

# Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ WillardsWater.com ♦ August, 2018

## You Need to Know About This Antibiotic and Take Its Risks Seriously — Per the FDA

Most people are very aware of the dangers of opioids, and other pain medications and of steroids, and other drugs that get a lot of attention in the media.

Most people, on the other hand, don't think of antibiotics as drugs that ever have any serious side effects... the antibiotic side effects most people think of are often limited to just digestive upsets commonly reported about antibiotics. But there is one class of antibiotics that can be very dangerous with debilitating, and potentially permanent damage.

**Fluoroquinolones.** Fluoroquinolones are the class of antibiotics that the FDA has ordered more than one "black box warning" to be applied to.

The best known antibiotics in the fluoroquinolone category are:

Cipro (ciprofloxacin)  
Levaquin (levofloxacin), and  
Avelox (moxifloxacin).

In 2010, Levaquin was the biggest selling antibiotic in the United States. By 2011 it was the subject of more than 2,000 lawsuits from patients who had suffered severe side effects after taking it. The number of lawsuits has been growing steadily since then.

Most victims say they were not aware of the risks when they began taking it, nor of what to watch for in terms of possible side effects.

Making matters worse, is that the side effects of fluoroquinolones may not show up immediately... they may not show up until sometime after the patient has stopped taking the medication. As a result, a lot of people don't even realize that their new health problems are adverse reactions to the antibiotic they took some time before. Even their doctors often don't realize it. The delayed onset of the symptoms of these antibiotics is not due to some imagined problem by the victims of them, but is actually what the FDA said about them in its press release back on July 26, 2016:

"... an FDA safety review found that both oral and injectable fluoroquinolones are associated with disabling side effects involving tendons, muscles, joints, nerves, and the central nervous system. These side

effects can occur hours to weeks after exposure to fluoroquinolones and may potentially be permanent." Victims have told us that some symptoms stop for awhile, but then return... this cycle has gone on for years for many victims.

In November of 2015, the FDA announced new safety information that found two or more side effects can occur at the same time and cause "the potential for irreversible impairment". On May 12, 2016, because of the possibility of two or more side effects occurring at the same time in the same patient, the FDA said that these drugs should only be used when there is no other option available, because of the possibility of potentially permanent disabling side effects occurring together.

Some of the side effects of these antibiotics:

Severe tendon damage or rupture

Permanent nerve damage or Permanent Peripheral Neuropathy, which is permanent nerve damage in the arms (and hands, sometimes) and/or legs, characterized by "pain, burning, tingling, numbness, weakness or a change in sensation to light touch, pain, temperature, or sense of body position".

Retinal detachment, which may cause blindness

Disruption of collagen synthesis and collagen degradation causing muscle, tendon, cartilage, and /or ligament damage

Fibromyalgia

Chronic Fatigue

Nausea and diarrhea

Acute kidney failure

Hallucinations and/or psychotic reactions. (About 1/3 of people experience some sort of negative psychiatric event such as anxiety, personality changes, or confusion.)

Hearing problems

Brain Fog

Painful rashes

Disruptions to Blood Sugar Metabolism

Depression

Phototoxicity

Peripheral neuropathy

Seizures

and Heart damage

What makes the fluoroquinolones so dangerous? One reason we've seen pointed out is the fact that they contain fluoride as a central part of the drug. Fluoride is a known neurotoxin, and drugs with an attached fluoride molecule are able to penetrate into very sensitive tissues, including your brain tissue. This ability to cross the blood-brain barrier is what makes fluoride such a potent neurotoxin.

Fluoride also disrupts collagen synthesis, and is said to be able to damage your immune system by depleting energy reserves and inhibiting antibody formation in your blood.

As you can see by the dates of the FDA information included in this article, the problems with fluoroquinolones are not a new phenomenon. So why are we reporting on them now? Because we have had customers tells us about their painful and lengthy struggles with the side effects of them — many of them permanent, and because when we mention the dangers of these antibiotics to people the majority of them have never heard of the dangerous risks they can pose. That really shouldn't be a surprise. FDA press releases don't make for "page turning reading", and news stories on the risks of this or that drug — all with long, complicated and hard to remember names it seems — are so common, most people tend to basically ignore them, as simply a fact of life that you can't do anything about.

But we urge everyone reading this to make a mental note to ask a lot of questions before taking any of these antibiotics.

