

POSSIBILITIES. ♦ ♦ ♦

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

Vitamin Lowers Parkinson's Risk

Researchers have concluded that a diet rich in Vitamin E may help decrease the risk for developing Parkinson's disease, according to their analysis of various studies.

Researchers in Canada conducted a meta-analysis of studies from 1966 to March 2005 to determine whether vitamin C, vitamin E, and beta carotene could decrease one's risk for Parkinson's.

Combining the results from eight studies, the researchers found diets high in vitamin E appeared to decrease the risk for Parkinson's disease. Vitamin C and beta carotene did not have the same risk-lowering effects show up in the study.

Analysis of another study shows synthetic vitamin E supplement does not have the same effect as dietary vitamin E. Researchers believe this may be due to synthetic vitamin E being less "bioactive" and, thus, less able to penetrate the brain. Another possibility is vitamin E may be less effective after Parkinson's symptoms become present.

The researchers decided that vitamin E

does appear to lower the risks of Parkinson's, but they could not reach a conclusion on supplemental vitamin E.

Editor: Since natural health care experts have been pointing out for decades that synthetic vitamins (those produced in a lab) are not recognized by the body in the same way as natural vitamins, which the body does recognize, it seems obvious to us that the reason synthetic vitamin E didn't show the same results as dietary vitamin E, is *because* of the fact that the body *doesn't* recognize it, and use it in the same way it does *natural* vitamin E, or any other natural vitamin or other nutrient.

We think a study comparing the effect of natural vitamin E to synthetic vitamin E would be very interesting!

We also can't resist pointing out that health experts have also said getting Willard Water into one's body helps the body to make even better use of all the natural supplements one uses, since it helps to break down those supplements better and therefore get them absorbed much better than without that "WW". ♦

All New... Check It Out!

We've just launched our totally updated website, and we think you'll really like it! Depending on which browser you use, it may be a few days before the new site shows up on any particular person's computer—so just keep checking until you see the new one. This one doesn't have a black background, so that will let you know right away if you've gotten to the new one.

We now have all the products on our order form available from our online store, with at least brief information available on all of them. We even have some products in our online store that *aren't* on our order form.

We also have some of the products broken out into groups such as "joint support products", "digestive care products", etc. Such classifications should make it easier to find products you might like, than having to know which products you might want to try without any classification indication.

The new site now has an "actual shopping cart" type store—our old one was a "shopping cart" when it was launched a few years ago, but times have changed, and so have the latest options in such online shopping.

We will be adding more to the site in the coming weeks... including more information, and our monthly newsletters, which we hope to have available online soon.

Check it out! Same address as before: www.willardswater.com.

Let us know what you think! We mean that. We'd love to hear suggestions from our customers on ways we could improve our site. After all, many of you probably spend more time online than we do and you may have some very good ideas which all our customers could benefit from... so let us know what those good ideas are! ♦

Have You Heard About ICE? Have You Done It Yet?

There's a new system, that emergency personnel are trying to get everyone with a cell phone to use. It's call "ICE", which stands for "In Case of Emergency".



Paramedics will turn to a victim's cell phone for clues to a person's identity and to find out who to notify about the victim's situation. Their job can be made much easier, and victim's families can be notified much sooner, if everyone implements this simple idea they are promoting.

All anyone needs to do is to add an entry in the contacts list of your cell phone under ICE, with the name and phone number of the person that emergency personnel should call on your behalf, if you are in their care. This could save the emergency personnel a lot of time, and have your loved ones notified quickly.

Paramedics know what ICE means and in most areas of the country and in Europe, we understand they check cell phones for it immediately.

Add it to your cell phone, **NOW!** ♦

Tension Headaches Cut Almost By Half

Frequent tension headaches? Research shows a little “needling” may be what you need.

Researchers in Germany tested acupuncture as a treatment for tension headaches and found it was effective at reducing the number of headaches for patients.

Researchers also found it did not really matter which kind of acupuncture you got or if the acupuncture was done on specified acupuncture points.

Researchers tested the method using three groups of men and women who had headaches. One group received traditional acupuncture. One group received minimal acupuncture (needles inserted only superficially into the skin at non-

acupuncture points). The last group was not treated at all.

Patients who received traditional acupuncture reported suffering seven days less of headaches in the four weeks following treatment. Those with minimal acupuncture had 6.6 fewer days of headaches. The control group reported suffering 1.5 fewer days of headaches.

