

Possibilities

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Rethinking the "French Paradox" ... or "Could Mainstream Medicine Really Have Been Giving Americans 50 Years of Bad Advice on Key Heart Health Questions?"

By Ben

Much has been made of the alleged "French Paradox."

If you haven't heard of it, I'll summarize: the French eat far and away more saturated fat of animal origin (butter, whole milk, goose liver, pork, eggs, etc) than Americans do.

That "fat heavy" French diet should indicate a higher rate of heart disease for the French. Instead, the French have a lower rate than Americans do. That's the "French Paradox".

Why is this?

Much has been made for the last twenty years that the French drink lots of red wine, often a glass with each meal, and that this may indicate a coronary benefit from red wines.

One hypothesized benefit from red wine is that it contains minute amounts of Resveratrol, a compound that itself seems to have some benefits for the heart.

However, red wine contains so little of it that there couldn't possibly be a significant benefit: many commercially available Resveratrol formulations contain as much as several dozen wine bottles would per pill, or more.

Another possible benefit of the wine is that alcohol reduces blood pressure (though chronic, heavy consumption often causes high blood pressure).

If you do not wish to drink alcohol, this same effect can likely be arrived at with many supplements:

- ♦ Magnesium (J-54),
- ♦ L-Arginine (found in **Vitality 4 Men** (J-125),
- ♦ Vinpocetine (KF-3),
- ♦ Ginkgo Biloba (J-44), and
- ♦ Fish Oil (J-391 or J-392).

Overall, the evidence for wine's protective effects seems to be that it has a mild effect, at best, and does carry a risk of physiological addiction in many people.

So what else could account for the seeming paradox?

What if the issue wasn't that the French were healthy in spite of eating saturated fats (chiefly of animal origin), but they were healthy because of eating saturated fats instead of the fats consumed in America (chiefly from vegetable oils)?

Perhaps the theory was flawed in the first place?

A recent article (March 17th, 2014) in the *New York Times* (NYT) seems to point strongly to this.

In the NYT article, they discuss, at length, the findings of one of the most extensive studies ever done on fat intake and heart disease.

The results of that extensive research fly largely in the face of what mainstream health authorities have supported for the past fifty years in America.

Chiefly, the study concluded that high intake of saturated fat does not seem to increase heart disease and stroke risk, and that consumption of unsaturated fats does not decrease those risks.

The French eat far more saturated fat than Americans do, so per mainstream medicine's view, the French should have higher rates of heart disease than Americans do. But they have lower rates. *Hmmmm...* that is a Paradox, to be sure.

Yes, to say those conclusions took mainstream medicine by surprise is a gross understatement.

That's because both

those main conclusions of the study are contrary to what's been standard wisdom in American mainstream medicine for about 50 years, but confirmatory of what certain lone voices in the wilderness of alternative health (including us) have long argued and believed.

Of particular interest in the article is that the research points the finger of mortality more at carbohydrates, in particular sugar, more than anything else.

Saturated fat, per the study's findings:

- ♦ raises Low Density Lipoprotein, or "bad cholesterol" levels, which is why it's been traditionally demonized, **BUT...**
- ♦ saturated fat also raises HDL ("good" cholesterol) levels, making it appear to be somewhat of a wash, especially since the LDL (the "bad cholesterol") raised is usually of a fluffier, less dense variety (pattern A) than the smaller, denser subtype of LDL (pattern B).
- ♦ Pattern B LDL is raised predominantly by sugars and excess carbohydrates, NOT by fat.

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Multivitamin Attack: What Did the Study Really Show?

By Ben

Doubtless, you've heard of recent studies on multivitamins that conclude they're "useless" (as has been spun in the media) because they do not prevent heart disease, cancer or Alzheimer's. To which we have to say "Well, duh." No responsible company has stated that they prevent any of those things (the irresponsible ones are often slapped down by the FDA, rightfully in those cases). This research is roughly equivalent to somebody saying "The sky is blue," and doing research that concludes the sky is "NOT GREEN." Then bragging about how not green the sky is, and that the people who said it was blue are wrong. You might be right that it's Not Green (congrats!), but your time was wasted researching a claim that wasn't what was being claimed.

What is it we think multivitamins do? Correct vitamin deficiencies.

