

Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.WillardsWater.com ♦ August, 2014

Aging Well Physically, and Mentally

By Ben

Aging. It's an inevitability for all of us. If you're feeling old now, chances are you'll only feel older soon, and if you're young, you won't be forever. I'll say it again...aging is an inevitability.

What is not inevitable, however, is the rate at which we age and how old we feel. I'm 30 now, but I'm not eager to feel a day older than I am, and I'd rather not feel 40 when I'm 35. I'm sure everybody reading this, youngish or oldish, can empathize with my views on this. Age may bring wisdom, but it shouldn't have to rob you of any more vitality than necessary.

The nutrients we take in, I think, and most experts agree, play a pretty important role in how we age. Nutrients are what your body uses to replace old or damaged cells. If you don't have sufficient quantities of key nutrients, your ability to regenerate will suffer.

Furthermore, some nutrients show potential to help rejuvenate what we've already lost. **L-Carnitine** (an amino acid found in small quantities in many protein-heavy foods) is currently the subject of intense study for its role in doing that.

As we age, the mitochondria in our cells start to decay. It isn't as efficient as it used to be, and inefficient mitochondria (which are responsible for producing all the energy in your cells) create more waste byproducts, polluting and damaging the already stressed cells. L-Carnitine seems to have an ample ability to help rejuvenate old mitochondria, repairing it and making it function more efficiently and cleanly. It helps to reverse some of the age-related decline in the ability to build and maintain muscle, which otherwise atrophies into fat.

We sell three products containing the possibly miraculous L-Carnitine:

- ♦ **L-Carnitine** by itself in a 500 mg capsule, Item No. J-74;
- ♦ **Metabolic Factors**, which is a blend of **Choline** (a nutrient necessary for fat metabolism and a

building block of cells), **L-Carnitine** (600 mg), and **Chromium Picolinate**, all in this Item No. J-78; and

- ♦ **Ener-Cell**, a proprietary blend of **Curcumin** (the active compound in turmeric), **CoQ-10** (a nutrient necessary for creating energy in the cell), **Alpha Lipoic Acid** (a helpful detoxifying fatty acid), and **L-Carnitine** (100 mg).

Which should you take? I take both the Metabolic Factors (6 pills, 500 mg L-Carnitine) and Ener-Cell (3 pills, 300 mg L-Carnitine) per day. If you're not inclined to handle a huge number of pills, I'd recommend just the 500 mg L-Carnitine and possibly 2 or 3 pills of the Ener-Cell, because the other ingredients in Ener-Cell are all so good, the combo is a real powerhouse of desirables.

Most of the studies I've read have been at doses of from 500-2,000 mg of L-Carnitine per day, so that's worth keeping in mind. Low doses may not have the desired effect, and anything over 2,000 mg will not be absorbed.

Mental Sharpness. Let's talk about keeping your brain healthy. We all need our brains to be at peak functioning all the time in our busy world. Thankfully, certain herbal supplements seem to have some promise in helping with memory and thinking.

- ♦ First off, and most famously, is **Ginkgo Biloba** (Item No. J-44). This plant works by increasing blood flow to the brain, which seems to help with memory functioning. In addition, some people find it helpful for migraines.

- ♦ Second, we have **Vinpocetine**, an extract from the periwinkle plant, that is very popular in Eastern Europe as a treatment for cognitive decline and is under study to help with Parkinson's and Alzheimer's. Also working by increasing blood circulation, it also shows great promise as an anti-inflammatory agent.



- ♦ Third, we have...our just-discussed friend, **Metabolic Factors** (Item No. J-78). Remember the other ingredients I mentioned? **Choline**, in addition to its role in fat metabolism and building cell membranes, is the precursor to the neurotransmitter acetylcholine. Acetylcholine is one of the kings of neurotransmitters, giving you control over your muscles, helping to learn, and enabling dreams (where memories are consolidated and final learning is done at the end of the day).

Choline is now being used to treat Alzheimer's! Most Americans are deficient in choline, as it's chiefly found in high-cholesterol foods, like the much-demonized egg yolk. Metabolic Factors provides you with FOUR times the minimum amount of choline an adult needs in a day: 2,000 mg instead of 500.

