

# POSSIBILITIES ♦ ♦ ♦

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

## Good Fats, Bad Fats, NYC Bans Trans Fats, But This Once Denounced Fat Has Made a HUGE Comeback... via Evidence of Health BENEFITS

For several years now, we've been reading "here and there" about the benefits of the once-denounced coconut oil, in terms of its health benefits. But only recently did we see it turn up as even having benefits for dogs. That's when we decided we really had to point out its benefits for people, and dogs, in our newsletter.

We've been reviewing LOTS of articles on coconut oil, and it would take a book-length dissertation to cite all the benefits we've read attributed to it. Obviously, we can't go into that much detail here. But we can give you some highlights.

What we're going to do is to give you simply a listing of the various health benefits we've seen attributed to coconut oil from sources we trust.

Those benefits include:

- ♦ Promoting normal thyroid function
- ♦ Helping with weight loss
- ♦ Reducing the risk of cancer
- ♦ Reducing the risk of degenerative diseases
- ♦ Promoting heart health via improved cholesterol levels and more
- ♦ Improving digestive health
- ♦ Helping with diabetes
- ♦ Reducing allergic reactions
- ♦ Helping prevent osteoporosis
- ♦ Helping balance metabolism and hormones
- ♦ Preventing and even treating viral infections
- ♦ Preventing and treating yeast and fungal infections, including yeast and candidiasis

- ♦ Relieving arthritis
- ♦ Helping to prevent infection and disease via the antibacterial, antiviral and antifungal agents it contains
- ♦ Help with specific digestive disorders such as Crohn's disease, irritable bowel syndrome, ulcers, & colitis
- ♦ Rejuvenating the skin and protecting against skin cancer, age spots, acne, and other blemishes
- ♦ Has fewer calories than other fats

Everything we've read on coconut oil and health indicates that the unrefined, or virgin, coconut oil, is the one to use if seeking health benefits from it.

One obvious benefit of cooking with coconut oil instead of other oils is that some unsaturated oils in cooked foods can become rancid in just a few hours. This is said to be one reason that some leftover foods may taste stale. Coconut oil has been kept at room temperature for a year and when tested for rancidity, showed none, according to Dr. Ray Peat (Ph.D.). Dr. Peat is said to have been the main scientist influencing Dr. John Lee in Dr. Lee's work on progesterone. He's taught at various universities, and certainly seems to be a legitimate resource.

We've also made it our mission to find sources of coconut oil that we can be confident offer the quality we require of any product we offer. We have found liquid Extra Virgin Olive

Oil from Jarrow Formulas, and we are very excited about adding it to our line. You can order it now. It is Item No. JF-1, and sells for \$13.00.

That's extremely reasonable for 16 oz. of Extra Virgin Coconut Oil. But Jarrow Formulas is known for extremely high quality products, at very reasonable prices, just like our long-time favorite nutritional supplement supplier, Daily Manufacturing, is.

This Extra Virgin Coconut Oil is unrefined expeller-pressed from the fresh flesh of the coconut palm, and does not utilize any solvents in the manufacturing process. In short, it meets all the requirements we know of to be an outstanding product.

We're also very excited about having Extra Virgin Coconut Oil available for you in capsule form. We're bringing it to you from MaritzMayer Laboratories, another well-respected, quality supplier. Again, we've found this at a reasonable price... 120-softgel bottle sells for just \$24.95. Each serving provides 1000 mg. of Extra Virgin Coconut Oil. This is Item No. M-103.

As we said, coconut oil has been getting rave reviews by natural health people for several years. But, as usual, we did not "jump on the bandwagon" immediately—or even as fast as we probably should have. We simply will not offer a product

touted for everything from weight loss, to infection-prevention and fighting, to cholesterol help, to helping with arthritis, diabetes, heart health and much more...

in our line, until and unless we become convinced that it truly does have merit and is not just a fad. Once we get convinced of that, we then have to find a source of it that we trust. We won't sell anything we wouldn't consider to be our first choice for ourselves and our families. Until we can find that, at a price that's affordable for most people, we simply won't add a product to our line.

We're offering both the capsules and the liquid so those who want to simply cook with the coconut oil can do so, and those who wish to get more of the immediate health benefits by taking it by the capsule, can also do so. And both will know they are getting high quality products.

