what researchers say some common supplements can do... slow down the weight gain commonly faced as we age.

B vitamins are known to lower stress, but now scientists have discovered a new benefit. Vitamins B-6 and B-12 may slow down that middle-aged weight gain. The same has also been found to be true for multivitamins and chromium.

Jennifer Lovejoy, Ph.D., a nutrition research scientist at Bastyr University in Seattle, says, "One of the things that chromium does and perhaps some of the B vitamins do is help to stabilize your blood sugar so you don't get the big fluctuations in insulin and maybe have less hunger.

The study found the four supplements have the most benefit for people who are overweight or obese when they're 45 years old. That may be because they tend to have lower levels of these vitamins. Researchers emphasize that no supplement is a weight loss "magic bullet". It takes fewer calories to maintain our body weight as we age, which means compensating by eating less and exercising more.

Editor: Our B-6 and B-12 vitamins are in an "activated" form, which means they're already converted to what your body has to convert "normal" B vitamins to in order to utilize them. That's likely why so many customers comment on how much more benefit they actually notice from these B vitamins than from others they've tried. B-6 is Item No. J-1, and B-12 is Item No. J-20. Our Chromium is Item No. J-5. And our very popular multivitamin is Item No. J-56, "Multi-Vim".

We don't think these nutrients are "the answer" for everyone, but clearly they are important for a number of reasons, and most people should likely be supplementing with them anyway. ♦

Chili Pepper and Broccoli to Fight Cancer?

That's what two new studies seem to say. The studies were presented to the American Association for Cancer Research and suggested vegetables like broccoli and spices like red chili pepper could provide a cancer-fighting benefit.

The studies, conducted by researchers at the University of Pittsburgh School of Medicine, found the foods may prevent or slow the growth of cancerous tumor cells. They studied their effects on two types of cancer with extremely poor prognoses.

The first study looked at the effect of capsaicin—the chemical that gives peppers their "fire"—and found it has anticancer effects on pancreatic cancer cells. Pancreatic cancer is extremely aggressive, the researchers said. They said the capsaicin disrupted the mitochondrial function of human pancreatic cancer cells, effectively killing them while not disrupting normal pancreatic cells.

The second study looked at a chemical found in vegetables like broccoli—phenethyl isothiocyanate—on ovarian cancer cells. Ovarian cancer is often caught at an advanced stage, making successful treatment difficult. The researchers exposed ovarian cancer cells to levels of the broccoli chemical that could be obtained through just eating the vegetable. They found the chemical inhibited the growth of the cancer cells.

Editor: Just a reminder, no one should ever attempt to treat cancer without the guidance of a health care professional. ♦

Study Found Improvement in Heart Function In As Little As Two Weeks

Researchers from Emory University School of Medicine in Atlanta have found that daily supplements of fish or soy oil may improve cardiac function and protect against heart attacks in the short term.

Researchers had nursing home residents (chosen at random) receive either daily fish oil or soy oil capsules. The fish oil capsules contained omega-3 fatty acids, while the soy oil capsules contained a lower daily dose of a plant-derived omega-3 fatty acid.

Omega-3 fatty acids improve heart function by providing greater variability between beats, reducing the risk of arrhythmia and/or sudden death, according to the article on this study.

The study authors said medical community professionals currently believe omega-3 fatty acids only produce long-term cardiac benefits. However, this study showed improvements in heart function in as short a time as two weeks.

“Taking a daily supplement of fish or soy oil may help reduce the risk of suffering an adverse cardiovascular event, such as arrhythmia or sudden death,” said lead study author Fernando Holguin, M.D.

“Studies like this demonstrate there are additional approaches we can take to

...the medical community believes omega-3 fatty acids only produce long-term cardiac benefits...however this study showed improvements in heart function in as short a time as two weeks.

protect ourselves from heart attacks,” said Paul Kvale, M.D., president of the American College of Chest

Physicians. “It’s exciting to see the potential for omega-3 fatty acids in improving heart function when it complements a healthy lifestyle of exercising, maintaining a healthy weight, and getting eight hours of sleep.” The study was published in *CHEST*, 2005; 127:1102-1107.

