

Possibilities

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Benefits — Yes, Benefits — Of These Drinks

If you drink tea a lot of people assume you are someone who takes good care of yourself. If you drink coffee, on the other hand, you may often have people tell you that you should back off your coffee drinking because they've heard it's bad for your health.

The truth, according to research, is that both of these popular beverages have very significant health benefits... with a few caveats we'll detail later in this article.

Just as eating food that's "bad for you" can lead to health problems, the beverages you drink can also impact your health significantly, so you should hold your beverage choices to the same standards as foods you are willing to eat... stay away from those that can be harmful, and try to eat and drink items that are of benefit.

As a simple guideline, soda is considered about the worst thing you can drink, and water is the best thing you can drink, and it's also been found to be the best way to quench your thirst and the best support for good health.

For the times when you really want to sip on something that's not water, tea and coffee are both now considered to be healthy beverages, with a few caveats we will get into later, as previously noted.

Tea — especially **green tea** — has been linked to a **reduced risk of:**

- ♦ strokes,
 - ♦ diabetes and
 - ♦ depression,
- and improvements in:
- ♦ blood pressure,
 - ♦ abdominal obesity and
 - ♦ glucose levels.

Coffee has been linked to **reduced risk of:**

- ♦ premature death, and
- ♦ Cardiovascular death,
- ♦ Heart failure
- ♦ Strokes
- ♦ Heart disease
- ♦ Cancer
- ♦ Non-alcoholic fatty liver disease
- ♦ Cirrhosis, and
- ♦ Diabetes

And coffee has also been found to have benefits for brain health. Specifically, Coffee's been linked to lower risk of:

Benefits from heart health to memory, diabetes, weight loss, and much more are linked to these drinks.

- ♦ **Glioma brain tumor** (people in top category of coffee drinkers had 91% less chance of glioma compared to those in the bottom category)
- ♦ **Alzheimer's disease** and other forms of **dementia, cognitive decline** and **cognitive impairment** reduced in those who drank 1 to 2 cups per day compared to those drinking less than one cup/day.

Drinking **coffee** has also been found to possibly even enhance **long-term memory consolidation**, and if you drink **caffeinated coffee** it has been linked to **improved attention and alertness**, and **decreasing depression**.

One of the caveats on coffee drinking is its well-known ability to over-stimulate people who drink more than their body can handle without getting those over-stimulated symptoms. However, it has been found that since those over-stimulated symptoms are unpleasant, the result is that most people settle in at the right amount of coffee in a day for them. It's sort of self-regulating it seems.

Now to some additional health benefits of tea not listed before.

Tea has also been found to reduce one's risk of Glioma brain tumors. And green tea has also been found to reduce mortality from all causes, as well as mortality due to heart disease. Green tea improves both blood flow and the ability of your arteries to relax, which some research has indicated a few cups of green tea per day may help prevent heart disease. Green tea is famous for catechin epigallocatechin-3-gallate (EGCG). EGCG can be helpful in preventing arteriosclerosis, cerebral thrombus, heart attack, and stroke — partially due to its ability to relax the arteries and improve blood flow.

In addition to all this, tea may also benefit:

- ♦ **Type 2 Diabetes** — one study found those who drank 6 or more cups of green tea per day had a 33% lower risk of Type 2 diabetes than those who drank less than one cup per week.
- ♦ **Weight Loss** — There is some evidence that long-term consumption of green tea catechins is of benefit in burning fat and may also work with other chemi-

cals to increase levels of fat oxidation and thermogenesis.

- ♦ **Bone health**

— Green tea polyphenols combined with a form of Vitamin D called alfacalcidol could boost bone strength and structure according to a study in mice. The mixture may also reverse damage to bones caused by lipopolysaccharide (LPS) induced chronic inflammation, which could in turn reduce the risk of osteoporosis.

- ♦ **Vision Health** — Green Tea Catechins could help protect against glaucoma and other eye diseases, since research has found that the compounds travel from the digestive system into the eye tissues. In the study, the catechins were found in various parts of the rats' eyes from 30 minutes to 12 hours after the rats were given green tea.
- ♦ **Cancer** — Green Tea components have been shown to "downregulate the expression of proteins involved in inflammation cell signalization, cell motility and angiogenesis, which an association between green tea intake and decreased risk of cancers (including ovarian and breast cancers) have been reported". Other research has found that green tea polyphenols act on molecular pathways to shut down the production and spread of tumor cells.