Anyone who has searched the internet for something as popular as coconut oil knows how many options are out there. The problem is determining which ones are truly what they say they are. We believe we've found two very high quality sources of these products and we're proud to add them to our line-up. We certainly don't believe coconut oil is a cure-all for anything. Nothing is, but we do believe it's a product worthy of your consideration. ♦

## Natural Substance Heals Skin Damaged by Radiation

Radiation treatments on cancer patients often cause skin problems. A new study suggests tea just might help. That's right. Tea. German and U.S. researchers reported that tea extracts help minimize the damage to skin following the treatments. They said this was most likely because of substances in tea called polyphenols, which help to reduce inflammation.

The researchers tested topical treatment with green tea and black tea extracts in 60 patients undergoing radiation treatments for cancers of the head and neck or pelvic region. Results showed the extracts did, indeed, help restore skin "integrity". Green tea appeared to work the best for patients with pelvic cancers.

The researchers also tested the extracts in a lab to see how they might be reducing skin damage. They found they most likely work by reducing the release of pro-inflammatory cytokines — chemical released by the body that increase inflammation. Again, green tea outperformed black tea, but both were effective in inhibiting a "major inflammatory pathway".

All of this reminded us of the number of people who have told us over many years that using Real Willard Water topically, or our regular Willard Water Gel product— Aqua Gel— has been helpful in both preventing burns from radiation, or in relieving the burns if they did occur. We even recall one woman who was referred to us for Real Willard Water by her doctor in a mainstream west coast hospital. The doctor told her he'd had a patient with breast cancer mist the area of her radiation treatments with Willard Water and she didn't end up with the severe burns such treatments normally cause, in fact, she had no burning.

We also remember another cancer patient who was a long-time user of Willard Water, Dave, who said his doctor was totally perplexed because Dave had no burns, but he hadn't used any of the gel the doctor had given him to use on the burns the doctor "knew" Dave would have following the treatments. Dave said he hadn't even used the water topically, he'd just kept drinking it like usual.

We certainly don't know that Willard Water would work like this for everyone going through radiation. But we do know it has seemingly done so for a number of people.. two of whom we just mentioned.

We've also had more reports than we can remember of Willard Water being used on "normal burns", with very positive results. Results like no blisters, and no scars. We've heard of it seemingly accomplishing that on everything from hot grease burns, to severe sunburns, to severe hot coffee burns, to whatever kind of burn.

We remember talking to a young woman about 20 years ago who had been burned on her legs as a child, and her parents used Willard Water on one leg, but not the other. We don't know why—if they were uncertain how safe it was, or what, but they only used it on one of her legs. She said she sure wished they'd used it on both, since the "Willard Water leg" had no scars and looked perfectly normal, whereas her other leg was scarred and didn't look like she'd like at all. We felt very badly about that and wish her parents had known what we know about the safety of it... there isn't a burn we wouldn't treat ourselves with it, even if it also needed further medical treatment. ♦

## Getting a CT? Get Milk!

That's what researchers at St. Luke's—Roosevelt Hospital in New York City are saying.

At least for a CT exam of your bowels. That's the exam where patients are normally required to drink a very distasteful drink to make the images clearer for doctors to analyze.

Their study found that doctors can see inside the small intestine just as well if patients drink whole milk before the test, instead of the terrible testing "contrast agent" normally used...a barium-based agent called VoLumen. The researchers compared the results for 62 patients who received the VoLumen and 117 who received milk and reported little difference between the two in enhancing the diagnostic capabilities of the test.

Milk patients also reported significantly fewer side effects like cramping and diarrhea.

Another difference? Cost. The VoLumen runs about \$18 per patient. The whole milk costs about \$1.39. The study was presented at the Radiological Society of North America's 2006 annual meeting. ♦

## Trivia & Tidbits . . .

1. Where are the pyramids of Malpighi and the pyramids of Ferrein?
2. What's a wrinkle?
3. In web site addresses on the Internet what does http stand for?
4. How much silver must an item contain to be considered sterling?
5. The discovery of what semiprecious stone often indicates diamonds are nearby?
6. What does culicidologist study?
7. What is a nightjar?
8. What are the plastic or metal tips on shoelaces called?