Very few side effects were reported among those who received acupuncture. Headaches, dizziness and bruising were the most common complaints.

The study authors say the location of acupuncture treatments does not matter among headache sufferers. The study revealed acupuncture is comparable to

results from other successful headache treatments, though the authors cautioned acupuncture is sometimes associated with strong placebo effects.

Editor: We don't know that it's better to use the correct acupuncture points, but let's just say we'd want that ourselves, if at all possible, when having acupuncture.

Also, given the results of this study, and the one we reported on recently in which acupuncture helped knee pain, in addition to the people we've known who have benefited from acupuncture, we wouldn't think its benefits were likely due to a placebo effect. In fact, we've never heard anything but positive on acupuncture from anyone we know who's had it. ♦

For Your Health... Chocolate? That's Right! A

recent study found that a daily bar-sized treat of flavonol-rich dark chocolate could reduce blood pressure and improve insulin resistance. Prior studies suggested that flavonoid-rich foods, such as fruits, vegetables, tea, red wine and chocolate, might have cardiovascular benefits, but this was the first clinical trial to specifically look at dark chocolate's effect on lowering blood pressure among people with hypertension. Flavonoids are natural antioxidants found in many foods from plants. Researchers in Italy studied 20 people with high blood pressure. The week before the study, all the participants avoided all chocolate and other flavonoid-rich foods. For the next 15 days, half ate a 3.5 ounce bar of flavonoid-rich dark chocolate daily, while the other half ate the same amount of white chocolate. White chocolate was a “perfect control” because it has all the same ingredients as dark chocolate, except no flavonoids.

Researchers found a 12 mm HG decrease in systolic (top number) blood pressure and a 9 mm HG decrease in diastolic (bottom number) blood pressure in the dark chocolate group after the 15-day study. They also found the dark chocolate group had a considerable decrease in several measures of insulin reduction. There were no changes recorded in the white chocolate group.

Jeffrey Blumberg, Ph.D, senior scientist at the Jean Mayer USDA Human Nutrition Research on Aging at Tufts University in Boston, said flavonoid-rich foods should be included in a healthy diet, with dark chocolate a part of the effort, along with fruits, vegetables, and whole grains. ♦



An Aspirin A Day? A

new study found the current common practice of doctors telling all healthy elderly people to take a low dose of aspirin a day to prevent heart attacks and strokes, may be harmful. The study found it can increase the risk of serious bleeding.

Australian researchers evaluated the effect of the low doses of aspirin on 20,000 people older than 70 with no cardiovascular disease. Results showed the benefits are offset by increased instances of serious bleeding. While more than 700 heart attacks may have been prevented, more than 1,000 people experienced excess gastrointestinal bleeding. Check with your doctor about this if you're on an aspirin a day. ♦

Trivia & Tidbits . . .

1. Ann Turner-Cook's portrait has been the symbol for what well-known food product for over 50 years?
2. What nation produces two-thirds of the world's vanilla?
3. Wild rice isn't rice. What is it?
4. How many calories are consumed during an hour of typing?
5. What earthly creature has four “noses” and 3,000 tiny teeth?
6. What animal is believed to have the best hearing?
7. How much does the skeleton of the average 160-pound body weigh?
8. How many fat cells does the average adult have?

AND THE ANSWER IS...

1. Gerber's baby food.
2. Madagascar, the world's fourth-largest island (after Greenland, New Guinea & Borneo).
3. A coarse, annual grass native to shallow, marshy lakes and streams.
4. 110—just 30 more per hour than are consumed by sleeping for an hour.
5. The slug.
6. The barn owl—its dish-shaped face enables it to receive sounds like sonar.
7. About 29 pounds.
8. Between 40 and 50 billion.

ON “THE WEB”!

www.willardswater.com

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

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

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



PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

Antibiotic Dilemma? Possible Options?

Three different articles caught my eye in recent months. All were about antibiotics.

We've all heard about the problems of "germs" becoming immune to various antibiotics due to the widespread use of them, and repeated use of them.

Well...

The first article to catch my eye was about kids and ear infections. The headline said kids could recover from ear infections without antibiotics. I'm sure that would be news to a lot of people.

The article said research done at the University of Texas Medical Branch at Galveston showed children with "non-severe ear infections *can* recover without antibiotics".