There are situations —such as when every other antibiotic has been tried & failed and the disease is potentially more harmful than the risks of these antibiotics—being a good example of when they might be used. But for anything that can be treated with something less dangerous, that's what's advised.

But you have to first know of the danger of something, in order to know you might want to avoid it... hence this article. ♦

# This Condition Found to More than Double Your Alzheimer's Risk

We've written before about a condition that is likely only affecting more and more people every day that has been found to be the biggest reason people FEEL old. It's now also been linked to a more than doubling the risk of developing Alzheimer's.

What is it? Loss of muscle mass. That loss begins as early as age 40 in some people and intensifies after age 75. Studies say we lose 1–2% of our muscle per year after age 50. That means we lose 30% of our muscle between ages 50 and 70.

Besides doubling the risk of developing Alzheimer's, the loss of muscle mass also leads to mobility problems, falls and frailty.

Though we can't stop aging (no matter how much we'd like to!), it seems we need to take steps to help maintain muscle strength as we age, in order to lower the risks of dementia and other health concerns.

What muscles are most important to keep strong? A study by Finnish researchers that included 338 men and women with an average age of 66, measured the participants' muscle strength and also gave them a battery of cognitive tests. They found that greater upper and lower body strength was linked to better cognition. Those researchers believe nearly everyone can do some simple exercises or techniques to increase muscle strength and muscle mass, and that it is effective if done on a consistent basis.

The researchers tested the participants' strength by measuring it as they did leg ex-

tensions, leg flexions and leg presses. Upper body exercises chest presses and seated rows. If those terms are not familiar to you, enter them in a search engine like Google or Bing, or whatever, and you will find definitions and likely videos demonstrating how to do them.

Do NOT overdue any exercises when first starting with them, and if you have any medical conditions, check with your doctor before beginning any exercise program.

For those who cannot do any exercises, or who just would like to strengthen their muscles without doing exercises, there is some benefit to be had from increasing the amount of protein in your breakfast, it seems.

We need protein to build muscles so researchers decided to delve into the eating habits of 1,741 healthy men and women aged 67 to 84. They found most seniors get the majority of their protein at lunch and dinner so they decided to see if those seniors who get a good amount of protein at breakfast and thereby spread their protein intake more evenly throughout the day have greater muscle strength. They found out it did make a difference. The researchers said older people need to get more protein in every meal because they need a bigger boost in amino acids for protein synthesis.

Also, if you choose to exercise to build muscle, you still may want to add more protein to your breakfast, since it's needed to build those muscles.

## To Fall Asleep Faster & Get Higher Quality Sleep

Try Valerian Root. That's what recent studies have found. The studies concluded that people taking Valerian Root achieved deep sleep 36% faster than those not taking it. Also, the overall quality of sleep was better when Valerian Root was taken.

It's suggested that if you try Valerian Root for sleep that you start with a minimal dose—the lowest dose you find helps you achieve your goal, because higher doses can have an energizing effect on some people.

Typical doses used in the studies were from 400 to 900 mg, taken anywhere from 30 minutes to 2 hours before bed. Our much-loved Valerian Root is Item J-72. Also many people use it to "take the edge off" when needed during the day, since it doesn't cause drowsiness, just more of a relaxed feeling.

People using it to fall asleep often say it "just sort of quiets my mind so I can get to sleep".

## To Answer Your Question on the AirRestore Unit...

No, it does not have an ozone generator or a negative ion generator. However, when the air goes through the Plasma chamber, there are ions that are generated that restructure the air to be like that in the outdoors, which may be negative in nature. The AirRestore air has a fresh smell to it which may be similar to the ozone smell that other machines make, but this machine does not create ozone. The initial smell you detect may also be from the "stirring up" of odors as it cleans the air, and that smell will go away when the air is cleaned.



## Trivia & Tidbits . . .

1. Why was Lucille Ball kicked out of drama school at age 15?
2. Who designed the Statue of Liberty's iron skeleton for sculptor Frederic Auguste Bartholdi?
3. Where is the city of Batman?
4. What was Queen Victoria's first act after coronation in 1838 when she was 18?
5. What was margarine first called when first marketed in England?
6. What is cosmology?
7. How often does the outer layer of our skin (the epidermis) replace itself?
8. What's the most abundant metallic element in the earth's surface?

