

Possibilities

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Five Nutrients Linked to Better Cognitive Ability and Greater Brain Volume in Older Adults

Older people with high levels of Omega-3 Fatty Acids and Vitamins B, C, D, and E in their blood did better on certain types of thinking ability measures, and also had larger brain volume, according to a recent study.

Not surprising to many would be that the same study found seniors with high levels of trans fats in their blood did worse on those thinking tests, and had more brain shrinkage.

The study author, Gene Bowman, an assistant professor in the department of neurology at Oregon Health & Science University in Portland, said that for the people with the higher levels of those nutrients, the nutrients “seem to be working together on some level”.

In the study, researchers measured levels of more than 30 nutrients in the blood of 104 people. The average age of the study participants was 87. Overall, they were described as well-educated, healthy nonsmokers who had relatively few chronic diseases and were free of memory and thinking problems. The researchers also conducted MRI scans on 42 of the participants to measure their brain volume.

Some brain shrinkage is normal with aging. More significant shrinkage is associated with mental decline and Alzheimer’s disease.

Study results indicated to the researchers that the nutrients work on different pathways of the brain, because the different nutrients seemed to affect different aspects of thinking.

The study was said to be more valid than many other studies of such abilities and brain volume, because the researchers in this study did not rely on the partici-

pants recall of what they ate, but the researchers actually measure the amount of the nutrients in their blood. This makes it more valid for a couple of reasons, as Dr. Marc Gordon, chief of neurology at Zucker Hillside Hospital in Glen Oaks, NY, and also an Alzheimer’s researcher at the Feinstein Institute for Medical Research in Manhasset, NY, “one could be the unreliability of people’s recollections about what they ate, and the other is that just because someone ate something doesn’t mean they absorbed it.”

The researchers said that since their study did not look at or prove cause-and-effect, but just that there is an association between the nutrients and cognitive abilities and brain volume, it doesn’t mean “everyone should start taking” those nutrients. And they added that older people may have problems absorbing just nutrients. (As people age, the body’s ability to absorb nutrients diminishes.)

The researchers did say they thought it made good sense for people to limit trans fats... often found in fried foods, doughnuts, pastries, pizza dough, cookies,, crackers and stick margarines and shortenings...and to eat lots of fruits, vegetables, and fatty fish (like salmon—for the omega 3 in the fish).

Editor: One of the benefits of **Willard Water** is its ability to **increase the absorption of nutrients**, which as Dr. Gordon noted can be a particular problem for people as they age. And is often a problem even for much younger people.

Also, we do provide the vitamins and omega-3 mentioned in the article. They are:

Vitamin B—all in Activated forms—B-6 is Item J-1, B-Complex is J-2, and B-12 is J-20.

Vitamin C is available in 500 mg tablets in Item J-68, in 1,000 mg Time Released tablets in J-69, and also in powder form in J-70.

Our **Vitamin D-3** (D-3 is the most effective form of Vitamin D) is in a 1,000 IU capsule in J-24, and in 5,000 IU capsules in J-24A.

Vitamin E 400 IU softgel capsules is Item J-14.

Omega-3 from Fish Oil in Items J-391 and J-392, and from Flaxseed Oil (great for vegetarians and people allergic to fish) in Item J-77.

All of the items mentioned above come from Daily Mfg. As we’ve often mentioned, “Dailys” are our favorite source of nutritional supplements. They are a small, family-owned firm, and they put quality ahead of all else. That and being convinced there is sufficient evidence to say a particular nutrient is indeed beneficial for one’s health—they don’t jump on fads, but wait for the science. Many customers have commented over the years that a particular supplement they got from us works so much better for them than other “brands” they’d had before... the better one is one from Daily’s.

A customer (“K.M.”) who has come to also trust Daily’s quality recently ordered our/Daily’s Omega-3 Fish Oil because she knew it would be high quality and as “pure as it’s possible to be”. She was concerned about purity because she bought her dog some Omega-3 from a very large pet supply company that caused her dog to develop an infected paw from fish bacteria that was in that Omega-3. With natural items such things are possible, but Daily’s do their own processing on nutritional items to make certain they ARE as “pure as it’s possible to be”. ♦

Five FOODS Proven to Reduce Risks of Heart Disease

Heart disease (cardiovascular disease) is still the number-one killer in America, accounting for more than one-third of all deaths, according to the American Heart Association. We have probably all heard that maintaining a diet rich in fruits, vegetables, and whole grains-- and low in saturated animal fats -- lowers the risk of heart disease. But did you know of these 5 foods proven to help reduce those risks?

