Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.willardswater.com ♦ December, 2009

Did This Event of Nearly 30 Years Ago Impact You?

We've written before about someone who was told, back in 1981 that the damage to her back from a car accident had progressed far enough that she was beginning the process that would eventually have her confined to a bed. Every day was harder for her to get up. But a product she'd first become aware of in the Fall of 1980 "turned up in her life", and amazing things began to happen.

Have you, like thousands of others who have reported on their uses of this product, felt it impacted *your* life in some way?

We've had people tell us they believe it's helped them with everything from...

- ♦ Acne:
- ♦ To Arthritis;
- Sunburn or Burn Healing;
- ♦ Blood Sugar -- *either* high or low;
- ♦ Back Pain & Other Pain Relief:
- Respiratory problems (Bronchitis, Emphysema, Asthma, etc);
- ♦ Allergies;
- Digestive problems like Diarrhea or Constipation;
- ♦ Gout;
- ♦ Hemorrhoids;
- Migraines;
- Psoriasis; Eczema;
- PMS and other Menstrual problems;
- ♦ Menopause;
- Avoiding Colds & Flu;
- ◆ To help with Gardens or Crops;
- Or A Beloved Dog, Cat, Horse, or other Pet,
- ♦ Or Livestock,
- ♦ Etc. Etc. Etc.

Back to the person we first mentioned above. To make a long story short, she not only never ended up becoming bedridden, but she was able to become more and more active in all the years since.

And, the arthritis she was told to expect to develop throughout her spine, never happened, even though it had already begun to form and showed up on X-

rays back in 1981 as "arthritic spurs". Years later, those areas of her spine where arthritis had already formed, no longer had any arthritis present. In fact, just last year complete spinal X-rays showed no spinal arthritis. "At her age" her doctor (a mainstream M.D.) said, nearly everyone has some...and he could find only a small patch of the start of some, but so little he said "it just doesn't count... almost anyone your age who is walking around has more than that".

And, her chronic bouts of bronchitis had also disappeared after she began regularly using RWW.

Most interesting, however, was that her back problems and her bronchitis both returned only once between early 1982 and today... and that was when the product was switched, without her knowing it, to an imitation product! But, when switched back to the REAL Willard's Water ("RWW"), once more without her knowing of the switch, her back got better again, her bronchitis cleared up, and "the rest is history" as they say. For more details on her experience go to "One Person's Story" on our web site www.willardswater.com in the Information area of the site.

The person we're talking about is Kolleen Sunde. She and her husband Charlie ended up getting involved in marketing RWW as a result of her experience. Neither had ever expected to be involved in *any* marketing in their lifetimes.

It's hard to believe, but the program that changed Kolleen and Charlie's lives, and probably thousands of other people's lives, was first broadcast nearly 30 years ago. The "60 Minutes" program on Real Willard's Water was broadcast on November 23, 1980. So the 29th Anniversary of that broadcast was Monday, November 23, 2009. To read a transcript from that program, go to the Information area of our

website, www.willardswater.com and click on "60 Minutes Transcript".

We're planning to celebrate its 30th Anniversary throughout 2010, and are kicking it off now. We've heard from countless people over the years who have told us RWW changed *their* lives for the better, too, and we hope to hear from even more people who feel RWW has impacted their lives in some way, as to just how it did. So, we're asking all our "fans" of RWW to let us know what their favorite uses of RWW are, or what their favorite story is about something it seemed to do that amazed and/or surprised them.

In fact, <u>if you send us such stories</u>, <u>or favorite use reports</u> with any order you place that mentions this "Anniversary Kick-Off" story, we'll give you FREE Standard Shipping on that order to anywhere in the Continental U.S.

You can e-mail your report to willardwtr@aol.com, or you can just write it in the Comment area of your online order. You can also call us Toll FREE at 1-800-447-4793 to give us your report and order, or Fax it to 218-236-6753.

We've had so many people tell us over the years that they can't believe how much RWW changed their lives for the better, and often say they want others to know about it who might also benefit, that we know many of you will welcome this opportunity to share your story with others. Don't worry about writing it up—just calling us with the information is fine... we'll write it up here and take it from there in sharing your experiences with others (without mentioning you by name).