AND THE ANSWER IS...

1. In the human body—in the kidneys.
2. An edible sea snail.
3. Hypertext transfer protocol.
4. 92.5 percent.
5. Garnet.
6. The mosquito.
7. A nocturnal bird common to Europe and Asia. It's also known as a goatsucker.
8. Aglets.

## ON "THE WEB"!

[www.willardswater.com](http://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.

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## PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

*The Case of the*

### **Vanishing Arthritis, Bronchitis & Foot Pain...**

I have written many times over many years about what Real Willard Water (“WW” for short) did for my wife, Kolleen. Long and short of it is that it eliminated the back pain she’d had for 21 years when she started using it back in early 1982. (Yes, that means we’re coming up on the 25th Anniversary of that very significant event in our lives.) The other amazing thing was that her pain returned when she was switched, without knowing it, to an imitation, and got better when given Real WW again, once more without knowing about the switch.

The particular part of her experience with WW I want to focus on now is the prognosis she received from multiple doctors—neurologists and orthopedic doctors, and numerous chiropractors, back in 1973 and beyond, that her neck and back would ultimately be so full of arthritis as the result of her condition, that she should expect to be bedridden by the time she was in her 30s.

She didn’t end up bedridden. But by January of 1982 chiropractic X-rays showed the arthritis that had been predicted had already started forming. In February of 1982 Kolleen started drinking WW. (You can get the rest of these details in the article entitled “One Person’s Story” on our web site [www.willardswater.com](http://www.willardswater.com) or in our Special Edition Dakota Dialogue newspaper if you have that handy.)

Fast forward to 1986. New chiropractic X-rays showed NO ARTHRITIS. (She’s always required chiropractic care due to the instability of her back which results from the extra vertebra she has at the base of her spine that isn’t connected properly to the rest of her spine. So she can throw her back out pretty easily and needs a chiropractic adjustment to fix it. WW *doesn’t* adjust misalignments!)

Now fast forward to present day. Several months ago, she started having a lot of pain in her left hip and knee. The chiropractor she’s gone to most of the time since 1967 (except when living out of North Dakota) worked on it and provided relief, but it was still giving her problems. We both began wondering if we’d have to face the fact that it might be the long-delayed arthritis in her spine rearing its ugly head. She told me even if it was, those 25 years she’d been given without it

was really a lifetime—since it was those 25 years in which she was able to raise our kids and spend the first 6 years of our granddaughter’s life without dealing with that predicted “inevitable debilitating problem”.

We decided to get new X-rays to see what the situation was. She went to our great family M.D. here in Fargo and he had about a book-full of X-rays taken of her entire neck, back, hip and knee, with her in different positions to get a real clear analysis. He, of course, knew her history and what she was wondering about... was the “inevitable arthritic spine and neck” upon her? After all, she’ll be 56 soon.

He came in smiling. Told her she has ABSOLUTELY NO arthritis in her hip, or knee, or lower back, at all, and the very minor amount he could see in one area in her mid-back and a little in her neck, is so insignificant he said he normally wouldn’t even comment on it. He said most people her age would have significantly more, without any history of damage like she has. And he said the lower back, hip and knee looked just remarkably good—totally free of any arthritis, which is very rare by her age. Turned out the reason for the hip and knee pain, was an injured muscle/ligament which runs from above the hip to below the knee. After hearing that, she remembered how it happened... she was holding a very heavy car door open while in the vehicle with her leg extended out to hold it...then a strong wind came and threw the door further open and then swung it back full force against her foot, sort of “ramming” the weight of the door against her leg, injuring the muscle and ligament in the process.

The physical therapist the doctor referred her to was amazed to see how “fast a healer you are”, when after the first treatment, Kolleen had made remarkable progress. We believe the WW and other supplements she takes have a LOT to do with that healing speed...

Another amazing change in Kolleen’s health following her getting on WW was that her chronic bronchitis cleared up. Her lungs went from sounding like a “3-pack a day smoker” to doctors to “sounding crystal clear” to her post-WW doctor.

