

POSSIBILITIES. ♦ ♦ ♦

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.willardswater.com ♦ August, 2006

Slowing Mental Decline, Plus 70% Less Risk of Alzheimer's

Older people who get higher amounts of Vitamin E from food, or supplements, may see a slower decline in mental functioning, according to a study published in the Archives of Neurology (July 2002; 59:1125-1132).

The researchers theorized that Vitamin E, which is an antioxidant, may counteract the damage done to brain cells by free radicals, which are byproducts of normal body processes that can damage tissue and have been linked to disease.

According to the study findings, over 60% of the nearly 3,000 study participants showed some decline in their mental function during the course of the study, while 39% had no decline or even improved. The group who had the highest intakes of Vitamin E had a slower decline in mental function than those whose Vitamin E intake was lowest.

There was a 36% reduction in the rate of decline for people in the highest fifth of intake of Vitamin E compared to those in

the lowest fifth. Vitamin E intake included both Vitamin E in food and supplements.

Those with the highest intake of Vitamin E in food had a 32% reduction in their rate of mental decline, compared to those with the least Vitamin E in their diets.

For those taking Vitamin E supplements, the effect on mental skill was only seen among those who received little Vitamin E from their diet, but not in those who already received a lot of Vitamin E in their diet. This suggests there may be a ceiling effect, so if you take more than needed, there may be no further benefit.

The team recently reported similar findings for Vitamin E and Alzheimer's disease. High intake of the nutrient was linked to a 70% reduction in the risk of developing the disease during a 4-year period. Together, the researchers said, the studies strongly suggest that Vitamin E has some protective effect on the brain.

Editor: Our high quality Vitamin E is Item No. J-14. ♦



Bright Side Of The Dark

Ever wonder if there was a reason to sleep in the dark? Well... the human body produces melatonin during sleep—at least when sleeping in the dark. It has now been found that women who work a night shift produce less melatonin and have an increased risk of breast cancer.

The exposure of the eyes to light is critical to melatonin levels. It turns out that blind women have very high melatonin levels and are at low risk for breast cancer. Sleeping more at night also reduces breast cancer risks—women who sleep 9 hours per night have one third the risk of breast cancer as women who sleep 7 or 8 hours a night have. What to do if you work at night? Make sure you get a full night's sleep at one time. During the day, sleep in a very dark room or with an eye mask on. *Editor:* We do have Melatonin again, (Natrol brand); the ninety 1 mg tablet bottle is Item N-101, which retails for \$6.60 & the sixty 3 mg tablet bottle, Item N-102, retails for \$8.40. ♦

Cholesterol? Fish Oil Beats Drug

A recent study found that fish oils are more effective than the statin" drug Lipitor in positively affecting the levels of HDL ("good") cholesterol in obese and insulin-resistant men. HDL cholesterol protects against atherosclerosis by removing excess cholesterol from arterial cells, and low HDL levels can increase the risk of cardiovascular disease, particularly for those who are obese or insulin resistant.

In the six-week study, fish oils and Lipitor were given to 48 men, both separately and combined. Fish oil and Lipitor together greatly lowered plasma triacylglycerols and raised HDL cholesterol levels.

But only fish oil also influenced HDL cholesterol by altering the production and breakdown rates of HDL apolipoproteins. Lipitor did not increase this effect when combined with the fish oils, and did not produce a similar effect on its own.

The study was published in American Journal of Clinical Nutrition July 2006; 84(1): 37-43.

Editor: Our high quality fish oil is Item No. J-39 "EPA", and for those who cannot take fish products, "Flax Seed Oil" (Item J-77) is rich in Omega 3's (the key item in fish oil). ♦

Childhood Obesity Link

The amount of overweight adolescents has doubled in the last 30 years. Pediatric endocrinologist Robert Lustig, M.D., from the University of California, San Francisco, Children's Hospital, blames the Western diet. In research published in *Nature Clinical Practice Endocrinology & Metabolism*, 2006; 2, a review of obesity research says that high-calorie, low-fiber foods are making kids fat by creating a hormonal imbalance that encourages them to overeat.