Specifically, it said, "66% of children with non-severe ear infections who were given pain medication and monitored by their parents recovered *without* prescriptions".

The success of the watchful waiting approach is welcome news for doctors who are looking to stop the overuse of antibiotics, which has bred new strains of bacteria that are more difficult to kill, the article said.

After evaluating the severity of the infection, the parents of children chosen to receive no antibiotics were given information about the risks and benefits of a non-antibiotic treatment regimen, and were also shown how to manage their child's pain and how to recognize signs of the infection getting worse.

The study included 223 children between ages 6 months and 12 years. Some were randomly selected for watchful waiting, while others received immediate treatment of antibiotics.

Here's what really caught my eye: Children treated immediately with antibiotics did recover faster; however "after 10 days of treatment, bacteria from their nose were more likely to be drug resistant". That caught my eye because I think most people believe it

takes more than 10 days, and likely more than a one-time treatment regimen to cause bacterial resistance to an antibiotic. This would seem to indicate that just isn't the case.

The second article that got my attention was one about antibiotics and respiratory infections.

This article talked about a study that showed patients with lower respiratory tract infections, such as bronchitis, who were given antibiotics had little difference in symptom relief compared to those who did *not* take antibiotics.

Background information in the study said that 55% of prescriptions in the United States are given for acute bronchitis and pharyngitis. Experts have agreed to try to limit antibiotic use in acute lower respiratory tract infections, but recent reviews have different conclusions about the need for antibiotics. There have also been concerns of complications that may arise from not prescribing antibiotics.

Paul Little, M.D., of the University of South Hampton in England, and colleagues examined the effectiveness of three different antibiotic prescribing practices on symptoms. The study included 807 patients who were assigned to receive no offer of antibiotics, a delayed antibiotic prescription, or immediate antibiotics. Then one half of each of these groups were given an information leaflet to look at its effect on symptom management and where it provides additional benefit to just verbal information.

The leaflet did not have an effect on main outcomes. Also, compared with no offer of antibiotics, delayed or immediate antibiotic prescriptions did not alter cough duration or other primary outcomes. Finally, the practice of delayed or no antibiotic was accepted well and considerably reduced antibiotic use.

Mark H. Ebell, M.D., of Michigan State University in East Lansing, said this study showed a couple of very important findings:

◆ Antibiotics provide little or no benefit for patients with cough that is accompanied by lower respiratory tract symptoms, provided the patient does not have pneumonia

◆ Doctors should tell patients regardless of whether they take antibiotics that they can expect their cough to last at least three weeks

◆ By prescribing antibiotics for these cases, doctors are training patients to expect these.

The third article that caught my attention was the one from the Associated Press this week on the FDA ban of the use of the antibiotic Baytril in poultry because of concerns the drug could lead to antibiotic-resistant infections in people.

All of which got me thinking about the number of people (including me, my wife, our kids, our granddaughter, and many other customers and friends) who have reported using natural things like Colloidal Silver and Colostrum to get over various infections. Remarkably, nobody seems to become immune to them, since some of us have been using colostrum, for instance, since about 1983 and still find it to be very helpful in recovering quickly from infections, and also if taken regularly, to seemingly not "come down with something" we know we've been exposed to, if we take it regularly.

Let me emphasize, I don't have any credentials to let me make any hard and fast statements about whether or not these things actually work... I just know what I've seen and what other people who I trust have told me they've also seen. And certainly these statements haven't been reviewed by the FDA either, but since the studies I've written about here have found that antibiotics aren't always necessary and since a person can seemingly get resistant to them in as little as 10 days, I think I'll make sure my family and I continue to avoid them whenever possible, so if some day we *really* need them, they'll work. ◆

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“I HEARD MYSELF SAY IT”...

“Sometimes when we ask for guidance from above, we get it in unusual ways.

“My father traveled in his work, but this was by car back in the 1950’s and 60’s — long before cell phones made it easy to stay in touch on the road. Since long-distance calls were very expensive back then, he just called home every Wednesday night. When he didn’t call one Wednesday night, and still hadn’t by Thursday afternoon, my mother could no longer hide her concern from my sisters and me. She was understandably very worried.

