

Possibilities

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Avoiding Alzheimer's... Possibilities Involving Two Nutrients Plus Eleven Other Tips

There has been quite a lot of research indicating that Vitamin D is helpful in fighting Alzheimer's Disease... and also quite a lot of research to say that Curcumin (the pigment that gives the spice Turmeric its yellow-orange color) also helps fight off that horrible disease.

Now there's research indicating that when both are used, they are even more effective at fighting it.

Curcumin's benefits seem to stem from its immune system boosting... as stated, curcumin comes from turmeric... turmeric has been shown to be 5 to 8 times stronger than Vitamin C and E as an antioxidant. In fact, it's even strong enough to go after the hydroxyl radical, with is considered by some to be the most reactive/difficult of all the oxidants.

Recent studies have indicated that curcumin actually inserts itself into cell membranes and changes the properties of the membrane itself, making it more "orderly". Prior studies have found that it may help inhibit the accumulation of the components of the tangles and plaques that are linked to Alzheimer's disease in the brains of Alzheimer's patients, as well as breaking up already-existing plaques.

Researchers concluded Curcumin:

1. Is more effective at inhibiting the forming of protein fragments than many other potential Alzheimer's treatments;
2. Curcumin's low molecular weight and polar structure allows it to cross the blood-brain barrier effectively and to bind to beta amyloid
3. Alzheimer's symptoms caused by inflammation and oxidation are eased by curcumin's powerful antioxidant and anti-inflammatory properties

When UCLA researchers tested the effect of curcumin on isolated cells called macrophages that were contained in blood samples taken from Alzheimer's patients, they found that the curcumin led to dra-

matic improvement in those blood samples—improving the digestion of the amyloid beta cells by the macrophages.

As to Vitamin D's role in fighting Alzheimer's... there's a plentiful supply of studies linking Vitamin D to brain health. One of those studies was initiated after family members of Alzheimer's patients reported the patients were acting and performing better than they had before, after they were given large doses of prescription Vitamin D. Significant links were found between low levels of Vitamin D in Alzheimer's patients and poor outcomes on cognitive tests.

Researchers believe Vitamin D in optimum levels may enhance the amount of key chemicals in your brain and protect brain cells. They also think Vitamin D may, like Curcumin, impact Alzheimer's positively partly due to its anti-inflammatory and immune-boosting abilities. Sufficient Vitamin D is said to be essential for your immune system to function properly in fighting inflammation.

Estimates indicate that over 95% of senior citizens in the U.S. may be deficient in Vitamin D, and that 85% of the U.S. public as a whole is also deficient in this key vitamin.

Now to the other 11 Tips to avoid Alzheimer's mentioned in the headline...

1. **Exercise** — it's suggested that exercise may change the way the amyloid precursor protein is metabolized and that results in a slowing down of the onset and progression of Alzheimer's.

2. **Keep Fructose consumption to a minimum.** Below 25 grams a day is what we've seen suggested.

3. Keep **Vitamin B12 levels up.** A small Finnish study found that people who consume diets rich in B-12 may reduce their risk of Alzheimer's in later years.

4. Eat a diet rich in **Folate.** Vegetarian diets have been found to increase the risk of Alzheimer's while diets high in **Omega-3s** lower the risk. Vegetables are a good

source of Folate, so that's another reason for everyone to eat their veggies every day.

5. Consume high-quality **Omega-3s.** The DHA in Omega-3 fatty acids helps to prevent cell damage from Alzheimer's and thereby slows its progression.

6. **Avoid and remove mercury from your body.** Dental amalgam ("silver") fillings are one of the major sources of mercury, however you should be healthy before having them removed. It's suggested that you find a biological dentist to have them removed, and to follow a suggested protocol for mercury detox before getting them removed.

7. **Avoid aluminum** such as that in antiperspirants, non-stick cookware, etc.