Spinach -- Popeye's favorite is known for providing lots of vitamins and minerals but the key one for heart health is the **folate** it provides. Folate is one of the B vitamins. According to Harvard School of Public Health, it helps prevent the buildup of homocysteine, an amino acid in the blood that is a major risk factor for heart disease *and* stroke. Eating two cups of raw spinach has 30% of the daily value needed, An alternative is asparagus--4 spears for 20% of the daily value needed.

Salmon -- very rich source of **Omega-3 fatty acids**, which reduce inflammation and as a result makes the blood less "sticky" which helps to prevent plaque buildup in the arteries. American Heart Association says two to three 3-oz servings of salmon a week are recommended. But they say to go easy on canned salmon as it may be high in salt, which can raise blood pressure and that's a risk factor for heart disease too. Some other cold water fish can be substituted for salmon, and

also a teaspoon of ground flaxseeds a day would be another alternative.

Tomatoes -- tremendous source of **lycopene**, which is a carotenoid that helps reduce cholesterol in the body. Cooked and processed tomato products have actually been found to be absorbed easier by the body than fresh ones. A cup of tomato juice provides about 23 mg of lycopene-- or one-half cup of tomato sauce provides about 20 mg daily.

Oatmeal -- for **soluble fiber**. Soluble fiber absorbs water and turns gel-like during the digestive process... it then acts like a sponge to absorb excess cholesterol from your body. And that fiber also helps to remove saturated fat from your digestive tract before your body absorbs it. Suggested amount to eat would be 1-1/2 cups daily.

Pomegranates -- for their **polyphenols** which are **antioxidants that neutralize free radicals**. Free radicals can damage the body's cells so it's beneficial to get rid of them or neutralize them. Polyphenols are also believed to reduce LDL "bad" cholesterol. Red wine and purple grape juice are very good sources of polyphenols but pomegranates have the highest amount.

Drinking 1.5 ounces of concentrated pomegranate juice daily is recommended.

If you're not sure you'll eat enough of "all of the above" to garner all the possible benefits, you could, of course, take supplements of them. We carry high quality sources of:

Folate in our **Activated B Complex** (Item No. J-2) & our **Folic Acid** (Item J-113)

Omega 3 Fish Oil Caps (J-391 & J-392) & **Flaxseed Oil Capsules** (J-77)

Antioxidant/Free Radical Scavenger -- we think first of **Willard's Water** for this. It's been said to be one of the world's best at neutralizing free radicals, and as we announced recently, the FDA has now said there is sufficient evidence to support calling it an antioxidant and free radical scavenger.

Also, Item No. J-PY4, **Grape Seed Antioxidant** is an excellent antioxidant as well.

For **better absorption and utilization of the nutrients** you get from the foods above, or from supplements of the key nutrients they contain, we'd say again, drink your **Willard's Water**. It's also recently been acknowledged by the FDA for its established ability to increase the absorption of nutrients.

So, whatever good nutrients you take in, get more benefit from them with Willard's Water. ♣



Trivia & Tidbits . . .

1. How many times does a sprinter, running at top speed, make contact with the ground during a 100 meter (328-foot) race?
2. What size screen was on the first home TV set demonstrated in 1928?
3. What crime led to Billy the Kid's first run-in with the law?
4. What is the term of a dilemma that involves 3 choices instead of 2?
5. What is cat ice?
6. What bird has the longest nesting life—taking up to 9 months to fly?
7. What are baby beavers called?

AND THE ANSWER IS...

1. Approximately 40.
2. 3 inches by 4 inches.
3. The theft of some butter. The 2nd was receiving stolen property—clothes taken from a commercial laundry.
4. A trilemma.
5. Very thin ice from which the water below has receded, making it unable to support any weight—even that of a cat.
6. The wandering albatross.
7. Kits or kittens.

ON "THE WEB"!

www.willardswater.com

Or

www.nutritioncoalition.com

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

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PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

Milestones... And a Few Updates

We recently told you about a couple of major milestones in Willard Water's history. One being that the FDA has now acknowledged that the "evidence is there" to say that:

- ◆ It does indeed act as an **Antioxidant**;
- ◆ Also as **Scavenger of Free Radicals**;
- ◆ It **Increases Bioavailability**, meaning that it **increases the absorption of nutrients**;
- ◆ It **Improves Digestion**, and therefore the **elimination of toxins and wastes**.

The other milestone I'm thinking of is the recent research that has confirmed what Dr. Willard ("Doc") knew was true when he perfected it... the **Ultimate Dark** Willard Water is a far better/more effective product even than the Clear and the XXX versions of it.