One final caution about Metabolic Factors: the pills are HUGE, and the bottle mandates six a day. If you find them hard to swallow, I recommend chewing them. They taste very tart and citrusy, but not bad. They're worth it, in any case. I choke them down every day, because I believe in them that much.

There you have it. Five products that can help you look, feel, and think younger than you are. They're not the fountain of youth, but I think you may find some value in trying one or two of them. And, as always, everyone here at NCI, always takes all their supplements with Willard's Water, since its ability to greatly increase absorption and assimilation of nutrients is a big benefit in getting as much as possible out of the nutrients you take in, whether via food or supplements. ♦

Decades of Wrong Advice; Questions on Validity of Studies

More evidence mainstream medicine has been advising everyone wrong for decades regarding “good and bad fats”. A new study from the University of Cambridge on the current guidelines of limiting intake of saturated fats and encouraging intake of polyunsaturated fats to prevent heart disease, found those guidelines to be highly questionable and likely flat-out wrong.



The meta-analysis of 72 unique studies with more than 600,000 participants from 18 countries found total saturated fatty acid, whether in the bloodstream or in diet, was NOT linked to coronary disease risk.



And another study, this one by Yale School of Medicine, found 93 out of 96 studies it investigated had discrepancies between the results reported to clinicaltrials.gov and the published results on those studies.

Since 2007, the FDA has required all completed clinical trials to be registered through clinicaltrials.gov. But when the Yale researchers analyzed 96 studies published between 2010 and 2011, they found all but three of the studies had at least one discrepancy between the results reported to clinicaltrials.gov and the results published in high-profile, peer reviewed journals such as the New England Journal of Medicine and Lancet.

The report we saw did not specify what the discrepancies were, but it seems obvious either the information published in journals was wrong, or the information given to clinicaltrials.gov was wrong. Note the comment in Ben’s article on page 3 regarding keeping your skeptic’s hat on when reading “neutral third party” studies of information raising doubts on supplements or praising some prescription drug, as well as when you read information on the benefits of supplements. Things may not always be what they seem in terms of such studies, as well as so many other things in life.

Fertilizer: Supplies Running Low...



Recently, I encountered this alarming bit of news: in addition to all the other natural resources we’re fast depleting (oil, water, etc), it’s said we may run out of accessible phosphorus within 50 years (by some estimates, industry sources claim hundreds of years).

Phosphorus is a vitally important nutrient for every living thing (humans require about 800 mg a day), including plants. Because of this, it’s a vitally important part of every fertilizer, organic or inorganic. And it’s running out.

I’m sure you see where this is going. Without fertilizers, crop yields will fall dramatically, and food prices will skyrocket. Now, there is work being done to try and prevent this problem, with some advocating scavenging it from waste water (one reason we didn’t deplete it in ages past was the routine use of human waste as a fertilizer). For obvious reasons of infrastructure as well as palatability, this has its obstacles.



So what I’m getting at is this: we need to maximize what we get from our fertilizers while scientists figure out solutions for this looming threat. And how do we maximize our return

on investment in fertilizers? Glad you asked. Look no further than the **Willard’s Water PlantCatalyst**.

Willard’s Water has been used by gardeners and farmers for decades for healthier plants, and to increase yields while minimizing the amount of fertilizer needed. This saves money, and helps make sure we don’t use up any more of this precious element than is necessary.

For more details on PlantCatalyst, see last month’s issue of this newsletter, or check the PlantCatalyst information in the Information section of our web site, www.WillardWater.com.



Trivia & Tidbits . . .

1. Who was the prospector to discover gold in Alaska in 1880?
2. In what country was the 1st English language newspaper printed?
3. What is Canada’s highest city?
4. What is the oldest European settlement in the Americas?
5. Where is the Valley of Ten Thousand Smokes?
6. What do the French refer to when speaking of “La Manche”?
7. How many rooms are there in Buckingham Palace?
8. What game is known as ajedrez in Spain & Schachspiel in Germany?

AND THE ANSWER IS...

1. Joseph Juneau—the man for whom the state capital is named.
2. In Holland in 1620, by Puritan refugees from England.
3. Kimberley, British Columbia.
4. Santo Domingo in the Dominican Republic, settled in 1496 by Bartholomew Columbus.
5. In southeast Alaska; name comes from the steam that rises from volcanic fissures.
6. The English Channel. La manche means “the sleeve” in French.
7. 600.
8. Chess.

