

Possibilities

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"Everyone Knows" this is Truly Essential and Amazingly Beneficial — in a Myriad of Ways — But WHY is It?

By Ben

Countless articles have been written by countless nutritional writers (including me) about fish oil and Omega-3 fatty acids. By now, you've certainly heard about them, and there's a good chance you're taking them. But do you know **why** it is they're good for you? Or how much you should be taking? The benefits are often spoken of, but the **reasons** rarely are.

There are two kinds of essential fatty acids in your body: Omega-3 class and Omega-6. These classes of fatty acids are essential because we can't make them in our bodies; they must come from dietary sources, chiefly alpha-linolenic acid and linoleic acid, respectively.

When their essential status was first identified in the 1920's, the Essential Fatty Acids were designated Vitamin F, beginning the series of compounds that were once called vitamins that have been re-classified, creating the gap between Vitamins E and K (Biotin, for example, was once Vitamin H).

So if Omega-6 Fatty Acids are also essential, why haven't you been told to take pills containing Omega-6 acids? Good question, and it brings us to the crux of the problem: while we need certain amounts of both Omegas-3 and 6, we also **need them in a certain ratio** to maximize their functionality and to prevent health problems caused by too much of a good thing.

You see, these essential fats are enemies. Omega-6 fats cause inflammatory reactions, while Omega-3 is anti-inflammatory. What one acid does, the other tries to undo, and both are necessary.

Inflammation is a proper response to environmental stressors or cellular damage, but left to run wild, it can do major damage itself. Omega-6 acids might be thought of as a scout whose job is to start fires so the rest of the body can see the smoke signals, and Omega-3 is the person following them to make sure the fire gets under control once everybody's gotten the message.

Now here enters the problem: in our country, **our diets are far too heavy on the Omega-6 side** of the equation. The biggest culprit

for this is likely the use of vegetable oils, which, with few exceptions (i.e., flaxseed which is a source of Omega-3), are extremely high in Omega-6. The Omega-6 in those oils gets passed into any food cooked in said oils.

Furthermore, most people eat grain-fed, rather than grass-fed, meat. Meats in general are good sources of Omega-3, but grain-fed meat is much less so. When factored in with the amount of food people eat cooked in oils, and the lack of fish in the standard diet (fish are extremely high in Omega-3), this adds up to a greatly unbalanced Omega-6 to 3 ratio. Estimates vary, but numbers ranging from 15:1 to 40:1 are fairly standard.

How much should you be getting? Experts disagree, with some saying equal parts (1:1), but most saying around 4 or 5:1, and all agreeing on no more than 10:1 (ten parts Omega-6 to Omega-3). This means **your average American is getting, best case scenario, 50% more Omega-6 than they should be, and, worst case scenario, 4000% more than they should!** No wonder our rates for inflammatory diseases (autoimmune diseases, atherosclerosis, myopathies, allergies, even, possibly, depression) are on the rise.

Now, occasionally people say all of the benefits claimed by Fish Oil supplementation have to be too good to be true, or that it's all in your head. And it's true that Fish Oil seems to have an amazing number of claimed benefits (from reductions in blood pressure to joint health to help with depression and even skin benefits).

However — given what we know about

- ♦ the rising inflammatory disease rates in America,
- ♦ the American diet, and
- ♦ the necessary balance between these fatty acids,

doesn't it make sense that perhaps all these benefits could be from one basic underlying principle: correcting a nutritional imbalance? We're not scientists, but doesn't that sound reasonable to you, dear reader? It reminds me of another product that's occasionally claimed to be just a placebo or snake oil with too many benefits to be believed. It's

No wonder our rates for inflammatory diseases — autoimmune diseases, allergies, myopathies, atherosclerosis, possibly even depression — are on the rise.

called Willard's Water, and chances are, you're already drinking it. Willard's Water has done countless different things for legions of differ-

ent people, and any listing of all those benefits it's brought usually sounds too good to be true. But what it's likely doing is something very simple: increasing the absorption of what nutrients you're putting into your body. One action that seems to have thousands of effects — including, we're told, a great deal of help with inflammation. In this case, perhaps part of the help with inflammation may be from Willard's Water helping the body to absorb as much Omega-3 as it possibly can from whatever amount the person has taken in of it — even if it's not enough, if the WW greatly increases the body's absorption of that amount, may it not be part of the reason for some of the reports of WW's anti-inflammatory benefits?

