

# POSSIBILITIES. ♦ ♦ ♦

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.willardswater.com ♦ February, 2007

## Colorectal Cancer Protection Continued For FIVE YEARS After The Use Of This Supplement Was Stopped

Research has found that the potential protective affects of calcium supplements against colorectal cancer may continue for five years after people stop taking the supplements.

The Calcium Follow-Up Study, an observational study that followed the Calcium Polyp Prevention Study, found people from the original calcium supplementation group had a significant 12% lower risk of any adenoma five years after the original supplements were stopped, compared to people from the placebo group.

Colorectal cancer accounts for nine per cent of new cancer cases every year around the world. The highest incidence rates are in the developed nations, while Asia and Africa have the lowest incidence rates.

In the Calcium Polyp Prevention Study, 930 people with a recent adenoma (tumor) were assigned to receive four years of daily 1200-milligram (mg) calcium supplements or a placebo. The study found that

those who received the calcium supplements had a 17% lower relative risk of an adenoma recurrence than those who got the placebo.

The new research, published in the *Journal of the National Cancer Institute*, used data on 822 of the original 930 subjects from the Calcium Polyp Prevention Study. Of these subjects, 597 had at least one colonoscopy exam, and completed follow-up questionnaires.

The researchers reported that, during the first five years after the end of the original study, those randomly assigned to the calcium supplement group had a 12% lower risk of all adenomas than those from the placebo group.

During the next five years (5 to 10 years after the end of the Calcium Polyp Prevention Study), no significant difference was seen between subjects from the calcium or placebo

**...17% less chance of a recurrence, and 12% less chance even FIVE YEARS after the supplementation was stopped...**

groups, according to the researchers.

The researchers wrote, "Our study provides further evidence of the potential of calcium as a chemopreventive agent against

colorectal adenomas among individuals with a history of these tumours. Our data indicate that, in these patients, the protective effect of calcium may extend for up to 5 years after the cessation of active treatment."

While no "mechanistic study" was performed in this study, the researchers suggested two mechanisms to explain the apparent beneficial benefits of calcium. The first concerned calcium's ability to bind and precipitate bile acids in the bowel, thereby making them inert and protecting against inflammation.

The second possible mechanism involved activation of the so-called calcium sensing receptor (CSR) which has been reported to have anti-cancer effects *in vitro*.

Editor: Whatever the "mechanism", it seems like a good idea!

We offer high quality calcium in three different products:

- ♦ **Calcium Citrate** Capsules Item No. J-25;
- ♦ **Sango Coral Calcium Capsules** with Vitamin D & Magnesium; Item J-203 and
- ♦ **Sango Coral Calcium Powder** with Vitamin D & Magnesium, Item J-201

Since most people get some calcium from their food every day, most supplements' suggested daily doses are around the 600 mg. per day range. Milk, cheese, and many vegetables, are some of the most common calcium sources in peoples' diets. ♦

## A Cloudy Apple (Juice) A Day...

You have likely heard that dark chocolate and red wine are rich in antioxidants and are good for you. Now, research has found that cloudy apple juice is four times healthier than clear apple juice.

Researchers at the Agricultural University of Wroclaw, Poland, compared clear and cloudy apple juice. They found cloudy apple juice contains four times the concentration of polyphenols as clear apple juice. Polyphenols are active antioxi-

dants thought to prevent illnesses, like cardiovascular disease and cancer.

Consumers buy much more clear than cloudy apple juice, possibly due to the perception that clear is more pure. Ironically, the process to make the juice clear is what removes the beneficial compounds from the apple pulp. Though clear juice has a longer shelf life than cloudy, for the health benefits, researchers suggest buying and drinking the cloudy juice. ♦

## Periodontal Disease & Pancreatic Cancer

... Researchers from Harvard School of Public Health and the Dana-Farber Cancer Institute in Boston led a study to look at the association between periodontal disease and pancreatic cancer. They used data from the Health Professionals Follow-Up Study, which included more than 51,000 men working in the health professions.