**AND THE ANSWER IS...**

1. The New York City drama teacher thought she was too quiet and shy.
2. Alexander Gustave Eiffel, best known for the tower that bears his name.
3. In southeastern Turkey.
4. She had her bed moved from her mother's room to her very first room of her own.
5. Butterine.
6. The study of the origin and structure of the universe.
7. About once every four weeks.
8. Aluminum—accounting for an estimated 8% of the solid portion of the earth's crust.

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Reach Us At: 1-800-447-4793 (218-236-9783)

**NUTRITION COALITION, INC.**

P.O. Box 3001 Fargo, ND 58108-3001

[WillardsWater.com](http://WillardsWater.com) or [NutritionCoalition.com](http://NutritionCoalition.com)



# PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

## Natural Relief for Heartburn May Possibly Avoid Drugs Leading to Other Problems



According to the American College of Gastroenterology close to 40% of all Americans suffer from heartburn at least once a month, and nearly 50% of pregnant women suffer with it in their third trimester.

Other estimates we've seen put the number of Americans who experience heartburn on a DAILY basis at between 7% and 10%. No wonder the use of various drugs to treat heartburn have more than doubled in the last decade. Unfortunately, recent research turns up one problem after another that those same drugs cause.

The worst offenders, as far as we can tell, among the various heartburn drugs, are the ones known as proton pump inhibitors (PPIs). That class of drugs is the **3rd-best selling class of drugs in the U.S.** and includes esomeprazole (Nexium), lansoprazole (Prevacid), omeprazole (Prilosec) and pantoprazole (Protonix).

Recent studies found that PPI drugs are linked to an **increased risk for another heart attack** in patients who have already had a heart attack... the risk in patients taking PPIs within 30 days of discharge after the first heart attack was **increased by 30%**!

Another study found a link between PPIs and **higher risk of intestinal infections caused by a dangerous bacterium known as C. difficile**. The risk of such an infection in hospital patients taking **MILD acid-suppressing drugs** known as H2RA drugs — such as **Pepcid, Tagamet or Zantac**—was **increased by 53%**! And the risk of such infections in patients taking the **stronger PPI** type drugs was **increased by 74%**!

Research has also found a link for **increased risk of fractures in postmenopausal women using PPIs**. A study that followed 130,000 postmenopausal women (age 50 to 79) with no history of hip fracture for more than 7 years, found that those regularly taking PPIs experienced:

- ◆ 47% increased risk of spine fractures
- ◆ 26% increased risk for forearm & wrist fractures
- ◆ 25% increased risk of total fractures

Researchers said the possible cause for the increased risk of fractures may be that suppressing stomach acid over sustained periods may impair the body's ability to absorb calcium.

Another irony is that every natural health expert we've found that has written about heartburn has said that most heartburn cases (up to 95% of them in fact) are caused by too LITTLE stomach acid, not too much. So consider that in analyzing all of this.

All of the dangers from the acid-reducing drugs can be life threatening, so this is not a small problem. So what can anyone suffering heartburn problems do?

Some "home remedies" cited as often helping include taking a walk, which reduces the amount of time stomach acid stays in contact with the esophagus. However, the relief from walking is said to last only as long as the walking did. Another suggestion is to chew gum. People who chewed gum for an hour after eating had relief for about 4 hours. Drinking a small amount of milk every 1 to 2 hours helped wash acid back down into the stomach.

Other tips include reducing the amount of soda one drinks, avoiding coffee, or if even small amounts of coffee are a problem, switching to a darker roast. Research suggests darker roasted coffee beans may have higher levels of a compound that hinders stomach-acid production. Another thing to avoid is eating dinner too close to bedtime. It's suggested you eat your last meal of the day at least 4 hours before you go to bed.

A finding of one recent study that was surprising to many people we're sure was that **drinking a glass of water may be more effective than acid-inhibiting drugs in its effect on gastric pH**. Study participants were given either water, antacid, ranitidine (Zantac), omeprazole (Prilosec, Zegerid), esomeprazole (Nexium), or rabeprazole (Asiphex). Their gastric pH was recorded for 6 hours after each drug was taken.

Those results showed that **water increased**

Tests found drinking a glass of water may be more effective than acid-inhibiting drugs...

and people drinking Willard's Water often say their long-standing problems with heartburn seem to go away "for good" in many cases.

gastric pH by **more than 4 after just one minute**. In contrast, antacid took 2 minutes, and most of the other drugs took more than two HOURS. The researchers said "water and antacid immediately increased gastric pH, while the PPIs showed a delayed but prolonged effect compared to ranitidine.