8. **Avoid flu vaccines** as most contain both mercury and aluminum so natural experts suggest avoiding them.

9. **Eat Blueberries.** Wild blueberries contain anthocyanin and antioxidants known to fight Alzheimer's and other neurological disorders...but don't overdo it... blueberries do contain fructose.

10. **Challenge Your Mind Daily.** Mental stimulation, especially learning new things, is linked to a lower risk of Alzheimer's.

11. **Avoid anticholinergic drugs...** shown to increase risk of dementia. These drugs include some night-time pain relievers, antihistamines, sleep aids, certain antidepressants, medications for incontinence and certain narcotic pain relievers.

Nutritional Supplements we carry of interest in this article:

Vitamin D-3 (most effective form of Vitamin D) — Item J-24 & J-24A.

Curcumin in Ener-Cell — J-135.

Folate — Item J-113.

Activated Vitamin B-12 — J-20.

Omega-3's: Fish Oil J-391 & J-392, Plant source: Flax Seed Oil Item J-77.

We, personally, consider **Willard Water** to be the best antioxidant and free radical scavenger we've ever found. ♦

Foods for Heart & Depression

If you're like many of our readers, you probably know of all kinds of things to eat and do for your health... But when we find one that not everyone might know, we like to pass it on.

For instance, did you know that **bananas** are not just a great source of **Potassium** and are therefore good for the **HEART**, but are also said to be of help with **DEPRESSION**? They are a good source of Tryptophan which is a precursor of Serotonin which helps to regulate mood.

Bananas also contain **Folate** (Folic Acid) and **Vitamins B-6** and **B-12**. Several studies have found a link between low levels of Folate (Folic Acid), B-6 and B-12, and depression.

Research hasn't yet established the optimum daily intake of bananas to fight depression, but anecdotal evidence is said to indicate that 2 or 3 bananas a day may help prevent mild-to-moderate depression. If you'd like to get the nutrients from bananas in supplement form, our Activated B-6 is Item J-1, Activated B-12 is Item J-20, and Folic Acid is J-113... and Activated B-Complex is Item J-2.

An additional Banana Benefit is its impact on **HEARTBURN**... it can actually help by neutralizing acidity and soothing and coating esophageal tissue with pectin. Some people have also told us that drinking **Willard's Water** regularly has greatly reduced (or even eliminated) their bouts of heartburn... even in people who say they used to "live on antacids".

Another Tip: if you're going to treat anyone to a massage, or receive one yourself, to relax or work out the "kinks", don't forget about **CHINOTA GEL** (Item HG-4 and HG-8) ...makes anyone seem like a master at massage, when the relief it offers to sore backs, necks, muscles, etc. works its magic! We've even known of some chiropractors who routinely rub it on their patients before adjusting them because it helps the muscles to relax so much it makes the adjustment work even better.

And remember, drinking Willard's Water significantly increases the absorption of vitamins and minerals, and enzymes, and all other nutrients, so you get much more benefit from the food you eat, and food supplements you take, if you also drink Willard Water. ♦

"FREE" Way to Reduce Chocolate Cravings?

Researchers at the University of Exeter in the U.K. studied the impact of moderate exercise on study participants' eating of chocolate later. They found that 15 minutes of moderate exercise had the exercisers eating about half as much as those who simply relaxed for that 15 minute period. To prevent the participants from knowing what was being studied, they were told the study was to analyze the impact of exercise on cognitive function.

For the study some of the participants spent 15 minutes resting, while others spent 15 minutes walking briskly on a treadmill. Following the 15 minutes of rest, or exercise, both groups were left to sit quietly in an office-type setting for 5 minutes with a bowl of candy (milk chocolate "buttons" and chocolate covered "malted milk balls").