Another thing that’s mind-blowing about her use of Willard Water is that she

was born with extremely flat feet (the physical therapist she’s now seeing com-

mented on her feet being the flattest she’s ever seen)... and with bunions and other foot problems. The bones in her feet that should go straight go at an angle and those that should angle, are straight. She grew up wearing corrective shoes, and dealing with bunion pads at a very early age. She recalls how, after she’d walk for any length of time, her arches (or the area where the arch normally is, but which is invisible in her case) used to feel like someone was pulling the muscle in that area in two different directions and twisting it. She doesn’t remember when she last ever had that pain.

She also had been scheduled for surgery to remove her bunions, shortly before she started drinking WW. By the time her surgery date was near, she was coincidentally not having any bunion pain so decided to put off the surgery. We never connected that pain reduction to the WW, until years later when another user told us that drinking WW stopped her long-standing foot pain. When we wrote about that a while back, a number of customers called to say they’d never made that connection either, but once they read it, they realized their foot pain had eased coincident with WW drinking as well. A natural care physician once told us it was logical since a lot of foot pain comes from the muscles in the feet responding to a foot’s various structural problems... if the muscles relax, with enough minerals in your diet, the pain stops. He theorized the minerals in the dark water might be the reason for the foot pain relief users have reported.

Personally, we also think WW’s ability to reduce swelling and inflammation may benefit a lot of foot problems as well.

But, keep in mind, we are NOT health professionals of any kind. Nor are we experts of any kind. We’re just “regular people” who’ve been using and studying (on our own, not in any academic setting) natural health products since the 1960s in my case and the 1980s in Kolleen’s case.

Obviously, we’re also people with a long and happy history of Real WW use!♦

**25 years later, still no arthritis, no more foot pain, and her chronic bronchitis has never returned...**



POSSIBILITIES...from NUTRITION COALITION, INC.  
**For Real Willard Water & "No Nonsense Nutrition"**  
PO Box 3001 ♦ Fargo, ND ♦ 58108-3001  
[www.willardswater.com](http://www.willardswater.com)

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It is used for address information in the mailed version.



### A "MYSTERIOUS" RESCUE . . . How WOULD YOU EXPLAIN IT?

The retired German Lutheran minister wasn't given to small talk. . . in fact, it was unusual to hear him make much conversation at all at family gatherings. But the day his daughter-in-law asked him if he'd ever had an unusual, or "supernatural" type experience, he had a lot to say--about a topic most people *never* discussed in public in those days (the '50's) -- people would think they were crazy!

But he told his story as straight-faced, and unemotionally as such a "stoic" man would. . . He was driving home in a blinding blizzard--it was one of those spring blizzards that could come up (and did) without warning. He was close to home so it seemed best to continue on his way, rather than risk being hit by another vehicle unable to see him in the "white out" that existed.

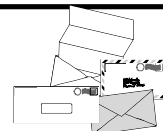
Suddenly, though, he did see something very clearly--a man waving his arms, signaling Fred to stop. So, Fred did. He assumed the man needed help, so he got out of his car and fought his way through the whirlwind of white to see what was needed. But when he got to the spot where the man had been, nobody was there. . . the only thing that was there were two footprints. *None leading up to them, none leading away from them -- just two footprints* -- "like they'd been planted there from above, with nothing disturbed on either side".

But, having come to that spot, Fred was able to see that the bridge he'd have driven over, wasn't there--it had collapsed in the storm. If "the man" hadn't stopped him he'd have driven into the ravine before he'd have known the bridge was out. His daughter-in-law (who is now our customer) asked him how he explained it. . ."Simple. It was my guardian angel. There was no other explanation." ♦

*Editor: Reprinted from Dec/Jan '98 Possibilities.  
We invite you to send your own inspiring stories, for sharing.*



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



**What a List!** — "S.M.'s" e-mail about her family's use of Willard Water... "using clear WW as eye drops, it healed **bad eye infections** in 3 kittens within 2 days, dropping it in twice a day. Using as a spray, it heals our poodle's **allergic reaction** to flea bites. She'll get a bloody raw spot and the hair falls out. It took over a week for the vet's medicine to work, with WW spray twice a day it only takes 3 days to heal and it's much cheaper. My husband gets **iritis** several times a year. Usually take 2-3 weeks to clear up completely with Dr. Rx of cortisone drops. Now he uses the WW as eye drops before applying the cortisone drops and it clears up within 5 days...I had plantar fasciitis and was having **stomach pain from the medicine** for it, but taking the meds with WW no more stomach pain (from the meds).