Other types of teas have other benefits:

- ♦ **Green & Black Teas:** for your gut
- ♦ **Oolong Tea** for weight management and heart health
- ♦ **Hibiscus Tea** for overall health
- ♦ **Matcha Tea** for antioxidant boost.

The caveats: in addition to avoiding drinking so much coffee you get over-stimulated, experts suggest drinking organic teas and coffees, and not adding dairy and sugar to the beverages. And if you are pregnant, avoid both coffee and tea due to the caffeine. Plus coffee has been linked to low birth weight babies.

One more tip: adding **Willard's Water (WW)** to your coffee will reduce **its acid taste**, and as always, WW will help **boost the absorption of the "good stuff"** in the tea and coffee you drink... that's a win-win! ♦



Did You Ever Think This Affects Mental Ability & Memory?

If asked what they can do to protect their memory and make their brain work well, most people think of the kinds of food they eat, nutritional supplements they take, exercise they get, and maybe controlling the stress in their lives. But very few think of a common item in their house that might play a part in boosting their brain power.

That item is called a thermostat. Yup... the box on the wall that controls how warm your house gets in winter, and how cool in the summer (assuming you have central air conditioning). It turns out that the temperature of the air around you plays a role in how well you think... impacting how well your memory functions, as well as how well you do on projects that require focused mental effort.

Research has found that an indoor temperature that is either too hot or too cold impairs your intellectual abilities. For example, people who don't have or don't use air conditioning during the summer, don't do as well on tests of mental function as people who stay comfortably cool using air conditioning.

During a heat wave, Harvard researchers found the people who lived in a dorm without air conditioning had significantly more difficulty with cognitive tests than the people who lived in cool temperature-controlled buildings. The people who lived without air conditioning in that heat wave did worse in five measures of cognitive function: their reaction times, their working memory, their ability to focus on what they were doing, and their learning ability.

Surprisingly, the biggest difference in mental functioning between those in air-conditioned living quarters and those with-



out air-conditioning, occurred AFTER the heat wave began to subside. The researchers concluded this was due to the fact that the indoor temperatures in the non-airconditioned spaces remained significantly higher than in the air-conditioned spaces, because the non-air conditioned buildings were built to stay warm in the winter. But they are not designed to cool off quickly in the summer.

A study done at the University of Pittsburgh found that if you do an exercise strenuous enough to make you sweat heavily, your mental performance also suffers from that. But the drop in intellectual performance didn't occur until an hour or two after their exercise session. This may well mean that it's not a good idea to exercise heavily too close to the time of a demanding mental task.

Cold temperatures also take a toll. Kent State University researchers found men subjected to colder temperatures during various times of the day — down to about 50 degrees — and then warmed up, had difficulty performing well on mental tasks both while they were chilled and after they warmed up.

The researchers believe that when you are chilly, your brain might actually become even colder than the rest of your body. Plus, there's the possibility that cooler temperatures might slow down the blood supply to your brain as the brain's blood vessels constrict from the cold, and that slowdown could make it harder to maintain concentration.

Obviously, the easiest way to deal with the impact on mental function due to being too hot or too cold is to keep the temperature

in your indoor environment as comfortable as possible. (Remember for sleeping though, all the experts say a cooler room temperature is needed for better sleep—about from 65 to 68 is often recommended.) And, if you do get hot enough to sweat, or cold enough to feel chilled, you might want to put off any significant mental tasks for at least a few hours after the end of the too-hot or too-cold event.

Two other ways experts say you can counter the effects of the too-cold or too-hot indoor space, is with tyrosine supplements or caffeine. Tyrosine is an amino acid that has been found to "help maintain cognitive function in extreme environmental conditions". One study found that tyrosine protects the brain when it's exposed to hot temperatures by maintaining the function of the neurotransmitters dopamine and norepinephrine. Other tests have found a similar benefit in cold temperatures from tyrosine.



Caffeine has been reported by researchers to support mental powers during cold temperatures. A test conducted on Navy Seals found that caffeine improves "cognitive function, including vigilance, learning, memory, and mood state". The test on the Seals found 200 mg of caffeine (the amount in a 12-oz cup of coffee) was enough to do the trick. Caffeine from either coffee or tea can work. We haven't seen any studies on caffeine being used to counter mental challenges due to hot temperatures.

There are many reports of Willard's Water helping to counter the impact of stress, so it may help with this, but we don't know for certain. ♣



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 skunk.
7. About 4,000.
8. Six.