Another article on the benefits of omega-3 fatty acids noted that they are known to **benefit patients with cardiovascular disease, arthritis, Alzheimer’s disease, and asthma** by reducing disease and inflammation. This article said researchers from Harvard Medical School, the National Institutes of Health in Bethesda, Md., and the University of Southern California in Los Angeles has now identified an anti-inflammatory lipid in humans derived from an essential fatty acid in fish oil. This was published in *Journal of Experimental Medicine*, 2005; 201:1-10.

Editor: We offer the omega-3 fish oil in our **Item J-39, called “EPA”**. And we offer a plant-derived omega-3 in our **Item No. J-77, Flax Seed Oil capsules**. ♦

Leukemia Protection

If you want to protect your newborn child from developing leukemia, British researchers found you should be sure he/she spends time around other children.

The researchers compared leukemia rates among children who were and were not regularly exposed to other children in their first year of life. Those who experienced social activities outside of their immediate family unit were less likely to develop the disease between ages 2 and 5 and 2 and 14. The effect was strongest in kids who attended formal daycare programs at least once or twice a week during their first 3 months of life.

Why would this happen? Authors noted studies back to the 1940s suggest leukemia is related to infections and children not exposed to infections might be at greater risk because they haven’t built up a resistance that comes from exposure.

Editor: We are reminded of the alternative health experts who say one of the problems with vaccinations isn’t just their side effects and risks, but also in preventing the vaccinated person’s immune system from needing to function...like unused muscles which cease to function from non-use, might not the immune system also? And, we recall writing in an earlier issue of this newsletter about a finding that kids exposed to dirt were less apt to develop allergies—because their immune system learned to function. ♦

Trivia & Tidbits . . .

1. What percentage of whole milk is water?
2. What does VVSOP mean on a cognac bottle?
3. What is the normal body temperature of a horse?
4. How many sides are there to a snow crystal?
5. A baby kangaroo is called a joey; what are its parents called?
6. Before the barometer was discovered, what animal did German meteorologists use to predict air pressure changes?
7. What percentage of the average human brain is water?
8. How long is a day on Mars?

AND THE ANSWER IS...

1. 87 percent.
2. Very Superior Old Pale.
3. 100.5 degrees F.
4. Six.
5. Mom’s a Flyer. Dad a boomer.
6. Frogs; frogs croak when the pressure drops.
7. Eighty percent.
8. 24 hours, 37 minutes and 22 seconds.

ON “THE WEB”!

www.willardswater.com

(Note: “willardswater” is all one word, all lower case with an “s” between “willard” and “water”—that’s how people usually ask for it!) *Come visit!*

Please Note: We are not health authorities of any kind. This newsletter represents our own views—presenting information we believe to be true and correct, but is “opinion”, nonetheless. We also have a vested interest in most of these topics, so don’t claim to be impartial. This newsletter, or anything else we publish, is no substitute for a competent health professional. User reports, though published here, don’t prove anything—we pass them along because they certainly are of interest to others using the same products, or who have an interest in them.

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PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

No, It's NOT HRT!; How Far We've Come!

I was reminded, again, of the extreme importance of progesterone when I began reading the “*Outsmart Your Cancer Book*” I’ve written about on the “insert” page of this issue.

And, that reminded me of having been told again lately by a caller on the phone that she didn’t want to use progesterone because she’d read all the bad things about Hormone Replacement Therapy (HRT).

More than a few people have been confused by that. In fact, there may be thousands confused by it for all we know.

Hormone Replacement Therapy does not refer to the use of natural progesterone. In fact, HRT is basically the use of estrogen and progestins. Progestins are synthetic substances made by drug companies and are not the same thing as natural progesterone. Dr. Lee discussed the differences at great length in his books on the subject.

The fact is, progesterone is essential for balancing our bodies’ (yes, men and women use progesterone) hormones.