After adjusting for other factors, they found men with periodontal disease had a 63% higher risk of developing pancreatic cancer than men with no periodontal disease. They also found never-smokers with periodontal disease had a two-fold increase in the risk of pancreatic cancer.

Researchers say more studies are needed to understand the role of periodontal disease in pancreatic cancer. In the meantime, you may *not* want to miss your dental cleanings appointments! ♦

# Eight “Miracle Foods”

A recent article published online by aol health in partnership with webmd caught our eye. It highlighted eight foods considered “miracle” foods by the authors. Though we wouldn’t limit the term “miracle” to just these eight, we do think it’s worth passing the information along, since adding these foods to anyone’s diet would seem to be a very healthy thing to do!

- ♦ **Blueberries.** Said to be on anyone’s list of super foods. Recent research shows they’re brain food—feeding blueberries to rats actually slows the rats’ age-related mental decline. Blueberries contain pterostilbene, a plant compound shown to have cholesterol-lowering properties. Their antioxidant rating is the highest of any fruit. And they are rich in fiber. A tip by the authors was to try them frozen... apparently they taste like sherbet when frozen.
- ♦ **Guava.** Its taste is described as “part strawberry and part pear”, a low-calorie cup of this vitamin rich fruit contains a huge 8 grams of fiber. And in a test of antioxidant power, guava scored only second to blueberries. Guava also contains cancer-fighting lycopene.
- ♦ **Kale.** It’s a member of the brassica family, which claims cabbage and broccoli among its relatives. It’s rich in potent cancer-fighting substances called indoles, and loaded with bone-building vitamin K. Kale has the highest antioxidant rating of any vegetable and is extremely low in calories. The authors suggested trying it tossed with olive oil, a few dried cranberries and some pine nuts.
- ♦ **Sardines.** Rich in omega-3 fatty acids, and one of the least contaminated of any seafood since they rank so low on the food chain. Eat them from the can or on salad.
- ♦ **Apples.** Loaded with pectin (an important fiber), they are one of the best sources of boron, a nutrient that helps support strong and healthy bones. An apple with a glass of water is said to be a great natural appetite suppressant. Highest antioxidant value is the Red Delicious apple.
- ♦ **Coconut Oil.** Long-neglected as a healthy oil because it contains saturated fat, the authors pointed out it’s not a problem because the saturated fat in coconut is a healthy kind called Medium Chain Triglycerides (MCT) which is easily burned by the body for energy. It also contains lauric acid, a natural anti-viral and anti-microbial. And today’s extra virgin coconut oil, doesn’t contain trans fats. Editor: We have **Coconut Oil Capsules** (Item M-103) and **Coconut Oil** in a 16-oz tub (Item JF-1), both extra virgin.
- ♦ **Green Tea.** Green tea is said to help with weight loss and to fight cancer, per the authors. It stimulates metabolism but also has a natural relaxant which helps to keep it from making you as jittery as coffee can.
- ♦ **Flaxseeds.** One of the only plant sources of omega-3 fatty acids. But also have the added benefit of fiber. And they contain lignan, a group of plant nutrients studied by the national Cancer Institute for their cancer preventive properties. Editor: Our **Flaxseed Oil Softgel Capsules** are Item No. J-77.

## Folic Acid & Sharp Minds

A daily boost of folic acid could keep your mind sharper longer. New research reveals older adults who take the vitamin every day will likely have better memories and be able to think faster than people not taking folic acid supplements.

Researchers from the Netherlands followed about 800 adults between ages 50 and 70 who were either taking a daily dose of folic acid or a placebo. After three years, the participants’ memory and information processing speed were tested. Study participants in the folic acid group performed significantly better on the tests than the participants in the placebo group.

Researchers theorize folic acid may help brain functions by lowering levels of homocysteine—an amino acid in the blood linked to increased risk of cardiovascular disease and blood vessel damage.

Editor: Our Folic Acid is Item No. J-113—an 800 mcg tablet which can be halved for a 400 mcg dose. The high quality tablets are easily broken down and absorbed. Our Activated B-Complex capsules, Item J-2, contains 200 mcg of folic acid.