(To clarify once more... what is now called Ultimate Dark is the **SAME** product we formerly called just "Dark Willard's Water" and also "XLR-8 PLUS". We recently added "Ultimate" to its name, to help clarify that it is indeed the best of these three amazing products. Doc regarded it as his Ultimate success, and countless users have agreed with him... preferring it over the other two by very large margins.)

The milestone now is that recently studies testing all three — Ultimate Dark, Clear, and XXX — have found again and again that the Ultimate is as Doc had concluded, the best of the best.

And it's not just people who notice the difference from the Ultimate Dark.

The other day a customer ("N.C.") called in who has used the XXX for years on the dogs and horses she raises. She had recently decided to try the Ultimate, and reported that she "**really loves**

the Ultimate". She said it seems to her to be **better for her horses and dogs**, too, **than even the XXX** that she'd seen be so beneficial for them for so many years.

One tangible difference, she said, is that her **dogs' breath is better on the Ultimate**. She was speculating that the improved breath would seem to indicate the Ultimate was helping the dogs to **eliminate toxins even better** than they had with the XXX. We're no experts either, but that sounds reasonable to us, since bad breath is often said to result from toxins in the system.

While I'm talking about dogs... here's a great report. "J.R." told us that her 100-pound dog has had various health problems ever since they got her 8 years ago from the pound. She's had **urinary tract infections** and recently also has had a **rash** (believed to be due to a **yeast infection**) that has kept the poor dog licking and licking and getting no relief from any of the antibiotics or anything else they'd tried.

This dog hasn't slept through the night for the entire time they've had her... every night they've had to get up in the middle of the night to let her out. Until very recently that is... J.R. started the dog on **Willard's Water** and our **Alpha Whey III liquid Colostrum**.

The dog obviously loves the WW — drank a gallon of it the first day... and **SLEPT through the night!** She'd been sleeping all night every night for a week when J.R. called to place an order and told us about it. She said she'd also started the dog on a homeopathic remedy two days before she got the Willard Water and Colostrum started, but she said the dog just made amazing progress almost as soon as she got the WW and Colostrum.

And yes, J.R. is sleeping much better herself now!

New topic... as we announced to our customers who have email addresses on file so get emails from us, we recently (some would say "finally") entered further into the age of technology by setting up a Facebook page. Lots of our customers have told us they just don't "do Facebook" and we certainly understand that! But I wanted to let everyone know it's there (there's a link to it on the home page of our web site WillardsWater.com) because I've discovered that Facebook really can be interesting... and a way to get more feedback and input from customers, and to "get the word out" on interesting items we find and then "post" on our Facebook page.

Like this newsletter, much of what we have posted is not about anything we sell... but information we think our customers would find helpful or interesting. For instance, one of our recent posts was about the 5 foods discussed on page 1 of this issue that have been proven to help reduce heart disease. We also sent that info in an email to our email customers, but we put a very brief paragraph on Facebook... and mentioned how the details could be gotten.

We have very few fans but we're not surprised by that... our customers are not necessarily "tech" types for the most part, and most of you probably don't even know we're there. We've not done much with it yet, but we will be continuing to post information we think our customers would like to have... so if you are someone who does "do Facebook", you might want to check us out. Also, we don't ever intend to put tons of "posts" on so we won't become a nuisance by cluttering up anyone's Facebook with too many items from us!

But we'd love to hear from any of you on Facebook—the ability to interact and talk "back and forth" with customers is one we've always loved and this is one more way to do that! ◆

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in the printed version.



Could The Dolphin Have Been God's Secret Weapon?...

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.

They said 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 think God knew that would be the case 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: We invite you to share your own miraculous/unexplained help stories with us, for sharing with others, anonymously, if you choose.



E-Mails, Mailbag & Phone Calls. . .




Shaking Hands & Legs — “E.D.” told us his problem with shaking hands and legs got better when he started taking **Magnesium**. Magnesium is Item No. J-54.

Better Vision & Less Dry Eye Problems — “G.B.” told us that her doctor suggested she take **Flax Seed Oil Capsules** to help her **Dry Eye problems**. She started taking it and says it was a huge help — she still uses moisturizing eye drops but no longer needs the prescription product she had been on.

Also since she started drinking **Willard's Water** and cut out sugar her vision went from 20/40 to 20/15. She still needs reading glasses, but she's happy with that improvement, to say the least!

No Colds in 7 Years — That's one of the things “L.B.” told us she has noticed since she's been using **Willard's Water**... she hasn't had a cold in the 7 years since she started on WW. She said one time she felt like she was getting one so she drank twice as much that day as normal and the next day it was gone. Seven years without a cold was not, apparently, her “normal situation” before WW!