**1500 Miles, or No Miles** — that's the choice "V.W." has. She's had a **Relaxo-Bak** for about 5 years and says "with it I can

**drive 1500 miles**, without it I can't get out of the subdivision"! **Back pain** keeps her home no more!

**Restless Leg Syndrome** — "It felt like bugs crawling all over my legs, and my legs would just jump up and down"...that's how "T.T." described the problem she had which she now knows was Restless Leg Syndrome. She says it got totally better within 2 months of using **Strauss Heartdrops**. Doesn't know why (neither do we) but she sure knows what helped.

**Mange & Other Skin Problems** — "V.B." told us about two "high end pit bulls" who had **severe skin problems**. One was a particularly tough strain of **mange** (so tough it's led to some dogs in that area having to be euthanized) that defied the vet's treatment and the other problem had defied all vet treatments for a year, but was gone in 3 weeks with WW spray, mixed stronger than normal at "half & half" or 1/3 to 2/3 ratio when used as that spray. ♦



# More Product Highlights & Updates from Charlie

## New Weight Loss Product That People Love! It's Been Around Awhile But It's Hard to Find The Real Thing...

I, like most people I know, would certainly like to find a way to reduce my appetite. I don't have any big weight problem, but I would like to lose at least a few pounds. I know I'm fortunate, given my age (turned 69 recently), so I'm not really complaining, but I can empathize with those who have known the frustration of dieting and getting nowhere.

We think we've found an answer to the appetite reduction need, and to some other weight loss needs. We've found a source of Hoodia Gordonii (Hoodia, for short) that seems to actually work. You've probably heard of Hoodia over the past several years... the South African succulent plant widely known for its amazing ability to reduce appetites in those who consume it. It's apparently been featured on Oprah Winfrey's show and numerous national news programs. Many people have heralded it as a "new miracle diet aid". We've been trying to find a good Hoodia product for quite some time now. We've probably tried out at least 4 or 5 different "brands" and been disappointed by all of them.

It seems there has been a lot of "cheating" in the Hoodia products that have sprung up in the marketplace since all the media publicity made Hoodia look like a gold mine to a lot of people... some of them not so ethical. That's why a lot of the Hoodia products we've tried, and maybe you've tried yourself, don't seem to perform as expected. They likely don't even contain real Hoodia, or if they do, they may contain a lot less than their labels claim.

But,— *drum roll please!* — we believe we've finally found a product that really does seem to reduce one's appetite. It's called **Hoodia 2000 TR**. Each tablet contains 1,000 milligrams of Hoodia which is Time Released. Suggested use is two per day, hence... Hoodia 2000. And TR stands for "Time Released". It's **Item No. M-101**, and it sells for \$39.95.

The benefit in having this product in a Time Released form is that you can take one 1,000 mg. tablet in the morning and have it last for 8 hours, instead of the usual 3 hours for non-time-released hoodia products. That means you can get from morning until mid-afternoon on one tablet. Then, to reduce your appetite for dinner and the late night snacking that sometimes follows dinner, take your second tablet about mid-afternoon.

Why does Hoodia do what it does? Research has shown that the Hoodia Gordonii species contains a molecule similar to glucose, but MUCH stronger. The scientists who have studied it believe this molecule in Hoodia "fools" the body into believing it has just eaten. The result of eating Hoodia is therefore a reduced appetite.

Some people who take Hoodia say they feel an upliftment in their mood right after taking it, followed by a complete loss of appetite. Whether everyone using it would feel those things or not, it does seem that most people taking it do indeed feel like eating less. It's possible to still want to eat because you know it's lunchtime, or dinner time, but there really isn't a desire to eat due to actual feelings of hunger.

It's also true that some people seem to need to take more Hoodia to experience its appetite reducing effects. Each person has to see what works for them. Just don't take any more than 3 a day of the Hoodia 2000 TR, per the label instructions. And people also vary in how rapidly they notice the effects. It seems

### The Key Beneficial Ingredient in Wine... Now Here in a Tablet! And a Memory Product Too!

You probably recall a number of articles we have run on various studies that have found benefits for the heart (cardiac system) in wine. However, most people don't feel they want to drink wine every day, so how to get those benefits? In Resveratrol, the ingredient in wine researchers say is responsible for its cardiac benefits.

