

Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.WillardWater.com ♦ December, 2013

From Mild Dementia to Alzheimer's... Could These Long Established Snack Type Foods Help Fight the Epidemic?

Do you walk into a room and can't remember why you went there? Stare into a refrigerator and wonder what you wanted? Forget familiar phone numbers? Some researchers say maybe snacking on an orange or a carrot might help.

Before going further, it's important to point out that from what we've read, none of the above situations indicate Alzheimer's... and they may not even indicate mild dementia or mild cognitive impairment, since situations as described above can sometimes be the result of stress, or "overload", and in cases of Alzheimer's most authorities we've read say the difference between what's normal forgetfulness, or even mild impairment and Alzheimer's, can be explained this way: forgetting where your keys are is not Alzheimer's, forgetting what keys are and/or what they would be for, is much more concerning.

Having said all that, we found the results of a study conducted at the University of Ulm, and published in the *Journal of Alzheimer's Disease*, quite interesting.

This study found that people with mild dementia — which can be an early sign of Alzheimer's Disease but isn't always, have significantly lower blood concentrations of Vitamin C and Beta-Carotene than their healthy counterparts.

The researchers suggested it might be possible to influence the development of Alzheimer's Disease by diet, or by taking dietary antioxidants.

Alzheimer's Disease is the leading cause of dementia and the 6th leading cause of death in the U.S. It affects about 5.3 million Americans and 12 million people worldwide.

Every 69 seconds someone is diagnosed with Alzheimer's Disease.

Alzheimer's is a neurodegenerative disease, and is believed to be caused by the accumulation of amyloid-beta plaques and a loss of synapses between neurons in the brain. Oxidative stress, the process that produces free radicals in cells, is believed to promote its development.

In this study, the researchers' goal was to determine if antioxidants — compounds that combat free radicals — could offer protection against brain degeneration.

They looked at whether low blood-serum levels of certain antioxidants — vitamin C, Vitamin E, Beta Carotene, Lycopene, and Coenzyme Q10 (CoQ10) — could be a risk factor in the onset and development of Alzheimer's Disease. They studied 74 patients with mild dementia and 156 healthy controls, all between 65 and 90 years old.

Their results showed that the concentration of Vitamin C and Beta-Carotene in the serum of Alzheimer's patients was significantly lower than in the blood of control subjects.

However, no difference was found between the groups for the other antioxidants tests — Vitamin E, Lycopene, and CoQ10.

The researchers believe that their results need to be confirmed in a larger prospective study to determine whether in fact Vitamin C and Beta-Carotene might prevent the onset and development of Alzheimer's Disease.

What did the researchers see as the bottom line? Keep your mind sharp by eating lots of fruits and vegetables, especially those high in Vitamin C and Beta-Carotene.

Vitamin C is an antioxidant found in high concentrations in citrus fruits like

oranges, lemons, and grapefruit, as well as in many other fruits and vegetables like bell peppers, kale, kiwi and strawberries.

Beta-Carotene is a precursor to vitamin A and is responsible for the orange color of fruits and vegetables. It's also found in red, yellow, and green colored fruits and vegetables. Most people get their Beta-Carotene through eating carrots but other rich sources include cantaloupe, broccoli, apricots, and spinach.

Again, we remind you the Willard's Water is a real champion at boosting the absorption of nutrients from food or supplements... so if you want to get the most out of the fruits and vegetables and other healthy things you eat... include Willard's Water in your routine as well.

And if you're interested in a good Vitamin C supplement, we have it in a 500 mg tablet form in our Item No. J-68, and in a 1,000 mg Timed Release tablet form in Item J-69. We also have it in chewable form in Acerola Cherry, Item J-71.

We know this article will result in a lot of readers wondering if, since Willard's Water is known as a powerful antioxidant and scavenger of free radicals, if it should or could be seen as a way to combat Alzheimer's. In short, we'd say No — there is no study to say that.