And all kinds of good things happen when such balance is achieved.

We’ve had people call up and tell us they can’t begin to thank us enough for the positive changes they’ve seen in their lives after getting, and using, our natural progesterone. Everything from help with depression and mood swings, to more regular menstrual cycles, to reduced PMS symptoms, to help with menopause, to reduced headaches, to help with weight loss, fibroid cysts, to you-name-it it seems like.

So consider this your occasional reminder that if you haven’t tried the progesterone cream, maybe you should seriously consider it. **Items HP-1 and HP-1P** are both the same, but the latter comes in a pump that measures the amount for you. Item **HP-2** is our newer, less expensive, version. It has the same amount of progesterone, in equally as good a formulation that’s just as penetrating as the more expensive one. But H-2 doesn’t have some of the “extra” ingredients that are more designed for skin benefits than anything else. However, H-2 also doesn’t

have saw palmetto, which is a key item for most men, so men might want to stick with the H-1 or H-1P. And, of course, women who have had super results with that long-time favorite may not want to rock the boat by switching, either. But we do feel very positive, and have had positive feedback on, our new H-2 product, as well.

REMEMBER WHEN... Back decades ago, alternative health care providers were often jailed for offering the treatments and advice so many found so helpful?

No, for those too young to remember, I’m not kidding. They were *jailed*. And not for doing some real snake oil sale type activity. No, my wife Kolleen and I contributed to a number of defense funds for practitioners who were jailed for such things as telling their patients that fiber was important in the prevention of colon cancer (yes, the very thing the American Cancer Society would now have everyone believe was their idea, since it’s now been proven to be true); and also for suggesting that some diagnoses could be done by analyzing one’s hair—another diagnostic technique that has now been validated for determining one’s nutrient levels.

I even remember there was a poor practitioner who was “found out” for saying he could analyze saliva from people to learn about the state of their health. The “legitimate medical” people couldn’t stop ridiculing such an idea.

Guess what headline I read today? “Saliva Detects Cancer”.

The article says “screening for breast cancer and detecting other tumors could be as simple as spitting into a cup”. And the research was done at the UCLA School of Dentistry and the UCLA Jonsson Comprehensive Cancer Center. They say “biomarkers” isolated in saliva predicted oral squamous cell cancer about 90 percent of the time in their study.

Now, I’m not saying that the saliva analyses suggested by the natural health practitioner way back when was the same as what UCLA has come up with now, but I am saying that back then, even the idea that saliva should be analyzed was

considered ludicrous by the “legitimate medical people”. That’s why those who weren’t “legitimate” sometimes went to jail.

We all owe those early health pioneers a huge debt of gratitude.

It’s because of people like them, that so much progress has been made in the area of learning what nutrition can do to prevent disease problems, and how nature can guide us in treating health problems once they appear.

My point in writing about this isn’t to say “they told you so”, or even to vent my sometimes outrage over the injustices that were done, but to point out something else.

It seems every time there’s another study that confirms the benefits of some natural substance... a vitamin, mineral, herb, fish oil, or whatever... the “legitimate medical people” always point out that people shouldn’t just start taking the particular nutrient. They should seek the advice of their medical doctor to find out if it’s appropriate for them.

I’m all for getting health guidance from your doctor. That’s essential. But I think the appropriate people to get nutritional information from might be the ones who have been immersed in it, and studying it for decades, not from the ones who have been “fighting it tooth and nail” for decades. I’ll also admit that doctors have started recognizing the merits of nutrition, etc., but, unfortunately, medical doctors still don’t study nutrition. Last I knew, they got about two hours worth of information on it in medical school.

Given the hectic schedules of any doctors of competence, how much time can they have to study it after they’re out of medical school?

It would seem to me that it would make more sense to take whatever information you have on a particular supplement along to your doctor’s office when going there for something, and then asking him if he knows of any reason you couldn’t use that supplement, in view of any medications he has you taking.

I just don’t see asking someone with no expertise in a particular field to try to function as your “expert”. ♦

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“Just Let GO!”