Dr. Lustig says Western food has taken on an "insulinogenic" atmosphere, marked by too much fructose consumption and too little fiber consumption.

Insulin decreases the activity of a hormone called leptin, which regulates appetite, increases physical activity, and contributes to a general feeling of health. Dr. Lustig reports when kids are in a state of leptin resistance they eat more food and are less active.

Dr. Lustig also says the problem is not that kids are choosing to eat poorly, it's that parents and schools are presenting poor choices to the children.

"Young children are not responsible for food choices at home or at school, and it can hardly be said that preschool children, in whom obesity is rampant, are in a position to accept personal responsibility," Dr. Lustig commented. It would seem advisable for schools and parents to present more high fiber and lower calorie options. ♦

Trying to Connect with a Dementia Patient? Ask Advice or to be Taught

A new study has found that older dementia patients who may lose their memories are still able to give important advice and to take on the role of teacher.

Researchers from three universities (Florida State, Long Island University, and George Washington University) conducted two studies on older adults with moderate to severe dementia.

In the first study, researchers interviewed 14 patients with an average age of 82 who had early to advanced dementia. They asked participants to talk about things in their life like children, marriage and church. They later asked them for advice on the same topics. For example, researchers said, "I am thinking of getting married. What advice can you give me about getting married?"

Results show dementia patients were more coherent, informative, and focused when they were asked for advice compared to when they were simply asked about the topics.

In the second study, 12 adults in their 70s and 80s — half had dementia and half did not — were given a booklet of pictures to guide them in teaching someone a simple recipe. Both groups suc-

ceeded in teaching students to prepare the recipes, but those with dementia needed more prompting to finish the task.

Researchers said they believe dementia patients were able to give advice and teach a cooking lesson because they were able to draw on knowledge they had used when they needed these skills as parents or mentors. This type of knowledge doesn't decline as much as recent memory.

"Giving those with dementia opportunities to give advice or teach others could help break the cycle of learned helplessness and improve self-esteem and well-being" reported Katinka Dijkstra, assistant professor of psychology, Florida State University in Tallahassee. "Awareness of these preserved abilities may also make it easier for family members to deal with the situation of 'losing' their family member to dementia or Alzheimer's disease."

The studies were published in *The Gerontologist*, 2006;46:357-366.

The dementia patients did better in giving advice on a topic than in simply discussing that topic...

Supplements Only Work If They Are Taken... 5-Year Study Finds!

That's the truth! A study conducted by researchers from Australia concluded that there was no difference in the risk of fracture between two groups of people in their study—those who took 1200 mg. of calcium daily, and those who took placebo tablets. EXCEPT they did find that the "compliant women" (those who actually TOOK the calcium supplements more than 80% of the time) WERE significantly less likely to suffer bone fractures.

The study was done to see what could be done to help women with bone loss after menopause.

At the end of the five-year study, researchers found (as we told you above) there was no difference in the risk of fracture between the two groups. But then the researchers discovered only 56% of the women in the group receiving the calcium actually took their pills 80% or more of the time. The compliant women, who took them at least 80% of the time, were less likely to suffer a bone fracture than women in the placebo group (10.2% vs. 15.4%). The researchers concluded that as a widespread public health approach, calcium supplementation "cannot be recommended as the way to prevent fracture in older women. They do say, however, for women who are compliant, the use of calcium supplements is a safe and effective way to reduce the risk of bone fractures. *Archives of Internal Medicine*, 2006;166:869-875.

Editor: !!!!! We wonder if the study were done on a drug to reduce fractures, if the "conclusion" would have deemed the drug ineffective if it was only ineffective for those who did not take it as prescribed?