We would add, however, that some people feel it's been of benefit in some cognitive issues. We would guess those people are likely doing other nutritional things to work on those issues, and we have no doubt that Willard's Water would help boost the absorption, and therefore the effectiveness of those other healthy things. Whether or not Willard's Water's antioxidant and free radical scavenging abilities would be of benefit in and of themselves is an unknown at this time. ♦

What to Eat When Dieting?

By Ben

As some of you know, in the past year I've become fairly serious about body-building. I should clarify that means that my goal is to constantly work to build a maximum percent of muscle and a minimum of fat, and not the goal of bulking up to Mr. Olympia pageant levels.

A necessary part of this hobby is alternating phases of building new mass and then phases of cutting down to carve away excess fat gained while building up. Thus, I'm back on the cutting phase. Which has me reflecting in a new way on the best way to lose weight in a way that's not only efficient but also does minimal damage to the muscle that I've managed to build to this point.

This is where my concern should become yours, gentle reader. Doubtless, few of you are trying to achieve the specific aims that I am, but many of you are aiming to lose weight. I've preached before about the importance of developing muscle to raise your metabolism and therefore make it easier to maintain a given weight.

Naturally, this means that if it's your goal to lose weight, you should be aiming to lose much more fat than muscle. Losing too much muscle will lead to a seriously reduced metabolism, and may be part of why so many people regain all

the weight they lose. But how do you do that?

After much reflection as far as the best diet and exercise routine goes, I've come to my first-ever certainty about something everybody should be doing dietarily: eat lots of protein. Sure, protein is important for building muscle, but it's just as important for maintaining it, especially if you're reducing calories and working the muscles you have. After every workout, your muscles are in a state of being torn down, or catabolism. Protein is necessary to repair the damage done, or else the workout can result in a net loss of muscle (which also means a drop in metabolic rate, as muscle requires calorie burning simply to exist).

Therefore, eat to maintain the ability to lose (and maintain) weight. Or, more specifically, eat protein (probably around one quarter gram per pound you weigh: for example, at 200 pounds, I should have 50 grams). I'm personally unconvinced of the arguments for and against different forms of protein, or low-carb versus low-fat diets, so, to me (a layperson remember), it makes sense for everybody to do what they're most comfortable with. But it seems reasonable that everyone should definitely get protein in. Without a moderately high amount of protein in your diet (be it from meat, nuts, dairy, soy or what have you), you may find that you lose a great

deal of weight that includes only a small amount of fat, once again leading to a significant drop in metabolic rate, leading to the probability of a great rebound in weight, probably disproportionately fat (because it takes more time to build muscle than to store fat).

Finally, I would like to once again advise about the importance of supplements while dieting. You need nutrients at all times, but when you're deliberately reducing food intake, the odds of not meeting nutritional needs greatly increases.

Therefore, you need supplements beyond just my favorite weight-loss supplements like **CLA** (J-120) and **Metabolic Factors** (J-78). From what I've read it would seem at the very least, dieters need **Multi-Vim** (J-56) and **Activated B-Complex** (J-2) too. Many experts now say **probiotics** are necessary for weight loss, too, so either **Colon-Aid** (J-31) or **L-Salivarius** (J-61) would seem in order.

And, of course, you need to be able to absorb the most possible out of the nutritional supplements you take, and all the nutrition possible out of every calorie you take in via the food you eat. For those needs, we have **Willard's Water**, known for helping to boost the absorption and assimilation of nutrients from food and from food supplements. ♦



Trivia & Tidbits . . .

1. Gulliver's 1st name in Jonathan Swift's Gulliver's Travels was ___?
2. What 2 great writers both died on April 23, 1616?
3. What teams were in the first football Super Bowl in 1967? Who won?
4. The only words Clarabell the Clown ever spoke on the Howdy Doody Show: ___
5. What planet has the largest known mountain in the solar system?
6. How many bee trips from flower to hive are needed to make a pound of honey?
7. If you traveled at a snail's pace how far would you go in an hour?
8. The Nobel Prize in Medicine in 1949 went to Antonio de Egas Moniz of Portugal for ___?