We now have Resveratrol available in a combination product called Resveratrol Synergy. It is said to be for cardiovascular protection and capillary strength. It comes to us from Jarrow Formulas, a company we have long respected and admired.

We are now partnering with them to bring you any of the products they carry. We won't stock all their products, but we can get them in here for you in a matter of days, so anything you know they carry, you can order from us. Their web site is very informative... [www.jarrow.com](http://www.jarrow.com).

Just ask us for any product you find there that you'd like to try and we'll get it for you. They don't sell to individuals, so you cannot order direct, but you can now get all their fine products from us—which adds lots of great products to our line.

*(please see "Resveratrol" on the back of this page)*

to have more effect, the longer you've been taking it. Many articles we've read say it can take a week or more of taking it as suggested before a person may notice the full appetite reducing effect. We haven't found a good explanation for why this is the case, but we've read it in a number of different places.

Back to our search for an *effective* Hoodia product. As I said before, we've tried a number of them here. And we've reviewed promotional pieces on even more. Some of those promotional pieces made such outlandish claims we didn't even want to try their products! But the ones that seemed legitimate, we did try. But we didn't like any that we found.

Until now. Hoodia 2000 TR seems to us to be the real deal. True, we've only had time to have a relatively few

people try it, but everyone who has tried it has said it truly does cut their appetite.

We had one woman try it who had been using another Hoodia product that was not Time Released, but which had greatly reduced her appetite for each of the meals she would eat following her taking of one of those tablets. She found she prefers our Hoodia 2000 TR. She said she likes the fact that she can take one of these in the morning and not be hungry at all before about 3 in the afternoon.

But, that's not all! We've got another product for weight loss that we're also excited about. It's called **CortiXine 3000**. It's **Item No. M-102** and it sells for \$39.95.

This is known as a "cortisol" regulating product.

Cortisol is produced by the brain when we are stressed. Cortisol is a hormone that tells the body to eat more and to store fat, according to Dr. Shawn Talbot, a nutritional biochemist at the University of Utah.

Cortisol in small amounts is needed to regulate carbohydrate metabolism, cardiovascular function and inflammation. It actually helps to increase blood sugar and blood pressure when we need to. But too much cortisol can be a bad thing...it's been linked to excessive appetite, diabetes, weight gain and even depression.

So who has too high a cortisol level? Studies have found people often increase cortisol levels too much when they:

- ◆ Experience stress daily (bills, deadlines, family problems, traffic, etc.)
- ◆ Get less than 8 hours of sleep a night
- ◆ Diet by maintaining a restrictive diet (minimizing calories, etc.)

People who have used CortiXine 3000 have said that after taking it for a few days, it helps control their appetite and cravings, increase their mental focus and increase their energy.

CortiXine 3000 doesn't just contain the cortisol regulator. It also contains 100 mcg of Chromium, along with a proprietary blend of Hoodia (for appetite control) Magnolia Bark (1.5% extract—cortisol control)); Glucomannan (for fiber), Green Tea (for fat burning), Theobromine (for well-being, and as a diuretic), Guarana (33% Extract providing 17 mg. naturally occurring caffeine

for energy), Cha de Bugre (herb powder), Maca Extract, L-Theanine, Banaba (for blood sugar), and Guggulesterone.

One very important note: CortiXine 3000 does contain caffeine. So if you are sensitive to caffeine, don't use CortiXine 3000. The product contains 217 mg of caffeine per serving (per capsule). That's equal to the caffeine in 2-1/5 cups of coffee, per capsule. Again, **if you're sensitive to caffeine, don't use CortiXine 3000.**

Even though CortiXine 3000 contains some Hoodia, you can still use Hoodia 2000 TR along with it, if you want the full benefits of both. However, we normally suggest a person start on just one new product at a time, to see how that product works for you. It is difficult to know what's doing what when you start more than one new product at a time.

Also, as we told you elsewhere in this newsletter, we've added Extra Virgin Coconut Oil to our line, which also has reported benefits for weight loss. You can order that in that form for cooking, Item No. JF-1, or you can order it in capsules, Item No. M-103.