Vitamins are compounds that are, by definition, essential to normal functioning that we can't make ourselves. Most vitamin deficiencies are not fatal except in extreme cases, but there are plenty of sub-critical deficiencies that are unpleasant. Vitamin C is necessary for the production and maintenance of collagen, for instance, and for wound healing. It stands to reason that more of it rather than less would be desirable. As collagen breaks down and is inadequately replaced, joints can begin to hurt, wrinkles appear, etc. Now, this isn't fatal, but we can all agree that it is unpleasant.

Another issue is that most people that take multivitamins are taking pills that are meant to provide all their needs for a day in one pill. On the face of it, this idea is ridiculous. Quality multivitamins (like our Multi-Vim)

are best taken two or three times a day, as any pill that actually has all you need in a day will be uncomfortably large, and most of these pills are not designed for extended release, which is important for water-soluble vitamins like the B Complex and C, which are readily absorbed and then excreted, necessitating either an extended release or a second (or third) dosing later in the day. (Our Item J-69, Vitamin C, 1,000 mg plus Minerals IS timed-release to avoid the necessity of taking Vitamin C several times a day. However, J-69 is a very large tablet, so if you have difficulty swallowing large pills, it may not be the one for you.)

Most of our customers already know it's best to take multivitamins multiple times a day, or they take a number of separate pills each day, if they take anything at all (other than Willard's Water, which probably 95% of our customers drink).

Multivitamins have always been the first step in supplementation. It is an important step, but it's still a first step. Expecting your most basic step to prevent heart disease, cancer and/or Alzheimer's (as the study in question claims to have proven they are not effective for) would be both silly and a disservice to yourself and the step you're taking.

Still another issue regarding supplementation that recent reports keep bringing up is that Calcium supplementation doesn't seem to prevent bone fractures, and may in fact increase them. Once again, we've been well ahead of the mainstream on this for some time. Bones are NOT just Calcium, and need more than Calcium to make them strong.

... it "proved" items no reputable company ever said would prevent such problems, don't prevent such problems. Well, duh, big surprise...

They need Phosphorus (supplied in most diets in abundance already), Vitamins D and K, and ample Magnesium. Without those other nutrients, you just have free-floating excess Calcium which, like all idle hands, can

get up to no good with the rest of your body (in some research it seems to increase heart attack risk). This is why we so strongly recommend our Coral Calcium with Magnesium and Vitamin D and Bone Builder (with magnesium and Vitamins D and K). And, many studies have indicated that **Progesterone Cream (Items HP-1P and HP-J)** is another item that improves bone health.

In conclusion, recent research proves just how thoroughly behind the alternative medicine world mainstream researchers are. Instead of reviewing current claims that are still being made by responsible sources, they review grotesquely exaggerated claims made by people that do not themselves understand what multivitamins are for. Instead of researching supplementation based on what's currently known about what bones need, they test people supplementing with only one piece of the puzzle. Then they claim these things don't work after proving **non-existent** claims were wrong.

It kind of makes you think the mainstream community may be a little biased, doesn't it? It's not like they lack an understanding of bones needing more than just Calcium to maintain themselves. Yet they chose to research alternatives using that as the operant theory. Make of that what you will. But, I have to say it doesn't seem to me to qualify as the use of valid scientific method! Just my opinion...



Trivia & Tidbits . . .

1. What was Huck Finn's remedy for warts?
2. What football player got the biggest Super Bowl ring ever made?
3. How tall was 7' 2 " pro basketball player Kareem Abdul Jabbar at birth?
4. What was the winning speed of auto designer Ray Karroun's car at the first Indianapolis 500 in 1911?
5. How many pounds of roasted, ground, coffee does 1 coffee tree yield annually?
6. How much did a piano cost in the 1900 Sears Roebuck & Company catalog?
7. How many coats of paint were stripped from the White House's exterior in the 1980s, when it was stripped for the first time?
8. What were George Washington's false teeth composed of?

1. Swinging a dead cat in a graveyard at midnight.
2. 1986 Chicago Bears' defensive tackle William "The Refrigerator" Perry's size 23 ring.
3. Only slightly taller than average newborns at 22-1/2 inches, but weighed 12 lbs 11 oz.
4. His Marmon Wasp averaged 74.59 mph, was the only single seater in the race, and the first car to have a rearview mirror.
5. Just one.
6. \$98 plus freight from Chicago.
7. 42.
8. The uppers: gold and hippopotamus teeth; the lowers: elephant & hippopotamus teeth.