ON “THE WEB”!

www.willardwater.com

Or

www.nutritioncoalition.com

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

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



PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

Is It True Science Doesn't Support Supplements? Any Opposing Views?

By Ben

You've likely heard of the recent Senate hearing in which TV's Dr. Mehmet Oz was excoriated by Senator Claire McCaskill. During this hearing, the Senator demanded to know why Dr. Oz has touted various weight-loss supplements as "miracles" and why he backs them when there doesn't appear to be scientific support for them. He admitted that, while he believes an effect is there and that he's given these supplements to his own family, and stressed that he has never made money from endorsing supplements, he had to admit that there is not currently scientific support for many of the supplements he's advocated.

This shouldn't surprise anybody. Supplements are in fact under-researched, by and large, because they lack the sex appeal and profitability of studying new drugs. To get a supplement approved by the FDA typically requires huge cash expenditures to do the necessary research, and most companies involved in supplement research and marketing simply don't have the resources. While there are supplements that are exceedingly well-supported (e.g. Fish Oil, Vitamin D, 5-HTP, Garlic), there are many that are only theorized to work (with a great deal of logical support, e.g., most weight-loss supplements and latest and greatest things you hear about). Some of those in the latter group will eventually be tested and proved to work, while others will be short-lived fads and be forgotten about.

That said, it's worth noting that many prescription pharmaceuticals are themselves under-researched, or have deep flaws in their research. The problem with all medical research (including much on supplements, but once again, there's less money involved) is that there is no such thing as a disinterested researcher. Most research is done by the companies that want to sell the compound in question for a particular condition. This is a necessary part of the process: it wouldn't be feasible for universities or the government to perform large-scale tests on every compound that a chemist comes up with that may or may not have benefit. Therefore, the onus is on

the companies to do their own research.

There's nothing inherently wrong with that. What becomes the problem is the sheer amount of money involved: new drugs make the pharmaceutical companies billions, year after year, and just the cost of getting something to the human trial stage is enormous. Synthesizing new drugs is an inherently "high-risk, high-reward" proposition. Now, when the people making this big gamble are in a position to influence whether or not it pays off, do you think that has the potential to impact the neutrality of their research? All too often, yes.

What this means is that, while outright lying is rare, an ample amount of cherry-picking happens. If you conduct ten trials on a new drug and only one of them shows a benefit, and you get to decide which studies you publish, do you think you'll be inclined to publish the one or the other nine? This is the most simple (and legal) form of research bias there is. Once again, they might be doing perfectly good research, but they're allowed to be selective about which of the really good studies they present.

Reams have been written about this sort of academic dishonesty, and far too much for me to go into here, but a basic Google search should likely provide you with all the material you'll need for awhile. I would like to note, however, that research bias extends past just the people who may or may not directly make money off of a study. Researchers all have particular interests of their own, and they're usually attached to a university or other research group that is often funded by particular interests.

This means that even when they do "neutral, third party research," on, for instance, the efficacy of food supplements in warding off the risk of high blood pressure, they aren't doing it out of simple curiosity. The pharmaceutical industry has a vested interest in making cheap alternatives seem ineffective. One way to do this is by funding medical research at seemingly neutral universities. So take some of the negative research with as

much of a grain of salt as you take the positives you might hear from the supplement lobby and Industry (including us).

When it comes to the health industry (which we are, regrettably sometimes, a part of) there are no truly disinterested parties. Our bias at Nutrition Coalition is that we're inclined to think supplements are helpful. We always want to believe they are, so even though we do our best to weed out ineffective supplements from ever getting into our product line, the fact remains that some of them may have hoodwinked us and aren't as effective as first thought (and I'm always digging to see if that's the case on any of our product line).

Furthermore, I'd like to point out to our credit that we take pains to be as measured as possible in our claims about what supplements do. We don't throw around words like "miracle," and you should be suspicious of marketers that do. A miracle is when God (or similar entity of your choosing) makes impossible things happen, not when your waistline goes down 3 inches. Resurrection is a miracle; weight-loss is commonplace (though difficult).

