

# Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.willardswater.com ♦ April/May, 2009

## Peas & Flaxseed to Lower BP?

A protein found in common garden peas could be the key to saving lives of millions of people who suffer from high blood pressure and chronic kidney disease.

In animal tests, proteins derived from yellow garden peas lowered the blood pressure in rats with kidney disease by 20%.

Canadian researchers said high blood pressure is a major risk factor for chronic kidney disease (CKD), a condition that affects about 13% of American adults, or about 26 million people. CKD is difficult to treat and may progress to end-stage kidney disease that requires kidney dialysis or a kidney transplant.

This study is said to be the first to show that a natural

food product can relieve symptoms of CKD.

The researchers said that eating peas in their natural state will not produce the same potential health benefits as the purified protein extract used in the study. However, if planned human studies show similar results, the study's authors predict the extract could hit the consumer market within two or three years as a soluble powder or as a pill. So, stay tuned!

But, speaking of help in fighting high blood pressure, proteins from flaxseed were found to possibly reduce it and potentially reduce the risk of cardiovascular disease, according to some other recent research from Canada.

Researchers in Manitoba, Canada, found that flaxseed meal contains peptide amino acid sequences that "may be exploited as potential food sources for lowering blood pressure based on their angiotensin converting enzyme (ACE)-inhibitory activity".

ACE inhibitors work by improving blood flow and blood pressure, the researchers said. The researchers said high blood pressure (hypertension) is defined as having a systolic and diastolic blood pressure (BP) greater than 140 and 90 mmHg.

Editor: Our **Flaxseed Oil Capsules** are Item No. J-77 and contain 1000 mg Flaxseed Oil per capsule. Flaxseed Capsules are also a plant source of **Omega 3 Essential Fatty Acids**. ♦

## A Food Able to Prevent Advanced Prostate Cancer?

That's what researchers say they have found. They concluded that eating the right things can indeed protect against advanced prostate cancer.

Omega-3 fatty acids, especially the kind found in dark fish such as salmon, appear to "significantly reduce the risk of advanced prostate cancer. This even proved to be true for men who carried the COX-2 gene, a known inflammatory gene."

The scientists gave food questionnaires to 466 men diagnosed with aggressive prostate cancer and 478 healthy men. They found men who consumed the highest amount of long chain omega-3 fatty acids had a 63% reduced risk of aggressive prostate cancer compared to men with the lowest amount of long chain omega-3 fatty acids.

When the researchers assessed the affect of omega-3s on men with COX-2, those who consumed the least amount of long chain omega-3 fatty acids were more than 5 times likely to have advanced prostate cancer. But men with a high intake of omega-3 fatty acids had a substantially reduced risk, even if they carried the COX-2 variant. "The strongest effect was seen from eating dark fish such as salmon one or more times per week," study author John S. Witte, Ph.D., a professor of epidemiology and biostatistics at the University of California San Francisco was quoted as saying.

Editor: For those looking for supplements of Omega-3s, we offer Omega-3s in our Item No. J-39 "EPA" fish oil source, and in Item J-77 Flaxseed Oil capsules. ♦

## Spice of Life? Scientists May Now Know Why...

Curcumin, the natural pigment that gives the spice turmeric its yellow color, has come under increasing scientific research in recent years, with studies linking it to a range of health benefits, including potential protection against

- ◆ **Prostate Cancer;**
- ◆ **Alzheimer's;**
- ◆ **Heart Failure;**
- ◆ **Diabetes, and**
- ◆ **Arthritis.**

Now, a new study done by use of solid-state NMR spectroscopy seems to have pinpointed curcumin's immune-boosting powers. The researchers conducting the study say it may be due to the molecule's ability to stabilize cell membranes and increase the cell's resistance to infection. The study was published in the *Journal of the American Chemical Society*.

Editor: We offer Curcumin in three different products.