We can't say we were surprised that water could be of benefit. **One of the most common reports we get from regular Willard's Water users is that**

it has been a **huge help in reducing or eliminating their bouts with heartburn, acid indigestion, etc.**

The amazing thing to us isn't that it relieves it (apparently even regular water can do that), **but what we hear time and again is that the person who had routinely suffered heartburn on a daily and multiple-daily basis, no longer has it, or has it only on rare occasions... it's like "it went away for good"**.



So if regular water relieves it, we suspect Willard's Water has a more far-reaching effect—but we're not experts, remember.

Besides **Willard's Water**, other natural substances suggested for heartburn include:

**Betaine HCL** — to increase stomach acid, which makes sense for the estimated 95% of cases caused by too little such acid! Ours is Item No. J-35.

**Digestive Enzymes** — aimed at improving digestive problems that are often a part of the cause of the problem. **Digestine** Item J-33, and the vegetarian version **Vega-Zyme** Item J-29, are in this category.

A quality **Probiotic**, to help restore the balance of good bacteria in the digestive tract. Our Item J-61, **L-Salivarius** is especially good because it provides both Prebiotics and Probiotics. Many natural health experts say they believe everyone should take a probiotic daily, for a number of reasons.

Hopefully this information may help some people to avoid the need and the risks and problems of acid reducing drugs. ◆

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It is used for address information in the printed version.



### **One Mysterious Road... How Would You Explain It?**

She hadn't lived in Washington, D.C., very long at all, and was very unfamiliar with the "lay of the land". Given her lack of a real sense of direction any time, even in familiar surroundings, she wasn't surprised to find herself lost on her way home (to the District) from her friend's home "on the Maryland side".

But that offered little comfort as she watched the gas gauge on her car steadily drop, and the hour grow later and later. Here she was, driving in seemingly endless circles with her tank near empty (it was the early 1970s and with the gas rationing it seemed her tank was never actually full, but this was getting really scary). And it was now going on two in the morning. . . she couldn't believe how dark the night seemed, and how alone she was. She recalls thinking that she was going to die out there, lost in this forest, in between major freeways, with no way to get on to any of them. She said a simple prayer. "Father get me out of here--show me the way." Suddenly a "funny little road appeared", so she took it. It led her right to a very large

building with lots of lights on--"somebody's up!"

Greatly relieved that she could now get some directions, she parked her car in the lot the little road had led her into, and ran to the large door at the top of the steps. She was astonished to be "greeted" by a man with his hand on a gun demanding to know who she was and how she got there. She gave her name, and said she got there on the road that led into the lot. He couldn't figure out what road she could be talking about... nor could any of the other gentlemen who came out of their meeting to see who "or what" had breached security... she was at the Pentagon, interrupting a very late night meeting, talking about a road they said didn't exist! Well, it *had* existed, at least long enough to get her back to civilization, and people who could give her directions! But she did think it *odd* the Pentagon would allow such easy access to it. . . others told her they thought it even "odder" that nobody "shot first and asked questions later"... another thing to be thankful for! ♣

*Editor: Reprinted from an 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.*



## **Emails, Mailbag & Phone Calls. . .**



**Poison Ivy** — "L.M" told us she wanted to let us know she found **Ultimate Dark Willard's Water** to be very helpful with a recent bout of poison ivy she dealt with.

"I had poison ivy on my leg and took straight undiluted Ultimate Dark Willard's Water on a cotton wwab and wiped the blisters. IT TOOK THE ITCH AWAY! For the rest of the day!"

And she added that in "Three days it was completely gone. All of it. No Spreading. I love this water and have kept it around for at least 10 years now."

L.M. is far from the first person to report poison ivy relief from Willard's Water, but it's nice to know the details she provided... Thanks, LM, for sharing your good news!

### **Looks So Young Airport Security Doesn't Believe Her**

— She confesses to being "north of 80 years old" but she's been using **Willard's Water** for many years, including spraying or misting the diluted WW on her face and hair for a good many years, with great results. And in recent years she has started applying it to her entire body, and she says the quality of her skin since she's been doing that, is even hard for her to believe.

