

# POSSIBILITIES. ♦ ♦ ♦

From NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 (218-236-9783) ♦ www.willardswater.com ♦ February, 2006

## Today's Kids' Bones at Risk: Calcium & Exercise Needed

There could be a future epidemic of broken bones as today's children get older, according to the American Academy of Pediatrics. The first reason cited for this potential problem by the Academy is the fact that national data shows most American children over the age of 8 don't get enough calcium. This deficiency increases their risks for developing osteoporosis in adulthood, the Academy said in an article in the journal *Pediatrics*.

Osteoporosis is a bone-thinning disease associated with aging and afflicts 10 million Americans, mostly older women. Nationally, it is responsible for more than 1.5 million bone fractures each year.

Evidence also suggests fractures may be increasing in U.S. adolescents, perhaps because calcium-deficient diets and little exercise have weakened their bones even if they haven't yet developed osteoporosis, said Dr. Craig B. Langman, who treats pediatric bone problems at Chicago's Children's Memorial Hospital.

Calcium is needed for bone formation, and weight-bearing exercise strengthens bones. For children, such exercise could be

soccer, basketball, football, running — basically any repetitive activity in which the arms or legs bear the body's weight.

Exercise is essential along with calcium for healthy bones. "You can take all the calcium you want, but if you don't do any weight-bearing activity, you don't have good bone health," said report co-author Dr. Frank Greer, a member of the academy's nutrition committee and pediatrics professor at the University of Wisconsin.

U.S. youngsters are deficient in both for a number of reasons, Greer said: they drink sodas instead of milk or calcium-fortified juice; they're spending more time on TV, computers and video games, instead of exercising; and many schools have phased out organized physical activities.

The report said that milk and other dairy products are the most common calcium sources in traditional Western diets, but, it also said there's no evidence that they are superior to other sources such as broccoli, Swiss chard and collard greens.

The Pediatrics report recommended that doctors screen for calcium intake and bone health three times during childhood: at age 2

to 3 after weaning from breast milk or formula; at age 8 to 9, before the adolescent growth spurt; and again during puberty or teen years, when the peak rate of bone mass growth occurs.

Editor: Keeping in mind that in addition to getting enough calcium, weight-bearing exercise is also essential, we do offer two very good calcium supplements. Item No. J-25, **Calcium Citrate**, and two forms of **Coral Calcium**: Item J-201 and J-203. Many people feel that coral calcium is absorbed better than other forms, despite the fact that it is calcium carbonate—but calcium carbonate contained in the coral reefs and somehow made much more bio-available as a result. We've had countless positive reports on our coral calcium. But beware, like many things, there are some very poor, though widely publicized, coral calcium products on the market.

Ours has been said by many to have performed far better than the coral calcium they got from TV infomercials or other widely-promoted sources. Perhaps the money went into the commercials instead of the products? You have to wonder. ♦

## Two Studies: Elderly Mental Impairment Risk from Prescription Drugs; Exercise Reduces Dementia Risk In Others

Reports on two totally different studies caught our attention recently. The first reported on a study that found anticholinergic drugs used on such conditions as irritable bowel syndrome, urinary incontinence and Parkinson's disease, may lead to mental impairment in the elderly.

The study was published online in *British Medical Journal*. Researchers from France found those taking this class of drugs for an extended period show a reduction in cognitive performance when compared with non-users. As many as 80% of those on the medication were considered to have mild cognitive impairment compared with only 35% of non-users.

Mild cognitive impairment is used to describe deficits likely to turn into dementia with time. Previous studies show a dysfunction in the cholinergic system can have a negative impact on cognitive function. Still anticholinergic drugs are often prescribed to elderly people. The irony, the researchers say, is that these people may, in the future, need to take pro-

cholinergic drugs to counter the affect of the anticholinergic agents.