After that 5-minute break, each participant was asked to complete a series of tasks at a desk that took 15 minutes. Some tasks were easy and some were challenging. While doing the tasks, each participant was allowed to take as much of the candy as they wanted. The contents of the bowls of candy were weighed before and after the tasks/ tests were taken. It turned out that those who had exercised ate, on average, about half as much as those who had relaxed for the 15 minute periods. And it made no difference whether they did the easy or the challenging tasks -- the only thing that made a difference in the average amount eaten was the 15 minutes of exercise before.

Researchers don't know **WHY** the reduced chocolate consumption occurred, but they suspect it is hormonal. Exercise produces endorphins which are associated with feeling good. In other words, exercise makes you feel less hungry and more emotionally satisfied and that may make you less likely to eat more of something sweet. You can't likely go out and exercise every time you get a craving for chocolate or some other sweet... but if you see a pattern as to the time of day such cravings often come, the researchers suggested trying to get out for some quick exercise before the craving hits. If you get enough exercise you may not even want the chocolate anymore! ♦



Trivia & Tidbits . . .

1. Who was on People Magazine's first cover on March 4, 1974?
2. What did Annie Oakley do with all her gold shooting medals?
3. Helen of Troy was Queen of what land?
4. What animal was the symbol of liberty in ancient Rome?
5. A "hairbreadth" away — just how close is that?
6. What are descriptive word combinations such as brunch, motel & smog called?
7. What are you afraid of if you have siderodromophobia?
8. How long does it take a ginseng root to reach marketable size?

AND THE ANSWER IS...

1. Mia Farrow.
2. She had them melted down, sold the gold and gave the money to charity.
3. Sparta.
4. The cat.
5. Exactly 1/48 of an inch.
6. Portmanteau words.
7. Trains.
8. Seven Years.

ON "THE WEB"!

www.willardswater.com

Or

www.nutritioncoalition.com

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

Spring Means ... Gardens, Crops, Sore Muscles, Colds, Allergies, Sunburns & Much, Much, More!

First day of spring "hit" recently and that means, gardens and crops, and outdoor activities... and oh so much more!

It also means a LOT of people LOVE to Stock Up on Willard's Water and Willard's Water Gels -- **Aqua Gel** (they say it's great for **sunburns and insect bites and bumps and bruises, and on and on!**), and the **Chinota Gel**--for **sore muscles & aches and pains**, from getting back in the swing of activities, and gardening, and household projects...to you name it... in addition to the usual reports of "Ahhh... relief" from **painful arthritic problems**, to **other types of pain**.

For information on how to use Willard's Water on your **crops** and/or **gardens** ---and why people use it -- what sort of **Benefits they report** -- check out the article in the Information area of our site (click on Information on the top tool bar, then Information again, and then choose the article from those listed in the left hand column), entitled "**WW & Lawns, Gardens & Crops**". For a Summary of the "How To" on such uses, check out the article entitled "**Summary: Willard Water & Lawns, Gardens, Etc.**".

If you'd like more info on the **Aqua Gel & Chinota Gel**, check out the article in that same left-hand column of the Information page, entitled "**Gels for Topical Use**".

Another reason many people stock up on Willard's Water this time of year is because they say it seems to greatly reduce the number of **spring and summer colds** they, and other family members, get.

And, as we wrote about recently, **Colostrum** is another favorite for avoid-

ing those colds... and much more. To read more about the varied published reports of the many benefits of **Colostrum**, check out the articles in the **Colostrum Information section** which is right below the Willard Water Information Section of that left-hand column on our Information page of our site.

With "spring having sprung" in most parts of the country now, we've been getting a lot of calls from people wondering if we've had any really good reports from others on any way to avoid those dreaded "spring and summer colds", and to best deal with the coming allergy season, and possible flu problems.

Well, a lot of people say they've done far better on "all those fronts" since making **Willard's Water** a routine part of their lives, but Colostrum is something else we, and seemingly countless users, think of for that, too...