Thanks for celebrating these 30 years with us! We'll be finding ways to celebrate throughout 2010—it's 30th year. Let's hope this amazing product is around to continue doing whatever it can for hundreds of more years!

4 TIMES MORE Weight Loss With This Mineral, Plus a Way to Boost Even THAT!

When female dieters took a supplement of a particular mineral in a recent study, they ate fewer fatty foods and lost four times more weight than the women in the study who didn't take the supplement. So what mineral was it? Calcium.

Researchers theorize that when your calcium intake is too low, your body may start craving foods rich in the mineral. Unfortunately, many foods high in calcium are also high in fat and calories (like ice cream and full-fat cheeses, for instance).

But the researchers in the study found that the women in it who were getting the least calcium (less than 600 mg per day) lost not only more weight but also more body fat while taking a supplement.

And, the researchers added that taking a Vitamin D supplement along with a Calcium supplement is even better. since Vitamin D taken with calcium results in your body absorbing more of the calcium.

Add more weight loss, and more body fat loss, to the other benefits of Calcium and Vitamin D, it would seem almost silly NOT to be taking them, wouldn't it?

We offer five different Calcium choices...

- Calcium Citrate is Item J-25
- Coral Calcium Capsules, J-202
- **Coral Calcium with Magnesium** and Vitamin D Capsules, Item J-
- Coral Calcium Powder, J-200
- Coral Calcium Powder with Magnesium & Vitamin D, Item No. J-201

And, our "Multi-Vim" (Item J-56), which is a combination of multiple vitamins and minerals, also contains Calcium and Vitamin D, along with numerous other vitamins and minerals. Any "multiple" will, however, contain lower amounts of each of the provided vitamins and minerals than a supplement that provides only one or a few nutrients.

Calcium Citrate is said to be one of the most easily absorbed forms of calcium. And our Calcium Citrate has been is due to RWW's tendency to increase a real favorite of lots of our customers

for many years.

However, an awful lot of people have said they have found far more tangible results with our Coral Calcium than they've ever found with any other calcium supplement.

"Tangible results" reported to us about our Coral Calcium over any other calcium the people had used previously included obviously improved fingernails, and hip and knee pain improvements, to name a couple.

Our Vitamin D₃ comes in both a 1,000 mg capsule (Item J-24) and a 5,000 mg. capsule (Item J-24A). Most natural health experts, and a lot of mainstream doctors as well, have started recommending adults take 5,000 mg. of Vitamin D₃ per day. With benefits from cancer prevention to heart health to bone health and fighting off the flu, Vitamin D₃ is becoming one of the "must haves" in most experts' opinions.

Again, people who wash down their supplements with Real Willard's Water, tend to report the best results. We imagine, and most experts theorize, this the absorption of nutrients.



Trivia & Tidbits . . .

- 1. What was the year and model of Jack Benny's car?
- 2. What did Bob Hope do before becoming a comedian?
- 3. Who invented the first hideaway bed patented in the United States?
- 4. What was Lindbergh's average speed on his historic 1927 cross-Atlantic flight?
- 5. Who designed the original 1936 Volkswagen?
- 6. How long did Edison's first incandescent light bulb burn in his 1st test in 1879?
- 7. The wild pomegranate is said to have as many seeds as there are commandments in the Old Testament. How many is that?
- 8. What is a diadromous fish?

AND THE ANSWER IS...

I. A 1924 Maxwell.

2. He boxed, under the name Packy East.

3. Thomas Jefferson. It was hoisted and secured to the ceiling when not in use.

4. About 108 mph.

5. Ferdinand Porsche, who later went on to design sports cars bearing his name.

6 Forty hours.

7.613.

8. A fish — such as salmon or sturgeon—that can exist in both salt water and fresh water.

ON "THE WEB"!

www.willardswater.com

Or

www.nutritioncoalition.com

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

Relaying Her Amazing Results... Even Conveying The Excitement She Feels From Receiving Them...