The second, far more positive report, was on a study that found exercising three times a week or more may reduce the risk of dementia by up to 40 percent. Researchers followed more than 1,500 people age 65 or older for six years. They found exercise significantly reduces the risk for dementia and Alzheimer's. The study also revealed people already affected by either illness will benefit from exercising.

The study was done at Group Health Cooperative in Seattle. Eric B. Larson, M.D., lead study author and director of the Center for Health Studies at the Group Health Cooperative, said people who were frailest at the start of the study benefited most. Larson said "this means that older people really should use it even after you start to lose it because exercise may slow the progression of age-related problems in thinking". It was published in *Annals of Internal Medicine*, 2006;144:73-81. ♦

## Apples for Memory?

Did anyone think “an apple a day would keep your memory sharp”? Seems to be the case.

At least that’s what a study conducted by researchers at the University of Massachusetts at Lowell found. The study tested whether apple juice could protect against oxidative brain damage in aging mice, which can lead to memory loss. In the study, some adult and some aged mice were fed a standard diet, some a nutrient-deficient diet, and the rest a nutrient-deficient diet supplemented with apple juice concentrate in water. Cognition was measured with maze tests and by examining brain tissue.

Results indicated the adult mice were not negatively affected by the nutrient-deficient diet, but aged mice were. However, the aged mice that received the nutrient-deficient diet who were supplemented with the apple juice, performed significantly better on the maze tests. They also had less oxidative brain damage than mice that were fed the standard diet. The aged mice showed even more mental gains when they received the equivalent of 2 to 3 cups of apple juice (or about 2 to 4 apples) per day.

Thomas B. Shea, Ph.D., from the University of Massachusetts Lowell’s Center for Cellular Neurobiology and Neurodegeneration Research says, “We

believe that this effect is due to the apple’s naturally high level of antioxidants”, adding that “this new study suggests that eating and drinking apples and apple juice, in conjunction with a balanced diet, can protect the brain from the effects of oxidative stress—and that we should eat such antioxidant-rich foods.”

The U.S. Apple Association and the Apple Products Research and Education Council sponsored the study through an unrestricted grant. The study was published in the *Journal of Alzheimer’s Disease*, 2005;8:283-287.

Editor: We certainly encourage all the apple-eating possible. For those looking to get antioxidants through supplements in addition to eating apples and other antioxidant-rich foods, we have a number of possibilities.

**Willard Water** — one of its most often cited benefits is its superior performance as an antioxidant.

**Vitamin E**, Item J-14;

**Vitamin C**, Items J-68 or J-69;

**Grape Seed Antioxidant**, Item PY-4, and

**Selenium**, Item J-114.

We don’t think any discussion of memory is complete without including **Ginkgo Biloba**, Item J-44, and **CoQ10**, Items J-13 or J-23, which have both received great reviews for memory improvements. ♦

## Two Natural Helps for Asthma...

Adding fish oil to the diet may help reduce the symptoms of exercise-induced asthma (EIA). A study at Indiana University in Bloomington found fish oil helps reduce the narrowing of the patients’ airways, allowing them to use less asthma medication. And the researchers say by reducing the amount of medication, patients can lower the side effects of the medication.

The study included 16 adults with mild-to-moderate persistent asthma who were considered “recreationally active”.

They found their post-exercise lung function improved 64% and their use of emergency inhalers decreased 31% when they added fish oil to their diet for three weeks.

The study also found cells and markers responsible for airway inflammation were reduced in the EIA patients taking the fish oil.

Eighty percent of asthma patients have EIA. The condition is also found in 10% of elite athletes and up to 10% of the general population without asthma, according to the report.

Another study found asthma patients who don’t respond to steroids may have another option—vitamin D<sub>3</sub>, which the study said could significantly improve their response to steroid treatment.

The study was done at King’s College London and Imperial College.