“It all happened so fast, I’m not sure I can remember all the details, but the one thing I remember clearly was hearing someone say ‘Just Let GO!’ And that’s why I quit trying to steer my way out of it.

“I guess I should start at the beginning. I was driving home on the interstate highway at dusk—it was not totally dark yet. I had just come through a construction zone, so all the cars were still sort of ‘bunched up’ like they get when they all have to drive slower through those zones.

“I had just pulled into the passing lane to get out from behind a semi-truck, and there were cars in front of me, behind me, and beside me. All of a sudden, the car two cars ahead of me swerved onto the left-hand shoulder, and the car right in front of me stopped right in the lane of traffic, so I swerved wildly to the right to avoid hitting either of those two cars—

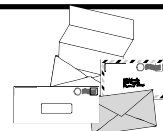
that’s when I finally saw what everyone was trying to avoid—a deer lying near the center line. I then swerved wildly to the left, to avoid the deer, and at that point the car started a ‘rocking’ like motion and felt like it might roll, but it was also heading into the ditch on the left side...so I swerved it wildly back to the right, which is when I heard that voice say ‘Just let GO!’ ...I realized maybe I should let go of the wheel and quit trying to steer my way out of it...I did, and the car straightened out.

“Also, miraculously, none of the cars hit each other, and I barely tapped the deer, doing no damage to my car. I know it could only have been God and/or His angels who could have orchestrated things so well as to avoid a pile-up of cars. And it also occurred to me that maybe it was a reminder that I should remember to ‘Just Let GO’ and let God other times, as well.”♦

(Editor: We invite you, our readers to send us your own “unexplained help” stories, for publication in this newsletter, identified or not.)



E-Mails, Mailbag & Phone Calls. . .



Bursitis in Her Hip had been keeping “R.C.’s” daughter from a good night’s sleep. It didn’t bother her a lot during the day, but at night, if she rolled over, it would hurt and wake her up. She got **Chinota Gel** and tried it on her hip. She called “R.C.” after her first night with it and was almost in tears. Said she’d slept through the night, with the help of the **Chinota Gel**.

Marigolds Must Love It — The **Willard Water** that is. “B.L.” told us he used it on them when he planted them and they came up in 3 days this year, and last year. Usually it takes 7 to 10 days. “And they’re tall and straight, too.”

No More Redness Around the Eyes — that’s what “S.K.” noticed with our **R-103 Premier Eye Gel with Willard Water**, and she said she can feel it working all day, too, unlike

other products she’s tried.

Tennis Elbow Type Thing — That’s what the doctor told “R.K.” he was basically dealing with, after examining his very sore left elbow. The doctor asked if he was a truck driver, which R.K. isn’t, however he does drive a lot—he’s an over-the-road salesman and spends most of every day driving. The doctor gave him a prescription for an anti-inflammatory drug, which ran \$25 for a 4-day supply. R.K. used it and it helped some, but then he ran out of it.

It was after that, that R.K. remembered he had some **Chinota Gel** on hand, so he decided to try some of it. He rubbed it on his elbow a couple of times a day, and it basically solved the problem. Not sure how many days he used it, but couldn’t have been too many, since that \$14.50 tube is still pretty much full! ♦



More Product Highlights & Updates from Charlie

CANCER: One in Three Americans Will Face It; Non-Toxic Treatments That Work: Case Histories

How bad is the cancer reality today? VERY bad. According to the American Cancer Society, more than one in every three Americans alive today will be diagnosed with life-threatening cancer at some point in their lifetime. And since the conventional “war on cancer” is losing the battle, more and more people are discovering alternative options for treatments that really work.

We were honored recently to learn that one of our customers is Tanya Harter Pierce who has written arguably the best book available now on alternative cancer treatments. We’re not the only ones impressed with her book.