We often relay our own, and our customers' use reports regarding their experiences with Real Willard's Water ("RWW") and other products we carry. The other day I received one by e-mail that I've decided to share with everyone just as written, since the author did such an amazing job of conveying even the emotions that the results she feels she's seen bring about in her. See for yourself:

"Dear Nutrition Coalition,

"I just wanted to thank you for your amazing product. I have been taking the Dark Willard Water for three months now and can't describe how my life has changed. I was depressed, on medication, lethargic and unmotivated to do anything about it. I wanted to, but couldn't find the energy.

"My mother sent me a sample of your product and I began drinking it every day. At first I just noticed I seemed to have a little more energy, then I couldn't get to sleep very well, so I only drank it in the morning. I ordered my own quart and started giving it to my son as well.

"I was depressed, on medication, lethargic and unmotivated to do anything about it...wanted to but didn't have the energy... now, 3 months later ... working out 4 days a week an hour and a half each day...taking (less) medication, and NO ILL EFFECTS! I am sleeping much better and ... have actual energy...

ergy...
"I have real hope in my life again...Your product changed my life."

"Three months later, I am now working out four days a week for an hour and a half each of those days, I am taking my medication every other day and sometimes every third day with NO ILL EFFECTS!! I am sleeping so much better than I was, and I have energy - actual energy during the day.

"I haven't made any other changes, so I know it is your product that is making all the difference. My gratitude is overwhelming. I spent the last seven years in a state of stagnation and depression with worsening physical symptoms because of my lack of activity. All of that seems to have turned around in the last three months since I've been drinking the Willard Water. I can hardly believe it myself! I keep waiting for the other shoe to drop since it seems too good to be true, but I have been able to maintain a regular schedule of exercise since I began taking this product. It is truly a miracle and is making an unbelievable difference in so many ways.

"I have more stories, but I will leave it at this for now. I am so very grateful for your product. I am a skeptical person and not likely to jump on suggestions from other people. I only started taking your product because my mother sent me a sample and really wanted me to. Thank God I did that because now I feel I have real hope in my life again.

"My body is stronger, my mind is clearer and the future actually looks bright to me. Thank you again Nutrition Coalition. Your product changed my life.

"Yours Most Sincerely,

"M.P."

Our thanks to you, "M.P." for giving us such a day brightener (or week, month, year, forever-brightener, that is!), and for your willingness to have set aside your skeptic's hat to try this unusual product, and also for your desire to share your experience with others, hoping they, too, might find some wonderful changes for themselves with this "amazing product", as you so aptly call it.

Your letter is SO appreciated. Thousands of folks have benefited from our efforts on behalf of this wonderful and cost-effective product, and they often tell us, over the phone, how much they appreciate it. But people are busy and very often are concerned that their ability to express themselves in writing will make them look like incompetents . . so their eloquent testimonies are that they simply keep on ordering it, year after year. We have quite a number of customers who have been with us 15-25 years . . a few, more than that.

People tend not to RE-purchase things if they see no benefits! So, we consider the high re-order rate for RWW, and the length of time so many people have been loyal customers, to "speak volumes" about what they feel it's "worth" to them.

Re: not being able to drink it later in the day. Quite a common report. Certainly not that way for everyone. I wash down some supplements with RWW right at bedtime and sleep very well. And many people actually deliberately drink a glass or more of it at bedtime because it makes them sleep better. But many others have reported, like you, that they can't drink it after 7 pm, or 5 pm, or whatever, because it gives them so much energy it keeps them awake. In other words, RWW seems to work differently on different people... we've always assumed that's because it is NOT a drug, and simply is working WITH each person's unique system... it's not "programmed" to do a particular thing in a particular way. It is, as Doc Willard said, a catalyst and it works with the system in which it is being used... in this case, with different people's, different "systems". Thanks again, M.P.!

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It is used for address information in the printed version.



"The Greatest Gift Of All"

Dan S. told us "Mom was one of those people who could never get enough of Christmas...in terms of family events, gifts, decorations... the whole nine yards.

Which only made the first Christmas without her that much harder. Every piece of garland, every decoration, every 'anything Christmas', was a reminder of the emptiness...

"One of her favorite collectibles was a group of little fairy figurines...they weren't expensive, but she loved them so much they became like her 'signature', but for some reason they were extremely hard to find. Nearly all she got had come from a particular gift shop in a suburb of St. Paul, Minnesota.