Editor: Our **Vitamin D<sub>3</sub>** is Item No. J-24, and our **Fish Oil** is called EPA, Item J-39. Those who are allergic to fish may want to try Item J-77 **Flax Seed Oil**, another very good source of omega-3. ♦

## Trivia & Tidbits . . .

1. If you flew due east from Cape Horn where would you next pass over land?
2. How many trunks and suitcases did England’s ex-king Edward XIII’s wife take with on their honeymoon?
3. What daily exercise routine did 17th century French statesman Cardinal Richelieu perform to stay in shape?
4. What was the first continental European city to build a subway?
5. When was coffee first sold in sealed tin cans in the United States?
6. What part of the poison hemlock plant is deadly?
7. By definition, what is the lifting capacity of one unit of horsepower?

AND THE ANSWER IS...

1. Cape Horn—there’s no other land at the same latitude, 56°00’S.
2. 186 trunks and 83 suitcases.
3. He jumped over furniture.
4. Budapest, Hungary—in the 1890’s.
5. In 1879—by Chase & Sanborn.
6. All parts—the flowers, seeds, leaves, stem and roots.
7. The ability to raise 33,000 pounds one foot high in one minute.

## ON “THE WEB”!

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

(Note: “willardswater” is all one word, all lower case with an “s” between “willard” and “water”—that’s how people usually ask for it!) *Come visit!*

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

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# PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

*She Couldn't Believe It...*

## Only 30 Calories, 2 grams of Fat, and 1 Net Carb, In These **DEE-LICIOUS CHOCOLATES!**

**It actually tasted like her old favorite... "turtles"...**

My wife, Kolleen, has tried a lot of low calorie, and low carb, candy bars. She says they all have an after-taste

that's not all that great. There were some from Atkins that were very much acceptable, she said, after she developed a taste for them, but there never was one that anyone would reach for by choice.

A few weeks ago a box arrived in her in-basket that didn't come from any company she was familiar with, but she opened it, and a candy bar fell out. Not an actual "bar" but a package of two "chocolate pecan clusters" (what we used to call "turtles").

She says she has never been able to resist chocolate for long, so she tried it, despite the fact that the big red circle on the front of it said "only 30 calories each", which to her meant for sure it would NOT be pleasant.

But, it WAS. It really tasted like those old favorites of hers... turtles. But, with just 1 net carb each (in each of the two per package) and only 30 calories each, she said she found the taste unbelievably good.

So she broke the remaining treat into very small pieces and had enough for 5 or 6 other samples. Everyone loved it... except me because I don't like caramel. However, I agreed it was very good tasting chocolate, and had no after-taste. Nobody thought it tasted like diet candy and nobody thought it had an after-taste. So we ordered some.

When they arrived, everyone wanted one... even people not dieting. And I found one without caramel that I really like.

They're not cheap. And they're cer-

tainly not a "health food" since they have rather standard ingredients, but nothing really harmful in them that would be on a watch list of "bad for you", either.

And if you really are trying to watch your weight, but would find it easier to do so if you could have a little taste of chocolate without blowing your diet, these could be the answer.

We'll be carrying them and adding them to our order form and online store, but if they aren't there yet, just tell us you want them when you phone in your order, or add it to the comment section of your online form, or write it at the bottom of the back side of your order form if mailing it in.

There are 4 flavors: HF-1 Chocolite Pecan Cluster ("turtles"), HF-2 Chocolite Crispy Caramel; HF-3 Chocolite Almond Fudge, and HF-4 Chocolite Peanut Chews. They are \$1.49 each. Like I said, they're not cheap.

Kolleen says she's a real poster child for always finishing any size candy bar, but she has found that even one piece really is satisfying, so she can get two snacks out of it. Except when our dog, Gus, is around—then if she has one, she ends up having to eat them both, giving Gus little bits of them, or he whines and carries on until he and she finish the last of the package!

Don't worry—Gus actually gets very little of the chocolate, just enough to get the taste of it, which he loves. But he tends to love any chocolate—however, Kolleen does say he never begged for any other diet chocolate, so maybe he *can* tell the difference! But I'd have to say I have confidence in it based more on people's

opinions! The company that supplies us with them had a couple interesting customer comments....



