

# Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.willardswater.com ♦ April/May 2010

## 34% to 39% Reduction in Violent Incidents From Supplementation with These Nutrients

Giving supplements of omega-3s, vitamins and minerals to prisoners may reduce the number of violent and aggressive episodes in prisoners. That was the finding of a new study conducted in The Netherlands.

The study found that supplements containing vitamins, minerals, omega-3 and omega-6 fatty acids were associated with a 34% reduction in violent incidents. The study was a randomized, double-blind, placebo controlled trial with over 200 young adult offenders in it. It was published in *Aggressive Behavior*.

Interestingly, a 14% **increase** in the number of reported incidents in participants in the placebo group of the study were reported by the Dutch scientists, led by Ap Zaalberg from the Dutch Ministry of Justice.

“The prospect of influencing aggression and rule-breaking behavior with nutrients in moderate doses is important enough to warrant further research,” wrote the researchers. “This is particularly true as adequate supplementation may also have beneficial effects on mental health and cognitive functioning,” they added.

Despite the reductions in violent incidents, which were documented by the prison staff, no significant differences were reported by the prisoners themselves when asked to rate their aggression or general health. “Yet the results in terms of a substantial reduction in reported incidents seem promising, as this outcome measure in particular may have practical relevance,” wrote Zaalberg and co-workers.

Professor Michael Crawford, director of the Institute of Brain Chemistry and Human Nutrition at London Metropolitan University, said that the study follows from a study in England by Bernard Gesch at Oxford University, which found that supplementation of young violent offenders with fatty acids and micronutrients **reduced violent offenses by 39% or more**.

Dr. Gesch’s study was a double blind, placebo-controlled clinical trial, which used the outcome measure that was used by the UK Home Office and Prisons to assess behavior for legal purposes such as parole. “The measures were pretty robust”, said Crawford.

The area of fatty acid supplementation and aggression was described as “an important development, and about to become more important” by Professor Jack Winkler, director of the Nutrition Policy Unit at London Metropolitan University. Winkler said the Zaalberg study extended the data of Gesch and confirms the basic finding: “A good diet reduces aggression,” he said.

With only 200 participants, the Dutch study would still be classified as small, Winkler said, and “skeptics” have already “nit-picked it on methodological grounds”.

Answers may be forthcoming, said Winkler, noting that Oxford University researchers are currently conducting a double-blind, randomized, controlled trial at three locations and planned to include 1,000 subjects. The study is funded by the Wellcome Foundation and supported by the UK Department of Justice and Prison Service.

could be “milestone research” the research that “will finally make the world take seriously the connection between diet and mental health, in all its forms.”

Crawford added that the link between diet and aggressive behavior “makes sense on the basis of evidence of links between major depression, suicide and homicide reported by Dr. Joseph Hibbeln at the National Institutes of Health in the U.S. and, of course, our stuff demonstrating the absolute dependence of the brain on the long chain essential fatty acids.”

We always find it exciting when additional research comes out that validates what so many natural health authorities have been saying for decades. And, when such research could make a significant impact on such hard-to-deal-with problems as aggression and other behavior problems, it is exciting indeed.

We also find it amazing how many studies keep coming out indicating more and more benefits of omega-3s. We always remind our readers that natural health experts who have come to understand **Real Willard’s Water**, have uniformly agreed that it definitely helps the body to absorb more of the nutrients it takes in—from both food and food supplements. So, given the RWW is also known to be harmless, it seems only logical to us, to give oneself the additional edge by drinking RWW regularly to boost one’s body’s benefits from any supplements taken, and the very food you eat. We also provide very high quality omega 3s in our **Omega-3 Fish Oil** softgel capsules (**Items J-391 and J-392**), and in our **Flaxseed Oil** softgels (**Item J-77**). Flaxseed is a very fine non-fish alternative for vegetarians or those allergic to fish. ♦

Commenting on the research, Pro-

Winkler said, in his opinion, this

## All 3 Products Here—continued from page 3

I (Charlie) can't resist telling you about my wife Kolleen's conversion to the Dark... she'd always said she'd never drink that—it looked too yucky. That was until the day we first met Doc Willard in person. We'd had a fascinating and intense conversation with him from 7 a.m. when he picked us up at the airport all through the day... about 5 o'clock Kolleen sort of sunk into a couch they had at the plant (the Willard's manufacturing plant where we were visiting), saying she felt mentally and physically exhausted...like a computer with an overload.