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PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

Weight Loss Tips that Do Not Include Any Diet or Exercise...

First, let me say that this doesn't mean you should count on losing weight without doing any exercise or watching what you eat... but these tips themselves do not require any diet or exercise. Just didn't want to get anyone's hopes up too high!

1. Listen to your favorite music. Picking music at the right tempo can help you work out harder without even realizing it. One study found “walkers” who were music lovers and listened to music while they walked lost twice as much weight as those who did not listen to music as they walked.

But music can also boost brain chemicals that keep you calm and fight stress and depression, which is important for people who are emotional eaters. And it's even better if you can dance to it — a study published in *The International Journal of Neurobiology* found people involved in 12 weeks of dance had higher levels of feel-good brain chemicals like serotonin and lower levels of the stress chemical, cortisol.

2. Get a Good Night's Sleep. Sleeping less than 7 hours a night can cause weight gain, and also make it harder to lose that weight, than if you get 7 hours of sleep a night. Another study found people who do get enough sleep have a five percent higher metabolism (meaning they burn that many more calories when they aren't moving) — than people who don't.

3. Hide Your Food. People who keep their breakfast cereal on the counter weigh more than 20 pounds more than people who keep that breakfast cereal hidden. That's according to Brian Wansink, PhD, director of Cornell University's Food and Brand Lab and the author of “*Slim by Design: Mindless Eating Solutions for Everyday Life*”. Wansink suggests keeping tempting foods inside kitchen cabinets to control overindulging. He also found that people with cluttered kitchens snacked 44% more than people with clear kitchen counters.

4. Keep Your Fridge Health-Friendly. In Wansink's studies, he found people who moved their fruits and vegetables out of the crisper drawers to the top shelf of the fridge (and moved less healthy foods into the crisper drawers) ate three times more fruits and



vegetables than they did when the foods were hidden from view. One reason this is such a good idea for weight loss is that produce is low in calories and high in fiber and water, both of which make you feel fuller longer and help keep you on a diet plan if you're on one.

5. Use Smaller Plates.

Two ounces of meat or chicken looks very small on the 12” (or even larger) plates commonly used today. This optical illusion makes you want to eat more when you're using larger dinner plates. Another study by Wansink and his colleagues discovered that people eat an average of 92% of the food that's on their plates... so if your plate is smaller you will eat less but think you're eating more. That sure looks like a win-win weight loss situation.

6. Change the Color of Your Plates. In another study at Cornell, researchers learned that people eat more when the color of their plates matches the color of the food they are eating. Example: when serving themselves Pasta Alfredo they dished up 30% more pasta if their plate was white than if it was red. And you can also use plate color to trick yourself into eating more of the good-for-your-diet foods than the high-calorie foods you're likely trying to resist. That's right... people eat more salad when the salad is served on a green plate. Green plates, equal more green food eaten.

7. Mute Commercials. At least those asking such things as “aren't you hungry?” or showing you a mouth-watering burger and fries. Experimental studies conducted at Yale University concluded that food advertising on TV increases snacking so much in both kids and adults that watching TV for just a half an hour a day could result in a 10 pound weight gain over a year's time. So if you're trying to lose weight, mute the TV during food commercials, or maybe use that time to do a little jig or some other dance, or exercises. And you might want to avoid your favorite cooking shows, too.

8. Practice Slow Eating. And it's not just chewing more or more slowly. A 2014 study published in the *Journal of the Academy of Nutrition and Dietetics* reported that women who ate at a slow pace, under relaxed conditions, reported feeling less hungry than

when they ate at their usual high speed. So sit down at the table, relax, eat slowly... take your time at the dinner table, and enjoy.

9. Drink Water. Drink a glass of water about a half hour before your meal, or right before if you forget to do it earlier. And also drink water if you “get a craving” at any time... sometimes the water can actually make you feel satisfied enough to forget your craved-for-treat... especially if you were slightly dehydrated when the craving started. And drinking the water before a meal will reduce the amount you eat at that meal because you will feel fuller.

And, you might want to be sure you drink Willard's Water not just regular water if you decide to give this idea a try. Those who have done that have reported very satisfactory results. And we've also heard it said that it was easier to do this with Willard's Water than regular water because Willard's Water didn't make them feel bloated like regular water did. Also, those who have used Willard's Water as part of their weight loss program (many of them simply drinking it as usual without making a deliberate attempt to drink it before meals or in trying to quiet a craving) have said the Ultimate Willard's Water worked better for them than the Clear. The Clear works, it's just that people who have done this have said the Ultimate works even better.