From a Weight Watcher dieter in

Indiana: "I'm currently on the Weight Watchers diet and I love chocolate. Chocolite is the best tasting half point sugar free chocolate I've ever tasted."

And from a low-carb dieter in Texas: "I just wanted to let you know your Choco-

lite is the best tasting low carb chocolate I've tasted in a long time. I'm on a low carb diet and other low carb bars really upset my stomach. But your Chocolite bar tates wonderful and it doesn't upset my stomach. It's about time."

As these two testimonials indicate, these chocolates would seem to fit right in with a variety of different weight loss plans, from Weight Watchers, to Atkins, to just the plain old ordinary, cut-down-on-the-calories plan.

I'm not saying you can eat these all day and lose weight, but if you found them satisfying enough to only eat one or two, you'd be way ahead of the times you give in to your chocolate cravings and have a candy bar or two that has about 150 calories, or 50-60 net carbs. So, we're offering them, and hoping you'll enjoy them as much as we do.

By the way, they're very tasty with a cup of our great organic coffees. My personal favorite is the Chocolite Almond Fudge, because it doesn't have caramel. But all the flavors are really good. ♦



POSSIBILITIES...from NUTRITION COALITION, INC.  
**For Real Willard Water & "No Nonsense Nutrition"**  
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### COULD THE DOLPHIN HAVE BEEN GOD'S SECRET WEAPON?...

*(Reprinted from our July/August 2001 Issue)*

Remember the "boat people" — the Vietnamese who fled in small fishing boats, defying all the risks of ocean travel in inadequate vessels to reach freedom?

My sister and her family took in a family of three brothers who survived such a journey...the youngest one being only 6 when he crossed the ocean in that frail little boat, and his "big brothers" not much older than him.

They didn't often speak of the one incident that could have ended their journey, and their lives, very abruptly.

It was dark. Darker than you can imagine. Their little boat tossing about in the sea...and then the horror when the large ship was recognized, and was clearly heading right toward them.

They had no means of signaling the ship. They were helpless.

There was no way to save themselves.

There was no hope.

There was just the terror of waiting for the inevitable to unfold before their eyes, and then to become one of the fatalities of the sea when the ship would finally hit them and destroy them all.

She came from nowhere. That beautiful dolphin. She came and seemed to look at them.

Then she started her journey. Her journey between them and the ship.

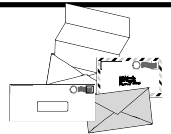
She swam between the two unequal vessels, creating a wake, and creating a safe zone.

Because of that dolphin they survived that night. And they eventually came to the U.S. And made good lives. These now U.S. citizens are productive and good members of our society. I like to think God knew that when He sent His dolphin to ensure their safe passage. Given the number of prayers that were being said, it's certainly safe to say it was an answer to prayer.

*(Editor: You're invited to send your own inspiring stories, to share here.)*



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



### Teen Acne and Adult Acne Reports

— D.R. told us his teen-age son's acne cleared up after he drank Willard Water for a week. And the stuff from the doctor hadn't worked. Also, his son wouldn't drink water before, but liked the Willard Water. And for adult acne, A.H. told us hers cleared up with her use of our Aqua Gel (Item AG-4). She thinks her acne was caused from some medication she was on, but whatever the cause, Aqua Gel seemed to be the solution. We've had countless reports of both "the water" and "the gel" helping acne over the years... teen-age or adult.

**Can Opener "Index"** — "J.M." tells us her arthritis is greatly improved since she's been using Willard Water. Before, she couldn't even use an electric can opener because of her

arthritis and now she can use a manual one with no problem. She also couldn't sleep before and now, after Willard Water, that's no problem, either. "Praise the Lord and Willard Water", she says.

**The Cat's Meow** — "S.C." says her cats never wanted to drink much water... she had to encourage them to get them to drink it. Then she started drinking Willard Water and discovered the cats drinking out of her glass! So she started them on Willard Water and they now drink twice as much as before. Maybe those cats know something!?

