

Possibilities

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Keep Your Eyes Open... This Problem May be Linked to More & More of Modern World's Health Problems

Editor's Note: This is an update of an article we ran on this in our April, 2014 issue. We've updated it because many people regard it as likely our "Article of the Year" in that many experts feel this problem is going to become more and more prevalent and more and more recognized in the not-very-distant future.

By Ben

What do **Celiac disease, asthma, rheumatoid arthritis, allergies and scleroderma** have in common? They're all autoimmune disorders (along with countless others: **MS, lupus, etc.**). In many ways, autoimmune disorders seem to be the characteristic diseases of our times: reported very rarely in previous eras, now seen every day. While some of this may simply be greater awareness of the conditions and therefore sufferers being diagnosed properly, the rates of most of these do in fact appear to be rising steadily in the developed world.

First off, what is an autoimmune disorder? Simply put, a disorder arising from the (incorrect) actions of your own immune system, when it starts a response to harmless or even beneficial stimuli. An allergy is a perfect example of this: there's nothing harmful about, say, pollen, but your body starts reacting to keep it out, at the extreme end even going so far as to obstruct your airways.

What causes these conditions? That's up for a significant amount of debate. The leading candidate appears to be the "Hygiene Hypothesis," which posits that inadequate exposure to germs leaves the immune system untrained in differentiating between legitimate threats and harmless microbes.

For instance, antibacterial soap is now everywhere, children are prevented from playing in the dirt, all vegetables are cooked and most everything in our daily experience (especially for city dwellers) is sterilized. This results in a state where your immune system simply doesn't know what to respond to, and is prone to constant overkill. One of the symptoms of this is chronic inflammation.

Inflammation is itself a primary immune response meant to limit damage, but chronic

inflammation has been linked to a large number of autoimmune disorders as well as certain disorders not normally thought of as immune in origin like atherosclerosis (clogging of the arteries).

Recent research on lab rats versus their wild sewer rat cousins has shed a new light on inflammation and the Hygiene Hypothesis both. As it happens, wild rats have been found to have very well-controlled inflammation, whereas lab rats often are inflamed to one degree or another for seemingly no reason. The likely cause for the difference? Parasites. Wild rats are usually swarming with them, and parasites, as part of their defenses against being rejected by their hosts, typically help suppress inflammatory responses.

From this research, certain scientists are arguing that the reason for the modern rise in autoimmune disorders is due to the novelty of humans NOT being full of parasites, which is a very recent development. This means that our immune systems evolved to always be under attack by parasites and therefore to be always giving some sort of inflammatory response because parasites were always there to try and minimize it. Remove the parasites, and suddenly you have an immune response that's evolved to be far more aggressive than is necessary. Thus, giving us inflammation. Some have gone so far as to argue for the therapeutic use of "domesticated" whipworms to help control this symptom!

Now, this is only one aspect of the puzzle. As we, and many other publications have noted before, the ratio of Omega 6 to Omega 3 fatty acids is vitally important in controlling inflammation. We, and other publications, have also reported that modern Americans have a ratio very disproportionately full of pro-inflammatory Omega 6 acids, largely because of vegetable oils and grain-fed livestock. It stands to reason, that the rise of vegetable oils plays some part in the chronic inflammation and, possibly, the rise of autoimmune disorders.

Finally, I would like to bring up another issue relating to all of this: **autism**. The debate as to its cause is on-going and spirited, and we would never be inclined to say any

answer on it is right or wrong.

That said, recent research has uncovered a connection between autoimmune diseases in pregnant women and an increased chance of babies being born autistic. Furthermore, viral and bacterial infections during pregnancy have been linked to an increased chance. Since autism is increasing but rates of serious infection have been declining at the same time (for decades), it can't be that these infections are the sole cause of autism. But the fact that autoimmune conditions also increase the odds points to a possible common cause: what's one of the primary responses the immune system has to infection? Inflammation.

Now, how do we control inflammation when it's not necessary, since it's clearly not a positive thing? As mentioned, ingestion of anti-inflammatory **Omega 3 fatty acids** likely helps even out the inflammatory response (and cutting out deep fried foods, for that matter). Many people swear by **Colostrum**, both liquid and capsule, as an immune modulator that helps regulate their allergies and even autoimmune diseases. Finally, and perhaps most importantly, we get constant reports from our customers about the benefits **Willard's Water** has given them in reducing their own inflammation.