AND THE ANSWER IS...

1. Lemuel.
2. Shakespeare and Cervantes.
3. Green Bay Packers & Kansas City Chiefs. Green Bay won 35 - 10.
4. "Good bye kids" on the 2,343rd, and final, episode of the show.
5. Mars? Olympus Mons is a volcano more than 3 times the height of Mt. Everest.
6. Forty thousand(!).
7. Twenty-five feet, for a great many species.
8. The now discredited prefrontal lobotomy surgical procedure.

ON "THE WEB"!

www.willardswater.com

Or

www.nutritioncoalition.com

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

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PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

Dog Owner Report: Dog's Limp Gone in Days, and Owner's Own Arthritis Now Tamed Without the Meds

We often hear from people who have purchased Willard's Water for their pets, found it to "work" very well, and then decided to use WW themselves. Here's a recent report:

"Hi Charlie.

"As a fairly new user of Willard Water (Dark Ultimate) I want to tell you about my experience...

"I am soon to be 74 years old and I have two Rottweilers, 7 years and 5 years old, so that's the background of this story.

"Several months ago, I noticed that my 7 yr. old was limping when he got up from short rests. He is in excellent health, otherwise and the limp was short lived – once he got going the limp disappeared. Still, it was noticeable and I like to keep on top of things. I talked with the Vet and she told me to expect this at his age. I had just read about Willard Water in Whole Dog Journal and decided to try it, for Baron. I added it to his (and his sister's) drinking water and to the water that I add to food and after three days, no more limp. Not once! I watch and he has not limped! So I was sold and I called the Vet to tell her about this and she was amazed.

"I have been taking meds for arthritis for over 10 years. Without the meds (which have side effects) I cannot function.

"Well, no more arthritis meds, for me. I drink Willard Water (8 glasses a day and 3 cups of tea per day). I have NO pain, not even a twinge and I am more active, now than ever before, because I can move – up and down stairs, play ball with my grandsons and the dogs – just living with NO PAIN!!!!

"When I was taking the arthritis meds, I still had some pain, so they were not

perfect and I was putting up with side effects — headaches, nausea, etc. Not anymore!

"Thank you for manufacturing this product and keeping the original formula. I think I'm on my third gallon, now and I won't stop.

"You may use my comments, if you like, in promotional materials. You've earned it." — "R.R."

Wow! We've actually received so many reports from people about the relief they've had in their arthritis symptoms, and in their pets' arthritic symptoms, that we're never surprised by it any more, but we still find ourselves amazed by it. Here you have something as safe and non-invasive as Willard's Water, that's very reasonably priced compared to most things these days, and we hear again and again and again from people like "R.R." about the tremendous benefits it seems to have provided them in combatting their arthritis pain and swelling.

We've as a society gotten so used to the idea that in order to "fix" any given health problem, you're going to need some sort of drug intervention, and that drug intervention is going to have side effects... but "what else can you do?"... my guess is, at this point "R.R." would tell her friends if they asked what else can I do, that they might give Willard's Water a try... "just to see", if it might work for them the way it seems to have worked for her and her dog.

Actually, it's hard for anyone who sees real changes in their own health or that of their loved ones or beloved pets, to just "keep it to themselves" when they see others struggling with the same problem. That's really what's kept Willard's Water available all these years.. People telling people has been the biggest thing keeping it alive.

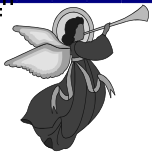
Now we have some studies we've told you about that are coming in, supporting what we've all believed we knew about Willard's Water all these years. So that's nice. But, when it comes right down to it... most of us find the experience of a real person... especially if it's someone we know... to be even more compelling than the "statistically significant results of the scientific study". So, we continue to welcome everyone's personal stories... even though they don't ever prove anything scientifically. But at least in the case of Willard's Water, we know that using it can't hurt any one in any way, so if someone had great results with it, why wouldn't others want to know about it, and try it themselves if they had the same problem?