And airport security people are skeptical of her age, too. They consistently tell to take her shoes off, despite the rule that says anyone over 62 does not have to take their shoes off. But they don't believe her when she tells them her age, so she shows them her ID... and then they wonder if it's really hers!

Ahh... the problems of looking so young! ♣

# Gus Knew More About Willard's Water than We Thought - Your Dog, Cat, Horse, Etc. May Too!



We loved our dog, Gus. Like most dogs, he was definitely a beloved family

member. Gus was the third Vizsla (also called Hungarian Pointer) we had. Sadly, we have to refer to him in the past tense because he left us several years ago now after a long, healthy, and happy life.

Gus loved Willard's Water. He — like all our pets since Willard's Water came into our lives back in 1982 — drank it every day.

Many people have told us over the years that their pets would refuse to drink ordinary water, after they had been introduced to Willard's Water.

I admit I thought that was somewhat extreme, but we heard it from enough people I certainly didn't disbelieve it... it just seemed really amazing to me somehow. It was as if a very small part of me just couldn't believe that, even though I didn't think for an instant that any of the people who'd told us that weren't telling us the truth.

But Gus made a believer of me.

One night Gus and my wife, Kolleen, and I were in the family room watching television. Gus's family room water dish was empty (he had one there and one in the kitchen). Gus let me know it was empty and that he wanted it filled by picking it up with his teeth, throwing it in the air, and letting it clatter to the wood floor, as he stared at me.

His jug of Willard's Water was in the kitchen. But the bathroom was even closer. I was tired. Kolleen was tired. I decided it wouldn't hurt him *just once* to drink regular plain water. So I filled his dish from the

faucet in the bathroom sink, which was the same water that came out of our kitchen faucet—all of which came from our well, and had NO chlorine, or other chemicals added to it.

Gus was very excited when I came back with his filled water dish — leaping up and down and racing to satisfy his thirst as soon as I'd set the dish back down on the floor.

He dropped his head down to begin guzzling, stopped abruptly (as if putting on his brakes!) and jerked himself away. He then approached his dish again, very cautiously, and finally sniffed it. He turned away and looked at Kolleen and me with an expression of "*what did I ever do to deserve this?*"... and walked away from his water dish...clearly in disgust — his manner was like something we'd never seen before.

"Okay, Mr. Connoisseur, I'll get you your Willard's Water!" I huffed, as I dragged my tired bones to the kitchen to get his water. I took his water dish with me, so he didn't see how I filled it, and filled it from his jug of Willard's Water.

His jug contained the same tap water that came from the bathroom sink, but with two capsful (the cap size from the 8-oz Willard Water bottle) of Willard Water concentrate added to it. That makes it only 2/5 as "strong" a dilution as the ounce-to-a-gallon mixture that we make for ourselves, or that any Willard's Water user makes up for themselves.

I came back to the family room with his dish and set it on the floor. He looked at me before approaching it like he was wondering if I was still trying to pull some sort of a fast one on him!

He got to his dish, put his head down slowly... then lapped it up enthusiastically.

"...he put his head down to begin guzzling, stopped abruptly (as if putting on his brakes!) and jerked himself away... looking at us with an expression that seemed to say, "what did I ever do to deserve this?"and...walked away in disgust."

At that moment, I really believed in my own soul, that dogs can tell the difference between

Willard's Water and regular water. Nothing like seeing something with your own eyes to convince you! Not that I've ever had any doubts, as I said, about WW's benefits for pets. Our dogs and cats have drank nothing but Willard's Water for over 35 years now, and they've all lived very long and extremely healthy lives.

When our kids were young, we got 4 gerbils who lived in an empty aquarium and spent their days chewing up cardboard cores of toilet paper and paper towel rolls to make nesting material. They drank nothing but Willard Water and lived from 3 to 4 years, a couple even longer as I recall, which I believe is a long life for a gerbil.

Our fresh water aquarium fish also always did very well too... we used Clear Willard's Water in the aquarium as the Ultimate (with its additional minerals) can sometimes prompt algae growth, so if you're adding it to an aquarium we'd suggest you use the Clear in it.

And we've heard from others of benefits they noted in their birds, rabbits, wolves, cattle, horses, pigs, goats, and probably many other types of animals. We've never heard of any animal that shouldn't have it. You can bet our pets will always have Willard's Water — and we won't switch them off of it! Gus taught us that lesson! ♠