So what should you take from this? Simple: when it comes to matters of your health and the health of your loved ones, a healthy skepticism on all claims should be exercised. Don't believe any claim, positive or negative, just because it comes from an authority or a seemingly objective source. Things that you've experienced a benefit from are likely good to continue taking or doing. Things that you haven't, probably not so much. The greatest freedom any of us have is deciding what we think for ourselves. Tragically, this is the freedom most people use least.

We won't ever tell you what to think, but we will point to things to think about and consider based on our own thoughts and experiences. That's what Nutrition Coalition stands for: the freedom to decide your own mind on your health.



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addresses in the printed version.



HIS COLOGNE SIGNALLED HIS PRESENCE—HE'D SEEN THE BABY!

"Nobody ever enjoyed their grandchildren more than my Dad did... I'm sure there were others who enjoyed their families just as much, but nobody ever enjoyed them more. He just lived for his family. And he loved and played with, and guided his grandchildren with a zeal that can only come from that total, unconditional love.

"I was three months pregnant when we got the call... his heart had simply stopped. He was gone. He was only 62.

"Our 6-year-old daughter and 5-year-old son were devastated. And so confused. How could Grandpa be gone? They'd *always* known he'd *always* be there for them...

"And how could he be gone before getting to see his newest grandson? How could there be any justice in God's world, if such a thing could happen?

"And why? Why should he be denied the joy of seeing his next grandchild? And why should our new baby be deprived a chance for contact with such an incredibly loving grandfather?

Why couldn't he have known him for at least a little while? Those questions tormented me.

"And then, about two o'clock one morning, I lifted the baby out of his crib to nurse him, and my questions were gone... because the scent of my Dad's cologne was so strong along the side of the baby's face and neck, it was obvious that "someone" wearing that cologne had been cradling the baby alongside their own face... but we had no such cologne in our house, and my Dad was the only person who ever wore it in our whole circle of friends and family. There was no missing the strong scent... it was strong enough it woke my husband when I put the baby in our bed to nurse him... my husband woke and looked stunned as he asked me 'where's your Dad's cologne coming from?'

"I'd always believed Dad would always be with us... but it was wonderful to be given such a tangible sign. It helped me immensely, and it will mean a tremendous amount to our son one day to know his grandfather did have a real connection to him. God gave us a priceless gift allowing this "signal" to be given." ♦

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



E-Mails, Mailbag & Phone Calls. . .



No More Ticks, Fleas or Ear Mites for His Dogs — "P.G." called us one day and said he'd noticed something that was missing... and sometimes it's easy to miss problems that don't exist any more, so he thought he's pass it along.

He had realized that none of his dogs had had any more ticks, fleas, or ear mites, since he started them drinking **Willard's Water** regularly about 3 years before this recognition came to him.

He wasn't using anything else to attribute the change to, and his dogs had all had such problems before Willard's Water came into their lives. Given the harmless nature of Willard's Water, it sure seems preferable to "P.G." to use it instead of the various flea and tick remedies on the market. As you might guess, we agree with him!

Best Sunburn Relief — We've lost count of how many people have told us over the years that they either sprayed **Willard's Water** on their sunburns, or applied our Willard's Water **Aqua Gel** to their sunburn, and couldn't believe the relief they received from them.

Way back in the mid-1980s we heard from "C.M" in Hawaii that he'd found out if he went down to the beach and let sunburned tourists apply Aqua Gel to one of their sunburned arms, but told them they'd have to come and buy it at his Health Food Store if they wanted to use it on their other arm, or elsewhere, "they always come get it ... 100% of the time!"

We've also heard about as many reports of "the water" or the Aqua Gel bringing fast and fantastic relief to various other kinds of burns. We suggest if your burn or sunburn is really hurting to first spray it with the water, to relieve it enough that touching it to apply Aqua Gel won't hurt. And, for any bad burn, please see a professional! ♦



PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

Sleep: Are You Getting Enough of It?

By Ben

Sleep is something that is a non-negotiable need for our bodies to get every day.

Sleep-deprived people are more likely to be/have:

- ♦ obese,
- ♦ are at increased risk of diabetes,
- ♦ higher risk of depression,
- ♦ numerous cognitive deficits,
- ♦ and even suffer low levels of growth hormone (which you need for building and maintaining muscle).