"**Curcumin 95**" has 95% curcuminoids via 500 mg capsules of turmeric concentrate. **Item JF-8** is a 60-capsule bottle; **Item JF-9** is a 120-capsule bottle.

We also have "**EnerCell**" which is **Item J-135**. This is a "cellular energy and protective formula" containing 300 mg Alpha-Lipoic Acid, 100 mg L-Carnitine, 50 mg CoQ10, and 150 mg Curcumin per capsule, making it a very interesting combination in many people's views. ♦

## Lowering Risk of Strokes; Sleeping Better; Relieving Low Back Pain

Low blood levels of magnesium may increase the risk of stroke by 25%, according to findings from the Atherosclerosis Risk in Communities Study.

The study, published in the *American Journal of Epidemiology*, found increasing levels of the mineral could decrease the risk of ischemic stroke, with the effects related to magnesium's benefits on blood pressure and for diabetics.

It's well known that too much sodium in the diet has been linked to hypertension, which in turn is linked to an increased likelihood of having a stroke. Conversely, more magnesium, potassium and calcium has been linked to a lower risk of hypertension in some observational studies.

The new study supports the potential of magnesium to reduce the risk of stroke possibly by an anti-hypertensive mechanism, according to the researchers. Aaron Folsom from the University of Minnesota's School of Public Health led the research team.

Dietary sources of magnesium include green, leafy vegetables, meats, starches, grain and nuts, and milk. Earlier research has shown that a large portion of adults do not meet the Recommended Daily Amount (RDA) for magnesium (320 mg per day for women, and 420 mg per day for men).

Editor: Another seemingly little-known, but accepted benefit of magnesium is in **reducing low back pain**. We've had many customers testify to the impact it's had on their own lower back pain problems.

Additionally, many people say they **sleep better** at night if they take Magnesium before they go to bed. Calcium also seems to help a lot of people sleep better, which is likely why many people take both Magnesium and Calcium before going to bed.

We carry **Magnesium Citrate**, which is a form of magnesium very easily absorbed by most people. It is **Item No. J-54**. We also carry **Calcium Citrate**, also because it's very easily absorbed by most people. That is **Item J-25**. And, we also carry calcium in the Coral Calcium form which many people rave about. We offer the **Coral Calcium with Magnesium and Vitamin D3** added, in both capsule and powder form — the **capsules** are **Item No. J-203**, and the **Powder** is **Item No. J-201**.

We can't mention sleeping better and lower back pain relief without also noting that, yes, indeed, those are two more reasons a LOT of people give for loving **Real Willard's Water**, too, plus all the other things people find RWW to be good for!

## Thanks! And Study Finds Compassion Shown Others May Benefit You, Too

There's no way we can convey how much we appreciated all the calls, e-mails and notes tucked in with orders, expressing your concern for our well-being during the recent historic flooding in our region (the Red River Valley in the Fargo ND, Moorhead MN area).

As we explained to many, our offices are on some of the "highest ground" in this area, so they were in no danger of flooding. However, many of us had to deal with the strong possibility of flooding in our homes, some of us did receive evacuation orders from our homes, but thankfully, none of us experienced any serious flooding personally.

We believe all the prayers being said on our behalf had a great deal to do with that. We thank you. And we ask that you continue to pray for anyone and everyone who is facing challenges of any type... natural disasters, health challenges... whatever. Which reminds us of an interesting article we saw recently regarding a study done at Emory University in Atlanta, GA. That study looked at the impact of non-religious **Compassion Meditation**. It found that people who do such meditation wound up with a reduction in inflammatory markers in their blood following stress tests. Researchers said that indicates engaging in compassion not only makes people kinder, it makes them healthier. Sounds like "What goes around comes around" doesn't it?