“I know she always prayed for guidance when she was worried about anything and this time was no different. She did that, and then after awhile she went to the phone. She asked for the long distance operator (operators still placed all those calls)... intending to ask for the call to be placed to the hotel Dad normally stayed at in the town she knew he was scheduled to be in, but instead she asked for the name of a

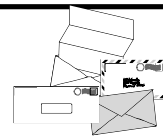
hotel in a city he would have left days before that. She didn’t even seem to recognize her error, and said later, she’d just ‘heard herself say that’. The operator rang that ‘wrong hotel’ in that ‘wrong town’, and asked for my Dad. The desk clerk said he was taken to the hospital some days before, and gave her the name of the hospital. She called and found out my Dad had lost consciousness in the hotel lobby when he’d been hit with a relapse of an illness he’d picked up while serving in the Pacific in World War II. Nobody had notified her because he’d told them not to, because she’d just worry. He’d forgotten, because of the time lost while he was ‘out’ that Wednesday would have come and gone without his call, so she would already be worried.

“Like I said, sometimes guidance comes in very unusual ways, but it certainly makes clear someone’s watching over us all.” — A Regular Reader

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



E-Mails, Mailbag & Phone Calls. . .



Mononucleosis & More — “C.L.” emailed us recently: “I love your products but you make it so personal I feel like I am ordering from a wise friend. ‘Sally’ is doing wonderfully by the way. She has been on the **Colostrum** (Item H-1 or H-2) non-stop since she had the mononucleosis bout in 12th grade. She is now in her 2nd year of grad school for physical therapy and will graduate next May with a Doctorate in P.T. Couldn’t have done it the way she was heading until we found you and your advice on the Colostrum. P.S. She has maintained a 4.0 the entire 6 years of college so far.”

Reading Glasses No More — “J.S.” told us that after she’d been using Strauss **Heartdrops** (S-100 or S-101) for two weeks she didn’t need her reading glasses any more. We wonder if that’s connected to improved circulation?

Getting it Right— “F.S.” emailed to tell us she had received the Real Willard Water she’d ordered from us, and “I want to say a HUGE THANK YOU! I finally got the right Willard's Water and have had Great Results from your product! I have made it a point to warn others about the site that proclaimed to sell Willard Water, that made me SOOO sick. Thank You so very much for your understanding, support and help. I ...will remain a faithful customer of a Company that not only sells a great product but has EXCELLENT people working to help others. My heartfelt Thank You to each of you!”

Going Backwards is Good — in this case, anyway. “J.M.” called to say she was getting new glasses—needed less of a prescription since using “**Eye-Vite**” (Item J-115) for a few months. Yes, going back that way is good!



More Product Highlights & Updates from Charlie

Better Vision; Minerals & Her Left Foot; Other Strauss Items; Pets & Real WW; New Weight Loss Possibility

I THINK MY EYES ARE GETTING BETTER, TOO! I reported last month that Kolleen's vision was definitely better after a couple of months of taking our Eye-Vite product (Item J-115). Also that mine at least wasn't getting worse. Now, I'm pretty sure mine is also improved, although when it is such a gradual process it is hard to be 100% sure. There are a lot of things wrong with my eyes. I've worn glasses since I was about seven. Have always been near-sighted, plus a couple of astigmatisms. And something sort of "mechanical" happened in my left eye about 15 years ago. The ophthalmologist tried to explain it but all I really remember was that it was unlikely to get worse, and the only procedure that COULD help it was about as likely to make it worse as better. Left me with a band of hazy vision in that eye, and a lot of big floaters. That eye has been bad enough that I've been concerned about passing vision tests for my driver's license, even with my glasses.

The last couple of years my vision has been notably troublesome . . . Glasses really need replacement. I have the "continuous curve" substitute for trifocals and have had no change of prescription for at least ten years. Glasses have been bent up several times so don't really position right on my face. They were awfully spendy when I got them and I assume the cost has at least doubled since then. And just taking the time to get anything done is an issue.

Well, sitting in a line at a drive-through this morning, I realized that *I could see things across the street very clearly!* With both eyes!

Maybe I'm kidding myself, but I don't think so. I've been taking the Eye-Vite for a number of months, basically to just keep things from getting worse.

Do let us know how YOU are doing on the product. Since the mention last month, customers have purchased a LOT of it. So we're anxious to hear from them.

MINERALS ARE THE BASIC BUILDING BLOCKS . . . At least that's

what my vocational ag teacher tried to teach us back in about 1951, and he was right on the mark. We've heard a great many reports, over the years, of obvious benefits people have experienced coincident with using one mineral product or another.