"I still can't explain my sudden compulsion to wander into the gift shop near my home in Ft. Lauderdale (FL) that day when I was running so late for an appointment, but imagine my surprise to see 5 of 'Mom's fairies' sitting on the counter...but they were obviously being packaged up for someone, so I asked the shopkeeper if that was all she had—saying 'we really need 6'. ...my shock skyrocketed with her response, 'she said you'd

be in to pay for them and pick them up, but I can't find the 6th

"I managed to stammer 'Who said I'd be in?'. 'I didn't get her name—she was an older woman with her hair up like this, and she was wearing a green sweater with huge red flowers and sequins on it'...the shopkeeper was describing my mother's favorite sweater and hairstyle! Then she added that it seemed so odd how the 'customer' had somehow entered the store without setting off the automatic doorbell, and left without doing so, either. She'd just 'appeared, asked for the fairies, told me you'd be in, and then disappeared', but had made it clear she needed a fairy for each of her 6 children... the shopkeeper added 'she was holding one of the fairies when I turned away, and then she was gone, along with the fairy she'd been holding.'

"I can't explain any of this—I don't know if it was an actual apparition, or what, but I know the message to all of us was clear — our Mother's love will never die — and that's the greatest gift of all." ♦ Reprinted from our December, 1999, issue

Editor: We invite you to share your miraculous/unexplained help/fork-inthe-road stories with us, for sharing with others (anonymously, if you



E-Mails, Mailbag & Phone Calls.



Her Mother Was Right —

At least about getting her to use RWW when she was a child. But after she "moved out on her own", "W.R." told us she stopped taking it and forgot about it for years.

But about 5 years ago she started taking it again, and noticed some benefits.

As she puts it, "It improves my mood and digestion. I drink it every day. Recently I started using the Aqua Gel on my hair—it was already thick but now it's amazing. I also use the gel on my face and neck. My skin, which was getting dull in these Midwestern winters, now looks poreless and smooth. My friends asked if I were using a foundation but I don't wear any make-up, just the Aqua Gel." No wonder she keeps using it!

"For My Healthy Being" —"H.O." sent us

just a beautiful "Thank You" note recently, telling us she'd never sent us a thank you but we are 'the most important supplier for my healthy being". She said when she lived in Japan she only found RWW products for topical use and started using those in 1999. When she moved to the U.S. in 2001, she discovered us "and started to drink RWW. Now I treat it almost like a cure-all. I keep a clear Gel bottle in the kitchen for burns and have recommended it to my mommy friends.

"My 5-year-old daughter has growing pains quite often and sometimes it's very painful. I use Chinota Gel for her and she demands that I buy more.

"I sincerely hope the bad economy leaves you alone and your business prospers."



More Product Highlights & Updates from Charlie

Care To Join Me On a Walk Down Memory Lane?

As we discussed on page 1 of this issue, 2010 will mark the 30th Anniversary of the "60 Minutes" program on Real Willard's Water. That program was what brought RWW to the attention of millions of people, including my wife, Kolleen, and me.

We've told you a brief summary of Kolleen's experiences, and mentioned some of the categories of ways people tell us RWW has helped them. But someone asked us recently if we could recount some of our favorite stories from all those we've heard over the years of RWW use.

That's what this "memory lane" is all about... some of our All-Time Favorite RWW Customer Use Reports.

On a personal level, I know one of my favorite memories is the look on Kolleen's face the first time Dr. Willard ("Doc") handed her a tall glass of the **Dark** RWW for her to drink. Kolleen and I were both big fans and regular users of RWW by the time we met Doc in person the first time, but we'd always drank the Clear... Kolleen said she thought the dark just looked too "yucky" to drink.

But on the day we first met Doc, Kolleen was just entering the last month of her pregnancy with our youngest son. He's now 26, so you know how long ago this was.

Anyway, we'd been visiting with Doc from about 7:30 a.m. that day when he picked us up at the Rapid

From those "laid back" chickens... to the vegetables the deer chose over the non-treated vegetables in the same garden... to the water our dog refused to drink... it's fun to recall some of our favorite RWW reports!