Runaway inflammation appears to be a near omnipresent condition of modern life. There's likely no complete cure, but it's likely we can make it a little less of a problem.

We provide **Omega-3's from Fish Oil** in our Item Nos. **J-391 and J-392; and Omega-3s from Flaxseed Oil** in Item No. **J-77**, which is great for anyone allergic to fish, and for vegetarians.

We offer **Colostrum** in both liquid and capsule form. Our Colostrum liquid is called **Alpha-Whey III, Item No. H-3**, and our **Colostrum Capsules** are **Item No. J-H5**.

Willard's Water is available in various sizes and in three versions. Dr. Willard and all researchers since have found **Ultimate Dark Willard's Water** to be the top performer. Next most popular choice is the Clear, and after that the Triple X (sometimes called XXX or XXX Dark, or Dark XXX). ♦

Fatigue, Weight Issues, ADHD, Mental Ability, More

By Ben

All the issues in the above headline can be caused by a deficiency in one mineral, in which a stunning number of Americans are deficient. Chances are, living in America, you've never really thought about the need for supplemental Iodine; after all, our table salt is iodized, and we certainly get plenty of salt, right? As it happens, you likely don't get nearly the intake of iodized salt you think you do.

According to NIH (National Institute of Health) even though processed foods and restaurant meals are usually quite high in sodium, those foods usually aren't made with iodized salt. And, salt shakers in restaurants aren't usually filled with iodized salt, either. Most fast foods, and processed foods, use Alberger salt, a distinct type made by Cargill, that's very salty in taste, lower in sodium, and typically not iodized.

But what about home cooking? While most people do buy iodized salt, many health conscious people, particularly those of us concerned about blood pressure, avoid using the salt shaker (which may or may not be bad to do—many argue both sides, but clearly, sodium is BAD for those with kidney and/or heart disease).

Besides all that, iodine used to be added to bread to help eliminate the thyroid deficiency that was common before iodine was added to foods like bread, and salt. And, when it was removed from bread, it was replaced with Bromine, which actually

hinders the body's absorption of iodine. Yes, iodine was removed from bread, and replaced with bromine that increases the chance of thyroid deficiency. Additionally, both fluoride and chlorine in drinking water hinder absorption of iodine as well.

All this adds up to the very real possibility that many Americans, especially the most health-conscious of us, are lightly iodine deficient, which in turn causes a substantial risk of an underactive thyroid.

If you've been dieting and eating right and **can't seem to lose the weight**, it may well make sense to have your thyroid checked. If you're **constantly fatigued**, your thyroid may also be something to check out. Other health problems iodine deficiency has been linked to include **brain health, ADHD, cretinism, reduced mental and intellectual ability, breast cancer**, as well as the problems with **weight** gain and difficulty losing weight, and, or course, **goiters**.

So you now know the problem: you want iodine, but you don't really want salt. And the foods that once were "fortified" with iodine, aren't any longer, and even have anti-iodine ingredients now!

We have two products tailor-made for this need. The first one is **Algazim**, a product consisting of kelp, which is naturally very high in iodine. One pill provides more than enough iodine for a day and may start your thyroid on the path to healthy hormonal levels. **Algazim** is our **Item No. J-22**. Another is **Multi-Vim**, our favorite multi-

vitamin supplement. Each dose contains up to 44% of your daily Iodine need. **Multi-Vim** is our **Item No. J-56**. Keep in mind that required intake is **different for men and women**: while men only require about 150 micrograms per day of iodine, women need as much as 300 mg.

If you don't want to add another supplement to your regimen, **seafood generally contains a great deal of iodine**, while **avocado and saturated fats** help stimulate the thyroid gland to take up iodine. A couple other iodine-rich foods: **baked potatoes** with skin, & **cooked navy beans**. However, **many foods (especially soy)** can **impair** the uptake of iodine, meaning if you eat these foods you may need a higher dose of iodine. The list of **foods that impair iodine uptake** includes many foods (all fruit and vegetables) that are otherwise very good for you, such as **spinach, kale, strawberries, flaxseed, cabbage, Brussels sprouts, etc.** Search the web for "goitrogenic foods" to see more.

Of course, that underscores the virtue in a well-rounded diet, rich in every food source: even "good" foods often have a down side to them, that other foods can help ameliorate. In any event, whether you buy our choice products or amend your diet, your thyroid is most definitely something you should be paying attention to as a vitally important part of your overall health and ability to lead an active lifestyle. Don't forget **Willard's Water** helps you absorb more nutrients (like iodine and all the rest) from food OR supplements. ♦



Trivia & Tidbits . . .