One such product which we carried for a number of years is GOLD STAKE. We never sold much because it was very pricey, and to us it seemed obvious that it was far from a complete mineral supplement, so it made no sense except as something to take if you had some fairly nasty health problem. We heard a lot of stories about people recovering from various very serious illnesses coincident with faithful use of the Gold Stake minerals . . . but we couldn't sell it that way. If we were to say that we regarded it as strictly a therapeutic thing rather than just your basic mineral supplement, we'd be sticking our necks out, even though it probably was the truth. . . I mean we DID think that about it, and tended to downplay it as simply an everyday mineral supplement . . . even though the company which provided it DID try to make a case for it simply as a good supplement.

All of which has little to do with THIS story. Kolleen, my wife, took it for many years, because the left side of her left foot right at and below the ankle would predictably stiffen up whenever she quit taking the Gold Stake, so she did indeed take it most of the time, even though it cost at least \$40 for about a month's supply.

She realized only a few days ago that she has not had the problem with "the left side of her left foot" since shortly after she started taking the excellent Daily **Coral Calcium** with Magnesium and Vitamin D (Item J-203), between 2 and 3 years ago. There has been a lot of controversy about coral calcium in recent years, none of which, in my opinion, is relevant to the great Daily product, and a good many of our customers are taking the J-201 or J-203 each day . . . Including, of course, Kolleen and me. I DO regard those products as complete mineral

products, and the price (roughly \$25 a month at the full amount) is affordable for most of us. Along with the Willard Water, colostrum, Strauss Heartdrops and Daily B-Vitamins and Vitamin C, they would be the last supplements I'd give up if forced to make tough choices.

WHAT ABOUT THOSE "OTHER" STRAUSS PRODUCTS?

A really large number of readers are, like Kolleen and me, faithfully taking the Strauss Heartdrops, because we all believe they are most helpful at cleaning out our arteries. (We aren't CLAIMING they do that . . . We're just telling you what we BELIEVE, what the Strauss company believes they do, and what a great many users believe they do. But no one here is a health professional and most of the people taking the product aren't either, so "consider the source" . . . just non-professional opinions.)

Some are also taking the "other" Strauss products. Before the border restrictions that came as part of the aftermath of "9-11", the Strauss Company exported a goodly number of other products into the US. Now, there's a lot of "red tape" involved on each product they want to "clear", so they've done that only with the most popular ones . . . About a dozen. And there is space on our order form for only four of those . . . The Heart Support capsules, the Bladder/Prostate Support caps, the Kidney/Blood Pressure Support caps and the Thyroid Support caps. Do ask us for the entire available list, if interested.

We haven't "pushed" these products because they are, for supplements, from a non-MLM source, VERY spendy, if you take them at the recommended amounts.

BUT READ ON!

Each bottle contains 100 caps, but the directions invariably say to take NINE per day, which means that we go through a bottle in about eleven days. So they become something like \$75 to \$95 per month. Which, of course, if they were to solve the problem they are aimed at, they could still be a real bargain.

We have, in recent weeks, had a

number of reports from people who have taken a MUCH SMALLER amount of a Strauss product, and who say they have still seen very noticeable benefits.

Now the sensible thing would still seem to be to BEGIN with the full recommended amount for one to three bottles. Doing that, a person should find out for sure if they really ARE an answer for them. If you take less, and notice nothing, you still don't really KNOW. But if you DO notice help, then you can always back down . . . To six or three (or ONE, per one particular person's experience) per day, and see if you continue to get the results you were looking for. If so, you may have found a product that is not only effective but very COST effective!

We don't have much of a profit margin on these products and it is a modest challenge to get them down here from Canada, reliably, so, speaking strictly business-wise, we shouldn't even be devoting valuable newsletter space to them, but the feedback we've had on these products has been excellent, so we feel obligated to "make you aware".

WILLARD WATER AND PETS.

We've rarely, or never, really put "dog and cat directions" for WW in writing, so here's an attempt:

Our own dogs and cats have had Willard Water steadily since 1981 and they have lived notably long and healthy lives. For them, we've always mixed it at roughly 20% as "strong" as for our own drinking, and that is the only water they get. I typically mix one to two teaspoons of dark WW concentrate into each gallon that goes into their water dishes.