As to why Willard's Water has been so consistently found to be helpful by people and animals with arthritis... we don't know because as we always remind you... we are NOT scientists or health professionals of any kind. We're just people who found WW incredibly helpful for our own family members, and after the proverbial "one thing led to another", we ended up getting to know Dr. Willard very well, and became totally immersed in bringing WW to others, and to learning about it through the experiences passed along to us, as well as from our many conversations with Dr. Willard when he was still with us.

So, even though we have no expert status, we can tell you that WW is believed to help relieve arthritic pain and swelling due to its characteristic habit of reducing inflammation. And, probably also due to its habit of boosting one's immune system. Experts tell us those two things would be pretty important in this arena. Plus, WW's boosting of the person's absorption of nutrients and elimination of wastes and free radicals would also undoubtedly play an important role, they say. ♦

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An Unusual Angel...

“It was the kind of nightmare accident you always worry about. The week before Christmas my great uncle—we’ll call him Don—went out at 8:30 that Sunday morning to walk his little dog Skippy.

“They got about three-fourths of the way into the park next to Don’s house when Don fell and broke his hip. He didn’t have a cell phone, and this time of year there’s little use of the park in his northern climate.

“It was 2 in the afternoon before anyone found him. But then it was thanks to Skippy.

“Not only did Skippy run to a neighbor’s house and jump around out in front to get their attention, and then look back at the lady who came out to check on him as he began running forward, letting her know he wanted her to follow him, but he also did all he could to keep Don warm in those long, cold hours. The temperature was in the upper 20’s, and the ground Don was lying on was frozen, so it must have been like laying on an ice slab. But Skippy stayed right with him and kept putting his nose and mouth right up to Don’s

nose and mouth, which Don mentioned to us and the E.R. nurse as having been the one irritating thing Skippy kept doing throughout the ordeal... except for the numerous times he’d run off for a short time—apparently trying to get help.

“The nurse told Don he should be very thankful Skippy did that since it probably was what saved Don from serious hypothermia. She said it was amazing that the little dog knew to breathe warm air into Don so his lungs would have warmer air to breathe.

“I know people don’t think of dogs as angels, but it does say in the Bible that angels are God’s messengers. And it also seems to me that God may use whatever messenger is available in a situation like Don was in. So, from here on out, I’m going to consider Skippy an ‘angel dog’.

“It’s especially nice that Skippy’s efforts resulted in such a good outcome. Don ended up being in the hospital for about a month, but his hip was set perfectly and mended fine. We can count Skippy as one of our family’s blessings.” — A.T. ♦

Editor: Reprinted from earlier issue. We invite you to send your own “unexplained help/ fork-in-the-road/inspirational stories” for this column.



E-Mails, Mailbag & Phone Calls. . .



“If Your Dog Drinks WW Don’t Run Out!” — “C.S.” told us that he astonished how upset his dog was when he ran out of Willard’s Water and gave him ‘plain old water’... but ‘that dog knew the difference and he was not happy—he even refused the regular water ‘til he finally got too thirsty and had to give in!’ We told him we hear that a lot, and he suggested we ought to give dog owners a heads up... don’t run out... dog will not be happy. So, here it is: Dog owners, if your dog is on Willard’s Water, you probably don’t want to run out!

From the Mouths of Babes — “A.S.” told us her kids would never drink water... it was a constant battle. But, after she got Willard’s Water and gave some to her kids, she found them going to the refrigerator and drinking it themselves...by choice! As we told her, we’ve heard that about kids from a lot of people... they like Willard’s Water, even if they’ve never liked other water. And, even adults who say they were never water drinkers tell us they

become “water drinkers” after they get Willard’s Water... and they find themselves wanting it instead of anything else to drink.