Ever the considerate host, Doc asked her if she'd like a glass of his water and she said that would be just fantastic. What she didn't know was that Doc always drank the Dark, and that was all he had mixed up at the plant for drinking... so he came back with a TALL glass of his Dark water and presented it to Kolleen... there was just no gracious way to tell Doc it was too yucky, so down the hatch it went! Surprise! *She really liked it!*

We then learned from Doc about gout and blood sugar problems reportedly benefiting more from the Dark... Kolleen was pregnant at the time (it was the first day of the last month of her third [and final] pregnancy). During that pregnancy she'd developed gestational diabetes, which we'd been told would result in the baby being taken early by C-section, because her blood sugar would go too high at the end and endanger the baby.

After hearing what Doc had to say about the Dark, she switched to it that day, and her blood sugar started coming down. She went full-term, and had no problems whatsoever.

We never explained it to her OB/GYN, but I did feel sorry for him when he stammered around one day, trying to convince me that what he'd told us would usually happen, really usually *did happen*. He said he had no idea why it didn't in Kolleen's case.

I assured him I believed him and we were just glad to be an exception, but I didn't tell him WHY I thought that exception had occurred! (He was a very conventional sort of M.D., and he simply wouldn't have believed the explanation, so I decided not to put him, or us, through the frustration of such a conversation!)

Note of Clarification: When Kolleen was first "presented" with that tall glass of dark RWW by Doc, it was the Triple X version, since that's the only dark he had available at the time.

It wasn't too long after that, however, that he finally had his "New & Improved Dark" perfected. We switched to the "New Dark" as soon as he had it available and have stuck with it as our personal choice ever since.

By the way, Kolleen was told her blood sugar would return to normal after she had the baby (that's what normally happens) BUT that she should expect to be diabetic by her 40s. She also has a family history of diabetes.

Well, she turned 59 in March of 2010, and has never developed diabetes.

Again, as we always remind people, one person's experience doesn't prove anything scientifically. But you better believe nobody's ever convincing us to quit drinking Real Willard's Water! We believe, given all we've seen, we'd be "fools" to give it up. ♣

## Encouraging: Even 4 Pounds Lost = Big Gain

Was that headline confusing? Well, here's what we were trying to say. Most people get discouraged if they are trying to lose weight and find it "slow going".

It's easy to give up when progress seems to be so slow as to "not even count". But, don't give up!

A recent study found that losing even as little as 4 pounds, could cut hypertension (high blood pressure) by 8% in middle-aged people, and by 11% in those over 50. That's pretty impressive. We'd even say encouraging.

Of course, even greater weight loss is even more beneficial for blood pressure, but it still means every pound lost is worthwhile. The 8-year study found that losing 15 pounds reduced high blood pressure risk by 21% in middle-aged people. People from 50 to 65 years of age who lost 15 pounds saw a 29% risk reduction.

We think this is especially noteworthy in that most people find it more and more difficult to lose weight, as they get older. Well, at least every pound you lose as you're getting older, seems to do you even more good!

As you'll read elsewhere in this issue, many people on diets have said they do even better on them when they add **Real Willard's Water** drinking to their daily routines—especially the **Dark Real Willard's Water**. That's what they say. ♣



## Trivia & Tidbits . . .

1. What was the nightly rate for a double room at the Waldorf-Astoria Hotel in New York City in 1933?
2. How did the term "the 400" come to mean wealthiest of society in 1892?
3. Fred Newton did the world's longest swim, 1,826 miles, in what body of water?
4. How many feet of fabric are there in a bolt of cloth?
5. When a knight of yore wore a panache, what was he wearing?
6. What is measured in nits?
7. ZIP code stands for Zone Improvement Plan? What's ZIP to bankers?
8. How long does it take to hard-boil a three-pound ostrich egg?

AND THE ANSWER IS...