## Trivia & Tidbits . . .

1. What is the world’s fastest racquet sport?
2. What was Groucho Marx’s real first name?
3. What was plastic first used for in America?
4. Who said: “I can’t say I was ever lost, but I was bewildered once for 3 days”?
5. How many crates did it take to bring the Statue of Liberty here from France?
6. What country was once known as New Holland?
7. How much does the crown worn only at coronations in England weigh?
8. How many sweat glands are there on the skin of the average adult human?

AND THE ANSWER IS...

1. Badminton. Shuttlecock speeds approach 200 mph.
2. Julius.
3. Billiard balls. By Brothers Isaiah and John Hyatt in 1869 in competing for a \$10,000 prize offered by a company looking for a substitute for ivory in billiard balls.
4. Frontiersman Daniel Boone.
5. 214 in 1885.
6. Australia, in the mid-seventeenth century.
7. Just under 7 lbs. It’s known as the Crown of England and/or as St. Edward’s Crown.
8. More than 2 million—estimated 2,381,248 according to Gray’s Anatomy.

## 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

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### “Tell Me Again, Why Do People Use Willard Water? And What’s the Corn Test for People?”

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My wife Kolleen, just took a call from someone wondering if she could tell them, briefly, why someone would use Willard Water. They had a bunch of information on it, but sometimes it’s just easier to ask why a particular product is used.

That call made us realize that maybe we ought to put that sort of brief “why-people-use-this-Willard Water stuff” into an article. Here it is!

Some people use Willard Water to try to relieve or eliminate a particular problem.

Others use it to try to stay healthy.

But maybe the best way to answer that question—why would anyone use Willard Water—is to simply summarize what we believe it does.

Willard Water is patented for the change it makes in the molecular arrangement of the water it is added to. In other words, when you add that 1 ounce (2 Tablespoons) of Willard Water concentrate to a gallon of other water, you are changing the molecular arrangement of that water you added the concentrate to. And, by the way, the water that’s been changed, or altered (your gallon mixture) is what we are referring to when we talk about Willard Water in use... you don’t use the concentrate without first mixing it with other water. Dr. Willard (“Doc”) always called it Catalyst ALTERED Water... it was the “60 Minutes” program on it that resulted in people forever calling it “Willard Water”.

Back to our discussion of the change in the molecular structure. Doc used to say changing the molecular arrangement of something doesn’t sound like anything to get excited about, unless you understand the ramifications of such a change. Doc explained those ramifications with this analogy: diamonds and graphite (pencil lead) are both carbon. ALL their differences result from a rearrangement of the carbon molecules. Those are certainly some differences... diamonds are extremely hard—graphite is very soft; diamonds are very valuable—graphite isn’t worth much.

Likewise, the water you end up with after adding the Willard Water concentrate

to it, is far different than normal water. It has unusual characteristics for water.

Those “unusual characteristics” are what explain about anything anyone has ever said Willard Water did. If a hundred different people all said what they believe Willard Water did for them, it might well be a hundred different things. BUT, all those things would be the result of the impact of these few unusual characteristics:

1. It improves the absorption and assimilation of nutrients (from food or food supplements) by people, plants, or animals.
2. It improves the breakdown and elimination of toxins and wastes from the body, of people, plants, or animals.
3. It reduces inflammation.
4. It is an extremely good antioxidant and scavenger of free radicals.
5. It is highly alkaline and helps to raise the alkalinity of the water it is added to, and of the person that drinks that water.
6. It helps with skin conditions of numerous kinds... acne, eczema, psoriasis, burns, sunburns, etc. etc. etc.
7. It also helps to remove the dead skin cells that our bodies don’t get rid of as well as we age as they do when we’re younger, which may be why many people say their skin looks younger when they regularly mist it with Willard Water, some say it does just from drinking it.
8. More effective hydrator of cells.