## Trivia & Tidbits . . .

1. For what career was Western writer Zane Grey trained?
2. What ancient sport gave us the phrase "turning point"?
3. Whose TV contract required her to be overweight & wear dumpy dresses?
4. In 1992 30,000 people petitioned to change the island Maui's name to what?
5. What was Benjamin Franklin's last official act, 2 months before his death?
6. What country has the world's oldest surviving parliament?
7. In the Bahamas, what's a banana wind?
8. Who's credited with writing George Washington's famous Farewell Address?

AND THE ANSWER IS...



1. Dentistry.
2. Chariot races. They were where the drivers turned at each end of a stadium.
3. Vivian Vance's as Ethel Mertz on the *I Love Lucy* show.
4. Gilligan's Island, after the TV show; obviously it wasn't changed.
5. Signing the petition to abolish slavery as President of Pennsylvania's group for it.
6. Iceland—it first met in 930 when Viking chieftains gathered outside to iron out things.
7. Strong enough to blow fruit off trees, but not as strong as a hurricane.
8. Alexander Hamilton

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## PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

# Months-Long Struggles with Colds, Sinus & Bronchial Infections End—Guess How?

“It Worked!”... that was how “James”, a long-time friend summarized his experience in an e-mail he sent us recently. I’ll just pass it along, as he wrote it:

... sinus infections, colds, and bronchial infections from November through February... one cold knocked him out of work for a week... back on RWW Dark and H-2 Liquid Colostrum, and... finally feeling good!

“This has been a tough winter for assorted viruses and bacterial infections here in the Portland area, and I’ve sure participated in that collective epidemic. Since

early November, I’ve probably spent all of about two or three weeks infection free (and it’s March 18 as I write this).

“I’ve dealt with serial sinus infections, two severe cold viruses (or the same virus twice, for all I know) and bronchial infections. I had my last bout with a bad cold beginning in late February, and it knocked me out of work for a week. Finally, I was able to come back to work, feeling about 90% recovered, but I was feeling the familiar effects of another sinus infection. And it hung on for a couple of more weeks.

“A couple of weeks back, I finally decided to put in an order for the liquid colostrum (2 bottles) along with some of the WW Dark. I just couldn’t see going back to my HMO for what would have been my fourth antibiotic of the winter.

“Last Saturday, my order arrived in the mail, and you can be sure that I immediately got into the first bottle of the colostrum. By Monday, the sinus condition that had once again been hanging on for so long was markedly improved. By Tuesday evening, I was symptom free. Of course, I continue to take maintenance

doses of the colostrum and I’m back on the WW dark. I really don’t want to deal with this stuff again -- it’s been a long, long winter.

“I might just address one other thing, the possibility that this might all just be some placebo effect. Could be possible, I think, if the only thing that I’d noticed was a lifting of the persistent fatigue that I’d been feeling for so long, with an attendant spike in my energy level the last few days. But I know of no placebo effect that would account for

(a) the fact that I no longer sneeze dozens of times a day, or

(b) that my use of facial tissues (constant nose blowing) has all but ceased.

Pretty amazing, given that I’m someone with lifelong allergies and I work in a building that is notorious for its poor air quality.

“It’s nice to be back to normal again, and I’ve almost forgotten what it’s like. I will be smarter going into next winter, and will not allow myself to be left without a supply of the colostrum or the WW.

“You know what’s really remarkable? Given all the testimonials in your literature and my own past experience, I actually knew the colostrum & the WW would do the trick. Sometimes I just amaze myself.”

Don’t kick yourself, James... you DID ultimately figure out a pretty good solution, it seems to us. And we appreciate you passing it along!

Speaking of the possibility of apparent benefits of Real Willard’s Water (RWW), or Colostrum, or whatever, being simply a placebo effect... you know, it was “all in your head”... the benefits.

People often ask me if that couldn’t

Doesn’t think placebo effect would end sneezing dozens of times daily, or cease the need for facial tissues.

explain the benefits of something as unusual as RWW. I always say it’s possible, and I’d be amazed if that didn’t happen sometimes with some people.

HOWEVER, that’s where the various reports on RWW’s use and benefits on animals and crops and gardens get real interesting.