1. A double cost \$9; a single \$6, a suite \$20.
2. It was the number of people Mrs. William Astor's ballroom could accommodate.
3. Mississippi River, Minneapolis to New Orleans, 1930. It took him 742 hours, 1826 miles.
4. One hundred and twenty feet.
5. Plumes of feathers atop his helmet.
6. Luminance. A nit is a unit of brightness equal to one candlea per square meter.
7. Zero Interest Payments.
8. One hour and 45 minutes.

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## PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

### We are Now the ONLY Source of ALL 3 of Dr. Willard's Waters. We've Added the "Triple X"! What's "Best"?

Dr. Willard (affectionately known as "Doc") perfected 3 versions of his catalyst. The Clear, Dark, and Triple X. All marketers but us can ONLY offer the Clear and the Triple X, because we have always been the only firm authorized to carry the Dark.

Actually, Dr. Willard called the Dark the "New & Improved Dark", because it was his third and final version of this catalyst, and was his improvement over the Triple X. Some people refer to the Dark as "the best of both worlds", because it equals the catalyst effect of the Clear (the Triple X doesn't), and it also has the additional nutrients and minerals extracted from glaciers, which are present in the Triple X, but just barely there in the Clear.

Doc Willard considered it a victory when he finally was able to make a dark version in as strong a catalyst as the Clear. The Triple X version is less than 45% as strong a catalyst as the Clear or the "New & Improved Dark". (We just refer to what Dr. Willard called the "New & Improved Dark" as the "Dark", for simplicity sake.) Since the Triple X is only 45% as strong a catalyst it need to be mixed 2-1/4 ounces of concentrate per gallon to equal the catalytic effects of the Dark, or of the Clear. (And that's assuming the Triple X hasn't been improperly bottled by some third party rendering it less effective.)

Doc did acknowledge that if you mixed the Triple X at only 2 ounces to a gallon, you would have a catalyst effect that could be considered "pretty good or good enough" as Doc put it, so most marketers simply say the Triple X should be mixed 2 ounces to a gallon, without explaining that to equal the Dark or the Clear, it needs to be mixed 2-1/4 ounces to a gallon. We want people to know their options, so we spell it out in detail.

Additionally, since the Dark is a stronger catalyst than the Triple X, it seems to create a situation where the **"whole is greater than the sum of the parts"**. In other words, even if you mix the Triple X at 2-1/4 ounces to a gallon, which should then create a catalyst equal to the Dark or the Clear, we've had users tell us

that it doesn't seem to quite equal them anyway. The penetration seems somewhat less, and the impact for some people is less. Everyone's different. Thousands of people LOVE the Triple X, and we certainly regard it as a perfectly fine product. However, we believe in telling anyone who asks, what the whole story is, and the whole story is that for a lot of people, the Dark is simply preferable to the Triple X, or the Clear. It comes down to an individual choice. But, we do know Doc regarded the Dark as his finest accomplishment.

The Dark and Clear are close to identical as far as the molecular change they make in water go. (As long as they've been bottled at the Willard plant--check out the Buyer Beware information on our site to get more details on this.) That's because nearly all of the water's unusual characteristics are from the molecular change it makes in the water you add the concentrate to, rather than from the minerals and other nutrients which make up the dark material.

HOWEVER... There are some differences that apparently do result from the greater concentration of those nutrients in the Dark.... most often, people tell us that they simply like the Dark better. They find themselves thinking about wanting some of it at various times of the day, whereas with the clear, they simply got on a schedule to remember to drink it at a particular time or times. Some people even say they *crave* the Dark. Many natural health experts say that any time a person craves anything, it indicates they have some sort of a mineral deficiency...since the Dark is dark due to minerals in it, that could explain why some people sort of crave it, who didn't crave the Clear.

Also, very consistently, people with blood sugar problems — whether it's high blood sugar or low blood sugar — have told us that the Dark has worked even better for them than the Clear. Ditto that for people with gout. And, since gout is a type of arthritis, we've often wondered if perhaps anyone with *any* type of arthritis might not prefer the Dark, but we haven't heard from as many people in that situation who have actually tried both, to be as

sure that more of them would feel the Dark worked better. However, it does seem to us that most of the people we have personally talked to who have any type of arthritis and are using RWW, are using the Dark.