ON "THE WEB"!
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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.

Reach Us At: 1-800-447-4793 (218-236-9783)
NUTRITION COALITION, INC.
 P.O. Box 3001 Fargo, ND 58108-3001
WillardsWater.com or NutritionCoalition.com



PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

Continued: Rethinking the "French Paradox"... or "Could We Have Had 50 Years of Bad Advice?"

(Continued from Page 1)

It's worth noting that the researchers interviewed who were flummoxed by the finding that saturated fat doesn't increase risk and that unsaturated doesn't seem to decrease risk, defended their views by observing that people that avoid saturated fat are more likely to eat excess carbohydrates, which, as indicated above, increase the very worst form of cholesterol.

In other words: if you're avoiding saturated fat, you're probably eating excess carbs, so any good you might get from cutting saturated fat is immediately undone by the fact that you have to eat something other than olive oil, coconuts and avocado, and that something is likely going to do damage of its own. So that's how they explain their flawed theory.

Furthermore on the issue of all this discussion of fats, our understanding of the complementary and distinct roles that Omega 6 and Omega 3 fatty acids play in terms of inflammation and chronic health issues (including cardiac health) continues to expand daily.

It's worth noting that, while Omega 3 fatty acids are most famously found in high concentrations in fish, they're also found (at lower concentrations) in most animal products: meat, milk, & cheese, especially from grass-fed (versus grain-fed) cows.

Omega 6 acids, of course, are found in highest concentration in vegetable oils, which are the usual substitute for butter or lard in cooking, thus destroying any semblance of balance between the fatty acids, allowing Omega 6 acids to cause inflammation with relatively free reign.

Unfortunately, I must note that the same group of studies I quoted above found "no effect" regarding the effect of fish oil supplementation in treating heart disease (when they looked at the sub-populations that were supplementing), which the researchers themselves noted may in fact just mean that it's an ineffective treatment, but held out hope that fish oil might help prevent heart disease.

The difficulty they had in evaluating the preventative benefit was that most people taking fish oil for their hearts already have cardiac problems, at which point the benefit of fish oil may just not be enough to fix it.

I would also argue the real problem with virtually all research on fish oil supplementation is simple: these studies are notoriously poor at making sure people are taking effective doses.

What I mean about effective doses is that fish oil is not something that can fix a major heart issue with one pill a day; the problem is math.

The math asks if you eat 40 grams of Omega 6 fatty acids per day (which are inflammatory), and you pop one 1.5 gram fish oil capsule a day, how can you expect a miracle cure when the problem in the first place was that your ratios were highly skewed in favor of Omega 6?

Or, you could also think of it this way: if it takes one gallon of water to put out a three foot flame, do you continue to use one gallon for a thirty foot flame?

Fish oil is part of balancing inflammatory and anti-inflammatory nutrients. Which, unfortunately, means you should ideally take a LOT of Omega 3

fatty acids per day (I personally take 4 capsules of **Fish Oil** [J-391 or J-392] and 4 capsules of **Flaxseed Oil** [J-77] everyday). This type of methodological error regarding supplementation is a constant (see my article inside this news letter).

I realize that this sounds like I'm simultaneously praising and damning the same research, but it's not really that: it appears that the supplementation research was mostly an afterthought to the researchers, considering they themselves acknowledged flaws in that portion of the research.

To bring this back to our initial subject: taken altogether, it would appear that the French Paradox appears to be paradoxical only because our worldview is itself wrong.

The French Paradox is a paradox in the same way that, one might argue, Columbus sailing around the world without falling off the edge was a paradox (calling it the "Columbus Paradox"), when he didn't fall off the edge of the earth which we believed to be flat, despite our "knowing" that he would have to fall off because it was flat.

(Hardly anybody at the time of Columbus actually thought the Earth was flat, but that doesn't make the metaphor any less valid.) There was no paradox; we were just wrong that the earth was flat.

So it may be more accurate to say that the French Paradox never was a paradox, since the "facts" on which it was based, were simply wrong.