So, when you think about it, it makes sense that someone might drink Willard Water and say their night blindness improved, while another person might say their leg cramps stopped after they started drinking Willard Water. That doesn’t mean that it’s some sort of treatment for night blindness and leg cramps... indeed it is NOT a treatment for anything—it’s NOT a drug. The reason both problems went away may well be because drinking Willard Water enabled the person with night blindness to better absorb vitamin A from their food or food supplements, and it helped the person with leg cramps to better absorb calcium from their food or supplements. It’s NOT a panacea. It’s simply something that helps our bodies function like they are supposed to, by helping the

bodies to absorb nutrients better, and eliminated wastes better, etc.

People with arthritis often say their swollen joints aren’t swollen any more after being on Willard Water for a while... perhaps that’s because of its swelling-reducing properties, or perhaps due to its boosting of their absorption of some nutrients they needed, or its help in eliminating some toxins from their body.

Willard Water really is NOT mysterious, and it’s certainly NOT some kind of magic potion that’s a “cure-all” for whatever “ails you”. Again, it is simply a way to make water better able to help the body help itself.

In today’s world we’re not accustomed to any product that does more than one thing. We have special products to clean leather, and others to clean windows. We have such a specialized society that sometimes we can’t even figure out what a problem is, until we find the right “specialist” to recognize it.

Well, everyone seems to agree that the human body needs water. So do plants and other animals.

Everyone also agrees on the need for nutrients for people, plants and animals. Ditto the need to eliminate toxins and wastes. And more and more studies point out the broad range of problems created by free radicals. So wouldn’t a product that addresses all these needs, plus a few more, logically have a lot of seemingly different benefits?

That’s why Willard Water is so hard to explain, and it’s also why it sounds so unbelievable to many people. We simply are not used to a simple product, with no known side effects or risks, being able to impact such a large number of problems.

Oh, and the “corn test”... most people and animals will see corn kernels in their stool after eating corn, because it’s so hard to digest. After drinking Willard Water for awhile, most people see far fewer corn kernels in their stools—many don’t see any, because the WW has improved their digestion that much. A lot of people with no particular problems to “check WW’s effect on” like to note this “corn test” as tangible evidence of its impact on them. ♦

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It is used for mailing information in the printed version.



### REMOTE HELP FOR THE REMOTE?

“We have a dear Grandma Jeanne, 94 years young. She has been a blessing to our whole family with her spiritual and practical counsel and advice.

“She called crying one afternoon. She’s usually stoic, but she was very upset.

“She had misplaced her remote T.V. control. As she’s almost blind, she had checked with her hands all over the floor area near her chair where she usually sits (and expected it to be). We had prayer over the phone asking for a miracle, as Grandma J had nothing to do except hear and watch TV. We hung up and fifteen minutes later she called so excited...right by the left side of her chair she found the TV remote.

“Our prayer was heard and we are sooo thankful, so she could do more than sit and stare at the walls.

“She had checked two times in the same area” and the

remote wasn’t there before.

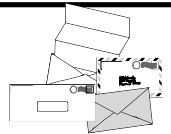
Skeptics might say it was there all along and she missed it, but given how thorough Grandma J always checks for things, you’ll never convince J.M. (who sent us this story) of that. Furthermore, even if the prayer simply stilled her anxiety enough for her to find it, the prayer would have been of benefit, but, J.M. feels the likelihood that Grandma J who is so accustomed to finding things with her hands would have missed it *twice*, is what’s just not to be believed.

We’re with J.M. on this one... people who have learned to deal with vision as limited as Grandma J’s are much better at finding things by touch than most of us with good vision are with our eyes. So, since Grandma J had searched that area twice herself, and then found it right there after that prayer, gives us those goose bumps that come from hearing something really special! ♦

*Editor: We invite you to send your own inspiring stories, for sharing.*



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



### Stubborn Burn Finally Heals —

“R.K.” e-mailed us about his grandson’s nasty burn. “About a week ago my 7-year-old grandson got a bad burn on the inside of his wrist. His mother had been bandaging and medicating it with some over-the-counter burn salve for several days with no results. They happened to stop by our condo and I noticed the burn and it looked terrible and really hurt him. I told his mother we have something that will work for the burn. When I told them it was **Willard Water** she looked kind of like “Okay, but I do not believe you”... Before they went home I swabbed Willard Water on the open sore and the next morning my grandson called me and said, “Grandpa your Willard Water really works. My sore doesn’t hurt and it dried up.” His mother brought him over to show

us and it was hard to believe what it did just overnight. It seemed like a miracle and now they believe me when I say this stuff works on a lot of other ailments. I know you have at least two new customers for Willard Water!”