And a lot of people have said they think they get even a little more energy from the Dark than the Clear; and people using the water along with any of our weight loss and energy supplements have very consistently said they felt that the Dark boosted their results even more than the Clear did. (We've heard that from people who started out with just the supplement, then added the Clear RWW and felt the supplement was working better for them; and then, finally, they switched to the Dark RWW, and they say they saw an even greater improvement in their results.)

But, there are a few cases where we believe the Clear is the best choice... For example, Doc Willard always said anyone using the product in their eyes (the mixed-up-gallon, not the concentrate), should use the Clear. So, for those of you who spray your tired, and/or red eyes with it, you may want to keep that spray bottle filled with the Clear mixture. Same goes for anyone using it as an eyewash, or as a contact lens cleaner. Doc suggested that because he said, in theory, if any of the nutritional items in the Dark or Triple X ever came out of solution, it might be a somewhat larger particle than would be desirable in your eye. As a practical matter, we've never seen that problem occur, nor had Doc, but he always felt it was much better to err on the cautious side, and we agree.

Also, if a person has lots of allergies, or sensitivities to about everything, it would seem to make sense to at least start out with the Clear—there's just less in it to react to, or be sensitive to.

And, from an aesthetic standpoint, some people simply find the Clear more appetizing looking, or they believe others in their household will...in that case, it makes a lot more sense to use the Clear; if you get the Dark, and nobody will use it, you've just wasted your money.

*(Continued on page 2)*

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It is used for address information in the mailed version.



### The “Snow Angel”

“P.M.” sent us her “Snow Angel” story. “One Saturday in November of 2008, I was walking my 2 dogs. They are rescue dogs from the shelter—a mother and her puppy. The mother was terribly abused and afraid of everything. I had them a long time before I could even take them outside. They each had a new harness on and the harnesses were not snug enough. Suddenly, something scared the mother and she broke out of her harness and ran loose. Against all odds, the puppy also broke loose and ran in the opposite direction. It was a high traffic area.

“I had noticed just before, a young woman doing a power walk not far from us. She reminded me of a snow angel because her shoulders seemed so broad for her size. (Snow angel is when you lie in the snow and spread your arms like wings and thereby imprint the snow with an angel figure.) She went out in the road and spread her arms (wings?) to stop traffic. Just in time, too, for the

puppy had run into the street and into the path of a car. The young woman stopped the car just in time. Then the puppy ran back to me.

“I asked the young woman if she would hold the puppy while I looked for the mother dog. I found the mother dog near my house and carried her safely inside. When I went back the young woman said that she would come with me and the puppy to make sure we were safe. She did. I kept telling her “you are an angel and thank you”. She only smiled. I had wished I had something to reward her with, but somehow nothing seemed appropriate. I hope the compliment was enough.

“I walk that same path every day and have never seen her since—nor had I ever seen her before that day. I believe the message was to keep them more secure and now when they go out they each have a collar with a lead and harness with a lead.” Seems like a message of love and protection, too, doesn’t it?

*Editor: We invite you to share your miraculous/unexplained help/fork-in-the-road stories with us, for sharing with others in this column*



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



### **Anxiety Attacks** — “S.W.” tells

us that her anxiety attacks are much better when she uses Real Willard’s Water regularly. She says she’s been using the RWW for 20 years... but she gets to feeling better and quits using it... eventually she feels worse again, and then goes back on the RWW and gets better again. She recently started on it very regularly and it has made a “huge difference” for me. She’s very, very pleased with the improvement. And we’re pleased for her!

### **No More Prednisone for this Dog**

— “D.K.” told us her dog had been on prednisone for 4 or 5 years for extremely itchy skin. He’s now 7 years old and after going on Real Willard’s Water (in his drinking water), he’s no longer on prednisone. And doing very well. She says all her

animals drink from the same bowl because they all want the Real Willard’s Water. That’s two dogs and two cats that all cast their votes for Real Willard’s Water! And we all know dogs and cats have good judgment!

**No Asthma in 2009** — That’s what “N.S.” told us... she had no asthma problems in 2009, for the first time in her life. And she’s well into her adult life. She credits her use of Real Willard’s Water with that very positive change.

And on a lighter note, she also told us that if you ever have tough meat, you can fix it even after you’ve cooked it, if you soak it in Willard’s Water for while! She just puts the RWW on it and lets it soak a little bit, and they end up nice and tender. I guess you may have to re-heat the meat after such a “soaking”, but that’s a minor problem compared to tough meat!