But I digress. We all should be getting more Omega-3 in our diets, or at least less Omega-6 (so reduce your oil use). What are some good sources of Omega-3? The best, and most famous, is seafood, especially fatty, oily fish like salmon. Flax and chia seeds are the best plant sources. And, many leafy greens like spinach and lettuce offer decent ratios of Omega-3. Meats, especially organ meats (and ideally from grass-fed livestock), aren't bad sources either.

But a great way to ensure your ratio doesn't get too far out of whack is to supplement with our **Omega-3 Fish Oil Softgel Capsules** (Items J-391 or J-392) and/or our **Flax Seed Softgel Capsules** (Item J-77). They're all big softgel capsules, since they have to be to contain enough oil to do any good, but in our experience, you really don't want to taste liquid fish oil. Therefore, the best option is to learn to swallow these even though they are large. Users say for their size they go down easier than expected.

Obviously, we always take them (& all supplements) with a glass of Willard's Water to get the most out of them. ♦

Chocolate Beats Fluoride for Teeth?

You read that right. Recent studies have found Chocolate beats Fluoride in benefits for teeth.

Specifically, the test used a toothpaste that contains theobromine. Theobromine is a naturally occurring extract from cacao.

The study we're referring to was presented at the American Dental Association (ADA) 2013 Annual Session. It compared results from fluoride toothpaste to the results from a new toothpaste that contains the cacao extract mentioned above — theobromine.

The test analyzed which of the two toothpastes did a better job at repairing and re-mineralizing exposed dentin. Exposed dentin is the leading cause of tooth hypersensitivity. Dentin is the tissue that makes up the bulk of your teeth below the enamel.

So how did the two toothpastes compare?

The "chocolate" toothpaste (the one containing theobromine from cacao) was very successful. In fact, the patients who brushed their teeth with that "chocolate" toothpaste twice a day for one week had "100% dental occlusion" with their tooth dentin becoming re-mineralized or repaired.

This wasn't the first time, chocolate beat fluoride. Previous research found that when lesions in artificial enamel were treated with theobromine (the chocolate extract), re-mineralization occurred at a greater rate than when they were treated with fluoride. In fact, that study concluded that teeth treated with theobromine were made less vulnerable to bacterial acid erosion that could lead to cavities.

Some Scientists Question If Fluoride Even Fights Cavities —

A groundbreaking study published in the journal *Langmuir* discovered that the layer of fluorapatite left on your teeth from fluoride is only 6 nanometers thick. If, like us, you don't know just how thick 6 nanometers would be... you would need *10,000* of those size layers to match *the width of a strand of your hair!*

Scientists have raised the very reasonable question if such an ultra-thin layer can actually protect your enamel and provide any detectable benefits. Seems like a good question to us!

There have been other studies we have reported on before that have concluded fluoride does not protect teeth from decay and that, in fact, places that do not add water to fluoride or treat teeth with fluoride, have fewer cavities than

populations that do use fluoride. Yet despite these facts, fluoride continues to be added to most municipal water supplies in the U.S. And most people use fluoride toothpastes.

Much has been written about the long list of negative results/side effects of fluoride... everything from memory problems, to joint problems. However, here's a little known fact that may give anyone pause... It is recommended that you call Poison Control if you swallow a quarter milligram of fluoride from toothpaste, however just ONE glass of water contains that much fluoride, per various sources.

This is why parents are advised to supervise their children when they brush to be certain they don't swallow the toothpaste and that they rinse thoroughly after brushing. And, it's definitely a reason to avoid candy flavored toothpastes for children, since many children *want* to swallow those toothpastes. Anyone else see problems in this picture?

We can't close without adding a reminder that many people (including most of us here at NCI) have found **Willard's Water (WW)** sprayed on toothpaste, and/or directly to your teeth, seems to do a great job at removing plaque and getting teeth nice and white. Many spray WW on at the end of their brushing routine and leave it there. ♦



Trivia & Tidbits . . .

1. A milligram is a thousandth of a gram. What is a picogram?
2. What is a bilateral periorbital hematoma?
3. What is pogonophobia?
4. What was Beatle John Lennon's middle name?
5. What 3 Gershwin songs have the phrase "Who could ask for anything more"?
6. Though popularized in *Casablanca*, what 1931 musical play did "As Time Goes By" first appear in?
7. What was Fats Domino's real first name?
8. Who wrote the title song for the 1973 James Bond film, "Live & Let Die"?

AND THE ANSWER IS...