We bet if you asked a hundred different people why they love our **Alpha Whey III Liquid Colostrum** --(Item Number H-3) -- you might well get a hundred different favorite reasons. But you might also hear -- as we often do -- that a LOT of them say besides this -or-that favorite use, they also really like that they just don't ever seem to get **colds** any more. Many others also say they haven't had the **flu** since they started using Alpha Whey III routinely.

We could fill a book with specific information on Colostrum--in fact, many books have been filled with it. There are over 4,000 published studies on it, for instance!

You can get a lot of details on the Colostrum articles we just mentioned on our web site ... many people like to start with the article called "Nature's First Food" in our Colostrum Information

Section, but you can start anywhere on those articles, and you certainly don't have to read them all... just whichever ones seem to address your interest. If you don't find the information or answer you're looking for... just give us a call (1-800-447-4793) or email us.

Personally, we've been using our Liquid Colostrum since 1983... you can read the details in the "Nature's First Food" article mentioned above. We're personally totally convinced of its merit, and we've always said we regard Willard's Water and Colostrum as our "Plan A" to try first, for an incredible number of situations.

Colostrum may actually be the one item that could run a "close second" to Willard's Water in all the ways various people say it's been of benefit to them.. from stomach ulcers to various immune system problems, to arthritis, and much more.

If you think about it, Colostrum IS nature's way to relay immunity to infection, and "immune factors" that help to boost one's own immune system, to all newborn mammals. Seems logical that it might then be of benefit in a lot of different ways for anything related to the immune system. It's NOT a drug... it's simply the food nature provides to support the immune system in newborns... people and other mammals.

If you, like we, believe various foods that contain various nutrients do indeed have an impact on health, then it also likely seems obvious to you, as it does to us, that this food with the ingredients nature provides to benefit the immune system of newborns, might very well benefit anyone's immune system at any age. Again, we're NOT experts, we're just passing along what we know about this "first food" from nearly 30 years use of it and a lot of reading! ♦

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Maybe You'll Play a Part in Someone's Destiny Someday...

—Charlie Sunde

I'm not sure how many people think that when a series of things come together, through some fairly "long shot connections" that it might have all resulted from some sort of Divine interventions, but I like to think that such events do involve that.

What's odd is to find out years later that you, yourself, played a role in such an event.

I received an email a few months ago from an old customer (we'll call him "Jim")... he'd had to move back to his home state to take care of his ill and aging mother, and that was only one of the changes that he'd dealt with in the years since we'd last heard from him. Another major change was that along the way he'd gotten married and at the age of 61 was very much enjoying being the father of his 2-year-old son. Here's the part that reminded me of how none of us ever know when some seemingly small thing we do, may have tremendous impact on the lives of others.

It turned out that this old customer, a natural health care practitioner, met his now-wife, through a patient he had helped who then "spread the word" about his good results... and a friend of that patient was impressed enough to decide to go see that health care practitioner herself.

You guessed it.. A few years after taking her friend's recommendation on a good alternative practitioner, she and that practitioner were married, and wound up with a beautiful little boy after that.

My unknowing part in it, was that the man who told his friend that "Jim" was who he'd recommend for the alternative health advice she was seeking, had originally been sent to "Jim" by ME... he'd called in here about Willard Water and mentioned some health issue which I told him he might want to contact "Jim" about... and all the rest of this followed that. Even more amazing to me is that I have never met any of these people in person! Makes a person feel good to help facilitate something that turns out so well, even if seemingly "by accident"! ♦

Editor: We invite you to share your own miraculous/unexplained help stories with us, for sharing with others, anonymously, if you choose.



E-Mails, Mailbag & Phone Calls. . .