# More Product Highlights & Updates from Charlie

## People's Favorite Reasons for Using RWW

It's always difficult to

"narrow down" what we've been told from users as to what they think RWW has done for them. But, we do know what we hear again, and again, and again, and have heard over and over for years. So we've compiled a list of the Top Reported "Favorite Reasons I Use Real Willard's Water":

Keep in mind, just because a lot of people say something affected them in a particular way is NO PROOF that it did, or will again. But, in the interest of passing along why a lot of people use Real Willard's Water ("RWW") regularly, we've compiled this list of Users' Favorite Reported Uses.

Also, this does NOT mean that RWW is a treatment for ANY of the conditions listed -- or ANY OTHER health condition.

As we understand it, RWW has several unusual characteristics which may have an impact on how the body does certain things.

One example is that it helps the body absorb more nutrients than it otherwise would... which may mean a person with night blindness may see that improve after regular use of RWW, because they are absorbing more Vitamin A from their food or food supplements. Another person who bruises easily may see their bruising reduce, as they absorb more Vitamin C from their food or food supplements. People might conclude that RWW is good for night blindness and bruising--but it really did not have anything directly to do with either problem--both problems improved simply because the person's absorption of nutrients improved.

For more on the RWW's characteristics go to the page on our web site ([www.willardswater.com](http://www.willardswater.com)) entitled

### ["What IS Real Willard's Water?"](#)

We also see the fact that different people often report that they love RWW for a reason that is the opposite of someone else's favorite use as further evidence that it's NOT a drug or treatment of any kind -- some may love it for their HIGH blood sugar coming into balance better while using RWW, while others may love it for their LOW blood sugar coming into balance.

As I said, we have always seen this as further evidence that RWW is NOT a treatment for anything. It simply, via its unusual characteristics, seems to help one's body come into better balance and function--at least that's our layman's opinion. And, in fact, even Dr. Willard himself used to say that it seemed to him to result in just that ... normalizing the body's functions.

Here's that list of Favorite Reasons People Use RWW, mentioned before.

◆ **ACNE** (both drinking RWW and using our Aqua Gel topically have been reported as favorites for this)

◆ **ARTHRITIS** (both drinking the RWW and using our Chinota Gel made from the RWW for instant, but more temporary, topical relief)

◆ **ASTHMA** — we've heard this very, very often. It's quite common for people who have suffered with asthma for a long time to say that after they started drinking RWW, the frequency and severity of the asthma attacks gradually decreased. Many of them say they get to a point where such attacks really become rare for them.

◆ **BLOOD SUGAR** Both high and low blood sugar have been reported to come "into better balance" when RWW is used regularly. Again, that does NOT mean RWW is a treatment for either of

these things--or anything else, as explained elsewhere. This is one of the uses for which those who have reported on it have consistently said that the Dark RWW version seemed to have even more impact than the Clear RWW.

◆ **BRONCHITIS, CHRONIC** as well as occasional

◆ **BURNS & SUNBURNS** when using either RWW as a spray, or our Aqua Gel made from RWW for greater convenience

◆ **COLDS & FLU** reported to be far less frequent by regular users of RWW--perhaps their immune systems have somehow improved?

◆ **COLD HANDS & FEET** reported to be far less frequent by regular users of RWW--perhaps their circulation has somehow improved?

Like many changes, this is a change that's often easy to overlook. Once a problem isn't a problem any more, we often don't notice it went away—you don't notice what isn't there.

But when a friend of ours told us he'd noticed his life-long cold hands and feet weren't cold any more after he'd been drinking "the water" for a few weeks, it made my wife Kolleen and I realize that HER cold hands and feet weren't cold any more either. And neither of us had thought about it, but when Phil brought this up, we both started laughing... both realizing that for years if her cold feet wandered over to my side of the bed during the night, and touched me, I'd sit bolt upright in bed from the shock! And that hadn't happened since not long after we started drinking RWW regularly!

◆ **CONSTIPATION** --RWW is not reported to work in any way like a laxative.