**Dry Eye Syndrome Relief** — that's what "J.P." says she gets from taking fish oil capsules. Her eye doctor suggested them saying eye strain creates heat inside the eye and dries them out, but fish oil would help. Fish Oil is **Item J-39 "EPA"**.



# More Product Highlights & Updates from Charlie

## A Few of the Most Asked Questions About Real Willard Water

### 1. "IS THIS STILL GOOD?"

Typically, someone has found a bottle of the concentrate that's a year, five years, ten years old. The answer is, "Yes, if it came direct from us, (it would say either "Dakota Providers" or "Nutrition Coalition, Inc." on the label) and it wasn't ever left standing open with the cover off, so any unknown airborne particles could have gotten into it." As long as it came from us, it IS the real thing—in the proper strength (see question number 6 on imitation & diluted products). Real Willard Water concentrate has, for all practical purposes, "no expiration date". If it is really old, the person may decide to order some "fresh" product for his/her own use and use up the old stuff on their garden, or lawn, or plants, or whatever, but it should be just as potent as if it were "brand new".

### 2. "CLEAR OR DARK? WHAT'S THE DIFFERENCE? WHICH IS BETTER?"

First, the original "dark" version of Willard Water is/was known as "Triple X" or "XXX" and it still is available, however we don't even list it on our order form, because once Doc Willard perfected the dark, creating what he called "RL-1", it just didn't make any sense to us to keep selling the Triple X—because the Triple X is only about 45% as "potent" as the "Clear" Willard Water, and as the "new" RL-1 (the dark we provide). Triple X, therefore, needs to be mixed 2-1/4 ounces of concentrate per gallon to equal the catalytic benefits of the dark we provide, or of the clear. (And that's assuming the Triple X hasn't been improperly bottled by some third party with plain water added to it—see question number 6.)

The dark and clear from us are close to identical. That's because nearly all of "the water's" benefits are from the molecular change it makes in the water you add the concentrate to, rather than from the minerals and other nutrients which make up the dark material.

However, there are some differences that apparently do result from the greater

concentration of those nutrients in the "dark"... most often, people tell us that they simply like the dark better — they "find themselves thinking about wanting some of it" at various times of the day, whereas with the clear, they simply got on a schedule to remember to

drink it at a particular time or times. Some people even say they crave the dark — I believe it's an accepted fact that any time a person craves anything, it's due to a mineral deficiency of some sort...since the dark is dark due to minerals in it, that could explain why some people "sort of crave it" who didn't "crave" the clear.

Also, very consistently, people with blood sugar problems — whether it's high blood sugar or low blood sugar — have told us that the dark has worked even better for them than the clear. "Ditto" that for people with gout. And, since gout is a type of

*She'd said she'd never drink that dark water, but not knowing that, Doc came back and "presented" her with a TALL glass of "his dark water"... with no gracious way to refuse it, "down the hatch it went"!*

arthritis, we've often wondered if perhaps anyone with any type of arthritis might not be better off with the dark, but we're not as sure of that.

And a lot of people have said they think they get "even

a little more energy" from the dark than the clear; and people using "the water" along with any of our "weight loss and energy" supplements have very consistently found that the dark boosted their results even more than the clear did. (We've heard that from people who started out with just the supplement, then added "the clear water" and felt the supplement was working better for them; and then, finally, they switched to the "dark water", and they say they saw an even greater improvement in their results.)

But, there are a few cases where we believe the clear is the best choice...

Doc Willard always said anyone using the product in their eyes (the mixed-up-gallon, not the concentrate), should use the clear. So, for those of you who spray your tired, and/or red eyes with it, you may want

*Dark or Clear? Things to consider: blood sugar; eyes; gout; arthritis; the aesthetics of it; allergies and sensitivities; all can be taken into account...her blood sugar came down instead of going up as predicted...*

to keep that spray bottle filled with the clear mixture. Same goes for anyone using it as an eyewash, or as a contact lens cleaner. Doc suggested that because he said, in theory, if any of the nutritional items in

the dark ever came out of solution, it might be a somewhat larger particle than would be desirable in your eye.