I imagine it could be possible that some of the higher level animals, and especially pets who have a real connection with their owners, might respond to it positively simply because the owners told them they were going to feel better. But very few farmers and ranchers actually go out in their fields and barns and talk to their crops and their livestock... but we’ve heard again and again about healthier crops, greater yields, and healthier livestock from farmers and ranchers who have used RWW in their operations and have been amazed at improvements they’ve seen. We don’t think it’s likely the placebo effect in those cases. We’re not saying that proves it would have the same effect even on the next farmer’s field, or the next rancher’s cattle, but we don’t think when it seems to work in particular situations that it can be called a placebo in those particular situations. That’s not scientific prove of anything, but it does convince this old Iowa farm boy that it wasn’t working on the soybeans, or the apple orchard, or the cattle through some placebo effect. Just like I’ll never believe my wife, Kolleen’s, initial experience with RWW was a placebo effect... not after she got switched to an imitation and it quit working, and then started working again when I switched her back to the REAL WW without telling her. Check it out on our website under RWW Info—One Person’s Story.

Our liquid colostrum James referred to is our Item No H-2 Alpha Whey PLUS. It’s the one that’s more “concentrated”, so you get more out of the same amount as the regular Alpha-Whey. And the Real Willard’s Water that James used was the Dark. Just thought I’d clarify exactly which products James was talking about.♦

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printed/mailed version.



### ***“Let Her Decide Herself...”***

“My mother has always been one of the most energetic and independent women I’ve ever known. She just never seemed to run into anything she couldn’t handle. She had five siblings, and has survived them all. Also,

lost her husband, my Dad, back in 1983, and more friends than I can remember. So many losses would leave a ‘lesser’ person feeling sorry for themselves, depressed, or just bitter. Not her. She just keeps going. Kept taking meals to extended family members and others who needed help into her early 80’s. Then she had a bad fall, resulting in a pretty serious head injury. She seemed to recover from that, but started having more problems.

“She has finally ended up needing to be somewhere that she can get whatever help she needs. But how do you tell someone like her that she should give up her own place and move into a nursing home? I couldn’t figure it out.

“So I asked for help. I prayed and gave thanks every night for weeks that if she would be better off staying permanently in the wonderful home she’d gone to for physical therapy, SHE would come to that conclusion herself.

“She kept asking me when she could go home. Same question every day. Numerous times a day. I kept saying the doctor didn’t know yet. Need to see how the therapy goes and how strong you can get.

“One Saturday she asked again. I said the doctor still didn’t know. She said, ‘I’m not sure I wouldn’t rather just stay here. I have more fun here. There’s more people to talk to and it’s just homier here.’ Even though I had faith that such a decision could be made by her, with help from above, I still have to admit I was astonished. But she’s never looked back or changed her mind. Was just anxious to get her things moved out of her apartment! Talk about answered prayer!”♦

*Editor: You’re invited to share your stories of unexplained help, Forks in the Road, or other inspiring stories, for this column, anonymously if you choose.*



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



### **From One Dog Show**

**Friend to Another** — “L.L.” told us she was led to Real Willard’s Water via a friend from a dog show. L.L. said the friend, “told me about the REAL Willard’s Water.

“Her American Eskimo had allergies, until she tried your water. My Papillion has had bladder stone surgery and I need to monitor the urine pH. Also, itchy skin.

“No more itching, massive hair coat and the last blood and urine lab test showed a perfect pH balance and normal thyroid level, etc!

“Thank you and I thank my friend. I don’t understand why it does what it does, but I’m drinking it too, along with my two dogs and six cats.”