10. Move. It doesn't need to be exercises or workouts. Any movement helps. We've written about fidgeting being helpful to counter the damage of the sedentary lifestyle so common today... people sit all day at a desk and it does a lot of damage to their whole system. Even fidgeting helps. Or just make a point to get up every hour or even every two hours from your desk and walk around for 2 minutes. Studies have confirmed the benefits of that. Set an alarm on your phone or watch to remind you every hour or so to do this. Even if you don't lose all the weight you want to lose, moving more every day will make you feel better they say.

11. Don't Give Up if You Go Off Your Diet Sometimes. As they say “life happens” and that means you can't always stick to your diet. But a break from it here and there won't erase your efforts, so just forget about the slip-up and get back to your plan... tomorrow is another day and weight loss doesn't depend on one day's activity. ♦

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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 at 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 the message to all of us was clear — our Mother’s love will never die & that’s the greatest gift of all.” ♦

Editor: This is reprinted from our December, 1999 issue. 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).



Emails, 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, 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 her hair, so B.W. 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 because it doesn’t hurt any more.... According to B.W. they all regard that as pretty impressive! ♦



MORE PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

Studies of Natural Items Against Alzheimer's

Back in 2006, a study published in the *Journal of Alzheimer's Disease* (AD) found that a class of compounds found within **turmeric** known as **curcuminoids** enhance the amyloid-beta uptake of macrophages within Alzheimer's disease patients. Amyloid-beta (A β) plaque is found in unnaturally elevated levels in neurodegenerative disorders such as Alzheimer's, and is believed to contribute to the underlying disease process.

In the study, researchers treated the macrophages of six Alzheimer's patients and 3 controls by curcuminoids and measured the A β uptake. The results were as follows:

After treatment of macrophages with curcuminoids, A β uptake by macrophages of three of the six Alzheimer patients was significantly ($P < 0.001$ to 0.081) increased.

They concluded: "Immunomodulation of the innate immune system by curcuminoids might be a safe approach to immune clearance of amyloidosis in Alzheimer's brain."

Another study published in the same journal in 2009 found that **vitamin D3** increased the efficacy of curcuminoids in enhancing the clearance of the **amyloid-beta plaque**.

While these two studies are amazing, they are not unique. In fact, **30 studies** have been identified which show the potential value of curcuminoids in Alzheimer's disease prevention and treatment.

Curcumin is, in fact, only one of several natural compounds and/or therapeutic modalities with promising anti-Alzheimer's activity. Others include:

Coconut Oil (MCTs): Alzheimer's disease is associated with a pathological decrease in brain glucose, the brain's principal source of energy. In 2006, a study was published in the journal

of *Neurobiology of Aging*, involving subjects with mild cognitive impairment who were given an oral dose of medium chain triglycerides. When tested 90 minutes later, subjects showed increased cognitive performance, believed to be associated with increased ketone bodies and their brain-metabolism enhancing effects.

Alpha-Lipoic Acid: A 2007 study published in the *Journal of Neural Transmission* found alpha-lipoic acid "dramatically lowers" disease progression in Alzheimer's disease patients who received 600 mg a day for 12 months.

B-Complex: A 2011 study published in the *International Journal of Geriatric Psychiatry* found B-complex to slow cognitive and clinical decline in people with mild cognitive impairment. The researchers noted that homocysteine is a risk factor for Alzheimer's and that B vitamins may slow brain atrophy by suppressing homocysteine accumulation.

Alpha-GPC: A 2003 study published in the journal *Clinical Therapeutics* found that the cholinergic precursors choline and lecithin (phosphatidylcholine) in the form of choline alfoscerate (Alpha-GPC), and naturally found in neuronal membranes, was tolerable and effective in the treatment of the cognitive symptoms of dementia disorders of the Alzheimer type.

Ginkgo Biloba: In 2006 the *European Journal of Neurology* published the results of a 24-week randomized, placebo-controlled, double-blind study showing an extract of this plant was as effective as the drug Aricept (donepezil) for mild-to-moderate Alzheimer's disease. Another study published in 2009 found that it was as effective as Aricept in improving symptoms of Alzheimer's disease, *but with less side effects*.