1. What country was the first to produce lace? When?
2. What country first produced form of leather known as suede?
3. What did Chet Atkins string his first musical instrument (old, discarded ukulele) with when he was only 6 years old?
4. What were the names of Abraham Lincoln's four sons?
5. Which U.S. President was the first to visit China?
6. What is a group of foxes called?
7. How many calories do hibernating bears burn daily?
8. How many muscles are there in the human ear?

AND THE ANSWER IS...

1. Italy. In the early 16th century.
2. Sweden. Suede means Sweden in the French language.
3. Wire from a screen door.
4. Robert, Eddie, Willie, and Tad. Only Robert lived to maturity.
5. Ulysses S. Grant in 1878, two years after he left the White House.
6. A skulk.
7. About 4,000.
8. Six.

On the Web...
WillardsWater.com

Or
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

Notice Discomfort After Gorging on a Big Meal? Thanksgiving, Christmas, Etc.? Possible Help...

By Ben

All my life, I've suffered chest pain. Tightness, heaviness and occasionally really feeling like a heart attack was coming on. Doctors have done numerous tests and were never able to find a single thing wrong with my heart.

In recent years, I had been writing it off as blood pressure spikes, since I tend to get it consistently after a cigar (one of my few vices), which I often have after a big meal (to ease digestion). Nicotine constricts blood vessels, thus raising the pressure. The explanation made sense at the time, and I usually just took our **Magnesium Citrate** (J-54) and **Potassium Citrate** (J-62) to ease it along, occasionally paired with some **hibiscus tea** (available at many fine grocery stores).

However, I recently went on a diet and lost 20 lbs in two months. I started eating smaller meals. Finally, I noticed that when I did gorge, the pain was worse than ever. That's when it hit me: I had **heartburn**. All this time, after a number of (expensive) medical tests looking for something exotic that was structurally wrong with me, and far more visits to a chiropractor that had success in making the pain stop, I realized it was the most banal thing on earth. Heartburn. The "burn" in the name had always thrown me off. It never felt like a burning sensation.

Chronic heartburn, or **Gastroesophageal Reflux Disease** (known by the unappetizing acronym **GERD**), affects as much as 20% of the population. What is it? It's when stomach acid boils up into the esophagus through the lower esophageal sphincter (hence, it being worse after dieting: my stomach shrank, so presumably the acid had less space to hang out in after eating excessively). This in turn aggravates the vagus nerve, which connects the brain ultimately to the intestines, but also runs by the esophagus and heart. You not only feel esophageal pain through this nerve, but heart pain. Hence, my chronic mistaking stomach acid for a heart condition, given the common nerve and close proximity between the parts involved. (**WARNING:** This also means that many heart attacks are

written off by their sufferers as "just heartburn" —don't ever assume such a thing, for obvious reasons. A heart attack is not something to not get to the emergency room for asap.).

Long-term untreated GERD can cause incredible damage to the esophagus, leading to many nasty ailments and need for surgical intervention. Let's not get there. What can be done?

First, and most simply, there are basic mechanical fixes to the problem. Don't overeat. Eat more small meals throughout the day, and never before bedtime. Laying down makes it easier for acid to come up, since it's no longer impeded by gravity, which is also why many GERD sufferers incline their beds or raise their upper body up as much as possible.

You could also try modifying your diet, but there's a catch. There are many guides online about what foods to eat or not eat with GERD. Many of them are contradictory, and seem to most often just reflect each writer's experiences of what sets it off, which is different for everybody. Most advise staying away from fatty foods, but do you really want to steer yourself towards excessive carbohydrates? The rest of your health shouldn't suffer because you're fixing an issue with one system. Therefore, I consider these guides worth a read for ideas, but not by any means infallible.

It's worth noting that many of the things that people do to ease their digestion and gut problems aggravate GERD. My aforementioned cigar? Tobacco's an irritant. Many people like an alcoholic beverage as a digestif at the end of a meal. Alcohol also aggravates it. More wholesomely, peppermint is very popular for stomach problems...but peppermint oil aggravates GERD. This illustrates the complexity of our bodies, the difficulty in treating them, and also provides another reason to not drink or smoke.