When speaking of bone loss in women, we feel compelled to mention the many studies cited by the late John Lee, M.D., which found natural progesterone (ours are Items HP-J, HP-1P, and HP-2) to be so effective against bone loss—better than calcium or about anything else. Our calcium products are Item J-25, J-201 and J-203.

Trivia & Tidbits . . .

1. How many self-portraits did Rembrandt paint?
2. You may remember the Alamo, but what does the word mean in Spanish?
3. Who is 2nd only to Thomas Edison in the number of U.S. patents he holds?
4. What is the basic monetary unit of Zimbabwe called?
5. What was the first commercially-manufactured breakfast cereal?
6. Which is the only bird that can fly backward?
7. What is the name of the protein that holds our skin together?
8. What tree's name contains all five vowels?

AND THE ANSWER IS...

1. Almost 100—that are known.
2. Cottonwood.
3. Edwin Land, inventor of the Polaroid camera.
4. The dollar.
5. Shredded Wheat, made by Henry Perky in 1882.
6. The tiny hummingbird.
7. Collagen, which is the most abundant protein in the human body.
8. The sequoia s.

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

Scientific Testing of Willard Water; Cancer Questions; Some Philosophizing of Sorts

“SCIENTIFIC TESTING” OF

WILLARD WATER Quite frequently we get two types of questions which really get the same basic answer. One is from the skeptics, “If it is so good, show me the results of the studies that have been done to prove that is”. The other is, “My God, this product is incredible. Based on what I’ve seen for my health, and my wife’s and my cousin’s (who introduced me to it), you could sell it as a remedy for _____ or _____ or _____. Why don’t you?”

The answer runs along like this: To prove to Food & Drug Administration (FDA) standards that Willard Water, or any other product, is effective for use on any one specific health condition, requires hundreds of millions of dollars and about 7 to 10 years of testing. Neither we, nor the Willard family firm, has ever had hundreds of millions of dollars to prove that Willard Water will help a reasonable number of people with any one particular problem. To say nothing of proving it for the myriad of problems that people report have improved after they began using Willard Water. So those tests have never been done because it’s been impossible.

However, as we often tell people, lovers of Willard Water may want to count their blessings that such tests have NOT been done, because if they had been, there’s no question that whoever funded such tests would have to get back their investment by charging far more for the product than is currently charged. No, if some very large firm DID spend all the time and money to do those tests, there is no way anyone would be buying it for ten bucks a month. (That’s about what it costs one user, purchasing a gallon of concentrate at a time, and consuming it at the typical 32 oz per day of the mixture, for a month’s supply at our current prices.) Try a hundred dollars a month; or two hundred. Or whatever. That doesn’t mean that many of us wouldn’t pay that much for it if that was the only way we could get it, but we’re certainly thankful that isn’t the case and it is at an affordable price.

The other way such testing could get done would be if a large drug company or chemical company, which had gotten complete control of Willard Water, so it would be the sole beneficiary of such testing, spent a huge amount of money to prove that it would help people’s bodies help themselves,

and thereby often make it unnecessary for those people to purchase multiple drugs from them (that firm), which it would have huge investments in, and make large profits on, would decide to do so. However, that is not, of course, likely to happen, since such activity and expenditures contrary to the financial interest of such a firm would likely have the firm taken over by the government and placed in receivership, to protect the interests of that firm’s stockholders!

We do NOT, of course, represent it as a cure, preventive, treatment, or whatever, for any particular health problem. However, it seems clear to us and countless other users after nearly a quarter century of experience with it that it DOES help our bodies “work better” in several different ways, so it never surprises us when someone calls or writes and reports that, “coincident with faithful drinking of the WW” they have noticed some health improvements. However, we regard that as “the body healing itself”, just as it often does when given proper exercise, diet, state of mind, etc. We believe that WW helps to achieve the body’s better functioning through its reported abilities to increase the body’s absorption of the nutrients it needs, and to better eliminate the toxins and wastes it needs to get rid of, along with improved free radical scavenging, and better reduction of inflammation and swelling—such as the reduced joint swelling of arthritis sufferers, for instance, to name just a few of the ways it may help the body help itself.