All of this reminds me that often, things that fly in the face of what you believe contain the deepest truths of all. ♦

...if it takes one gallon of water to put out a three foot flame, do you continue to use one gallon for a thirty foot flame?

So it may be more accurate to say the French Paradox never was a paradox... we were simply wrong.

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It is used for mailing address & return address information in the printed version of this newsletter.



THE “CHIEF NEGOTIATOR” TOOK OVER JUST IN TIME”...

It was all going to be lost. All the effort by so many people over the past 10 months. The long days and nights of planning and organizing. It was all coming to nothing.

This final phase was about to blow up in our faces. One of the last companies which needed to agree was now saying they didn't want anything to do with any of it. They just didn't want to “go” with it. They could see no middle ground, and they weren't interested in talking any further. I didn't know what to do, we'd offered every conceivable compromise. Their chief negotiator sat stone-faced, unmoved. Uninterested in talking further.

I couldn't believe it. All along I'd been so excited about the good that would be accomplished by this project. It was so obviously blessed all along. How could God let it fall apart now? I didn't know. I found myself in silent prayer, asking that His guidance would come through loud and clear to everyone

involved, and His light would clear our minds, and guide our decisions — for everyone involved.

When I finished my silent prayer, I looked up and was amazed to see how bright the white ceiling was—it looked like it was opaque with light shining through—like recessed lighting might look, but that ceiling had no light in it. My moment of wonder was interrupted...the chief negotiator said he wanted all his people in their board room, NOW. They left. But not for long. They came back, “demanding” two things—both of which had been in our original plan, but had been eliminated as something this company would never agree to. But now they did—and it was “their idea”.

We were so ecstatic that it was the next day before I realized that ceiling wasn't even white—it was made of wood planks—maple, I think.

How could it possibly have looked like that? And how did they agree to those terms as “their idea”??? Easy, when the *real* “Chief Negotiator” took over and cleared things up!

Reprinted from earlier issue. Editor's Note: You are invited to send your own “unexplained help/fork-in-the-road/inspirational stories” for this column, anonymously, if you choose.



E-Mails, Mailbag & Phone Calls. . .



Macular Degeneration — “I.S.” told us that following her cataract surgery in the summer of 2013, her eye doctor told her he had discovered she also has macular degeneration. She said she decided then to order our **Eye-Vite** Supplement (Item J-115), and she has been using it since.

She saw her eye doctor in late February, 2014, and he checked her macular degeneration.

She said her doctor expressed amazement that her macular degeneration had “not progressed At All”. He told her he had expected it to be worse. Apparently the only question was how much worse it would be.

Neither we, nor Daily Mfg. the developer and maker of the Eye-Vite, see it as a treatment or cure for macular degeneration, but it does contain ingredients that are known to be good for the health of the macula.

All we can say is it would seem that Eye-Vite certainly didn't hurt anything!

Post Herpetic Burn & Pain of Shingles — “Ann” sent us a note to tell us if we haven't talked about our Chinota and Aqua Gels in our Newsletter we should! She wanted us, and our readers, to know that both the Chinota and Aqua Gel were very helpful for the post herpetic burn and pain of Shingles.

She said since she had no broken skin, “I was able to repeatedly use the Chinota to help alleviate some of the discomfort both during the main attack and later, when things were very slowly settling back down.”

She noted using Chinota only on skin that wasn't broken since we say on the label using Chinota on broken skin may sting. We have had some people tell us that they used Chinota on broken skin when they didn't have Aqua Gel available and some said it didn't sting, while others said it stung so briefly it didn't matter. But given how painful shingles are, we definitely do NOT think you should use it on shingles with broken skin. ♦



More Product Highlights & Updates from Charlie

Help to Balance & Boost Immune System to Fight Aging, Infections, Allergies, to Build Muscle, More!

By Ben Sunde

It's time to give a new write-up to one of our very favorite products, one that we've been selling since 1983 and was one of the very first supplements we ever sold, along with the Willard's Water: colostrum.

Colostrum, also known as First Milk (though it isn't milk) is the first lactation that female mammals produce, usually starting just before giving birth.