Okay, so the easy (and cheap) solutions are covered. In addition to those treatments, there are some supplements that can help. **Ginger** is one popular traditional treatment. **Calcium** and **magnesium** are also

often considered effective, and you can get both in our **Coral Calcium** (J-203). Which explains why my Magnesium treatment for what I thought was a blood pressure spike also assisted my actual problem. Evidence suggests that **Curcumin** (J-398 by itself, or **J-135** in **Ener-Cell** with L-Carnitine, Alpha Lipoc Acid and CoQ-10) and **Milk Thistle** (J-100) are effective. And, studies have recently confirmed what many people noticed through the years... when they took **Melatonin** to help them sleep better, their GERD got better. Researchers on the study said they believe Melatonin's help in digestion is one of the reasons it may help with GERD. Study participants took 7 mg of Melatonin a Day. Our **Melatonin** is **Item No. N-102**.

But what about **Willard's Water**? Many report that WW helps them with their GERD symptoms. We've had many a call from very happy customers saying their years-long battle with it are over since they began drinking WW daily, and sometimes more if an episode gets started.

My theory as to why this would be is that the WW is alkaline, and GERD is a problem of excess acid. Presumably, WW helps balance the equation, and since WW is itself such a good solvent, it doesn't appear to diminish the effectiveness of your stomach's ability to digest food. Probably, mine was worsened because I'd recently slipped in my WW consumption (happens to the best of us).

And, yes, we have had people tell us that their GERD also came back when they'd reduced their WW use. But, there certainly are some people who don't have dramatic GERD relief with WW... although, again, some people say WW helped but didn't eliminate their problem, so even in those cases, people reported some noticeable benefit. Nothing works for everyone. So even though the percentage of "happy former GERD sufferers" who say WW helped is pretty high, so may be worth a shot.

So that's GERD. You know all about it, and if you suffer from it, maybe you can now take some steps to approach that holiday or other big dinner with more joy and less fear. ♦

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"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 one.'

"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 — the greatest gift of all." ♦

Editor: This is reprinted from our December 1999 issues. We invite you to share your own miraculous/unexplained help/fork-in- the-road stories with us, for sharing with others in this column (anonymously, if you choose).



E-Mails, Mailbag & Phone Calls. . .



Can't Keep a Secret in a Beauty

Shop — And we think "B.W." proved it! When she called in a re-order for **Ultimate Dark WW & Chinota Gel**, recently she said she just had to share an amazing series of events that happened in her Beauty Shop not too many days before her call.

She said that **Chinota Gel** sure is amazing. She's a beautician and one day a client was complaining of a **real sore neck** as B.W. was working on this lady's hair, so she went and got the Chinota and told the lady "this might help".

The lady said to go ahead... so B.W. rubbed it on, and continued working on the lady's hair. In a few minutes, the lady started turning her head from side to side and said with surprise "that doesn't hurt at all... could you try it on my **shoulder**? Do you think it would help my shoulder?"

So Billie put some on her shoulder and kept working on her hair... pretty soon the lady sort of exclaimed that now her

shoulder didn't hurt either!

Another lady under the dryer, who had been watching all of this, stuck her head out from under the dryer and asked if it would help the **arthritis** in her hands... B.W. said "we can sure try it and see..." so she rubbed it on that lady's hand and continued working on her other client.

Pretty soon the lady under the dryer was sort of opening and closing her hand with surprise on her face, saying "this doesn't hurt at all any more!". B.W. said "they were a happy group by then for sure."

B.W. added that she and others have found that spraying the **Willard's Water** on **fire ant bites** relieves those bites almost immediately... their grandchildren come in to get sprayed with it if they get those awful bites and then immediately go back out and keep playing cuz it doesn't hurt any more.... According to B.W. they all regard that as pretty impressive! ♦



More Product Highlights & Updates from Charlie

Common — Rather than Unusual — User Reports on Their Willard's Water Use

We're reprinting, in this insert, an article from a while back. It lists some of the more common reports on Willard Water use, but those common reports help make it clear why Willard Water still heads many peoples' lists of favorite products

This "list" came about when we realized one day that many (most?) of the reports we mention in the newsletter are the more unusual uses of the product. Therefore, some of the most common uses and benefit reports from customers don't get much mention.

Given how often we hear the question "what do people tell most often that they use it for?", we decided to compile a more "common reports" type list. Keep in mind, none of these user reports prove anything.

They are not scientific in any way, simply anecdotal reports, provided as information only on common usage reports.

As I said, since we first published this list, we've had many requests to reprint it, so here it is...

A —

Acne: People spray it on the area, or apply our gel product (current version to use would be the Aqua Gel). Plus, as with all skin conditions, the best reports come from those who drink the Willard Water, as well as using it topically.