CANCER ISSUES. Quite often someone will call and ask, “My sister just now got a cancer diagnosis. What should I tell her about alternative treatments?” We normally ask, “Is she heavily into nutrition .. Into alternative therapies of any kind?” If the answer is that she simply buys a fourth-rate “multi-vitamin” at a discount store, our best answer is, “Unless she has no insurance and no way to afford the mainstream treatments, and she isn’t a believer in the natural approach she is unlikely to choose an alternative treatment. She’s sick and scared and she’s not going to listen to you, unless she believes you are more of an authority than her mainstream doctor(s). And that’s a perfectly reasonable position. One’s health care choices are a very personal thing, and if the person you are dealing with has little or no belief in natural approaches to health they

are as unlikely to choose it over mainstream treatment as you would be to choose mainstream treatment over natural ones, if you’re a real “natural” believer, in our opinion.

If you have other friends and family members who do NOT have cancer, then you might consider giving or lending them the excellent book, “Outsmart Your Cancer; Alternative Non-Toxic Therapies That Work”, by Tanya Harter Pierce. I think you can get it on Amazon.com and we also carry it here. It sells for \$19.95 and if you order it with one or more other items, the shipping is free, because the shipping we charge is just a flat rate—one item or ten. It IS just an excellent book. Certainly not the first such book, but is the most recent that we are aware of (late ‘04) and is very well-written and credible. We consider ourselves very fortunate that we found out about it very early.

Does Willard Water cure cancer?

Not in our experience. If my brother had cancer, and wasn’t already drinking WW, I’d certainly suggest that he do so, because I’m convinced it would help any other non-toxic alternative substance to work better. And it is highly alkaline, which we believe is good in itself. A widely held view in alternative circles is that cancer likes an acidic environment and not an alkaline environment, so drinking the WW would seem to be an obvious thing to do. And given that, it would seem that there might be some “preventive” value in drinking the WW. And it’s also reported to help boost one’s immune system. But as to curing cancer, by itself? For myself or a family member, I certainly would be seeking help in many other directions, because, as I’ve often said the chances of it curing your cancer are probably ‘somewhere between slim and none’. Oddly enough, people have often told us that it seemingly has resolved cancer in their DOGS! Either diagnosed cancer or “apparent” cancer. Why it should apparently do that for a dog and not for us, I have no idea (although dogs don’t have any mental block telling them ‘this crazy stuff can’t possibly work’ ...). And we have no PROOF that it even does it for the dog. We just know there have been a lot of reports over the years.

Also people taking chemo and radiation have reported fewer side effects than expected when using Willard Water. However, we do NOT suggest taking WW at the same time as chemo treatments. ♦



POSSIBILITIES...from NUTRITION COALITION, INC.
For Real Willard Water & "No Nonsense Nutrition"
PO Box 3001 ♦ Fargo, ND ♦ 58108-3001
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Note: This area is blank in the e-version because it is used for address information in the mailed version.



The Answer?

"I struggled much with my father's declining mental abilities. I'd have to say I might have been as angry and frustrated as he was. It just seemed so unfair for this highly intelligent man, who had been so successful in business and many other ways, to now be unable to do simple tasks like adding a group of numbers correctly. I was really outraged by it, even though it wasn't as severe as Alzheimer's it was a loss I could see was painful for him. One day I prayed about it again. This time I found myself actually somehow expecting an answer, an explanation for this injustice. The Answer actually came. And it wasn't at all what I expected.