**Got Cellulite?** — Knowing how tough cellulite is to reduce or eliminate, we never talk much about the numerous people who have told us over the years that their cellulite has been greatly reduced since they started regularly drinking Real Willard’s Water. We never figured out why, until we began to see reports that cellulite is linked to toxins that can build up and create that “orange peel” look to the skin. We’re NOT experts on this (or anything, for that matter!) but we wonder if the oft-mentioned-by-natural-experts’ ability of RWW to remove toxins from the body might be somehow involved in these reports of cellulite reduction. We don’t know, but, we do know that RWW can’t hurt anything, and we also know we’ve heard some complaints from long-time customers of ours who were upset we didn’t tell them about this possibility sooner, or at all, before they discovered it themselves! ♦





# More Product Highlights & Updates from Charlie

## Big Benefits Reported for Lawns, Gardens, & Crops Also Implicate Human Benefits?

Nothing we are aware of is more effective or cost-effective for any kind of growing plants, than our/your old friend, REAL WILLARD'S WATER ("RWW"). People who have seen it perform can't believe that it simply isn't automatically used, every year, by all farmers/gardeners/nurseries/etc. "Why aren't they using it?", they ask.

We try to explain that such people are often quite careful in adopting some new technique or product, particularly if it is difficult to understand and it isn't advocated by the ag colleges, the chemical companies, their lenders, the Extension people, etc.

Worse, the relative few individuals within such groups who ARE open to such things, are well-known in their local areas, so they have long been hounded by a host of well-meaning folks offering every novel thing under the sun. So those few are possibly even a "harder sell", than their conventional brethren. So, long ago we concluded that we didn't have nearly the resources to pursue that particular market. But, as someone who grew up on an Iowa farm, I (Charlie) find that semi-painful. I know that it would be so beneficial to them, that I feel like something of a traitor, in not promoting it to them. But we can only do what we can do, and getting it to individuals for their own health benefits is even more important, or so it would seem.

### WHAT DOES IT DO FOR A GROWING PLANT?

Well, just about everything... folks who use it see more luxuriant growth, better resistance to drought and other stresses, healthier plants, more productive plants, etc. And it is extremely easy to use. For example, on house plants. First, it is, as with any plant application, almost impossible to "use it wrong". What we do here in our office is add 1/2 tsp. of concentrate to each gallon of water that we use on the house plants here. And that is what they are watered with all the time. A person could certainly get by with even less... Mix it even "weaker", or use the RWW in the water only every second or third watering. But we can certainly testify that what we have been doing has given us very exceptional plants.

We've long maintained that indeed, you couldn't mess it up, when giving RWW to a plant... No apparent way to hurt the plant. Just to prove that to myself, I watered an

African Violet for a YEAR, with the same solution we DRINK... an ounce to a gallon... obviously, MANY times the amount of RWW needed.

Did it hurt the plant? Hardly. Grew like crazy... Huge amount of stems and leaves. Did NOT ever slow down to make any blossoms, but it certainly grew. That was mixing it twelve times as "strong" as we normally use the RWW here on plants. And what we normally use is doubtless many times stronger than what we COULD use and still have great benefit to the plants.

### WHAT ABOUT GARDENS, LAWNS, TREES, SHRUBS, ETC.?

You COULD use that same 1/2 tsp. per gallon of water that we refer to above, which means a quart of Dark WW concentrate will treat a great many growing plants. However, farmers typically use an ounce of concentrate per ACRE (about 44,000 square feet) on typical field crops, and apply that only once or twice during the growing season.

When you reduce that to the proportionate amount that would then be required for a small garden, it just gets ridiculously small. If it were my garden, I'd probably use that 1/2 tsp. to a gallon dilution and apply that on perhaps every second or third watering. Really doesn't matter how much you dilute it—you are simply trying to get so much of the concentrate on a certain amount of plants.