1. A trillionth of a gram.
2. A black eye.
3. A fear of beards or of men wearing beards.
4. Winston, after Winston Churchill.
5. "I Got Rhythm", "Nice Work If You Can Get It", and "I'm About to Become a Mother".
6. *Everybody's Welcome*.
7. Antoine.
8. Ex-Beatle Paul McCartney.

ON "THE WEB"!

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PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

Keeping Your Brain Happy, Healthy & Wise (Which May Keep YOU Happy, Healthy & Wise)

By Ben

The brain is, of course, the most important organ we have, the seat of consciousness, the dictator of every bodily function and what makes you, "you."

Without the brain, we're just hunks of meat that can't even keep a heartbeat going. So what can we do to make sure it's functioning at peak levels and stays that way? A lot.

If you read this issue's front page article, you already know about the importance of Omega-3 fatty acids in your diet.

Omega-3s are important for your overall health, but they're particularly important in your brain. You see, the brain is made up almost entirely of fat, including an ample amount of the essential fatty acids, the 6s and 3s.

The specific roles of these fatty acids in the brain are still not entirely understood, but, logically, we can infer that as they have antagonistic roles elsewhere in the body, they work similarly opposed roles in the brain. You see where this is going.

What impacts could an imbalance of fatty acids in the brain have? Here's one example: studies show that Japan has the lowest rate of bipolar disorder in the developed world, with the United States the highest. The Japanese have most of the same stresses we in America do, with an incredibly high rate of smoking to boot. Where do they differ? One obvious point is that they eat, on average, a 4:1 ratio of Omega 6 to Omega 3 fatty acids, which is the lowest ratio in the developed world.

Americans, on the other hand, have the highest ratio.

For that matter, the Japanese have the highest life expectancy of any nation other than Monaco (which has 30,000

citizens and an average income of \$150,000). Make of that what you will.

Other studies have indicated that Omega-3 supplementation may have mitigating effects on **depression** or to help prevent its onset, others have found the same of **preventing psychosis** in teenagers.

And there's more! High Omega-3 intake seems to reduce the likelihood of **Alzheimer's** disease, making it as useful to older people as it is to growing people.

Bottom line: your brain is made up of fat, including substantial parts Omegas 3 and 6. Logically, an imbalance in your diet that causes health problems in parts of the body that aren't even made of fat (like your heart) should have impacts on the parts that are made of fat (your brain).

Don't you want to help correct the risks of this imbalance? Eat fish. Lots of it. But don't forget our **Fish Oil Softgel Capsules** (Items J-391 & J-392), and our **Flax Seed Oil Softgel Capsules** (Item J-77).

What else have we got for your brain?

How about **Vinpocetine**, (Item KF-3) a synthetic derivative of the periwinkle plant.

Vinpocetine is a **prescription drug in some European countries** for use in opposing **cognitive decline**, but it is an over the counter supplement in America. Vinpocetine's theorized mechanism of action is that it's a **vasodilator, increasing the blood flow** in your body, including to your brain, which in turn helps brain function.

Furthermore, Vinpocetine seems to act as an **anti-inflammatory** substance, much like the Omega-3s do. Inflammation in the brain is implicated in both **Alzheimer's** and **Parkinson's** Diseases, which has lead to much interest in the potential use of Vinpocetine to help re-

duce the likelihood of developing those diseases. One caution: Vinpocetine should not be taken if on blood thinners.

Similar to the Vinpocetine is the old favorite, **Ginkgo Biloba**, (Item J-44) which in addition to its **blood flow** increasing effect, also seems to work as a **mild antidepressant**. For this reason, we must advise asking your doctor before taking Ginkgo Biloba if you're on antidepressants, especially of the MAO-Inhibitor class, and/or if you are taking blood thinners.

All this talk of blood flow and vasodilation reminds me: **high blood pressure** is not only a risk factor for **stroke** and **heart attack**, it's also a risk factor for **Alzheimer's Disease**.

Know what helps reduce high blood pressure in some studies? **Omega-3s**! Beyond that, **Magnesium** is, in addition to being a basic essential nutrient in every living cell, also a very good natural method of mildly reducing blood pressure.

But what about our **Blood Pressure Support** (Item PN-2)? User reports have noted reduction in blood pressure readings, and for some, their doctor reducing their prescription blood pressure medications, or changing them to milder forms of such medications, after their blood pressure came down while using the Blood Pressure Support supplement.