"I don't mean a voice spoke from the heavens, or wrote this out on a sheet or paper or anything, but a thought came to my mind... a thought I'd never had, and don't believe I'd be capable of having. The thought was that 'even though he can't do some of the things he used to, he's actually better at some of the things he wasn't so good at... like expressing his feelings of love and concern and pride in his great-grandchildren, grandchildren, and even in his own children. He loves playing with the little ones and seems to be

better at connecting with them than he ever was with us, his own kids. It's like he's been freed up to spend his energy and attention on the things that really matter. Maybe the loss of his cognitive abilities has been compensated with this seeming greater ability in these other areas'.... that was the thought presented to me.

"I've often heard it said nobody who is told they have a terminal illness ever says they wish they'd spent more time at work. Pending death puts things in focus... like what's truly worthwhile in life and valuable. It made me think that maybe nature, meaning God, really doesn't make mistakes. Maybe, at least in my father's case, he was better able to somehow build better relationships and memories with all of us, by his not being able to do the things he'd always done so well very well any more.

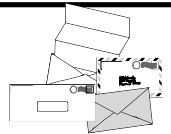
"I told my father all of this and it seemed to ring true with him, too. In fact, he seemed to become less frustrated with what he can no longer do, and more grateful for the things he seems to do better. Indeed, maybe for him it isn't an injustice."

— from a long-time reader ♦

(Editor: You're invited to send your own inspiring stories, for sharing.)



E-Mails, Mailbag & Phone Calls. . .



Energy & Leg Pain Relief — That's what "G.R." told us she noted after using Willard Water. She said she's 90 years old and her legs ached when she walked... but "no more", and she also has more energy.

Dog's Liver Tests — "T.B." told us her dog has to take a medication for a particular condition, and the dog's liver needs to be monitored quite carefully to make sure something isn't building up in it as a result. Not long ago, the test was run and there was a modest elevation of the factor they were watching for, but wasn't considered to be high enough to be a concern. Then she got the dog on Willard Water and just the other day she got the next test and now it is completely normal. So now it is obviously no concern at all!

Dog with Cushings Disease — The "M" family e-mailed us regarding Willard Water: "Darla, our Boston Terrier with Cushings Disease, loves the water. She has lost a great deal of weight, almost 10 pounds, but is already eating better. Thank you again."

No More Skin Rash — Another customer e-mailed us from Japan: "Your product is truly very good. I started to share your product with my cousins, so perhaps they will ask me to order on behalf of them soon.

"My mother once tried to go back to other skin tonic she used to use, but eventually she developed a rash on her face, and she says your Willard Water is the best! Best Wishes!" ♦



More Product Highlights & Updates from Charlie

In Their Own Words... Users Always Say It Best!

No matter how much information is available on a product, there's nothing like the report from an actual user to get other "real people's" attention.

We have so many reports piling up here from users that I've decided to just sort of plug them in here, in their own words.

Problem Boil & Allergic Reaction to Medicine — That was the topic in a letter we received from "D.G.". Here's what he said:

"Last Friday, June 10th, I went to the emergency room because I had a boil on my back that was draining but not healing. The doctor gave me a prescription for Clindamycin. Just reading the list of side effects was enough to scare me to death. Well against my better judgment, I started taking the drug. This past Friday morning I woke up at 2:00 a.m. itching all over and with hives all over me. My wife sprayed me with Benedryl spray and rubbed anti-itch cream on my head. I sure didn't need any Wildroot Cream Oil to keep my hair (all ten of them) in place. We have to wear a hat at work so no one noticed my hair but they were all saying what happened to your face? Anna asked me not to go to work but I went anyway. She called the pharmacist and asked what to do. I was itching and burning all over. The pharmacist said to give me Benedryl liquid. When I got home she gave me two tablespoons and we both took a nap. When we got up, the itching and hives were worse. So back to the emergency room we went. The doctor agreed that I was having a severe allergic reaction to the drug. Why am I not surprised? She gave me a shot of epinephrine and Prednisone tablets plus a prescription for that and two other prescriptions. Three prescriptions and a shot to counteract the effects of one drug, what a joke! When we got home I felt like I was on fire.