For example, the farmer spraying it on the foliage of a growing crop. If it is being "flown on", applied by a spray plane, then the application rate of the spray might, perhaps, be 2 gallons an acre, so an ounce of concentrate would be added to the tanks for every two gallons of water. If a tractor-mounted sprayer, there might be ten times that much spray applied to each acre, so then the correct mix would be an ounce of concentrate per 20 gallons of solution in the spray tank. The strategy for the farmer is to mix it with something else he is already going to spray on the crop... Which means that the cost of applying the WW is zero, since he is going to make that pass over the field anyway. Another thing he will normally do, is cut down by perhaps one-third, the other active ingredients he is applying, since the RWW will increase their uptake by

### Implications for People?

"What about people's absorption of nutrients?" We're often asked this when people learn about the need to reduce fertilizer amounts with RWW use since the plant sometimes absorbs the fertilizer so much better with RWW that it might take up too much nitrogen and burn its roots.

All we can say is, "yes, a lot of natural health experts have concluded RWW significantly improves nutrient absorption and assimilation in people and that's just one of the benefits they report."

To some people, RWW's demonstrated enhancement of nutrient absorption in plants is just more tangible evidence of what RWW can do.

the plants. If the other item he is applying is a chemical fertilizer containing nitrogen, Dr. Willard ("Doc") always said that fertilizer should be reduced by two-thirds, since the RWW could increase the absorption of the nutrients in the fertilizer enough, that if applied at the full rate, the plant's roots might be "burned" by getting too much of the nitrogen. Given the one-third to two-thirds reduction of the other sprays, the savings in those other sprays will typically much more than pay for the cost of the RWW... so the farmer is ahead already, and he gets the other benefits of the RWW free!

If you don't have one of our tabloid newspaper-type publications... "The Dakota Dialogue", handy, you might want to ask us for another copy. Many pages of that are devoted to plant and animal uses.

We've been talking, thus far, about what would be called "foliar feeding"... spraying the foliage of the plants. And that is certainly the way that most WW is used on plants.

However, **SPRAYING OR SOAKING THE SEEDS** that you are going to plant, not long before planting them, is certainly a good way to get them off to a very rapid start, and increase the germination rate. Also, in transplanting plants, giving the roots a good soaking with a "stronger" solution... perhaps twice the normal human drinking solution... putting two ounces of concentrate in each gallon of the water you are using is recommended.

One of the more dramatic reports we've

ever had come from some friends who had planted potatoes and simply wet the pieces of seed potatoes before they were planted . . . did that to a portion of the seed potatoes and not to others . . . then noted which hills of potatoes came from the treated seed and which did not. The yield differences were HUGE! And that is all they did . . . in that “test” they ONLY treated the seed.

Another way to use it of possible interest to farmers and gardeners is to **SPRAY THE BARE SOIL** in the fall with a WW solution after the crop is off it, and before winter. This is reported to “work on” the soil during the winter, improving the quality of the soil and making nutrients in it more available. This would typically be done with that “ounce per acre” solution in the case of a farmer with large acreage . . . if on a small garden, you’d doubtless do it at many times that rate.

### **WHAT TO USE .. DARK OR CLEAR?**

On plants, always the Dark . . . The carbon-based materials in there are extremely useful to the plant . . . even at those very low concentrations. The only farming operation I ever heard of using the Clear was one in which the main point of adding the RWW was to make a microbial solution perform much better . . . and we suspect that the Dark actually would have been even better, but the people doing it got started with the Clear and were so amazed by how beneficial THAT was, that they looked no further. The microbial solution contained some strains that were developed by a foreign-born genius and they did indeed do wonders for the growing crops. However, the person who was providing the farmers with the microbe solution WITH the RWW mixed in it, said later that, after he found out how much better the “bugs” worked WITH the RWW than without it, that if he didn’t have access to the RWW, he wouldn’t even mess around with the microbes.

Looking back over this hastily-written thing, it is very disorganized and certainly not as helpful as it probably could be. But the important message for readers is, as expressed by us many times in trying to describe it to questioners. “You can spend the next twenty years figuring out the exact most cost-effective solution to apply to your carrots, or daisies, or bell peppers, or soybeans, or whatever . . . On YOUR soil, in YOUR area, YOUR latitude, etc. But I can pretty much guarantee you that once you figure that out . . . if you put on one-tenth that much . . . You’ll still notice significant benefit . . . And if you put on twenty times that much, you won’t hurt anything . . . doubtless will work even better, But probably not as much “return”... experienced users may say, “yes, only five bucks back for every dollar spent, instead of fifty!”