Gout — Apparently it's a thing of the past for two relatives of "L.E." from New York. She said that both of them had gout, and both of them had their symptoms clear up coincident with faithful drinking of the Willard Water. Since L.E. buys the **Ultimate Dark WW**, we believe that's what these relatives were using. Plus, the Ultimate Dark has always been reported by people with gout to work the best of the WW versions for their gout problems. Since gout is a type of **arthritis** we've often wondered if any arthritic condition or perhaps any condition involving swelling or inflammation might also react most positively to the Ultimate Dark... most people with arthritis who use it, are indeed using the Ultimate, so perhaps that's another "indicator" that the Ultimate may be the best choice for such situations.

Better Temperament with Ener-Cell? —

"L.P." told us she gets temperamental when she runs out of Ener-Cell. She says her husband can tell when she's out of it by her mood. She also says the **Curcumin** in it is very good for her arthritis. That's right... Ener-Cell contains Curcumin, along with **Alpha-Lipoic Acid, L-carnitine, and CoQ10**... so it provides 4 of the "giants" cited in natural health writings it seems to us. We regard the Ener-Cell as a sort of overlooked treasure... a great source, at a very competitive price, of those 4 items that we become more convinced every day more people than not probably would benefit from. Finding them in one product saves a LOT of money... and since this comes to us from our personal favorite nutrition company, Daily Mfg., we know it's the highest quality, too! ♦



More Product Highlights & Updates from Charlie

Willard's Water Users' Product Experiences Reports, In Their Own Words...

"I feel like an evangelist! I just want to tell everyone I see about how this worked for me... I really have to try to tone myself down or they won't believe me... it sounds so unbelievable!" That's what a lady recently told us when she called here to find out when she had gotten her Willard Water from us. And, she wondered, did we have any record of who had referred her to us? Yes, we did. She had read about WW and us in the "*Whole Dog Journal*" story on it back in 2006.

"Betsy" told us that she had gotten the WW from us, but then had put most of it away in a cupboard and forgot about it. Came across it recently and decided to give it a try. Key thing was that between the time she'd ordered it and now when she found it nearly 6 years later, she had developed problems with arthritis. "Well, after about 4 days or so of using the Willard Water, I was in Costco and realized when I was done and walking back to my car that I wasn't hurting! I'd walked all around that huge store and I wasn't walking all bent over!" Obviously, that was a big change from how things had been for her before she started drinking the WW she found in her cupboard. Needless to say, she is one happy person!

Now to a report on a family of 7, and what they've noticed, from "Tim", the husband and father in the family...

"Hi Charlie, I just wanted to drop you another note to let you know how the Willard Ultimate has been received here. I knew that (my wife) and I would have no trouble with it, but you never know about how kids — we have 5 of them — will react to something new. Well, much to our surprise and delight, they ask for it by name!! I think they like it even better than milk. At meals or snack times they will ask 'Can we have Willard Water, please?' I ask them why they like it so much, but they really can't tell me. They all simply say they like it and want more, so I guess it must be giving them whatever their bodies have been craving.

"I'm sure it has helped (their son who was having some health problems) although to be honest we have also been using some

meds prescribed by his pediatrician to help clean out his clogged-up bowels. He is definitely feeling better, and he is normally the first, and the loudest, to ask for a drink of WW.

"I can also testify to its ability to soothe a burn. I got a small but very painful first-degree burn on my fingertip from accidentally touching the oven rack. My first thought was to apply some Clear dilute WW, and sure enough the pain was gone right away. After a few minutes, the angry red had turned to pink and by later that afternoon you couldn't even see where the burn had been.

"Thanks again, and God Bless!"

An herbalist ("B.H.") from Indiana called in one day and commented on how well the WW does at raising pH. She uses it in Reverse Osmosis water for her own uses, and says that even though R.O. water is very acidic, she can raise the pH of it "as high as I want" by adding the Willard Water to it.

She also said she's tested the pH of every kind of water you can think of... "filtered water, bottled water, Aqua Fina water, convenience stores water, tap water from all over, Kangen Water, and everything". And she's found the WW to be the best for raising pH... doesn't think you can find anything better.