Dr. Julian Whitaker, M.D., and Editor of *Health & Healing Newsletter*, said this book “documents conventional oncology’s dismal record in the war on cancer and also provides a comprehensive overview of safe, alternative cancer therapies. In addition, this book gives patients and their loved ones an action plan for evaluating conventional and alternative treatments as well as offering a measurable dose of hope.”

And W. John Diamond, M.D., Director of the Integrated Therapies Program, University of Nevada, Reno, and co-author of *An Alternative Medicine Definitive Guide to Cancer*, said her book “combines an exhaustive coverage of all the main alternative cancer therapies, together with an easily read writing style with many excellent case studies. If you want to consider using Alternative and Complementary Medicine for yourself or a loved one’s cancer, this is the book to read first!”

We agree with both Dr. Whittaker and Dr. Diamond... this is a super summary of options currently available.

And it’s highly “readable” and understandable.

It’s entitled “OUTSMART YOUR CANCER, Alternative Non-Toxic Treatments *That Work*”, and it delivers what the title seems to promise.

Back to the question of how bad the situation is with cancer in this country. As of today, 1 out of every 4 deaths in the U.S. is from cancer. Cancer is now the leading cause of death for all adults under the age of 85, and tragically, it is now the leading cause of death by disease in children. That makes it clear to us, in our opinion, that the conventional medical approach is failing miserably in its war on cancer.

In a recent “Question and Answer” session, Tanya Harter Pierce had some interesting answers indeed about what she learned in her research for her book.

Q: How close are we, really, to finding a cure for cancer?

A: “Conventional cancer treatment methods today are not much better at curing cancer than they were in the 1950s. This is because you can’t find something if you’re always looking in the wrong place for it! By that I mean that mainstream medicine has doggedly focused its research on highly toxic treatments (such as chemotherapy and radiation) when they should be focusing on non-toxic treatments. Using toxic treatments is like trying to kill cockroaches with cannons. If you blast your house with enough cannon balls, you might eventually kill all the cockroaches—but you’ll destroy the house in the process. It’s the same with toxic cancer treatments. Generally, in order to kill ALL the cancer cells, a doctor would have to give the patient so much chemotherapy or radiation that the treatment alone would kill the patient.

According to the American Cancer Society, **more than one in every three Americans** alive today will have **life-threatening cancer** at some point in their lifetimes.

The reason why so many cancer patients experience that vicious cycle of remission—recurrence—remission—recurrence is because the chemo they are on never gets all the cancer cells, so the cancer keeps growing back. On the other side of the coin, my investigation has shown that thousands of people in America are successfully using non-toxic cancer treatments to achieve complete cancer recoveries — but these treatments have not been approved by the FDA, so people are not told about them by their doctors.”

Q: Are alternative cancer treatments scientific?

A: “Absolutely! In fact, most of them were developed by highly respected physicians or scientists and there is ample documentation about the sound scientific principles they are based upon. Most people don’t know that there is more sound science behind alternative approaches than behind conventional ones. In fact, except for a very few types of cancer, there is actually NO scientific evidence that chemotherapy can bring about a long-term cure or even significantly prolong the life of most cancer patients! So there is a terrible double-standard today where the only approaches approved for cancer treatment involve toxic methods that have little or no scientific evidence to back them up, and the treatments with lots of scientific evidence are not being prescribed.”

Q: Is there any good news to report?

A: “The good news is that more and more people are choosing on their own to use non-toxic alternatives and the results they are getting are very exciting! Because these approaches are non-toxic, people can use them 24 hours a day, 7 days a week, for as many weeks or months as they need to in order to get rid of every last cancer cell. And, since these approaches do not harm the rest of their body in any way, these people are living normal lives while they are recovering.”

Q: Can you give us some cancer recovery examples?