Saffron: A 2009 study published in the journal *Psychopharmacology* found that 22-weeks of **saffron supplementation** compared favorably to Aricept in the treatment of mild-to-moderate Alzhei-

mer's disease.

The Mediterranean diet – The Mediterranean diet is one of the most extensively researched therapeutic diets known in the scientific literature. There are over 50 diseases that have been studied to be mitigated or prevented through employing the **Mediterranean Diet**. A 2011 study published in the journal *Expert Review of Neurotherapeutics* found that adherence to a **Mediterranean-type diet** could be associated with slower cognitive decline, reduced risk of progression from mild cognitive impairment to Alzheimer's disease (AD), reduced risk of Alzheimer's and a decreased all-cause mortality in Alzheimer's patients. Another 2007 study found lower mortality in Alzheimer's disease patients consuming a Mediterranean diet.

Vitamin E – A 2009 study published in 2009 in the journal *Dementia and Geriatric Cognitive Disorders* found that **vitamin E** use is associated with improved survival in an Alzheimer's disease cohort.

Though obviously mainstream medicine hasn't publicly (or likely even privately) accepted these studies as a reason to begin using these natural items on Alzheimer's patients the studies seem to us laymen to provide hope of things to come.

We feel we'd be remiss if we didn't point out that any supplements taken along with **Willard's Water** will be absorbed and assimilated into the cells significantly better than without Willard's Water taken with them.

A study testing the Willard's Water's abilities to boost such absorption actually tested it with turmeric since that is one of the hardest-of-all items to be absorbed, and the Willard's Water significantly out-performed the prior leading nutrient absorption booster in increasing the absorption of the turmeric (where curcumin comes from). ♦



Seven Benefits of Sleeping with Your Dog

If the headline above surprised you because you've heard sleeping with your dog can interfere with your sleep or even give you diseases, then read on.

There are likely more benefits than risks in sleeping with your dog. We'll even list some for you.



service animals, and perhaps even pets, could be helpful in support of sleep disorders such as obstructive sleep apnea, nightmares, and narcolepsy. According to a review

published in *Sleep Review*: "One of the greatest benefits of Service Animals, particularly for medically complicated patients, is that they offer a nonpharmacological solution to treating a sleep disorder in a way that may augment or even replace other (currently standard care) treatments."

First off, surveys indicate that 56% of dog owners sleep with their dog next to them, with about 50% sleeping in bed with them. Dogs vary in size and dogs who sleep with their people vary in size, too... 62% of them are small dogs, 41% are medium-sized dogs, and 32% are large dogs.

So, what are the benefits of sleeping with your dog? Take a look...

1. Increased Feelings of Security and Contentment. Your dog lying next to you is a source of companionship and comfort while you sleep. It's said that your dog's rhythmic breathing, soft fur and warm body all play a part in this soothing effect. *Mayo Clinic Proceedings* published a study in which many of the people surveyed said they felt secure, content and relaxed with their pet near them when they slept.

There's also a safety standpoint. Your dog's great hearing and sense of smell can also result in your dog alerting you if anything unusual happens during the night, and most likely long before you would otherwise have become aware of it. So having your dog near you through the night adds protection for you.

2. It Helps You Get a Good Night's Sleep. If you worry that sleeping with your dog might negatively affect your sleep quality, stop worrying. One study used fitness trackers to get an accurate reading of sleeping time for dogs and humans sleeping together. It was a seven-day study that tracked sleep efficiency, which is a measure of the actual time spent sleeping while in bed. And it turned out that sleep efficiency was high — 81% for owners and 85% for dogs.

A sleep efficiency score of 80% or more is considered a good night's rest. On top of that, 41% of the dog owners felt their pets were unobtrusive or even beneficial to their sleep.

3. Dogs May Help with Sleep Disorders. Often people with service animals sleep with their dogs, who may alert them if they have a medical issue during the night. Sleep professionals have also suggested that

4. Sleeping with One's Dog May Help Combat Depression. People with depression often have problems sleeping, but having their dog in their bed may help, since the dog may help relieve associated feelings of stress, loneliness and anxiety.

5. Warmth and Comfort. It's been said that the warmth from your dog can be like a hot water bottle on a cold night, helping to keep you cozy and lulling you off to sleep. In fact, your dog may keep you so warm you might want to set your thermostat down a couple degrees before you go to bed.

Stanley Coren, Ph.D., professor of psychology at the University of British Columbia put it this way, "The term 'three dog night' comes from the Canadian maritime provinces, where it was standard practice to take your dog (or dogs) to bed with you on a cold night to keep you warm."