Sleepless Nights No More — “Grandma” called in to tell us about her grandchild who was only about 2 when this happened.. ‘that child would not go to sleep at night... kept her folks up to the wee hours every night’. Well, at some point she gave her daughter a spray bottle filled with the mixed-up Willard’s Water and said she should spray the little girl’s back along the spine with it before bed. They did and the very first night she went right to sleep. Worked every night...until they ran out. No problem her mom thought, she just filled the spray bottle with regular water and figured the 2-year-old wouldn’t know the difference. Wrong! No sleep that night. ‘They made a point of getting WW from me to refill that spray bottle the next day... sure enough... right to sleep she went. You can’t tell me that isn’t some kind of special water... why else did the 2-year-old react so differently?’ ♦



More Product Highlights & Updates from Charlie

Immune System Support, Superbugs, Antibiotic Resistance, & You

By Ben

It seems every day new reports come from mainstream medical authorities warning us about the prevalence of new and more terrifying antibiotic-resistant strains of bacteria, or "superbugs" as they're commonly known.

Why do these superbugs come to be? Ultimately, it all stems from overuse and improper use of antibiotics. There are many sources of overuse, ranging from a lack of control of sales of antibiotics in Russia, India and China, to overuse in livestock, to people not taking every dose of their doctor-prescribed antibiotic, to people being improperly given antibiotics for viral infections that they don't work on, but doctors feel the need to issue a prescription for every visit.

When antibiotics are used, it's important every bacterium targeted is killed, which means taking the full dose for as long as prescribed (should you receive a prescription, be sure to follow the dosing regimen, no matter how much better you feel). Even one bacterium surviving an antibiotic regimen can be disastrous, as that one (or two) bug fissions itself into hundreds then thousands of children, all whom then become resistant (partly) to the drug that failed to kill the bug's ancestor.

This is the crux of the issue: bacteria reproduce incredibly fast, going through many generations in a day. Any mutation, such as resistance to a drug that one of them survived, thus spreads to new generations with alarming speed. Then the bugs travel from the host to everything around them.

This is how superbugs come to be: enough new mutations over many generations that have been exposed to the same drugs leading to eventual near total immunity. Eventually, we need entirely new antibiotics to kill what bugs we could previously control easily.

Here's the scary part: our development of new antibiotics isn't keeping pace with the immunity being developed by some bacteria. It takes years of research and testing, not to mention gigantic monetary investments, to bring new antibiotics to market. Furthermore, these drugs don't make as large profit margins as, say, long-term cancer drugs, leading to pharmaceutical companies making it a low priority to develop new ones. Ultimately, this may very well lead to antibiotics not being a feasible method of disease management.

It's not all doom and gloom, though. As bacteria become more and more resistant to treatment, the emphasis must now inevitably shift from treatment to prevention. The road to prevention is through your immune system. Thankfully, we have many ways to enhance immunity. The most important spot to begin is to make sure you're getting the basic nutrients your body needs (see article on the other side of this page). After that, let's talk about specific herbal and other nutritional aids believed to help the immune system.

A lot of people's perennial favorite for this purpose is **Garlic**, which we offer in **Daily's Garlic Plus** (with Hawthorn Berry — [Item No. J-42](#)). It's deodorized to prevent garlic breath, and, in addition to being routinely studied for effects on the immune system, garlic seems to have a helpful effect on the heart and blood pressure. It's worth noting garlic's folkloric role in keeping vampires at bay may in fact stem from its use as a medicine and disease preventative since time immemorial; vampire legends often were used in the pre-scientific age as a way to explain the spread of plagues and other maladies.

A second favorite herb for keeping the bugs at bay is, of course, **Echinacea**, which, while not nearly as popular today as it was in the 1990's, hasn't become less effective. It's worth noting that, unfortunately, the world of natural medicines and food supplements is often as prone to trends and fashions as anything else in life. So, as Echinacea's trendiness has waned, it's still beloved by those in the know for fighting colds and maintaining general immunity. It's our [Item No. J-15](#).