The Coconut Oil softgel capsules, as we said, are 1000 mg. per serving, and are also Extra Virgin Coconut Oil.

We're excited about all these weight loss options we're adding to our line. In summary they are:

- ◆ Extra Virgin Coconut Oil, 16 oz. Item No. JF-1, \$13.00 each.
- ◆ Extra Virgin Coconut Oil Softgel Capsules, 1000 mg. per serving. Item No. M-103, \$24.95 each.
- ◆ Hoodia 2000 TR, Item No. M-101, \$39.95 each.
- ◆ CortiXine 3000, Item No. M-102, \$39.95 each.

As always, anyone who is pregnant or nursing, or has a medical condition which is being treated by a physician, or is on medication for any condition, should **NEVER** start any weight loss program, or take any supplements, without first consulting with their health care provider as to whether or not they should begin the program or the supplement. And, again, **if sensitive to caffeine, whether or not any of the above conditions apply to you, do not take CortiXine 3000**, as each serving of it contains the equivalent of 2-1/5 cups of coffee. ◆

## Resveratrol continued —

Back to Resveratrol Synergy... this product contains the following active ingredients: Resveratrols; Grape Seed Extract; Grape Skin Extract; and Green Tea 5:1 Extract. It's **Item No. JF-2**, \$19.95 for a 60 tablet bottle.

We're also very pleased to be adding Jarrow's Vinpocetine product to our line. Vinpocetine is said to be good for brain metabolism and is known for the benefits it provides for memory.

This is what Jarrow Formulas has to say about Vinpocetine:

"Vinpocetine is derived from Tabersonine, the alkaloid extract of Voacanga seeds. Vinpocetine supports brain metabolism by increasing cerebral synthesis of ATP, the universal currency of energy. Vinpocetine enhances brain metabolism by improving utilization of oxygen. Vinpocetine also increases the synthesis of several neurotransmitters that affect critical brain functions such as memory recall, focus and mood." These statements have not been evaluated by the Food and Drug Administration and this product is not intended to diagnose, treat, cure, or prevent any disease.

**Vinpocetine is Item No. JF-3** (\$13.95). It contains 100 capsules of 5 mg Vinpocetine each.

A friend of our family first told us about the benefits of vinpocetine. He said his parents had been using it and he'd seen great improvements in their memories.

Again, we are not health professionals, and we are not offering any of the new products in this newsletter, or any of the products we have offered before, as any sort of cure or treatment for any disease.

We also want to emphasize again, how happy we are to be offering Jarrow Formulas products. We have heard great things about them from people we respect for their knowledge of the health food industry. We believe Jarrow Formulas provides only quality products, and only products that it believes have evidence of benefit. ◆

# Weight Loss Details & More...

**ON THE HOODIA WEIGHT LOSS PRODUCTS WE ARE ANNOUNCING** ...we started out very skeptical on Hoodia. For good reason. When word first got out on it there were firms claiming to be offering it before any of it was (at least legally) leaving Africa. Guess how good that stuff was!?!

So we mentally sort of “put the idea on the shelf” ...we are patient people ... We believe if something has merit, it will continue to be “out there”, and, in fact, will gather momentum. We’d make a lot more money if we jumped on something right away, but that’s not our style and we don’t want to ever promote a product we can’t be confident in. Hoodia (quality Hoodia, that is) has, in our judgment, been around long enough now to be credible. More importantly, we’ve seen the particular Hoodia we have now added to our product line actually work and we are impressed.

Both the **Hoodia 2000 TR** and the **CortiXine** have been tried out by some of us here and by other individuals who have tried other Hoodia products. Everyone who tried these particular products liked them—better than any other Hoodia, or Cortisol-regulator products (which CortiXine 3000 is), they had tried.

**Important: Hoodia becomes more effective over the first several days to a week that it is taken.** This is true of all Hoodia, regardless of the “brand”. People notice the effect immediately, but it’s less dramatic during the first days. Most say it takes several days to a week to reach full effectiveness—for some people it could even be a little more than a week. Also, both Hoodia 2000 TR and CortiXine 3000 should be **stopped for a week after being taken for 6 to 8 weeks, to avoid your body building a tolerance to them**, so they wouldn’t work for you any longer. That is true with most herbal products—best to take a break from them occasionally to keep them effective.