However, users report that after regular use (some for not very long) they no longer deal with the chronic or very frequent bouts of constipation that they used to have. The "New & Improved Dark" (usually referred to as simply the "Dark") version seems to have the greatest effect in this regard.

As noted below, RWW is also reported to work well for people who have had problems with diarrhea. We often hear of RWW being loved by different people for seemingly opposite reasons. We see this as further evidence that RWW is NOT a treatment for anything--it simply seems that as a result of its unusual characteristics (again, you can find more of this at the page entitled [What IS Real Willard's Water](#), on our web site) it seems to help the body achieve more "balance", hence seeming to help with opposite problems.

◆ **DIARRHEA** -- RWW is NOT reported to work as any type of immediate treatment for diarrhea. RWW is NOT a treatment for anything.

However, users report that after regular use (some for not very long) they no longer deal with the diarrhea problems that they used to have.

As noted above, RWW is also reported to work well for people who have had constipation problems. It's not uncommon for RWW to be loved by different people for seemingly opposite reasons. As we said before, we see this as further evidence that RWW is NOT a treatment for anything--it simply seems that as a result of its unusual it seems to help the body achieve more "balance", hence seeming to help with opposite problems.

◆ **DEPRESSION** seems like an odd "favorite use" for RWW, however there have been reports of even animals' moods seeming to improve with regular use of it.

One of the Patents on RWW, for instance, was for reducing cannibalism in chickens -- calming them down and reducing the fighting amongst them.

Dogs have also been reported to display improved behavior when using RWW regularly.

People have often said their depression has lessened, anxiety has decreased, and moods have improved. One woman summed it up with the fact that her co-workers noticed she smiled and laughed more when she was using RWW--they could tell when she'd quit using it at times.

◆ **ENERGY**

◆ **ECZEMA**

◆ **FIBROMYALGIA**

◆ **HEMORRHOIDS**

◆ **INDIGESTION**

◆ **MENOPAUSAL SYMPTOMS**

◆ **MIGRAINES** — as with a number of other problems, migraine-sufferers often say their migraines gradually became less frequent and severe until they were far less of a problem overall than they'd been before RWW.

◆ **MUSCLE SPASMS** -- both regular drinking of the RWW, and topical use of the Chinota Gel, made from RWW and Chinese herbs, are said to help. For more information on this, see our "One Person's Story" page on our web site.

◆ **PERIOD PROBLEMS** whether it be Irregular Periods, Painful Periods, PMS, bloating, or whatever

◆ **PMS**

◆ **PSORIASIS**

◆ **RESPIRATORY PROBLEMS**

◆ **SINUS PROBLEMS**

◆ **SKIN PROBLEMS** of almost any kind--rashes, acne, and much more; from drinking and using RWW topically and/or the Aqua Gel made from the RWW.

◆ **SLEEPING BETTER** — we really do hear this a lot. And here's another oddity. Some people deliberately drink RWW before going to bed, because it helps them sleep. Other people never drink it near bedtime because they get so much energy from it, it keeps them awake.

But no matter what time people drink the RWW, they often say they find they sleep better than they did before. Perhaps it's another sort of "balancing of the body's systems or functions". We don't know and won't pretend to know why it seems to have this affect, but we sure know we hear it very often.

◆ **STRESS** -- dealing with it better. Some people say they can tell it's better because they do less "nervous eating". Also, even chickens have been reported to be calmer when given RWW--and we doubt it was just "in the chickens' heads"!

We're not kidding about the chickens... way back in the 1980s a large poultry producer in Canada had treated the chickens in one of the hen houses and not in the others. They kept getting "false alarms" from the alarm system in the hen house with the chickens that were getting the RWW.

That alarm system was designed to let the operators know when the chickens were "in trouble"... it would go off if they suddenly became less active... less nervous pecking and fighting, because since chickens are normally extremely nervous creatures, if they aren't nervous it usually indicates a problem... suffocating or something.

Well, the chickens getting the RWW were not in any kind of "trouble". In fact, the records showed they were healthier than the other chickens. But they WERE a lot calmer! And that's why the alarm system in their house kept going off and giving false alarms! So, if you feel calmer when you're drinking RWW, don't assume it's just in your head. It could be, but we don't think it was just in those chickens' heads!

So that's my rundown on how fellow RWW fans like using "the water". ◆