City (SD) Airport. We'd had breakfast and then gone on to the plant and kept visiting every minute. Late in the afternoon, Kolleen sort of sank into a couch in their offices and said she felt "like a computer with an overload". Doc asked her if she'd like a glass of his water. Kolleen lit up and said she'd LOVE it. Little did she know that the only RWW that was mixed up for drinking at the plant was the Dark water. She found out soon enough. Doc came back with a very tall glass of DARK water and sort of "presented" it to her with a flourish. I saw the look on her face and didn't know if I should feel sorry for her, or try to intervene, or just enjoy the humor of the moment... Kolleen trying desperately to find some gracious way to say "Yuck!".

She obviously decided there WAS no way to say "Yuck" graciously, so she took a sip from the very tall glass... she looked very surprised and said in an almost questioning way "I really like this"!

That started a discussion with Doc as to the differences between the dark and the clear... he pointed out that the dark, users said, always worked better on gout and blood sugar and energy. Kolleen really perked up at the mention of **Blood**

Sugar, since she'd been having problems with that throughout her pregnancy. So much so, that they were planning to do a C-section and take the baby a month early, to protect the baby from

the high spikes in blood sugar that they "knew" would come in the last month.

Kolleen had been drinking the Clear all along and doing better than they expected, but after that visit with Doc, she switched to the Dark. She ended up going full term, and in the end, having NORMAL blood sugar. That doesn't usually happen in cases of

Gestational Diabetes, which is what Kolleen had—high blood sugar associated with pregnancy. This experience also convinced us of the merit in trying the Dark RWW for anyone with either high or low blood sugar issues, since again and again, users have said the

again, users have said the Dark works even better in such situations than the clear, and that certainly was the case for Kolleen.

I know one of the other amazing personal experiences we had "way back during our early use of RWW" was when our daughter who was about 5 years old, took a tumble off her bike and our neighbor brought her home with a real "goose egg" already on her forehead. Kolleen's first reaction was to take her to the emergency room, but we were already in the habit of "spraying anything that hurts with the 'water' before doing anything else", so she sprayed Abby's

head and then just held Abby in her lap to calm her down before heading to the ER. I wasn't there when this happened, but a friend of ours was... and as Abby sat on Kolleen's lap, she was facing our friend Mollie. It was Mollie who suddenly pointed to Abby's head and said to Kolleen "that's going down"... Kolleen turned Abby to look at her and both Kolleen and Mollie described it as looking "like a rubber ball deflating... it just got smaller and smaller... you could watch it happening", until the entire goose egg was gone. It didn't hurt after that either. They never did go to the Emergency Room. This is NOT to suggest that head injuries should not be checked out by qualified medical people, however! I'm just telling you of yet another personal episode that helped cement our personal belief in the merits of this amazing product.

I know one of Kolleen's other favorite stories has to be the "Calmed Down Chickens". This goes back to the early 1980's and a Canadian poultry operation. Had hundreds of thousands of chickens. Decided to "test" the RWW in one of the hen houses.

This was a "state of the art" poultry operation... complete with an alarm system to go off when the chickens got "too calm".

For those of you without an intimate knowledge of chicken production, such alarm systems are needed because chickens are normally extremely nervous creatures... constantly moving, pecking at each other, etc. etc. In fact, if they stop such nervous activity it is very often because they are "in trouble"... i.e. suffocating.

Well, in the hen house where the chickens were getting the RWW, they kept getting "false alarms" from that warning system. But the chickens were Just Fine... healthier, in fact, than the non-RWW chickens. BUT, the RWW chickens were so calm ("laid back" as Kolleen likes to picture it) that they kept setting off the alarms!

Kolleen's other favorite "mental image" of this event, is when she thinks about the fact that "most likely nobody stood there, in front of those thousands of chickens... looked them in their eyes, and planted the idea in their heads that now they would relax and calm down because they were getting RWW"!

And, as Kolleen has so often laughingly pointed out "even if someone HAD done that, most likely none of those chickens would have really understood what they were being told... since those chickens had probably never even heard of RWW"!