The other thing she agrees is a great benefit of the WW in terms of raising pH is that it doesn't revert back to being acidic after it sits a while... many if not most products available to raise the alkalinity of water all seem to go back to being acidic in not very long. Not Willard Water! Once it raises the alkalinity, it stays raised. Ditto for WW's other helpful characteristics... they don't go away either.

A note from "B.B." strikes a familiar chord with a lot of us.. How often do we forget to do what we fully intended to do? In her words, "After reading your response (to her question) I realized I wasn't drinking as much WW as I thought. I do bring a container of it to work, but when I read your email, it was like a light went off. I had been bringing WW to work, but I hadn't been drinking all of it like I normally do. Duh...

"Now that I am more aware of that, I've been drinking more and things are getting better. One thing that I've really noticed is when I would lie down to go to bed, my leg would jerk violently a few times and would sometimes wake me up. That hasn't been happening now. Maybe it's a combination of the Activated B6 (Item J-1) and more WW. Whatever it is, I've very happy about it."

From an acupuncturist, "E.A."... "I was just able to relieve a patient's severe, six months bout of itchy hives with 50% Ultimate Dark and 50% water. A strong solution, I know, but she said that thus far, it has been the only thing that relieved the itching as soon as she sprayed it on the skin. It's too early to tell if it will heal it (she is on prednisone) but I sincerely hope that the Willard Water and the Chinese herbs will do the trick."

Then there are the sometimes-so-dramatic reports, it really makes a person wonder... should we even tell it or will people think we made it up? Well, we don't make stuff up, and this is a real report from a real person... but it's definitely one of the cases where we have to say such a dramatic, quick turnaround is NOT typical... but we have heard more than a few such so-dramatic -it's-hard-to-believe category over the years. In this case, a new customer called in to order... she and her husband were introduced to "the water" by their son who had gotten it from us and shared some with his parents. His mother told us when she called in that her husband is a logger, but due to an injury had been unable to work for about four years. After their son gave them the WW to try, her husband started drinking it and within a very short time was back out in the woods, working. Like I said, we didn't make this up, but we'd understand if some people found it hard to believe! And, we also certainly can't explain it! We don't even have the details of the injury that got better, but the speed after such a long struggle with it certainly was interesting!

Remember, reports of what other people believe WW did, is NOT proof of anything, but are interesting to those of us interested in Willard's Water!

“How DO People Use Willard Water on Burns? Looked like it worked pretty good on them on the 60 Minutes program.”

That's one of the most frequent questions we get on Willard Water... how to use it on a burn...if you're interested in how people say they have used Willard's Water on burns, read on.

First of all, we ALWAYS remind people to see a doctor for any serious burn. Burns can lead to infections and various other problems and are NOT something anyone should attempt to "treat" in any way on their own.

Plus, Willard's Water is NOT a burn treatment of any kind. But, it has a long history of people using it on burns and sunburns, and reporting a lot of benefit. The widespread use of it on burns and sunburns seems to have been prompted by the CBS "60 Minutes" program on Willard's Water that showed the amazing results on the very badly burned leg of a young man named Chauncey Taylor, and the video footage in the program showing cattle that immediately relaxed and stopped writhing in pain from being branded almost immediately after Willard Water was sprayed on the area that had just been branded with the red-hot branding iron.

The benefits people have often reported include no scars, or scar tissue, no blisters, and greatly reduced pain, as well as greatly reduced itching as the burn heals.

Willard Water has been through some very preliminary testing by burn experts, but due to a lack of funding to actually proceed with any FDA level tests to determine precisely how much benefit it has, etc., any such full testing has never been done.

It was during some of that preliminary testing that Dr. Willard was told by one of the researchers involved, that the reason people would report burns not scarring, and not leaving scar tissue is because it "heals by first intention". In our NON-expert understanding, that seems to mean that the top surface of a wound heals over very quickly and allows healing to take place from the bottom up. This "healing by first intention" apparently helps to reduce scarring, according to the researcher who told Dr. Willard about this, and who theorized that WW promotes such healing.