It is a very nutrient-rich, densely concentrated form of milk, full of proteins, antibodies, growth factors, and everything else that baby mammals need in their first meals to kick start their own digestive and immune systems. Its importance is very hard to overstate.

So what are we providing you? The excess colostrum produced by dairy cows after calves have had their share.

There is a long history of humans consuming bovine colostrum for health benefits. Prior to the invention of antibiotics, cow colostrum was the primary source of immunoglobulin used to fight infections in people. After antibiotics came into vogue, medical research on colostrum basically ceased, though plenty of people still relied on it, such as we at Nutrition Coalition came to do.

Now, of course, with antibiotic resistant strains of bacteria being as big of an issue as they are, money is pouring into research on colostrum again, and new advantages of taking it are being found almost daily.

This Brings me to one of my favorite things about working here: it seems to me, we keep being proven to be right. But I digress.

One of these recent discoveries in colostrum is the presence of compounds known as **proline-rich polypeptides (PRP)**.

PRP appears to have a host of func-

tions on general health, starting with **enhancing the effectiveness of the immune system** in terms of both activating it when it's slacking (like when you're sick), but also demanding it call off the dogs when it's overactive, such as when having an allergic reaction (which is when the immune system responds hostilely to harmless stimuli).

Just that effect would be impressive, but it does more than that. PRP also seems to **help slow the aging process by preventing mutations in cellular DNA** as well as **helping DNA to repair itself** when it is damaged! This, of course, means that cells are staying healthy and efficient longer, which helps to delay general aging.

In addition to that, colostrum is host to a large number of compounds known as growth factors.

Growth factors are imperative to children growing to their proper height, but even in adults they are of significant benefit in terms of building new tissue, i.e., developing new muscle.

I keep hearing that athletes are increasingly taking colostrum to help build muscle, to reduce recovery times in exercise, and getting better performance from their muscles.

It's worth noting that even if it's not your goal to **add muscle** bulk, but to instead **lose weight**, colostrum may help with that goal. Exercise is a vitally important part of any weight loss plan, and anything that helps with recovery and replacement of fat with muscle is going to be helpful.

Colostrum is, simply, an amazing product.

We've been selling it for as long as I've been alive, and this is because we've all had great results from it, and our customers that take it also experience enough benefit for them to re-order and re-order... many of them for years.

Product loyalty like our customers have shown our Colostrum doesn't develop if no benefits are seen.

Just this last week, I came down with a nasty cold that crippled me for the first day. That day, I also took a heaping tablespoon of colostrum. The next day, my cold was reduced down to a scratchy throat. That was pretty impressive to me.

Colostrum has stood the test of time, and will continue to, as more and more research confirms what we've always known: colostrum is one of the brightest stars in the alternative medical sky.

And, frankly, we believe our liquid **Alpha Whey III** Colostrum (Item H-3) is the brightest of those bright colostrum stars.

Unlike capsules and powders of colostrum, Alpha Whey III is still liquid...just as nature provides it, and with no need for the body to break it down. Additionally, NO heat is used in processing it. From our personal experiences and those of our customers we are convinced there is NO match for it in the colostrum world.

We also believe if a person wants the convenience of capsules, there are none better than ours. We have had various colostrum capsules and powders assayed for their IgG levels over the years (IgG is the benchmark ingredient used to analyze colostrum quality since 80% of its antibodies are contained in the IgG).

We've never found a powder or capsulized colostrum that had any higher (most were lower) IgG level as our capsules. And none have ever had as high IgG levels as our liquid Alpha Whey III. That's why we're confident we have as high quality **Colostrum Capsules** (Item J-H5), and liquid Colstrum - **Alpha Whey III** (Item H-3) - as any available.

In fact, we believe **Alpha Whey III** is head & shoulders above all the other colostrum products we're aware of. ♦

Celiac Disease, Arthritis, Allergies, MS, Lupus, Inflammation, Autism, And You

By Ben

What do celiac disease, asthma, rheumatoid arthritis, allergies and scleroderma have in common? They're all autoimmune disorders (along with countless others: MS, lupus, etc).

In many ways, autoimmune disorders seem to be the characteristic diseases of our times: reported very rarely in previous eras, now seen every day. While some of this may simply be greater awareness of the conditions and therefore a higher percentage of sufferers being diagnosed properly, the rates of most of these do in fact appear to be rising steadily in the developed world.