### Smoother Skin = Compliments, As Do Lack of Dark Circles & Bags —

“I.H.” called in recently to re-order our Willard Water Skin Care products...R-101, R-102, and R-103 (**Moisturizer, Overnight Cream, and Eye Gel**). She said “every time I use them people comment on how smooth my skin looks”. Certainly a good reason to re-order! As is the reason K.S. keeps using the **Eye Gel** (R-103)... “it’s the only product that’s actually all but eliminated the puffiness (i.e. ‘bags’) under my eyes, and the only thing that ever totally eliminated the dark circles under them!” ♦



# More Product Highlights & Updates from Charlie

## Breast & Ovarian Cancer; Menopausal Symptoms, PMS, Depression, & More, And Surprising Research On Alkalinity, Potassium Citrate & Bone Density

Another study has come out with results causing researchers to warn women to reconsider using Hormone Replacement Therapy (HRT). This one, conducted by researchers at the National Institutes of Health in Rockville, MD, concluded HRT increases women's risk of developing ovarian cancer.

So we can add that to the list of risks of HRT... earlier studies have linked it to heart risks and other cancer risks.

Amazingly, recent news stories have carried the message from mainstream cancer groups and experts that the big decrease in the most common form of breast cancer seen from August 2002 until December 2003, is due to the fact that during that time, millions of women abandoned HRT.

In a New York Times article, from December 15, 2006, Dr. Peter Ravdin, a medical oncologist at the M.D. Anderson Cancer Center in Houston, who was one of the authors of the analysis of breast cancer rates presented at a breast cancer conference in San Antonio in December, 2006, was quoted. Ravdin said the hormone hypothesis seemed to perfectly explain the data and he and his colleagues could find no other explanation.

The Times article went on to say that overall, for women of all ages and all breast cancer types, the incidence of the cancer, the second leading killer of women, dropped by 7 percent in 2003, or about 14,000 cases. It was the first time breast cancer rates had fallen significantly, something experts said was especially remarkable because the rates had slowly inched up, year by year, since 1945.

But the decrease, the article said, was most striking for women with so-called estrogen-positive tumors, which account for 70% of all breast cancers.

The Time article continued that in July 2002, the Women's Health Initiative, a large clinical trial looking at the use of one menopause drug, Prempro, made by Wyeth, found that women taking the drug had slightly higher breast cancer rates. The study's findings were said to be a shock to many women and their doctors.

Until then, many had assumed that Prempro simply replaced the lost hormones of youth. Within six months, the drug's sales had fallen by 50%.

The Times article said that scientists knew that hormones could fuel the growth of estrogen-positive tumors, which carry receptors for estrogen on their cell surfaces. The article said the hypothesis is that when women stopped taking menopausal hormones, tiny cancers already in their breasts were deprived of estrogen and stopped growing, never reaching a stage where they could have been seen on mammograms.

And, the article said, other cancers may have regressed, making them undetectable. And, possibly, without hormones, cancers that would have gotten started may never have grown at all.

It's surprising to me that after all the dust settles, what the mainstream cancer experts are saying is that the stopping of Hormone Replacement Therapy by millions of women, is what is responsible for the reduction in breast cancer seen since such HRT was stopped. In other words, the drugs being given to women to relieve their menopausal symptoms, were what was causing those breast cancers. That's a truly amazing admission.

Which makes the hypothesis even more believable, in my opinion, since it runs counter to the normal belief system of those who are now coming to this conclusion.