Pain Relief — That's what “P.C.” told us the people she gave our **Chinota Gel** to received. She said two people told her it really helped their **back pain, shoulder pain, neck pain**, and “one lady said it even helped the **neuropathy pain in her feet** (she wants more)”. We're sure they're glad they had such a good friend to give them such a good thing! 



More Product Highlights & Updates from Charlie

Nail Fungus, GERD, Asthma, Blood Sugar, Burns, Energy, Ultimate WW Preferred For____; More

Everyone always loves hearing what actual users have to say about our products. We seem to have another pretty good "collection" of such reports, so I guess I'll share some of them.

TOENAIL FUNGUS— J.S. from Pensacola phoned in last week and visited with both my wife, Kolleen, and I. She had been dealing for a long time with a toenail fungus. Had used tea tree oil on it faithfully, for several different periods, but didn't notice a lot of benefit. Tea tree oil is supposed to be beneficial for a lot of such things but "there's tea tree oil and there's tea tree oil" ... maybe what she was using wasn't very good.

I suggested the **Colloidal Silver** (Item J-CS1 or J-CS32) to her and she bought that. . . Kolleen had thought of our **Alpha Whey III** liquid Colostrum (Item H-3), which she apparently had on hand already.

We shipped her several items, including Colloidal Silver, but by the time she received it, she'd already been trying the Alpha Whey III liquid Colostrum (H-3). She was just putting it on with a "Q-tip", around the cuticle and the nail . . . and reported that in just those few days it was looking much better.

Obviously, this a "VERY small sample", and neither she nor we even KNOW yet that it indeed HAS solved her problem, even though it looks very promising. And, obviously, even if it does completely work for her, that doesn't mean that it will for **anyone** else.

However, toenail fungus issues are nasty enough we thought we should pass along anything that we heard sounded possibly promising.

Especially when it can't hurt anything!

GERD & ASTHMA— "J.R.D." told us that when she started on Willard's Water back in about 2005, she was on 13 different medications for GERD (Gastro esophageal Reflux Disease) and Asthma. By the time she told us about this (in Feb. 2010) she was no longer on any medications. She said it took very little time for her asthma attacks to become less severe.

We have heard from many people over the years who also reported help with Asthma and GERD from the WW... but it still isn't any sort of proof. Interesting for sure, but not proof. Then again, like the colostrum, it's also true that it can't hurt anything.

BREAD MAKING— "P.K." told us he makes all the bread in his house, and in 2010 he started making sourdough bread. I'll just quote his email for the rest of this story...

"If you didn't know the sourness of the bread comes from a starter that ferments to create the sour.

"Each time I remove a cup of starter it has to be replaced with a cup of flour and a cup of liquid. I alternate between a cup of milk and water.

"When I use Willard Water my starter ferments like crazy.

"My two quarts of starter is in a gallon container. When I use milk or regular water it doesn't reach the 3 quart line. With Willard Water it ferments above the three quart line and is extra sour which gives my bread an extra kick." That all sounds good to me... makes me hungry for some of that great sourdough bread!

By the way, many people have also told us that when they use Willard Water

in their baking, the baked goods stay fresh longer than they normally do. We assume that has something to do with its antioxidant abilities.

PLANTAR'S WARTS—"V.M." e-mailed us her story. "Several years ago a friend of mine told me that Willard Water was the only thing that worked on her son's plantar's warts. I was skeptical, of course, but I used it on my son's warts, and they were healed almost instantly.

"I just wanted to comment on that since I haven't seen anything about its power to heal (plantar's) warts but experienced it first hand!"

Again, there is no proof that WW heals plantar's warts or any kind of warts. We have received other reports of warts disappearing after being sprayed with the WW, or having the Aqua Gel applied to them regularly. BUT, that of course, still doesn't prove anything.

BURNS— I'm going to quote one more e-mail. This is from "L.G."....

"Years ago I was introduced to Dr. Willard's Water and used it in many ways. In the summer of 1986, I was 'camp cook' for our son's business in Naknek, Alaska.

"I always carried the water with me, and was so grateful that I had done so as I burned my hand while burning trash (the wind came up off the bay). I immediately sprayed my hand with the water, and kept doing so for quite a while. It took care of the pain and the flesh grew back perfectly.

"The next week I had a doctor in Anchorage check it out... he was concerned that infection may set in but that

never occurred. No scar, only the memory remains.”