In order to learn effectively, we need sleep and dreams. (Dreams are your brain consolidating memories and experiences; sleep-deprived people don't dream as much and do not effectively retain knowledge).

I have a pet theory that sleep deprivation is one of the bigger reasons we currently have the numerous health problems in America that we do: it's not just the Western diet that's killing us, it's the Western lifestyle of constant light and activity.

Statistically the chances are, you're not sleeping enough. Also chances are, you have been told you're not getting enough sleep, but you haven't been able to find the time. Or, worse yet, you have the time, but you can't calm your mind enough to relax and sleep. How can we help?

The obvious starting point, in my opinion, is [Valerian](#) root, an herb shown to help calm the anxiety prone and to fairly consistently ease getting to sleep. Many users say it seems to "quiet their minds" so they don't lie there going over the next day's "to do list" in their minds. It's Item No. J-72.

Another popular choice for better sleep is [Melatonin](#), which is the hormone in the brain responsible for causing sleepiness.

An interesting side effect of melatonin use is that it's linked to more intense dreams. Melatonin (and its sister hormone, serotonin) is ultimately produced in the brain from the amino acid Tryptophan. One way to increase both levels of melatonin and serotonin (and possibly ease depression and anxiety which may be preventing sleep) is through [5-HTP](#), a supplemental form of tryptophan.

Tryptophan gets metabolized in the brain into 5-HTP (5-hydroxytryptophan), and from there into serotonin (5-hydroxytryptamine) and melatonin. 5-HTP has some evidence indicating its efficacy in treating insomnia, depression and anxiety. 5-HTP is Item No. J-101.

Another item we carry that's designed to attack insomnia from a multi-pronged approach is [Power To Sleep](#), (Item No. IN-2) This is a proprietary blend of herbs, some helpful nutrients (like fish oil), amino acids and melatonin.

The goal in the Power to Sleep mixture is to assist relaxation, promote sleep and reduce the effects of stress on the body. Customers that have tried it tend to swear by it.

Another item we carry that may be of interest is [Metabolic Factors](#) (item J-78). While technically marketed as a weight loss supplement and exercise aid (which I primarily take it for), one of its main ingredients is [Choline](#), an essential nutrient most people get scarcely enough of. In the body, Choline joins with Acetic acid to make Acetylcholine. Acetylcholine is the neurotransmitter responsible for dreams, learning, and a good part of your muscle control. Therefore, and this is mere conjecture than anything else, it seems logical that this supplement could be effectively a "smart drug" for getting the most out of your sleep.

Finally, we highly recommend a mineral with a myriad of benefits, which gets little of the attention and fanfare that it deserves, [Magnesium](#), which can be found in Magnesium Citrate (Item No. J-54) or within the Coral Calcium capsules (J-203). Not only is Magnesium essential for the



health of every living cell (and especially your bones and heart), many find that taking it at bed time helps them to relax and sleep more readily.

And, we've heard from an awful lot of people over the years who said their sleep improved significantly when they began drinking [Willard's Water](#) on a regular daily basis. We don't know why, but as someone once said, "most people don't know how or why electricity works, but they still turn on the lights". And, since there's never been any evidence or reports that Willard's Water can hurt anyone in any way, it may be a good idea to give it a try, if you haven't.

Some people drink Willard's Water right before bed, to sleep better, and others say they get so much energy from the Willard's Water that if they drink it too close to bedtime it keeps them awake, so they just drink it to a certain time of day or afternoon, and still sleep better.

Plus, as we always remind readers, the Willard's Water is so good at boosting the body's absorption and assimilation of nutrients, that making it a regular part of your day, will more than likely greatly enhance any benefits you get from the nutrients you take in... from foods or from supplements.

That's it for our supplement recommendations, but I'd hate to leave without a free bit of advice that anybody can follow to [sleep better: turn off the lights an hour before bed and minimize your exposure to screens](#). As dark as you can make it and still function is best.