6. Increased Relaxation and Bonding. Dogs don't just help their owners relieve stress, but being close to your dog actually causes an increase in the hormone oxytocin, which is linked to bonding and feelings of affection and happiness, while lowering your heart rate.

7. Improved Sleep in People with Chronic Pain. People who deal with chronic pain may find having a dog in bed with them will help them fall asleep and stay asleep, according to researchers noting that participants' dogs enhanced their sleep in many ways. Researcher Cary Brown Ph.D., of the University of Alberta said:

"Typically, people who have pain also have a lot of sleep problems, so usually if they ask their health-care provider about a pet, they're told to get the pet out of the bedroom. But that standard advice can actually be damaging..."

"They (study participants) liked the physical contact with their dogs — cuddling

before bed, and how it distracted them from feeling anxious about being alone at night. They felt more relaxed and safer so they weren't anxious as they were trying to sleep... A sense of relaxation and caring are emotions that release positive hormones in our bodies that will help us sleep better."

And for those of you cat lovers out there, if you're wondering... yes, sleeping with a cat may provide many of these same benefits.

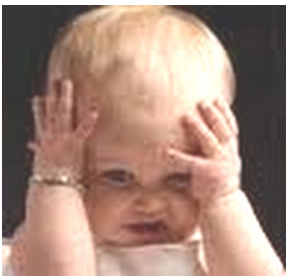
Is there anyone who shouldn't sleep with their pet? Yes. While most people can safely sleep next to their pets, as we've pointed out in this article, there are some minor risks. The biggest one is that your pet might crowd your sleeping space, or wake you up pawing at you for a midnight snack. And, not surprisingly, it might lead to disagreements with your human sleeping partner if they aren't on the same page with you regarding sleeping with your pets.

Also, people with allergies may not find the best sleeping buddies in their pets, since pet dander will become infiltrated not just into your bedroom but also into your sheets. Very young children, and infants should avoid sleeping with any snugly animal as such animals often cuddle up close and could inadvertently suffocate a baby.

People with compromised immune systems may want to give their pets a separate sleeping area, as it is possible for pets to transmit diseases to their owners, so anyone with a compromised immune system needs to avoid this potential problem just like all the other potential problems such people have to avoid. But as we've been saying, for most people the health benefits and joy that result from sleeping with their dog (or cat) outweigh any of the negatives.



And, people who love their pets, often say one of the best things they ever did for them, besides sharing their bed with them (!), was giving them **Willard's Water**. The reports on health benefits dogs, cats, horses, birds, fish, and probably whatever animal you want to name, have been really amazing over the years... so much so that many people first get Willard's Water for their pets, and after seeing what it does for them, they decide to use it themselves! More info: <https://www.willardswater.com/content/19-pets-animals-and-willard-water> and <https://www.willardswater.com/content/20-whole-dog-journal>



This Very Common Problem Can Be Far More Serious than Most People Realize And Is Very Hard to Get Rid Of...

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

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

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

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

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

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

◆ **47% increased risk of spine fractures**

◆ **26% increased risk for forearm & wrist fractures**

◆ **25% increased risk of total fractures**

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

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

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

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

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

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

ed for 6 hours after each drug was taken. Those results showed that **water increased gastric pH by more than 4 after just one minute.** In contrast, antacid took 2 minutes, and most of the other drugs took more than two HOURS. The researchers said "water and antacid immediately increased gastric pH, while the PPIs showed a delayed but prolonged effect compared to ranitidine.

We can't say we were **surprised that water could be of benefit.** **One of the most common reports we get from regular Willard's Water users** is that it has been a huge help in reducing or eliminating their bouts with heartburn, acid indigestion, etc. The amazing thing to us isn't that it relieves it (apparently even regular water can do that), but what we hear time and again is that the person who had routinely suffered heartburn on a daily and multiple-daily basis, no longer has it, or has it only on rare occasions. So if regular water relieves it, we suspect Willard's Water has a more far-reaching effect—but we're not experts, remember.

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

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

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

A quality **Probiotic**, to help restore the balance of good bacteria in the digestive tract. Our Item J-61, **L-Salivarius** is especially good because it provides both Prebiotics and Probiotics. Many natural health experts say they believe everyone should take a probiotic daily, for a number of reasons. We also have **Colon-Aid** (Item J-31) — a very good probiotic.

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