Perhaps most importantly for one's immune system, we have **Colostrum**, available in both **liquid** form — [Item H-3](#) (most preferred) and in **capsules** ([Item J-H5](#) — possibly most convenient for most people). Colostrum is the first nutritional item produced by lactating mammals for their offspring. It is rich in immune factors and antibodies and was a popular treatment for illness in the pre-antibiotic age and is now enjoying a newfound interest in the mainstream community as current antibiotic treatments grow more difficult to use. It seems to work as an immune modulator, activating the immune system in the presence of pathogens, and in turn helping reduce its activity in cases where it wants to attack itself, such as allergies. We, of course, have been selling colostrum since 1983, because regardless of whether or not

something is currently in vogue, we will be standing by what works.

Our Colostrum products come from dairy cow colostrum. Dairy colostrum has been found to be non-species specific, meaning it works in other species, and also is very plentiful... dairy cows produce FAR more than their own calves will use. Ours is also collected within the first 24 hours after birth, which is the richest colostrum. Some marketers claim to sell colostrum from "organic" herds... we don't believe there are enough such herds to produce as much colostrum as is claimed to be "organic", but we also think that issue is irrelevant, since it's basically to offer assurance the colostrum is antibiotic- and growth hormone-free. Dairy operators supplying our colostrum aren't allowed to give growth hormones to their cows ever and certify that they don't. Antibiotics would only be given to a cow that developed an infection requiring antibiotics, which would be a very small percentage of cows involved in supplying colostrum, and would be out of that cow's system if given any more than even 12 to 24 hours before she gave birth. So though "organic colostrum", may be an effective way to confuse people into thinking a particular colostrum is more desirable, it seems irrelevant as we said.

We don't think any discussion of immune system benefit can be complete without mentioning Probiotics, which many natural health experts say are essential for immune health. We have **Colon-Aid** ([Item J-31](#)), an excellent Probiotic formulation, and also an item that is both a Probiotic and a Prebiotic, which is now considered the best option... it's called **L-Salivarius** and is [Item No. J-61](#).

Many people swear by **Colloidal Silver** for immune system support. Back before antibiotics came into widespread use, the forerunner of the FDA agreed that Colloidal Silver kills over 600 different disease organisms, including viruses. Most antibiotics are effective against very limited numbers of organisms (some say as few as 6), and none of them work on viruses. **Colloidal Silver 32-oz** is [Item J-CS32](#), and in the **8-oz** is [J-CS1](#).

And, given what's known about **Willard Water's** boosting of one's immune system, likely as a result of its other benefits, most people who know about it, say they will never be without it, if only for the extra support they believe it gives their immune system. ♣

Let's Take Another Look At Basic Nutrients... What's Really Needed For a Good Foundation?

By Ben

Often the nutritional supplement industry, and all the experts, and even the consumers, tend to get caught up in the quest for new and exciting things: different exotic herbs and fruit, new proprietary blends of recently discovered compounds, etc., and there's nothing wrong with that. After all, if we aren't continuing to seek and learn, we are likely standing still.

All of these "new things" are often very exciting and useful, but I do think we all have a tendency to forget the basics: are you meeting your essential and fundamental nutrient needs? All the antioxidants and flavonols on Earth can't do much for you if you're malnourished to begin with.

With that in mind, let's talk about how supplements can help you meet your basic nutritional needs, without which nothing else much matters.

Humans need a large variety of nutrients, some of which (like Calcium) we need a lot of, others (like Chromium) we need much less of. We need proteins and fats, we need water, and we need to absorb all these nutrients.

Obviously, most of these needs can be met with meal planning, but this becomes tricky when you look at the sheer number of different nutrients we need, not all of which are even listed on nutritional facts labels... and actual foods — produce, meat, fruits, etc. don't even come with nutritional labels. Then there's also the issue of getting all those nutrients without breaking your calorie limit.

I like supplements because I can know precisely what I'm getting and know that the bulk of my needs are being covered by those supplements, which, when washed down with Willard's Water, I know are being absorbed and assimilated by my body at the highest level possible..