First off, what is an autoimmune disorder? Simply put, a disorder arising from the (incorrect) actions of your own immune system, when it starts a response to fight off harmless or even beneficial stimuli.

An allergy is a perfect example of this immune system disorder: there's nothing harmful about, say, pollen, but your body starts reacting to keep it out of your system; at the extreme end even going so far as to obstruct your airways.

What causes these conditions? That's up for a significant amount of debate.

The leading candidate appears to be the "Hygiene Hypothesis," which posits that inadequate exposure to germs leaves the immune system untrained in differentiating between legitimate threats and harmless microbes. For instance, antibacterial soap is now everywhere, children are prevented from playing in the dirt, all vegetables are cooked and most everything in our daily experience (especially for city dwellers) is sterilized.

This "sterilize everything" routine results in a state where your immune system simply doesn't know what to respond to, and is prone to constant overkill.

One of the symptoms of this constant overkill is chronic inflammation. Inflammation is itself a primary immune response meant to limit damage, but

chronic inflammation has been linked to a large number of autoimmune disorders as well as certain disorders not normally thought of as immune in origin like atherosclerosis (clogging of the arteries).

Recent research on lab rats versus their wild sewer rat cousins has shed a new light on both inflammation and the Hygiene Hypothesis. As it happens, wild rats have been found to have very well-controlled inflammation, whereas lab rats often are inflamed to one degree or another for seemingly no reason. The likely cause for the difference? Parasites. Wild rats are usually swarming with them, and parasites, as part of their defenses against being rejected by their hosts, typically help suppress inflammatory responses.

From this research, certain scientists are arguing that the reason for the modern rise in autoimmune disorders is due to the novelty of humans NOT being full of parasites, which is a very recent development. This means that our immune systems evolved to always be under attack by parasites and therefore to be always giving some sort of inflammatory response because parasites were always there to try and minimize it. Remove the parasites, and suddenly you have an immune response that's evolved to be far more aggressive than is necessary. Thus, giving us inflammation. Some have gone so far as to argue for the therapeutic use of "domesticated" whipworms to help control this symptom!

Now, this is only one aspect of the puzzle. If you read last month's issue, you know that the ratio of Omega 6 to Omega 3 fatty acids is vitally important in controlling inflammation. You also know that modern Americans have a ratio very disproportionately full of pro-inflammatory Omega 6 acids, largely because of vegetable oils and grain-fed livestock.

It stands to reason that the rise of vegetable oils plays some part in the chronic inflammation and, possibly, the rise of autoimmune disorders, in the United States.

Finally, I would like to bring up another

issue relating to all of this: autism. The debate as to its cause is on-going and spirited, and we would never be inclined to say any answer on it is right or wrong.

That said, recent research has uncovered a connection between **autoimmune diseases in pregnant women** and an increased chance of babies being born with **Autism**. Furthermore, viral and bacterial infections during pregnancy have been linked to an increased chance of Autism as well.

Since Autism is increasing but rates of serious infection have been declining at the same time (for decades), it can't be that these infections are the sole cause of Autism. But the fact that autoimmune conditions also increase the odds of the baby being born with Autism, points to a possible common cause: what's one of the primary responses the immune system has to infection?

Inflammation. Now, how do we control inflammation when it's not necessary, since it's clearly not a positive thing?

As mentioned, ingestion of anti-inflammatory **Omega 3 fatty acids** likely helps to even out the inflammatory response. Our Omega 3 supplements are (Fish Oil: Items J-391, J-392 & Flax Seed Oil Capsules: J-77). In addition, reducing or eliminating deep fried foods helps improve the Omega 3 and Omega 6 ratio.

Many people swear by **Colostrum**, both liquid and capsule, as an immune modulator that helps regulate their allergies and even autoimmune diseases. Liquid Colostrum is Alpha-Whey III (Item H-3) and Capsules (Item J-H5).

Finally, and perhaps most importantly, we get constant reports from our customers about the benefits **Willard's Water** has given them in reducing their own inflammation, from injuries, arthritis, gout, and on and on.

Runaway inflammation appears to be a near omnipresent condition of modern life. There's likely no complete cure, but hopefully some of this information can make it a little less of a problem. ♦