I have to admit that use on burns is one of the most common reports we get on Willard Water. But that still doesn't make it a burn treatment, and there is no proof, scientifically, that it would ever help another burn despite all the burns it's been reported to have helped.

Remember, burns can be serious... so if you get a significant burn, or sun-burn, be sure to get it checked out by a professional to be safe.

Dr. Willard told us that he also had received numerous reports of it helping burns to heal with no scars... most often without even blisters.

His scientist's interest was piqued by all the burn reports he received, so he actually decided to test it out on himself... he would burn himself with a soldering iron and then spray it with the water. He did that numerous times and never had a scar. He said in some cases, his skin would lose some of its pigment and appear a lighter color than the skin around it that hadn't been burned. But no scars.

He said he was told once by a professional nurse who worked with burn patients, that the water, from what she had seen, healed by what's called “first intention”. That means that it heals from the bottom up... healing the inner layers first and then the top layer of skin. That's why no scars...the scars apparently result from the normal type healing in which the affected area sort of closes over and then it heals from the top down, creating scar tissue. Again, that's an opinion from a nurse who observed it used on burns, but it doesn't constitute scientific proof.

GOUT — Relieving gout is another report we've heard many, many times over the years. But few have given us as specifics on how they used as “T.Z.” did in an email he sent in.

“I had Gout and put 3 oz in 1-1/2 gallons in a bucket of warm distilled water and within 15 minutes a lot of the pain was gone and less swelling. Also I

put the 1 oz that was left and put that in a gallon of distilled water and drank that as I was soaking my foot. I had been taking a lot of anti-inflammation pills and it did not work as well as Willard's Water.”

As I said, we've heard from a lot of people who were very pleased with WW on gout. Again, that doesn't prove anything, but it's interesting.

One other thing about gout... it's one of the things that people have consistently always said the **Ultimate Dark** works better on than the Clear. Why that is we don't know... Doc Willard himself actually told us about it working better on Gout than Clear does—he'd been told that by enough users to pass it along. We don't know why that is, but it's been very consistently reported.

Besides Gout, there are three other things that we're “used to hearing the Ultimate Dark is better on than the Clear”. Those three are:

♦ **1. Blood Sugar** issues (both **high** and **low** blood sugar) — both are reported to “even out better” with Ultimate than the others. You may recall my wife's experience with high blood sugar when she was pregnant with our youngest son (who is now 28 years old!).

She had dealt with LOW blood sugar problems with her first two pregnancies, but with the third one, it was the opposite problem—too high. High blood sugar brought on with pregnancy is called Gestational Diabetes.

She was drinking the Clear during this pregnancy, and her blood sugar was doing much better than her Obstetrician was expecting based on how such things “usually progress”, but it was still higher than desirable. And still high enough that the plan was to “take the baby by C-section a month early” to protect him from the expected extreme increase in her blood sugar during the last month of pregnancy which was considered to be the foregone conclusion of how it would go — since, the doctor said, that's what “always happens”.

Well, to make this long story shorter, we ended up learning from Dr. Willard

about the greater impact on blood sugar from the Dark than the Clear, so she switched to the Dark right at the start of her last month. She was by then seeing her doctor multiple times weekly to have her blood sugar checked. To his astonishment it suddenly started going down. In fact, it went down so well, she went full term and by the end of that pregnancy, her blood sugar was “like that of a normal person”.

She actually first used the XXX when she switched to the Dark... because Doc hadn't finished perfecting his Ultimate version yet. But as soon as he did (1984) she switched to it, and has been drinking that ever since. By the way, the doctors told her to “expect to be diabetic by her 40s”, given her history with Gestational Diabetes combined with her family history. She will be 61 at the end of March of this year, and she's never developed Diabetes. Again, this doesn't prove anything, but it is interesting.

♦ **2. Energy** — more of it, and

♦ **3. Wanting it more** than the Clear... drinking it more often because they say they “just want it more than they did the other”.

Some people go so far as to say they **crave the Ultimate but not the Clear**—I think I've heard of people craving , XXX more than the Clear as well, but I'm not as certain of that as I am about their craving Ultimate for sure over the Clear.

Which all may make sense based on the opinion of many natural health experts that any time you have a craving for anything it usually indicates a mineral deficiency of some sort. Given the fact that the big difference between the Ultimate and the Clear and XXX, is that the Ultimate has more of the trace minerals and other nutrients than either of the other two, I guess it makes sense that someone with cravings due to a mineral deficiency would prefer the WW that has more minerals in it... despite the fact that they are trace minerals in trace amounts.

Out of space, so I guess that's it for now! ♦