Also, if a person has lots of allergies, or sensitivities to "about everything", it would seem to make sense to at least start out with the clear—there's just less in it to "react to" or "be sensitive to".

And, from an aesthetic standpoint, some people simply find the clear more "appetizing looking", or they believe others in their household will...in that case, it makes a lot more sense to use the clear—if you get the dark, and nobody will use it, it definitely won't do as much for anyone as the clear that they would use!

I can't resist telling you about my wife Kolleen's "conversion" to the dark... she'd always said she'd never drink that—it looked "too yucky". That was until the day we first met Doc Willard in person. We'd had fascinating and intense conversation with him from 7 a.m. when he picked us up at the airport all through the day... about 5 o'clock Kolleen sort of "sunk" into a couch they had at the plant (the Willard's manufacturing plant where we were visiting), saying she felt mentally and physically exhausted — "like a computer with an overload". Ever the considerate host, Doc asked her if she'd like a glass of his water — she said that would be just fantastic. What she didn't know was that Doc always drank the dark, and that was all he had "mixed up" at the plant for drinking... so he came up with a TALL glass of his dark water and presented it to Kolleen... there was just no "gracious way" to tell Doc it was "too yucky", so "down the hatch" it went... surprise! She really liked it! And it was after that we learned from Doc about gout and blood sugar problems seemingly benefiting more from

the dark... Kolleen was pregnant at the time — it was the first day of the last month of her third (and final) pregnancy.

Well, during that pregnancy she'd developed "gestational diabetes" which we'd been told would result in the baby being "taken early", because her blood sugar would undoubtedly "go sky high at the end" and endanger the baby. After hearing what Doc had to say about "the dark", she switched to the dark that day, and her blood sugar started coming down. She went full-term, and had no problems whatsoever.

**3. "How Much Should I Drink Every Day?"** Regular users vary greatly in the amount they drink. There are some who drink as little as 6-8 ounces per day (of the "mixed-up-gallon" — the ounce of concentrate to one gallon of water mixture) and report positive results, and more than a few who drink a gallon of that solution a day, and report similar benefits. Practitioners who have used applied kinesiology and other testing methods report a great variety in the amount the patient's body would like to have. (Interestingly, I've talked to two such practitioners who say they have never found anyone whose body tested "negative" for "the water"—the variations have only been in the amount they should drink, and sometimes whether it should be the clear or the dark for them, but everyone they've ever tested has been positive for the water.)

Those of us who don't have access to such testing procedures must simply rely on our own instincts. However, it's our belief that for most adults drinking a quart every day will typically be enough to produce whatever obvious benefits they are going to experience. I say "obvious", because I certainly believe that most of the benefits are not noticed — much like the benefits of most vitamins, minerals and antioxidants — you know they are helping you, but the help is in maintaining good health — keeping things from "going wrong", rather than "fixing things after they're broken". When I say "obvious" I'm referring more to fixing "broken" things, than possibly helping stay healthy longer.

However, as seems always to be the case, you can't really generalize, because we've certainly heard from people over the years who said they hadn't noticed any particular benefits ("obvious" ones) until they significantly increased their daily consumption of it — some said they boosted it to 32 ounces a day (a quart — of the "mixed up gallon") and some even said they noticed greater benefits when they increased

their consumption up to a gallon of the mixed-up-gallon, per day. So, the fact is, the variations are there, and everyone basically needs to find their own optimum level.