This is known as "dark therapy," and many find it highly useful for getting their brains to get into sleep and relaxation mode. Our brains don't start producing Melatonin (the sleep hormone) until it gets dark... so if we sit in brightly lit rooms, watching TV or computer screens, we delay/disrupt the start of our sleep cycle

3 Days' Use & Her Dog Stopped Limping; No More Ear Infections; Dog's Owner Off Rx Pain Meds of 20 Years...

People often ask us about the types of things other people have said they use Willard's Water for... here's a report emailed in from a very happy customer.

In her case, she has found the WW helpful (to say the least) for her dog's apparent arthritic problems, as well as her own arthritic pain, and also for eliminating her dog's Candida problem that was causing serious ear infections. But here's her story, in her own words:



"O.K. Charlie, here's the story:

"I am 74 years old and still working full time.

"My dogs are Rottweilers, soon to be 8 and 6 years old.

"Since 1988, I had been taking prescription pain meds for arthritis. If I stopped taking the meds for more than two days, I was in terrible pain.

"Several years ago, I read an article about Willard's Water in Whole Dog Journal. It was interesting but I didn't think we needed to use it.

"I must not have been paying too good attention, because during this time my older guy, Baron, would have constant ear infections caused by Candida and would need Vet attention and medications to help him.

"One evening I was again reading about Willard's Water in an updated WDJ article. This time I paid better attention and realized that perhaps this product would help him with his ears.

"Everything I read about Willard's Water was only accolades. There were no down sides to this supplement.

"At this time, I noticed Baron would limp after getting up from resting – not much – I even thought it could be my imagination, but I began to notice this

was definitely a problem. He limped after getting up from resting and then was just fine.

"I knew at his age, we were probably headed for arthritis, so before getting meds from the Vet, I decided it was finally time to try Willard's Water. Let's see if this REALLY works!

"I'm a natural born skeptic. Everything I had read about the product sounded too good to be true and you know what they say about that.

"Well, I ordered a gallon of the Ultimate Dark and started both dogs on it as soon as it arrived. They got it in their drinking water and the water I added to their breakfast and dinner.

"THREE DAYS after beginning Willard's Water, Baron stopped limping. I was amazed but waited to see how long this would last.

"Charlie, you're going to have to look back in your records to see when I first ordered, because I don't have that information but I can tell you that Baron has not limped since. (Editor: we checked, she first ordered on April 11, 2014, and this email was sent on June 28, 2014.)

"Remember, I had been taking arthritis pain meds for more than 20 years, so I thought, "why not?"

"I began using Willard's Water at the rate of two teaspoons per 8 oz. glass of water (I drink about 9 glasses per day) plus coffee and tea. (It is in the water reservoir of my Keurig) ALL of my water has Willard's Water included. After three days, I stopped my arthritis pain meds and have never looked back!

(Editor: at 2 teaspoons per 8-oz glass of what she is mixing it about 4 times stronger than normal, which obviously doesn't hurt, but we have no way of

knowing if she had mixed it at the usual 1/2 teaspoon per 8-oz glass, if her results would have been the same but slower, or the same but faster [hard to imagine faster!], of if there would have been a difference in the amount of improvement... we can tell you that we have heard of other people with arthritis reporting tangible results in 3 days, but we've also heard of it taking longer... depends on the severity of the situation, length of time of the problem, probably the person's age, diet, etc.).

"I am active, I play soccer with my Grandsons, play ball with my dogs and run with them.



"Now, here's the kicker – recently when we went for Baron's Vet checkup, the Doctor said "His ears are beautiful." You're doing such a good job cleaning them." I told her that I hadn't cleaned his ears in months and then I told her about Willard's Water. No more yeast infections.

"To anyone who doubts the validity of the anecdotal information about Willard's Water, I have to say, "Give it a try." Buy at least a quart and give it an honest try. It works!

"In January, I will be going for my own medical checkup and will have all the Willard's Water information with me, when I tell my Physician that, unbeknownst to him, I no longer take my prescription pain meds.

"Between the dogs and me, I guess we go through a gallon a month of Willard's Water. I will not be without it in my home.

"Thanks for a wonderful product and if you would like to use any of this testimony, please feel free to do so. The product is as advertised and the customer service CANNOT be beat!" — "R.R."

All we can say is "Thanks, R.R." and we sure couldn't have said it any better (or as well) ourselves! ♣