A: “Sure. One case I’ve been following is that of a woman who went through an aggressive chemotherapy program for many months to treat her malignant breast tumor. The chemo side effects were horrific — she lost her hair, many of her fingernails turned black and fell off, she suffered nerve damage in her hands and feet so that her sensation of touch was impaired, and the chemo caused so much internal damage she had to be on heavy morphine for the pain. Yet, that protocol still did not get rid of her cancer! Finally, she decided to stop all conventional treatment and chose to try one of the non-toxic approaches described in my book. She immediately began to feel better and better, within a few months she was back to taking dance lessons, and within about 6 months, her tumor was almost gone. She’s not yet totally cancer-free, but she’s getting there and in the meantime she’s back to living a normal life.

“But most of the case stories in my book *OUTSMART YOUR CANCER* are from people who have become completely cancer-free using an alternative approach.

“For instance, I present the case of a man with stomach cancer metastasized to his bones and lymph system who used an alternative liquid formula called ‘Protocol’. This man had a complete recovery and yet few people have heard of this remarkable non-toxic approach.

“Another woman in my book had

surgery for her ovarian cancer. When metastases showed up throughout her abdomen and lymph system, she did a long program of chemotherapy that failed to stop the progression of the disease. Finally, she declined more chemo and tried an alternative approach called ‘Cesium High pH Therapy’. This is a powerful nutritional approach that involved taking liquid ionic cesium and potassium which, if done correctly and in the right doses, does not harm the patient in any way but effectively alkalizes the cancer cells to death. She found her metastatic ovarian cancer melting away and has shown no signs of cancer for the past two years.

“What’s REALLY exciting is that many children are benefiting from non-toxic treatments. I’ve written up cases in my book of children with brain cancer or leukemia that had complete recoveries after their parents turned down conventional treatment and chose an effective alternative method.”

In *OUTSMART YOUR CANCER*, people can read about 12 of the most effective alternative cancer approaches and over 40 real-life case histories. All of these approaches are non-toxic and most were developed right here in the United States. Some of them are administered by alternative doctors and others are self-administered at home.

In addition, there are chapters on other issues such as women’s hormones and cancer, the importance of alkalizing the body, and how to evaluate conventional cancer treatments. There are even tips on how to deal with your doctor and a list of important questions to ask your doctor.

If you or someone you know is facing a cancer diagnosis, there is real hope in the world of alternative cancer treatments. And, perhaps most important of all, this book helps the reader to learn at least the basics about those alternative approaches, without having to do exhausting research of his/

“...metastasized to his bones and lymph system ...a complete recovery, yet few have heard of this remarkable non-toxic approach.”

her own. We remind you, however, that anyone facing a cancer diagnosis has to get as much information as he or she can from his regular mainstream doctor and from whatever other health practitioners he or she feels confident in. Nobody should try to treat their cancer

without as much expert advice and guidance as they can get. This book, and no other book, should ever be seen or used as a “how to” book for treating cancer. It’s a book to provide information that may be helpful in deciding who to seek out for help. It’s not a “do it yourself” guide and we don’t believe anyone should ever treat themselves without professional help.

WHERE TO GET IT? *Outsmart Your Cancer* can be purchased in bookstores, or from us at Nutrition Coalition for \$19.95 each (if not on your order form, just write it in, or tell us when phoning in your order [1-800-447-4793], or write it in in the comment section on your online order on our website— www.willardswater.com). If purchasing it from us, you’ll pay only our normal \$3.85 shipping to anywhere in the Continental U.S., whether ordered by itself or with other items. Orders outside the continental U.S., ask for shipping rate. For more details about this book and its author go to <http://www.outsmartyourcancer.com>. Free excerpts from the book are available to view there. And anyone wanting to contact the publisher can call toll-free to 1-888-679-2669.

Editor: We have no vested interest in this book, except that we will make a very few dollars if you choose to purchase it from us. And, of course, we do have a vested interest in our customers living long, healthy, lives!

Another reason we welcome it is it gives us an excellent, up to date, source of alternative cancer information to refer people to. There have been several good books in the past which we’ve often mentioned as excellent resources—and they are. But they mostly go back 10 to 15 years. This book is current (written in ’04) and to me it is also more readable and useful than its predecessors. ♦

Common Reports We've Heard On...