We were thinking about writing up something on how people use it when they apply it to a burn or sunburn-- again, noting that it is NOT a treatment for such, and isn't proven to FDA standards to be effective for

that -- but when people use it that way, just how they do it. And then we heard a voice mail left by a very nice lady from Pennsylvania that really encouraged us to bring this subject up.

"Ann" told us she had had an amazing experience with the Willard's Water, and wanted to pass it along. She was making a Dutch pancake for the first time in her life, and it had to be baked in a 475 degree oven. At one point, she realized she had to put butter in the pan and have it in there for some time before doing the step in the recipe that came next. So without thinking, she reached in and grabbed the 475-degree handle of the pan! She said the burn immediately left a "print" across her palm, thumb, and fingers, of the shape of the pan handle.

She said she immediately thought of the ULTIMATE Dark Willard's Water she keeps in the kitchen cupboard, so she grabbed that bottle -- and put the concentrate on the burn... she didn't even take the time to dilute it as is normally done. She said the pain stopped very shortly, but she needed to keep applying it, which she did. At some point she began also using the Aqua Gel (the gel made out of Willard's Water that also has some aloe vera and vitamin E in it). The Aqua Gel was a good way to keep the Willard Water on it all the time since the liquid form will run off and evaporate in not very long. She used both the Ultimate Dark Concentrate and the Aqua Gel for a number of days. After just three days, she showed her hand to her friend who had seen it just after it happened, and her friend was amazed, saying "that is an absolute miracle". "Ann" agreed.

She said that for a while, you could see a blister sort of formed below the top layer of skin, but it never surfaced. She didn't know anything about the theory mentioned above that Willard Water heals such things by "first intention", but she said that it looked like the blister never came to the surface, because it all healed below the surface first. Perhaps that's like what occurs when something "heals by first intention", but we honestly don't know.

Remember we are NOT experts. We do NOT want anyone to think of Willard Water as a burn or sunburn treatment, but, as we said, given the video footage on the "60 Minutes" program, it has had such a reputation for it that we know people use it for

such things all the time. So we think it's only being responsible to let people know what we've been told is the way it's been used in those situations.

When we're asked about this in the form of a "how do I use this on" some kind of burn, our FIRST reaction is to say they should first see a doctor and find out if there is anything medically required to be done. After that, using the WW for this or any use, is pretty simple.

In this kind of situation, normally, the diluted mixture (the one-ounce of concentrate to a gallon of water mix) is what has been used... either being poured over the affected area, or sprayed on it.

But "Ann" is not the only person we've ever heard who used the Concentrate without diluting it for this use.

The other thing to keep in mind, is that due to the increased risk of infections developing following a burn, it is wise to make sure you are only putting something sterile on the area. We have explained to people that because of that, if we were going to use Willard's Water on a burn, we would boil the Willard Water to be sure it was sterile, and then obviously let it cool totally down, before using it on any burn area. (You will NOT break down the Willard Water by heating it and letting it cool.)

We have to admit, when we've had burns ourselves (NOT life threatening burns, but McDonald's coffee spilled in the car, or burns while cooking, and sunburns, etc), we have instinctively grabbed the spray bottle of the 1-ounce-to-one-gallon-mixture of Willard's Water we always have handy for topical uses (bumps and bruises, insect bites, rashes, itchy skin, acne, more manageable hair, etc.) and simply sprayed that on the burn. The relief is so immediate, it's hard NOT to just grab that spray bottle without thinking of stopping to sterilize it first.

However, if the burn was severe and thereby leaving the area at risk to infection, or any number of other problems possible with serious burns, we still firmly believe anything being used on it should be sterile-- but that again is coming from us NON-experts.

And, we would still see a health care professional after initially using the WW, to be sure everything was okay, and urge everyone else to do the same. ♦