Acid/Alkaline Balance:

Many natural health experts say most people's systems are much too acid, and people should be more alkaline for better health. See details on this in "pH" on the other side.

Allergies. Lots of reports of allergy problems being reduced after people started drinking WW. Sometimes if the allergic reaction is a skin problem, they also spray the water on it, or apply Aqua Gel.

Arthritis. This has to be one of the very most common reports. People tell us about long-swollen joints being much less swollen, and sometimes no longer swollen at all. Also stiffness being greatly reduced, or sometimes even gone. Most of these people are drinking the Willard Water. Many people also love **Chinota Gel** for temporary relief..

Asthma. Again, a very common report. People tell us they drink the Willard

Water and over time their asthma gets much better. Fewer attacks and less severe. Some say they notice a difference pretty quickly, and it keeps getting better and better. Others say it's a very subtle change over time.

B — Back Pain & Problems.

Countless people have told us their various types of back problems and pain have been significantly improved after drinking WW for a while. Some authorities say this may be related to WW's ability to increase nutrient absorption (like calcium), or to its swelling-reducing properties. Most back sufferers don't care, why, they're just happy to report on their improvement!

Blood sugar. People with both high and low blood sugar problems have told us their sugar level has improved after making drinking WW (especially the dark WW) a regular part of their lives.

Bronchitis. Chronic and otherwise. Numerous reports from people who say they have suffered with bouts of bronchitis for years, and after starting to drink "WW" regularly, their bronchitis problems either seem to come to an end, or come much less often and are much less severe.

Bursitis. Some reports over the years of people saying drinking the WW helped; also rubbing Chinota Gel on it.

C — Constipation. This has to be one of the very most common reports. Sometimes we think nearly everyone in the U.S., and maybe the world, has a problem with constipation, and WW it seems must help nearly all of them who use it. (When we get to "D", you'll see it also seems to help diarrhea.)

Cold Sores. This is another common report and another application in which people drink the WW, apply it topically, and use Aqua Gel on the sore.

Cancer. We **DO NOT** consider WW to be a cancer treatment. But we have very often heard from people who are taking radiation treatments who say when they sprayed the WW on the radiation sites (or applied the gel — like the Aqua Gel), the burns weren't nearly as bad as without

them. Also, those drinking WW have reported far fewer side effects of chemo and radiation than they had when they weren't using it, or than they were told to expect. Natural practitioners treating cancer often tell their patients to drink Willard Water because it will help their natural products work better.

Chronic Fatigue. Numerous user reports saying WW has been a big help.

D — Depression. People drinking WW have said their depression problems have been reduced. Some experts have said it may have to do with bringing various levels into balance.

Diabetes. Most people reporting an improvement in this with WW are drinking the "dark" WW.

Diarrhea. People who have suffered with chronic diarrhea for extended periods, sometimes years and years, have said that after drinking WW regularly, the problem is much improved.

Digestive Problems. Various types of digestive problems have been said to have improved after regular use of WW.

Dry Eye Syndrome: see Eye Problems below.

E — Eczema. Many reports of improvement after drinking WW and using it topically as a spray or the WW gel (Aqua Gel).

Eye Problems. People have reported improvement not only in vision, but in cataracts after drinking the WW regularly, and or using it (the clear WW) as a spray or eyewash ... those with watering eyes from Dry Eye Syndrome have reported very positive results.

F — Fibromyalgia. Many users have said their fibromyalgia pain has been reduced following regular drinking of Willard Water, and reports of temporary relief in painful areas by applying Chinota Gel.

Foot Pain/Problems. Oddly enough, we've had a number of reports from people who say that after drinking WW for

some time, their aching feet don't ache as much. Some people have said the **Ultimate Dark** water had more effect than the Clear water. One natural health practitioner said this would likely be due to the minerals in the water, even as low a concentration as they are, because minerals help the muscles in the feet not to contract as much from foot problems, and therefore pain would be reduced. (Also speculation has been that WW minerals are absorbed extremely well.)

G — Gout. A very common report is **Ultimate Dark** WW reducing the pain and frequency of bouts of gout. Both drinking it, and soaking the affected area in it.

Gum Disease. Some reports of improvement when WW and colloidal silver are used together while brushing one's teeth.

H — Hemorrhoids. Countless reports of relief by spraying the water on; soaking in a bathtub with a couple cups of the "mixed-up-gallon" solution added to the bath water, or by applying Aqua Gel.