There have also been seemingly countless user reports through the years of people's high blood pressure coming down, and people's low blood pressure going up, with their regular use of **Willard's Water**. No scientific evidence on that, but maybe if the WW boosted their absorption of Magnesium, Omega-3s, and other helpful items for blood pressure, that would explain it. Or, maybe if the WW's help in their **dealing with stress** better, as many people and animals have experienced, that may explain it. Just a thought. ♦

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"WITHOUT THE UNSEEN SUPPORT, I'D HAVE FALLEN IN."

"I've been surprised how important it is to me to place wreaths, or some type of decoration on my parents' graves for the Christmas season every year.

"I'm surprised because I do know that they are not there... their spirits are free now, is my belief. But it's the one place I can still sort of 'do something for them, or to honor their memory', and so I do it.

"A couple years ago, it was dark by the time I got there. But I knew the lay of the land well enough I thought I could see well enough to safely place the little Christmas trees with their bright lights that would come on with the help of a timer every day at the same time.

"Well, I made it to their grave site okay. But when I tried to place the trees, the ground was already so frozen, it snapped the stake on one of the trees, and I started to fall

backwards. It was one of those falls where I knew I was going to hit the ground because I had lost total ability to right myself, so I prepared for the landing. But, in mid-fall, I suddenly stopped falling... like someone had set a brace of some sort behind me, it felt like an arm around me, but I knew there was nobody else out there.

"As soon as I stopped falling, I walked up to where my large flashlight had landed when I began my fall. I took it back to the grave site to see if I could get the stake into the ground or if it was totally broken. When I aimed the flashlight to light the area, I got a glimpse for the first time, of what was behind the area I was working in when I began falling... it was like a partially dug grave... open... and my footprints from where I was standing during my fall, were *right on the edge of that opening... not an inch to spare!* Had the unseen arm not held me up, I would have fallen into that hole, and nobody would have known."

Editor's Note: You are invited to send your own "unexplained help/ fork-in-the-road/inspirational stories" for this column, if you choose.



E-Mails, Mailbag & Phone Calls. . .



Morgellons Disease Relief — "E.C." told us Willard's Water has help alleviate some of her problems with this painful condition. She has used many things, and still uses a combination of things as we understand it, but she says she can definitely say the Willard's Water helps reduce the condition.

If you're not familiar with this problem, according to the Mayo Clinic website, "Morgellons disease is the popular name for an unexplained skin disorder characterized by disfiguring sores and crawling sensations on and under the skin. Morgellons disease also features fibers or solid materials emerging from these sores."

As you can imagine, this disease can be very difficult to deal with, so those affected by it are happy to find anything that's helpful.

Dog's Heart Valve Help? — "N.F." told us her dog has severe myocardia heart valve problems. He has been to a dog heart specialist who said there was nothing they could do. She then took the dog to a homeopathic dog doctor and found help for the dog. But, she says, "he still has some problems and gets seizures that leave him looking like he's dead. When that happens, I give him Heartdrops (Item S-100 or S-101), and he comes back around."

We've had one report of a person with a heart valve problem seeing improvement in their medical tests on the valve problem after using Heartdrops. The lady involved said her doctors had said nothing but surgery could possibly help. There is no way to conclude scientifically that there was any relationship between the Heartdrops and the improvement, though it seems certain the Heartdrops did no harm. Heart issues are not to be dealt with on your own. **See a health care provider for heart conditions!** ♦



More Product Highlights & Updates from Charlie

Rather than the Unusual... Here are Some Of the More Common Uses of this Product

Some years back, we printed up copies of an 8-page compilation a long-time customer of ours had come up with of reported uses of Willard's Water (WW) that had appeared over the years in this newsletter.

After doing that, we realized that many (most?) of the reports we mention in the newsletter and which therefore appeared in that collection, are the more unusual uses of the product. Therefore, some of the most common uses and benefit reports from customers were not included.

Given the often heard request here for "what people tell you most often that they use it for", we decided to try to make up a more "common reports" type list. But we're going to make it alphabetical (or at least "a" before "b", even if all the items in "a" aren't in alphabetical order!), so we might include some that aren't the most frequently mentioned, just to see if we can hit every letter!

WW Version Used in Most of These Applications: We have noted in some uses that the **Ultimate Dark** is the one typically used for those. The fact is, for any use of WW, **Ultimate Dark is the one used by 4 to 5 times more people** than the Clear, and very few of our customers use the Dark XXX (or Triple X as it used to be called).