Later after I took my shower, which was extremely painful I remembered that I had purchased a bottle of Aqua Gel from you. I and Anna rubbed it on and in 5 to 7 minutes, the fire was gone. So I just wanted to let you know that Aqua Gel is not only good for sunburn but for allergic reactions too."

I have to say we've not heard of Aqua Gel used on an allergic reaction like that before... but we've certainly had lots of reports of it being used on burns, sunburns, insect bites of all kinds, acne, psoriasis, and all kinds of skin problems, as well as on hair, hemorrhoids, and much more. Aqua Gel is Item AG-4.

Help for a Man, and Man's Best Friend — "L.T." called to order a gallon of Real Willard Water. He said he has Type 2 Diabetes and high blood pressure, and that his 9-year-old German Shepherd had been really listless. He went to his M.D. after he'd had the Willard Water for a while and the M.D. wanted to know "what the ___ are you doing?"

The doctor asked that because L.T.'s blood sugar had dropped significantly and his blood pressure was normal. And the 9-year-old Shepherd has perked right up and is now very lively. Needless to say this man and his best friend are both "happy campers".

Age Spots — "M.A.S." told me that she believes Aqua Gel (Item AG-4) is effective on age spots. She said her husband had one the size of a 50-cent piece. Now, after several months of applying the Aqua Gel every evening, it is about the size of dime.

If my memory serves me correctly, I believe other users have told us using the Willard Water in its liquid form has also helped age spots... I believe some even reported that from simply drinking the Willard Water, but I don't know

how long it took when used that way.

Arthritis — "W.F." told us that we could quote him in the newsletter regarding his experience with Willard Water and his arthritis.

He said he suffered for over 6 months with pain in his knee. His doctor said it was a form of arthritis. The pain just kept getting worse and worse. Finally his doctor gave him a cortisone shot which took the pain away for about two months. Then the pain started coming back and it was worse than ever.

His doctor said another cortisone shot probably wouldn't help the pain any more, and gave him pain pills instead, which caused a burning sensation in his stomach.

It was then that he came across our web site and started using Willard Water. In two weeks the pain was completely gone. He has been pain free for almost a year now.

No More Nasal Spray Or Sudafed — That's what "B.S." told us. She said she had been having to use a nasal spray every night and during the day, along with Sudafed at least once a day.

Then she sprayed the Willard Water in her nose. The first time she did it, it was because she was having difficulty breathing and the idea of spraying the Willard Water in her nose came to her. Her breathing improved immediately! And, at the time she called us with this report, she hadn't had to use the nasal spray or Sudafed in over a week and she was "telling everyone about it".

Elderly Cat — "E.M.W." told us her 21-year-old cat wasn't eating and just wasn't himself. She got him on Willard Water and now he's pushing against her and such... she can tell he's

feeling better and she's had the water for only a week (at the time she called in January of 2006). In April of 2006 she ordered a gallon of the Willard Water... we assume that means she and her cat were still very happy with the Willard Water!

Hyper Little Dog — "C.M." told us she first heard of Willard Water on the "60 Minutes" program about it. But it was her hyper little dog that got her to try it first. She said "she was wonderful but a little hyper... she would jump from the front to the back seat and back again in the car and so forth... we got the Willard Water and it seemed to settle her down. So, "my husband and I decided to get on it" and they've been using it every since. Her husband joked from the background during this call that he "doesn't jump between the front and back seats of the car either"! We're betting he was that well-mannered before Willard Water!

Finicky Feline & Canine Eaters, and Help on a Hot Spot — "C.R." e-mailed us about her experience with Willard Water. She'd found us via the "Whole Dog Journal" article on "the water" and wanted to relay her experience. Here it is in her own words:

"I learned about Willard Water from an article in the *Whole Dog Journal* and decided to give it a try. I have a Rottweiler and 2 cats who are fed a raw diet. The Rottie and one of the cats are very finicky, sometimes refusing to eat their food and putting up a fuss. Well, my first experience with WW was amazing. I had filled one of the water bowls with WW and the other I left with regular water. My dog loved the WW and lapped it up, later on that night she was in the room with the regular water, drank a little, realized it wasn't what she had before and went into the room where the WW was!