All of this discussion of hormones and breast cancer reminds me of the great work done by the late John Lee, M.D. Dr. Lee wrote a number of books discussing menopause and pre-menopause, and breast cancer. He strongly advocated the use of natural progesterone as the best way to bring one's hormones into balance.

Dr. Lee cited study after study after study, that indicated the need to maintain a balance between the amount of estrogen in the body and the amount of progesterone in the body. Dr. Lee believed the problems women of today face in menopause are caused by the imbalance between estrogen and progesterone, NOT by a defi-

ciency in the amount of estrogen in a woman's body. In fact, since the studies Dr. Lee reviewed indicated the problem was too much estrogen for the amount of progesterone present in most women's bodies, adding more estrogen to most women's bodies was simply adding fuel to the fire.

Dr. Lee explained that the way we live today has resulted in women having an imbalance between these two critical hormones. The body ultimately stops producing progesterone altogether, but it always produces some estrogen.

But what nature didn't count on was the fact that in today's world, we also get a lot of extra estrogen in our systems from the food we eat (it's in meat and dairy products) and in the air that we breathe (certain pollutants turn into estrogen in our systems). So, the end result is that women end up with much more estrogen in their system than they otherwise would, and far too much in comparison to the amount of progesterone they have.

Dr. Lee found that when women supplemented the amount of progesterone in their bodies, so a more correct balance between estrogen and progesterone was then achieved, the problems many of them had would disappear.

Some of those problems include:

- ◆ hot flashes and night sweats,
- ◆ fibrocystic breasts,
- ◆ PMS symptoms in younger women.
- ◆ mood swings,
- ◆ depression,
- ◆ headaches,
- ◆ fibromyalgia pain
- ◆ weight gain
- ◆ Osteoporosis protection & reversal
- ◆ Much more.

Dr. Lee said the best way to get progesterone into the body was by rubbing it on the skin and letting it be absorbed through the skin. The natural progesterone cream we provide is one that met Dr. Lee's requirements. It's long been called simply "Natural Progesterone Cream" from Heartland Products, but due to FDA requirements it had to change its name. It is now

called “Uber Balance”. It comes in a 2-oz jar, as our Item No. HP-J, or in a pump that measures 1/8 tsp. per pump, our Item No. HP-1P.

As just mentioned in that brief list of the problems women say progesterone has helped, osteoporosis is one of the “biggies”.

Dr. Lee found that using progesterone cream often had far greater impact on bone density than calcium or drugs used to increase bone density. Increasing bone density, of course, is the way to prevent and treat osteoporosis.

Dr. Lee even cited cases in which bone loss had been *reversed* after the woman started regular use of progesterone cream.

Another astonishing finding Dr. Lee reported was the impact progesterone levels had on cancer. And not just on breast cancer and ovarian cancer. Dr. Lee cited one study from Johns-Hopkins I believe it was, that found women with sufficient levels of progesterone in their systems, had a 90% less risk of cancer of *all kinds*, than women without sufficient levels of progesterone.!!! That’s right... 90% less risk of cancer of all kinds.

We’ve written about all this before, and we most certainly will again, because women need to be aware of this, and so do the men who care about them.

And, speaking of men, men can benefit from progesterone, too. I have myself. I’ve told many customers over the phone that my using progesterone cream has done more to reduce my middle-of-the-night trips to the bathroom, than any other supplement I ever tried for that problem. And I’m not alone. Most men who give this a try, say the same thing.

The fact is, men do naturally have progesterone in their systems. And, no surprise, we men sometimes seem to need more of it than we have... possibly also due to the increased levels of estrogen in our systems via meat and dairy products, and pollutants we breathe in.

I have to say I’m really encouraged by the fact that the mainstream folks have recognized the danger to people’s health that some drugs can cause. I see it as very positive that the researchers in this case were not so blinded by their mindset that says drugs are what the body needs to cure any problem, that they didn’t recognize when those drugs may well have been contributing to the problem. Too bad HRT was used so widely for so long, but at least the problem is being recognized now. ♣

## Potassium Citrate, and Higher Alkalinity, Linked to Thicker Bones

A study conducted in Switzerland found that taking potassium citrate supplements could boost bone mineral density by amounts similar to those observed with pharmaceuticals. The study found this effect of the potassium citrate is linked to its lowering of the acidity of the modern diet.