That said, not all nutrients can (or should) be met with supplements. Take Potassium, for instance — it is restricted to no more than 99 mg per pill because if Potassium levels in your blood spike too fast, it can be very dangerous. This means supplemental Potassium can help guarantee you're not fatally deficient, but nobody can (or should) take excessive numbers daily

to meet the recommended intake of Potassium. This leaves us having to get a majority of our intake from food, like some sort of animal! It's terrible, I know. (Yes, I'm joking — I have a tendency to do that.)

Phosphorus would be another nutrient where you wouldn't want to get it all in supplement form. For one thing, virtually all foods contain Phosphorus (especially anything high in protein). For another, excessive Phosphorus is very, very hard on the kidneys and bones (while being essential for bone health in general).

So there are examples of what you can't do with supplements. What's the best way to meet most requirements via supplements?

The first choice is, of course, our great "multiple"... Multi-Vim (it's Item No. J-56) The three recommended pills per day of Multi-Vim contain almost all of your basic vitamins and trace minerals, though I personally add in our 5,000 IU Vitamin D3 (Item No. J-24A) and our Activated B-Complex (Item J-2) to make certain I have maximum functional levels of those very important nutrients.

We offer a number of high quality Fatty Acids, essential in so many ways for maximum health:

- ◆ **Omega-3 Fish Oil Capsules** (Item Nos. J-391 & J-392)
- ◆ **Flaxseed Oil** (Item No. J-77),
- ◆ **Evening Primrose Oil**, (Item J-9)
- ◆ **Alpha Lipoic Acid** (Item J-130) and
- ◆ **Conjugated Linoleic Acid** (CLA) (Item J-120)

Each of these has their own unique benefits, but in general the good fatty acids are thought to aid **heart** and **brain function**, **mood**, **blood pressure**, and even **muscle development**.

Two very important macronutrients (things you need a lot of) that are easily made into supplements are **Calcium** and **Magnesium**. It can be hard to consistently get enough of these two in every day's meal plan, and they're essential for **skeleton health** and **ability to move** (they, with Sodium and Potassium, are electrolytes and control muscle contractions).

We sell both of these in the Citrate form

(bound to citric acid) — Magnesium Citrate is J-54, and Calcium Citrate, J-25. Citrate was considered the easiest form of these two minerals for "anyone's body" to absorb, prior to Coral Calcium's arrival on the scene. And many people still prefer the Citrate form. But an awful lot of people say they notice more of the tangible benefits of Calcium from Coral Calcium.

Coral Calcium is the most popular way to get Calcium at this time. Our Coral Calcium, comes in both capsule and powder forms. We also offer it with or without added Magnesium & Vitamin D.

Coral Calcium with Trace Minerals:

- ◆ **Capsule** form is Item J-202, or
- ◆ **Coral Calcium Powder** Item J-200.

Coral Calcium with Vitamin D & Magnesium added, along with its Trace Minerals is available in:

- ◆ **Capsule** form Item J-203, or
- ◆ **Powder** form Item J-201

Either way, it comes with a wealth of varying amounts of trace minerals extracted with the Calcium from coral. In the version with Magnesium and Vitamin D added, those additions are only present in sufficient amounts to enable the body to absorb the Calcium, so they are not to be seen as replacements for a stand-alone Magnesium or Vitamin D supplement, if a person needs a full supplement of them.

Of course, the **Ultimate Dark Willard's Water**, is also a rich source of easily absorbed trace minerals which gives it its color. Not only does it provide those minerals, but it also makes them absorb and assimilate into the cells more completely.

We tend to mention Willard's Water at the end of articles on nutrients, since it is not itself a "supplement". But, we, here at NCI, regard Willard's Water as probably the best starting point for anyone, since it boosts the absorption of nutrients from supplements or from food, and therefore may be the best, first way, to start improving one's nutritional levels.

There you have it: supplements can help provide essential nutrition at a reasonable price in a very convenient way. No fussing over meal plans and little risk of winding up deficient in a nutrient while dieting. What's not to love? ♣