Well, this does sort of back-up what an awful lot of PEOPLE have told us over the years... when drinking RWW routinely, they tend to deal with stress better, feel more relaxed, do less nervous eating, etc. One lady once told us she knew it was true for her because her coworkers said they could tell when she was drinking RWW because she "smiled more" when she did. Now that's a nice "side effect"!

Another old favorite of ours was the one from long-time RWW-customerbecome-friend-of-ours "C.M." from Hawaii. He had pet fish — Koi, to be specific — in a pond in his home. He cleaned the pond one day and then returned the fish to it. He realized he'd done something really wrong when he looked back at the pond after putting the fish back in it and found "all but one of them" dead, floating at the top of the water. And the one that wasn't dead yet, "didn't look long for this world, either". So, he scooped up that one remaining Koi, and put it in a bucket of RWW.

swimming around and recovered completely.

When Kolleen told Doc about this, Doc's response was "Well, sure, Kolleen". He then told her that he'd guess the RWW helped in a couple of ways. First, it helped raise the level of oxygen in the water and therefore for the fish. And, it helped the fish to deal with the stress of the situation better. I think there was a third way, but after all these years I can't remember what it was.

Then there were **Norma's vegetables**. Norma was a farm wife with a huge vegetable garden. The first year she and her husband were introduced to RWW, she decided to "put it to the test". She treated some of the vegetables she planted with it, and left others of the same type, untreated. Well, the treated ones were much larger, tastier, and sturdier. BUT the big problem was that "when the **deer** came through they ate **only** the vegetables that had been treated with RWW"! Apparently deer are smarter than some people think!

Our dog named Gus. He's had RWW in his water dish all his life. One night he was desperate to have his water dish in the family room refilled. He was tossing the empty dish up in the air to let us know "there's a problem here". Both Kolleen and I were glued to a TV program and didn't want to miss any of it by going to the kitchen to get a refill for him out of "his" gallon jug of the mixed-for-Gus RWW, so I just filled his water dish from the bathroom sink that was right outside the family room door. Same water as we used for his mixedup-RWW, since we just used "out of the sink from our tested well water" for him. So the taste should have been the same.

Well... I had clearly insulted him and left him quite upset with me. He ran to his dish to take a drink and stuck his head down toward the water... then balked. Stopped in his tracks. Looked at us like "WHAT did I ever do to you to deserve this?" And he walked away from the dish! With apologies to Gus, I took his dish to the kitchen and filled it with "his" RWW. He waited in the family room so didn't see it get filled. I took it to the family room and set it

To his surprise and delight, it started down. He ran to the dish, took a couple seconds to make sure we hadn't "screwed up again" and then excitedly took his drink!

> We'd had many pet owners tell us through the years that their cat, dog, or horse wouldn't drink any "regular" water once they'd been given RWW, but we'd never seen it with our own eyes before, since we've always given our pets RWW. I gotta tell you, it really was something to see! Maybe Gus, and the other pets that have refused "regular old water" are a lot smarter than a lot of people think they are!

> There's no way to even briefly mention all of the amazing reports we've received over the years, but I have to say that it "never gets old"... hearing from people who have experienced relief from various problems — some having been fairly new problems and in other cases problems they'd had for a long time.

It's certainly priceless to hear from people who've experienced relief from **arthritis** or other **painful conditions**.

Very often people tell us for the first time in many years, or maybe "as far back as I can remember", they are finally "regular" after starting to use RWW routinely. For some people that means their problems with **Chronic Constipation** have ceased, for others, it's the end of problems with **Chronic Diarrhea.** RWW seems to just generally help **digestion**. We've also heard from a lot of people who have noticed that before RWW whenever they'd eat corn, they would always see a lot of corn kernels in their stool afterwards. After "getting on RWW", they find that they see very few corn kernels in their stool — some say they actually don't see any. That would seem to indicate the body has somehow improved its digestion. That would seem to fit with all the experts who have said RWW seems to increase absorption and utilization of nutrients—from food or food supplements.

As I said, we can't even give you the "tip of the iceberg" of the various reports we've heard through this years, but as we've come to say, "Nothing RWW seems to do ever surprises us any more, but it continues to amaze us".