Bad Knees? Users Say: GLUCOSAMINE-CHONDROITIN BLEND (Item No. J-91) — “I can’t believe how much better my knees are—getting up and down from a chair or carseat isn’t nearly so difficult any more!” In fact, one recent report came from a woman who has had numerous injuries over the years and has found a lot of help from **EasyFlex** (Item J-36) and **Willard Water**. The EasyFlex (J-36) is designed more for people with general, all-over, stiffness such as in rheumatoid arthritis, and the Glucosamine-Chondroitin Blend (J-91) is more for osteoarthritis which usually is more confined to a single area—often the knees.

Anyway, the lady I mentioned has been amazed at the difference EasyFlex and Willard Water have made in her life, but now that she’s another decade or so older, her knees have been more of a problem. She decided to add J-91 to her routine and said she could tell a real difference within just days of starting on it. Says she won’t give up the other two (“over my dead body will anybody ever get those away from me” was what she said!), but she’s really happy with the additional improvement in her quality of life she’s found with J-91. I have to tell you, I’m ashamed we haven’t blown the horn for J-91 more over the years, since this lady’s report is NOT that unusual.

People who use J-91 have told us again and again how beneficial it’s been for them. And they re-order faithfully, which always tells you they value its role in their lives. We’ve not promoted this as much as we should have, because it has been our perception that “everyone already knows about it” . . . There has been a lot of publicity . . . But everyone DOESN’T know about it, and it very often can make a huge difference for a person. We have a few customers who actually buy nothing from us BUT this product, believe it or not! They are missing out on some other really good things, of course, but at least they get the J-91!

Swallowing Pills a Problem? Users Say: LIQUID PRODUCTS — Can be a huge benefit for kids or others who simply can’t or won’t take pills or capsules. We’ve had access to a good line-up of liquid supplements for several years, but have never gotten them onto order forms or even assigned product codes to many of them. But people who have used them or bought them for their kids have found them to be very helpful and have continually reordered them. There is, for example, a daily “multi” for kids and one for adults, both in two sizes . . . 10 oz and 36 oz. They taste fairly good and are not priced “out of sight” . . . The small bottles run in the \$10-11 neighborhood and the large ones are around \$25 . . . typically taken at an ounce per day. If interested, just ask us for more information.

PMS? Menopausal Problems? Irregular or Painful Periods? Etc. Etc. ? —
Users Say: PROGESTERONE CREAM (Item Nos. HP-1; HP-1P; HP-2):— This is NOT “hormone replacement therapy” which has had so much publicity for its bad side effects. Typically, that involves synthetic estrogen and, sometimes, synthetic progesterone. Usually, the problem the person has is too much estrogen already, or at least too much compared to the amount of progesterone. A balance is needed. Synthetic progesterone doesn’t cut it. And certainly, **ADDING** estrogen, but no natural progesterone would logically seem to make the situation worse. Doctors (at least a few) do seem to be coming around to understanding all this, but **THANK GOD** for Dr. John Lee . . . Without his work, millions of women would be much worse off. You really should “read up” on this, if you haven’t already.

His three books are now in paperback and we can provide them to you for \$12.95 each. We suggest the third one . . . “What your Doctor probably didn’t tell you about breast cancer”, since that tends to cover most of the essential material from the first two books. (He was, for example, completely convinced by the research, that the chances of developing breast cancer and osteoporosis, would be greatly reduced by use of these products.)

A great many of our female customers are indeed using these three products, but probably ten times that many should be. When I see the number that are purchased each month, compared to the huge number that should be purchased, I sometimes get discouraged . . . Makes me think we aren’t doing nearly the amount of good that we should be.

Short of Breath? Heart Concerns? —
Users Say: STRAUSS HEARTDROPS (Items Nos. S-100 & S-101) —
We’ve talked at great length about the wonder Strauss products for about 2 1/2 years now, and the chorus of users “singing their praises” continues to grow each month. If you are a new reader and want more information, just ask us.

Questions? Give us a call! 1-800-447-4793 www.willardswater.com