“Our results demonstrate for the first time that merely by partially reversing the acidity of the diet, bone mass increased rapidly and in amounts that are within the range of increases produced by common FDA-approved medicines,” said co-author, Professor Reto Krapf of the University of Basel, Switzerland.

The researchers explained that it is well established that potassium is important for regulating pH levels in body fluids, blood pressure, muscle and nerve cells, osmotic pressure and water balance. The mineral is commonly used in diet products and meal replacement bars because it is particularly critical for individuals who are dieting or taking diuretics.

The research was being published in the November issue of the *Journal of the American Society of Nephrology*, claims to be the first to report the benefits of pH regulation with potassium citrate and the subsequent effects on bone mineral density (BMD).

The researchers, led by Professor Krapf, recruited 161 post-menopausal women (average age 59) with known low bone mass, and therefore considered to be at high risk of fracture. The women were randomly assigned to one of two intervention groups — potassium citrate supplement as tablets, which provides a very small amount of alkali, or an equal dose potassium chloride supplement (non-alkaline). BMD measurements were performed at baseline, at six months, and finally after one year of supplementation.

At the end of the study, women taking the potassium citrate supplement are reported to have a significant, one per cent increase in BMD in the vertebrae of the lower back, compared to the baseline. However, the BMD of the lower back of the women taking the potassium chloride supplement (non-alkaline) was found to have significantly decreased after one year of supplementation, by about one per cent.

The researchers reported increases in bone mass also occurred in the hip area (among the women getting the potassium citrate). The women taking the base supplement (alkaline supplement) were also found to have lower amounts of calcium excreted in the urine. Lower calcium excretion was interpreted as greater calcium retention in the skeleton.

The researchers said they believe the reason behind the apparent benefits is that the alkaline supplement helped to neutralize the high acidity of the modern Western diet. Professor Krapf said “In the modern diet, acid is generated from foods like dairy products, grains, and meats. Previous studies have found that the kidney does not quite keep up in removing this excess acid load, resulting in mildly elevated blood acidity. Taking a base (alkaline) supplement in this study resulted in sustained reduction of acidity of body fluids, assessed by urinary acid and citrate tests, such that in essence, the supplement modified the effects of the normal diet, making it mimic the low acid content of the ancestral diet of nearly all fruits and vegetables.”

Editor: We were surprised and pleased to see this research into the benefits of getting one’s body more toward the alkaline pH, rather than the acidic levels most people on the Western diet suffer. Numerous natural health authorities have been promoting the need to become more alkaline for many years now. One of the benefits of **Real Willard Water**, of course, is that it is highly alkaline and therefore helps in that regard—trying to become less acidic.

Also, I must note before signing off that our **Potassium Citrate** product is Item No. J-62. ♣



# Here's a Whole Lot of Info on a Wide Range of Topics & Products!

## A Wide Variety of Health

**Problems** are said to benefit from **Alpha Lipoic Acid (ALA)**, so we are adding it to our line of products. It's an antioxidant and its main function is said to be to increase production of glutathione, which helps dissolve toxic substances in the liver. ALA can be found in foods such as meats and vegetables (like spinach).

People with certain health problems have been said to be even more likely to benefit from ALA... those are people with:

- ◆ Diabetes or above normal blood sugar levels
- ◆ Early stage cataracts
- ◆ Cardiovascular problems such as hardening of the arteries.

Another list we saw of some of the benefits of taking ALA was also interesting, it includes:

- ◆ helps vitamin C & E work better
- ◆ Fights free radicals
- ◆ Is easily absorbed from food or supplements
- ◆ Helps increase glutathione which helps with detoxification
- ◆ Helps protect the lens and retina of your eyes from degeneration and also helps alleviate glaucoma
- ◆ Used to treat & detox the liver

Our Alpha Lipoic Acid comes to us from the great Daily Mfg. firm, which never produces anything less than the best. It's Item No. J-130, and sells for \$13.95 for 60 capsules.