There is no harm in giving them the same "ounce (two TABLEspoons) per gallon" mix that we drink, ourselves, and if a pet were actually ill, I'd consider giving them that stronger solution. If that results in a loose stool, that's your signal that it is more than they need. Of course, if just beginning with them on WW, that could also be "detox signals", and a good thing, but if it persists more than a few days, back off to the suggested, weaker, dilution.

We'd suggest the same solution for rabbits, gerbils, ferrets, etc. Again, if stools are loose, go to even a weaker solution. Birds need it at EVEN weaker dilutions. Commercial poultry raisers use an ounce to 100 to 130 gallons of drinking water. For other livestock, just give us a call for suggestions.

A "first" recently, for us. . . a woman called from Florida who has had pet skunks for many years. We suggested the same treatment as for dogs and cats. I didn't take any notes on who she was . . . If she reads this, we'd like to hear from her as to how it is going with her skunk.

MRS. JB WROTE RECENTLY,
"God Bless you good people. My sister-in-law told me for I don't know how many years to call you about Willard's Water. Kolleen I don't know if you remember the first time I talked with you. I was so doubtful. I just ordered a little bottle. But it helped me right away. I couldn't believe it. That was in 1999 I think. Now I'm using I suppose seven or eight of your things and I wish I could afford more but my social security isn't much and I just have a little pension with that. Everything I have bought has been just real good. Now I'm like my sister-in-law. I try to tell all my friends and they are just like I was—they don't listen to me either, but I keep trying. I am so thankful I finally did talk to you. I'm six years older now but I sure feel a lot better than I did back then."

Our response: "Thank You! It is nice to be appreciated. And we appreciate your efforts in trying to get the message out to others about these helpful and harmless products. People are skeptical, like you were. It often takes a while to convince them."

NEW WEIGHT-LOSS/ENERGY PRODUCT

We used to have a list here of people who asked us to let them know if we ever got another MaHuang product or the equivalent. The FDA banned MaHuang something over a year ago. The decision was reversed a couple of months ago, but the amount permitted in each capsule has been toned down, so we haven't heard much about new products containing it.

But we did learn, just a few weeks ago, of a similar product that looks very promising. Kolleen is taking it, and is impressed. The original "Formula One" product which came out back in 1993 was a winner for her. She went from a size 12 to an 8 in a very short time, and pretty much kept the weight off until the stresses of the '97 flood here. And by that time, the original product was gone and the various knock-offs never seemed to be the same for her.

It is too stimulating for me. I tend to "get wired" pretty easily. But there is a

milder version of it that I plan to try in the near future.

The guy who told us about it is an old MLM vet we've known since the Formula One days. He's lost 16 pounds in 18 days on a very small amount of the product. He is more fired up about this than we've seen him in years and this is a guy who has seen a zillion products and a few hundred MLM programs.

What he tells us is that the formulator of the product is the same guy who formulated the Metabolife product and that guy thinks this is much more impressive. He tells us that the product was sold for 15 months in kiosks in malls, and that 93% of purchasers, re-purchased. Also that the guy who talked the company into taking it MLM is a guy who spent some time talking with company people and checking it all out. Is now at the top of the distributor force, which has been forming for only a couple of months. So few have heard about it.

There are four kinds of ginseng in the product, and that apparently is what is the primary energy provider.

Is there truth in this stuff? Who knows? You know how half-truths and exaggerations can circulate via the grapevine. But we are looking into it. If you are simply interested in the product, give us a call and we'll try to get some to you. If you are skeptical, make a note to call us in 90 days or so and see what we know about it by that time.

WE have a long record of never making much of anything, financially, with MLM companies. We did modestly well with Formula One, but that is really the only exception, for us. However, we know there are people reading this who are interested in energy, weight loss AND would like to get into something that looks very intriguing when it is still new enough to be profitable.

Final note: Are we saying that stepping up your metabolism to lose weight is 100% a good thing? And is it a long-term "answer" for weight? Well, our feeling is that the metabolism thing is probably harmless for most, and if it can help get us down to where we want to be weight-wise, so we can then make some long-term changes to keep that weight level, it is likely positive. I do NOT view it as a long-term weight solution, but certainly can be helpful in conjunction with more basic changes. If you have interest, give us a call. 1-800-447-4793 or, contact us at www.willardswater.com! Call or e-mail on anything else, too! ♦