There has been a lot of discussion here as to how to price these two products.. Most Hoodia products run something around \$60.00 retail. But we were able to find this apparently very fine product at a price that let us price it at \$39.95, so we are doing that. We realize there will be folks who will opt for something at a higher price, just because they will believe that automatically makes it a superior

product. (Kolleen here actually ordered one for \$59.00 that was “rated high” online and tried it, but didn’t like it as well as either the Hoodia 2000 TR or the CortiXine 3000. By the way, internet rating sites often turn out to actually be connected to the products they are “rating” so can’t really be relied on as unbiased.)

But our practice has always been to provide top quality products at as affordable prices as possible, so that is what we are doing.

And we’re doing even better than that with our **Introductory Special** on these two **Weight Loss products**... We’re offering them during this Holiday Sale for just **\$29.95 per bottle!** We really want to get a lot of customer feedback quickly on these products, so we can start telling people how great they are! Order now, before the deadline!

**WHAT WILL WILLARD WATER DO FOR ME? I’M ALREADY VERY HEALTHY!** Reasonable question, but our answer is: “You may be surprised”. Years ago a woman in an eastern city was so impressed with benefits she perceived from the WW that she had us mail an 8-oz bottle of concentrate to her daughter who lived in New Mexico. She told us that the daughter was a “tri-athlete” .. A person who went out on weekends and swam, rode bicycle and ran ... Very long distances at nearly top speed. “Only the REALLY fit need apply!” I thought, of course, “How much healthier and vigorous could this person be?” But we mailed it, of course. Less than a month later, the daughter called and ordered a GALLON of the concentrate. I took the call, happened to remember who she was, and was very surprised, so I asked her, “Vicki, what are you noticing?” She responded that her times on all the events were significantly better! “I know what I WAS capable of, and now I’m faster”. Few of us run triathlons, but we can ALL perform better, so I often think of her when someone asks, skeptically, if it can really do anything for them.

**SPEAKING OF GOOD PRODUCTS AT REASONABLE PRICES** .. The two Willard Water-based gel products certainly qualify. Almost everyone reading this is drinking Willard Water every

day, so may find this to be nearly unbelievable, but we do have a handful of customers who ONLY purchase one or both of the gels! Our guess is that they are simply skeptical of anything they have to take INTO their bodies, but some how were led to trying out the “on the skin” gel products and found them to be really wonderful. So, for all these years, we hear from them just now and then, replenishing their supply. They certainly are onto a good thing. The personal experiences of those of us right here tell us that the **Aqua-Gel** is great for “basically anything going on ON the skin, which you don’t want ... **Poison ivy, sunburns, acne, insect bites, itches, rashes . . . Whatever**”. And (this is Charlie speaking) in our own household, there is hardly a day that goes by that either of us (Kolleen or me) or both of us doesn’t make use of the **Chinota Gel**. We’re getting older, and even drinking the WW, when we over-do activities, or throw our necks or backs out, we notice it! We’ve found the Chinota to be VERY helpful for **temporary pain relief** (sometimes rather “long-term-temporary” pain relief).

**STRAUSS HEART DROPS** .. As we write this we still have dwindling supplies of the wonderful Heartdrops which we purchased at the “old” (pre-November 1) prices. If you are one of the many regular users of the Heartdrops, it would seem to make sense for you to buy at least a bottle or two at the old prices (\$75 and \$40). Again, WE did not impose that price increase. The diminishing value of the US dollar vs. the Canadian dollar forced the Canadian source of the Strauss products to raise their prices in US dollars, to get back to the price, in Canadian dollars, they were getting two years ago.

**“SUPER-NUTRITION PRODUCTS”** .. Most people in the supplement business have their own short list of food products which each have their share of fans who have seen great benefits from them. Dried wheat grass and dried barley grass are typically on such lists. We provide both in one-pound canisters for \$29.95 each, but many people don’t really care for the taste of them, even in blender drinks, so they soon quit using them.

Recognizing that, Daily’s put together their **“Power Caps”** (Item J-103) which contain dried barley, wheat and beet juices. Ninety caps for \$14.95! We haven’t said much about them but we should! They really are a super product! ♦