## **Summary From Experienced Users**

### **Grain & Forage Crops With Liquid Fertilizers As A Side-Dressing:**

Mix water-fertilizer solution as you normally would except use only 1/3 as much fertilizer in the solution. Then add 3 ounces of Real Willard’s Water (RWW) Concentrate per every 50 gallons of water-fertilizer solution.

(Note: There are two reasons for reducing the strength of the fertilizer application. First, to reduce costs. Reducing the fertilizer by 2/3 and adding the inexpensive Dark RWW results in a large reduction in input costs.

Second, if you use what is generally considered the “normal” amount of commercial fertilizer, the plants, influenced by the RWW, may take in the fertilizer in too large quantities, actually “burning” the tiny roots in the process.

The “reduce by 2/3 rule” is only a general guideline, of course. Each situation is unique. For your own use, cutting back a lesser, or greater, amount may prove to be even better. Your own experience will be your best guide, long-term.)

### **Spraying Growing Crops (Foliar Feeding)**

**Aerial Spraying** — Experienced users suggest the DARK RWW Concentrate in a ratio of 10 oz per 20 gallons of water, then applying two gallons of that per acre.

**Non-Aerial Spraying** — Users suggest 2-1/2 oz of the DARK RWW Concentrate per each 25 gallons of water in the sprayer, then spraying this solution at the rate of 10 gallons per acre.

(Note: the amount of actual water per acre isn’t important... use whatever it takes to make the spraying equipment work correctly. But mix it and apply it so you are putting on about an ounce of concentrate per acre, as in the examples above.)

### **Preparing Seeds for Planting (Field Crops or Gardens)**

Mix 2 oz of DARK RWW Concentrate per gallon of water and spray the seeds with that solution until they feel moist. Mix well. In a few minutes, they will become dry and can be planted or stored for future planting. Or seeds may be placed in the soil and then sprayed very lightly with this same solution.

Users report that either treatment results in much faster germination and a higher rate of germination, and plants that grow much faster than those from untreated seed.

### **Plants, Trees, Shrubs**

**Watering the growing plants** — Use DARK RWW Concentrate in the ratio of 1 oz to 24 gallons of water. Water every 4-5 weeks with this solution. Use regular water, as needed, between applications.

**Transplanting Seedlings** — Mix 1 oz of DARK RWW Concentrate to one gallon of water. Spray the roots and adjacent soil until moist, then transplant. (If the soil has recently been fertilized, use a solution only 1/4 as strong... one ounce to four gallons of water.)

**Rooting Cuttings** — Mix 1 oz of DARK RWW Concentrate to 1 gallon of water. Place the cuttings in this solution until properly rooted.

### **Gardens**

#### **Gardeners Tend to Use RWW Two Ways...**

1. **Treating the seed before planting** with a solution made up of 2 oz of DARK RWW Concentrate and one gallon of water, and

2. **Spraying the foliage** from once, to once a week, during the growing season with a weaker solution.

**How much weaker of a solution?** Some people mix up the regular solution recommended for general use (one ounce to one gallon of water) then they put one or two ounces of **that** solution in a **gallon** of regular water and water the plants with that.

#### **Reminders Re: All Above Uses:**

Remember, RWW is an extremely flexible and forgiving substance. There is almost no way to “do it wrong”.

The appropriate range of application is extremely broad. You should get excellent results using very little, and likely even better results using more.

The only **caution**, again, is, if **using nitrogen fertilizers**, reduce the amount of that fertilizer by 2/3 to be certain the plant’s increased absorption of nutrients, including the fertilizer, doesn’t result in burning the plants roots.