You can't hurt yourself by drinking "too much". Dr. Willard always said if a person drank more than their body could "make use of", they might get a looser stool than normal, and that would be "the signal that they're just wasting it", and should drink somewhat less. But even at that point, it wouldn't actually be harmful. Over all these years, we've had very few people tell us they reached that level, so apparently most people's bodies can "make use" of a lot of it. One clarification — a common benefit we hear often is that the water helps to improve "regularity"— whether the problem was chronic constipation or chronic diarrhea, it just seems to normalize things. For a lot of people that's a welcome benefit.

Many people begin by immediately drinking a quart a day, but doing so could produce detoxification symptoms — headache, loose stool, etc. (*only rarely have we heard of this happening, but it has happened to a few people*). Beginning with 6-8 ounces the first day and rapidly (within 7 - 10 days) working up to the quart (32 ounces) per day, should avoid even those minor "problems".

Kids would drink proportionately less than adults, by weight. If 32 ounces is appropriate for a 150 pound adult, then about 10 ounces a day (about 1/3 as much), makes sense for a 50 pound child.

**4. "Is This Something I Need To Do Forever?"** In a word, "Yes", if all the benefits are to continue. Again, I go back to the analogy of vitamins and minerals. It isn't enough for our bodies for us to take a lot of Vitamin C for one year, and then stop because we did it for one year — we always need nutrients, and in the same way, for "the water" to continue to help our bodies stay healthier by improving the absorption of nutrients and elimination of toxins, and working as an antioxidant, for example, then we need to keep "giving it to our bodies".

**5. "Can I Heat It? Cook With It?"** Yes! You can also freeze it, put it in baked goods (they'll often stay fresh noticeably longer), boil it, mix it with fruit juices, make coffee and tea with it, etc. etc. You can't hurt it by doing any of those things — it's essentially indestructible. In fact, boiling it and then letting it cool, and freezing it and then letting it thaw, actually make it slightly more "active" or effective. Dr. Willard told us that years ago, but he said the difference it

would make in the product wasn't enough to make it worth the trouble for most people to bother boiling it before using it. But it definitely makes it clear it won't hurt it.

I'll never forget the lady who "got the water into" her skeptical husband by making his ice cubes (for his iced tea) with it, saying she figured "they melt into the tea and he eats up any of the ice that's left, so it does get some into him"... coincident with her doing this some of his health problems got better... eventually she told him about her "recipe" — it convinced him, and he then "voluntarily" started drinking it!

**6. What About Imitation & Diluted Products?** Unfortunately, there have been more unscrupulous marketers than we can remember who have sold "who knows what" and called it Willard Water, or for "wiggleroom" have put a different name on it but talked all about Willard Water in selling it. There have also been problems with marketers buying the real product in bulk, then bottling it at a third party bottling plant (NOT at the Willard plant), and somehow ending up with a lot of plain water in it. The problem is the marketer will claim they didn't know it was diluted, and the bottler will say they did what they were told, so you can't prove what happened, and cutting such marketers off would then likely result in another lawsuit—the Willards have fought many over the years, and won them against the imitators, etc., but the firms involved just move to another state and start over. That's why we sell only what is made AND BOTTLED in the final containers right at the Willard plant, so our customers know they're getting the REAL thing, full strength.

**7. What Kind of Water Should I Mix It In?** Whatever water you prefer. It will work perfectly well in any water, even city tap water. However, it won't remove any harmful things from water, so if you wouldn't drink water without Willard Water in it, you wouldn't want to drink it with Willard Water in it, either. Most users put it in bottled spring water, or some type of purified or filtered water. If mixing it in distilled or reverse osmosis (RO) water, you may want to mix it 1-1/2 to 2 ounces per gallon, instead of the usual one ounce to a gallon, to raise the ph of the distilled or RO water. One of the benefits of Willard Water is that the concentrate is highly alkaline. Mixing it with acidic water (which most distilled water becomes shortly after being distilled, and which RO water also verges on) dilutes that benefit. However, countless people have mixed it in distilled/RO

*One lady made her (skeptical) husband's ice cubes with it...*

*Some people notice an increase in "tangible" benefits when they increase the amount they drink every day.*