## Do You Have Calluses on Your Feet That Are Causing Problems?

I don't, but I know people who do, and they have tried the Radiance "Callus Softening Cream" and found it to be very helpful. One lady even said it works well on rough elbows!

You've probably already tried one or more of our skin care products... The moisturizer/overnight cream/eye gel items, and found them to be excellent. This new product is from the same source. Like the other three, it has a long list of very friendly "natural" ingredients. Price is \$29.95 for a two-ounce jar, which should last quite a long time. Ask for product R-104.

The formulator/source was talking about people attacking those calluses with razor blades, and since many are diabetics, that is pretty scary. Would seem that this product would be a far better option!

**Cholesterol Problems.** Frankly, there is a lot of debate in "alternative" circles, as to whether high cholesterol levels are really a matter of great concern. We'll just stay out of those arguments because we aren't qualified to make any judgments on it. However, there definitely IS one "school of thought" that says the underlying inflammation of the linings of the blood vessels is the real problem. These folks also believe that proper supplementation with particular B vitamins can be helpful against the inflammation.

We've been buying a product called "Vita Heart" from a Florida firm for a couple of years. Haven't really said anything about it... Just have had a few people trying it. They all keep re-buying it. The interesting thing about it is that it contains policosanol and some other items which are thought to be helpful in reducing too-high cholesterol levels, AND the same product contains the array of B vitamins which the source believes is helpful against the inflammation. Does it work? Don't know... The users seem to be pleased. One woman says it has not reduced her high cholesterol, but she has seen rather dramatic reduction in her triglycerides, and there DOES seem to be agreement that THAT is a very good thing. Price is \$29.95 for 60 tablets.. At 2 a day, it's a one-month supply. Item No. PN-1.

## EPA - Fish Oil Caps/Omega

**3's**... these are really flying out of here in recent months. We keep raising our inventory levels to try to avoid ever being out of them. Obviously, our customers are, like we are, reading and hearing about seemingly endless benefits of these high quality Omega-3's. Kolleen and I (Charlie) have taken them for years, but over about the last year, we've been doing so even more faithfully and taking more per day. Daily's, who provide most of the supplements that we carry, don't offer "everything" because they don't get in-

involved with new products until they are convinced by hard evidence, that a substance really IS effective and cost-effective, rather than simply the "fad of the moment" which they could make a lot of short-term money on. But THIS, of course, is something that has long met their standards... we've been buying it from them for a number of years. They don't sell anything but the highest quality of ANY product, and the price for Item J-39 is still just \$13.95 for 120, 1000 mg. softgel caps, despite the growing demand.

Apparently, from what we read, the reduction of heart disease risk when using this type of product, is pretty much a settled issue. But one study after another offers encouragement that the fish oil may also be helpful in memory issues in the elderly and in possible reduction of colorectal cancer risk... we saw a recent report that even hinted at weight-loss benefits! Long-term, we'll find out for sure if any of these things are really true, but in the meanwhile, WE are certainly making use of the product.

**Weight Issues.** Like a great many of our customers, I'm taking both the Hoodia product (Item M-101) and the CortiXine (Item M-102). And I'm noting decreased appetite and greater energy. Can't say I've lost much weight, but I'm really not overweight by most people's standards. I HAVE added probably 20 pounds in the past 15 years, and even though I was really quite skinny when that began, I don't like it because I've gained it around my middle, and I'd like to reduce that waist size a bit. My pants do seem to be fitting a little better, and Kolleen says she thinks I've reduced that stomach somewhat, but I didn't measure to start with! But one woman who DOES know where she started just told us that she has gone down quite a lot around her middle (3 to 4 sizes!) since starting on CortiXine and Hoodia—CortiXine is supposed to help reduce that "midsection" area by helping to fight the effects of the hormone known to help pile weight on in that area—cortisol. But there are no "typical results" with weight loss—everyone's different.

The \$29.95 introductory price on both is still on but may end without warning. ♦