High Blood Pressure. Many reports of blood pressure coming down after regular drinking of WW, though it certainly won't help everyone's. If on medication for high blood pressure, be sure to keep monitoring it because if your pressure comes down, the medication will keep pushing it further down, and it could go too low!

I — Immune System. Many people report their immune system seems to function much better, and they get far fewer colds, flu, etc. *Caution: People who have had organ transplants should not drink WW, in our opinion, since it does seem to boost the immune system, and they need to suppress their immune systems.*

J — Joint pain & stiffness. Very common to hear problems like this reduced after regular drinking of WW. Also, topical application of the Chinota Gel provides more immediate, (but more temporary) relief.

K — Kidney problems. Numerous reports of improvement with regular drinking of Willard Water.

Kinesiology. Just of interest that we've been told by some kinesiologists and chiropractors who use kinesiology that they've never found anyone who didn't test positive for Willard Water.

L — Lactose intolerance. Reports of reduced problems with milk, and ice cream, after regular drinking of WW

M — Migraine Headaches. Many reports of reduced number of headaches & severity after regular Willard's

Water drinking.

Menopausal Symptoms.

Many reports of reduced problems with regular drinking of WW.

Mood Swings. Numerous reports of improvement with regular WW drinking.

Muscle spasms and pain.

Lots of reports of improvement with regular drinking of WW, and more immediate temporary relief with use of Chinota Gel.

N — Nervousness/Nervous Stomach/Nervous Eating.

Reports of improvement in all these with regular drinking of WW.

O — Oxygen Level Increase.

Some experts have said WW raises the oxygen level in one's blood after drinking it.

P — Pain. Many reports of reduced pain when drinking it, or from topical use of the water, or the gel (Aqua Gel, or for more severe pain, Chinota Gel).

Panic Attacks. Some speculate the nutritional balance believed to be associated with WW is what results in users saying their panic attacks reduce after drinking it regularly.

pH. Countless people have told us they have seen their pH go from acidic to alkaline with regular Willard Water use. Many natural health experts consider this an extremely positive result since being in an acid state is said to be an environment favored by many diseases which cannot, on the other hand, survive in an alkaline environment. This discovery is the reason for the arrival of many different products on the market designed to "raise the pH of water, and therefore of one's body". We don't know of any such devices or products that change the pH of water to alkaline and keep it there permanently, other than the Willard's Water, which does retain its higher pH permanently (along with all its other characteristics that are also permanent). Most "pH raising" devices hold the higher pH only for anywhere from a number of hours to a number of days. WW is the ONLY permanent solution to pH.

PMS. Many reports of reduced problems with regular WW drinking.

Poison Ivy. Spraying the site with WW or applying Aqua Gel has been said to provide a lot of relief.

Psoriasis. Many reports of relief—the best ones from those who were drinking WW as well as applying it topically (or the Aqua Gel topically).

Q — Quick. Lots of people do say "Quick, get the water, or Aqua Gel or Chinota Gel for quick relief" of all kinds of things.

R — Rash. Whatever kind of rash, WW used topically, or by drinking, seems to help. Also Aqua Gel use.

S — Sinus Headaches/Problems. Lots of people have reported more relief than in years after drinking WW regularly.

Sleep. Countless users have said their sleep has improved with regular WW drinking—some drink before bed, those who get too much energy from it drink it earlier.

Sunburns. Spraying the burn with WW or using Aqua Gel has impressed many people.

T — Tired eyes. Some spray their eyes with (clear) WW and report relief.

U — Ulcers, Digestive. Many reports of help after drinking WW regularly.

Ulcers, Skin or Leg. Many reports of improvement with topical use, and regular drinking of WW.

Urinary Tract Infections.

A number of reports of help when drinking WW regularly, and also when combined with other treatments (mainstream or alternative).

V — Vitamin/Mineral/Nutrient Absorption. Many reports of people reducing the amount of supplements they take, getting the same or greater benefits from them, when also taking WW.

W — Wrinkles. Many, many, many, reports of less noticeable wrinkles with regular spraying of the face with WW, and drinking WW.

X — X for Unknown. Numerous reports of WW helping a skin or other condition, which had defied diagnosis.

Y — Yeast Infections. Improvements reported with regular WW drinking.

Z — Zinc & other Mineral absorption increased with regular WW drinking.

Again, these don't prove anything, but are interesting reports on Willard's Water... and the fact that these are such very common reports, makes them even more interesting, we think.