"Then, I decided to add WW to their food (2 tablespoons to a gallon of water), my Rottie gets a 1/2 cup of WW with her food and the cats 2 tablespoons and no one has refused to eat in the last week which is a miracle. They run over to their bowls and lap up the WW first and then eat their raw meat! If I hadn't seen it myself I never would have believed it.

"So, then I decided to use a more concentrated version on my dog's hot spot and it is clearing up nicely. She has had the hot spot since early spring and nothing has worked to clear it up.

"Thanks so much."

Crohn's Disease, Rash, Toothache, Energy, and Shedding Dog — Amazing what "J.O." observed just in her immediate family. She told us her niece was suffering from Crohn's Disease and for 4 months had had to go to the doctor to get "flushed out" every week or so. She was in severe pain. After taking Willard Water for two days she got "dramatic results" and has been regular since.

J.O. also said her son was playing with his cat that had been running through the woods and got contaminated with sumac poison. Her son's skin broke out in a rash. Cleared up after one spray with Willard Water.

J.O. herself had several aching teeth and after her use of WW the aching disappeared. We don't know why that would be. She also says she's 47 years old and feels like a 13-year-old when she gets up. And her Pug dog quit shedding after using Willard Water. We can't explain that either!

Clearing Skin, Followed by Marriage? — That's the report we got from a Japanese customer of ours. But here's the story, in her own words (via e-mail on 5-2-06):

"My sister's skin condition improved so much (atopic dermatitis) after she started to use your WW, and now she has found a boyfriend probably to marry. We really would like to send many thanks to you."

Her next e-mail, on 6-6-06, said:

"Thank you very much for the greetings for my sister; she is very fine with her fiancé, and would like to place an order of your products."

What can we say? Congratulations and wish you happiness always!

Speaking of romance, we've been asked more often than most of you reading this would guess, if Willard Water is some sort of aphrodisiac. We never thought of it that way. But I have to ad-

mit there have been a lot of user reports indicating it had been helpful in that regard. Sometimes it was the wife reporting that her husband was certainly "friskier" than before, and sometimes it was the husband saying that about his wife.

All we've ever figured out (and remember we're just lay people with a lot of experience with Willard Water, but not health professionals of any kind) is that if you start feeling better in any way, or a number of ways, and you have more energy, or other health improvements, you'll likely have more interest and energy in the "friskiness" department, too. Make sense? As I said, that's the only explanation we've ever come up with for all the people who have told us they're convinced Willard Water is an aphrodisiac. I'm certainly not saying it always works that way, but I am saying there have been a lot of people who have told us they believed it worked that way for them.

What are some of the most common reports we hear—what kind of health improvements? Let me see, off the top of my head, I'd say:

- ◆ Arthritis
- ◆ Acne
- ◆ Asthma
- ◆ Bronchitis
- ◆ Burns, and Sunburns
- ◆ Blood Pressure normalizing for some
- ◆ Colds (fewer & less severe)
- ◆ Constipation
- ◆ Diarrhea
- ◆ Dry Eyes
- ◆ Tearing Eyes
- ◆ Digestive Problems
- ◆ Emphysema
- ◆ Eczema
- ◆ Gas and Indigestion
- ◆ Hemorrhoids
- ◆ Migraines (fewer & less severe)
- ◆ Psoriasis
- ◆ Poison Ivy relief
- ◆ Respiratory problems
- ◆ Sinus problems
- ◆ Ulcers (stomach and skin)

That's my quick list of things I recall hearing very often. That doesn't mean, of course, that Willard Water will always seem to have an effect on the above situations, just that it has often been reported to have such an effect. ◆