So, basically, **in the majority of all uses listed, the Ultimate Dark is the first choice, except in the eyes** where Clear was suggested by Dr. Willard, to avoid any chance of a larger particle than desirable getting into the eye (if it came out of solution) from the Ultimate or XXX versions (not because there is anything in the Ultimate or XXX that would hurt your eyes — the only hypothetical concern is if a too-large particle came out of solution and got in your eye) — however, if sprayed, a large particle is unlikely to get through the spray head — we've never heard of it happening — but it is hypothetically possible. Also, most of the uses here can also be used the same way in animals — if you aren't sure, please ask. Here's the list:

A —

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

Acid/Alkaline Balance. WW is highly alkaline and most of us are too acidic, so seems it should help balance.

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

Arthritis. This has to be one of the very most common reports. People tell us about long-swollen joints being much less swollen, and sometimes no longer swollen at all. Also stiffness being greatly reduced, or sometimes even gone. Most of these people are drinking the Willard's Water, and usually the Ultimate Dark WW. Many people also find temporary relief by applying the Chinota Gel on the affected areas.

Asthma. Again, a very common report. People tell us they drink the Willard Water and over time their asthma gets much better. Fewer attacks and less severe. Some say they notice a difference starting pretty quickly, and it just keeps getting better and better. Others say it's a very subtle change over time.

B —

Back Pain & Problems.

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

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

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

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

C —

Constipation.

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

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

Cancer. We **DON'T** consider WW to be a cancer treatment. But we have very often heard from people who are taking radiation treatments who say when they sprayed the WW on the radiation sites (or applied the gel — like the Aqua Gel), the burns weren't nearly as bad as without them. Also, WW users have reported fewer side effects of chemo and radiation than they had when they weren't using WW, or than they were told to expect.

Chronic Fatigue. Numerous reports from people saying drinking WW has been a big help.

D —

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

Diabetes. Most people reporting an improvement in this with WW are drinking the Ultimate Dark WW.

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

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

E —

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

Eye Problems. People have reported improvement not only in vision, but in cataracts after drinking the WW regularly,

and or using it (the clear WW) as a spray or eyewash. Great for reducing watering eyes due to Dry Eye Syndrome, or other reasons.

F —

Fibromyalgia. Many, many, users have said their fibromyalgia pain has been reduced following regular drinking of Ultimate Dark WW, and temporary relief for painful areas has been achieved by applying the Chinota Gel to those areas.

Foot Pain/Problems. Oddly enough, we've had a number of reports from people who say that after *drinking* WW for some time, their aching feet don't ache as much. A few people have said the Ultimate Dark water had more effect than the Clear water on their foot pain. A natural health practitioner said this would likely be due to the minerals in the water, even as low a concentration as they are, because minerals help muscles in the feet to not contract as much from foot problems, and therefore pain would be reduced. (It's believed WW minerals are absorbed extremely well.)

G —

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

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

H —

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

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

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

J —

Joint pain & stiffness. Very common to hear problems like this reduced after regular drinking of Ultimate Dark WW. Also, topical application of the Chinota Gel provides temporary, and immediate, relief.

K — Kidney problems. Numerous reports of improvement with regular drinking of WW. This has also been reported in cats with kidney problems.

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

L —

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

M —

Migraine Headaches. Many reports of reduced number of headaches and severity after regular drinking of WW.

Menopausal Symptoms.

Many reports of reduced problems with regular drinking of WW.

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

Muscle spasms and pain.

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

N —

Nervousness/Nervous

Stomach/Nervous Eating. Reports of improvement in all these with regular drinking of WW.

O — Oxygen Level Increase.

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

P —

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

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

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

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

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

Q — Quick. Lots of people do say "Quick, get the Water!" Or the gel, claiming it's the quickest relief on all kinds of "owwies"—WW, Aqua Gel, or Chinota Gel.

R —

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

S —

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

Sleep. Countless users have said their sleep has improved with regular WW drinking.

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

T —

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

U —

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

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

Urinary Tract Infections.

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

V —

Vitamin Absorption. Many reports of people reducing the amount of a vitamin they take and getting the same or greater benefit when taking it with WW.

W —

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

X —

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

Y —

Yeast Infections. Many report great improvement with WW use. .

Z —

Zinc and other Minerals — and all vitamins and nutrients — absorption is increased with the regular drinking of WW, whether those nutrients are contained in Supplements you take, or the food you eat. ♦