

# POSSIBILITIES. ♦ ♦ ♦

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

## Two Nutritional Items Found Useful in Preventing or Treating Alzheimer's and One in Preventing Colorectal Cancer

Another placebo-controlled double-blind study has found Ginkgo Biloba special extract EGb 761 helpful in treating mild to moderate Alzheimer's type dementia.

The Italian study involved 76 patients with mild-to-moderate dementia of the Alzheimer type. The patients were between 50 and 80 years of age.

The study ran over a 24-week period. The patients were divided into three groups. One group received a placebo, one group received 160 mg. Ginkgo Biloba daily, the third group received 5 mg. of the drug Aricept (donepezil) daily.

The study found no evidence of relevant differences in the efficacy between the Ginkgo Biloba and the Aricept, according to the study authors.

This study was published in the *European Journal of Neurology* 13 (9) 981-985.

Editor: We believe many people taking Aricept are pre-

**...this nutrient was found to reduce Alzheimer's and colorectal cancer risks...**

scribed 10 mg. per day rather than the 5 mg. per day that was used in the study. Whether or not that would make a difference in the study outcome, we certainly don't know, but we do

believe it may be a relevant point. We also believe most people taking Ginkgo Biloba probably take more than 160 mg. per day of that. Our high quality **Ginkgo Biloba (Item No. J-44)** contains 60 mg of 50:1 ginkgo biloba standardized extract and 300 mg of whole leaf ginkgo biloba.

A study conducted by researchers at Columbia University Medical Center in New York found that taking folate supplements or eating plenty of foods rich with the nutrient could reduce your risk for developing Alzheimer's Disease.

Folate is a water-soluble B vitamin occurring naturally in food. Folic acid is the synthetic form of folate used in supplements and added to foods.

Folate is important in the

body's processing of homocysteine. The amino acid homocysteine in the blood has been linked to higher risks for cardiovascular disease, stroke and Alzheimer's disease. So the researchers wanted to know if a folate deficiency could be connected to Alzheimer's.

The study included 965 people who did not have dementia and were an average age of 76 years old. Researchers followed the participants for six years and assessed their diets.

During the study, 192 of the participants developed Alzheimer's disease. Investigators found the risk of Alzheimer's was lower in the groups with higher folate intake. They said neither dietary folate nor supplements were individually linked to reducing the risk; only the overall combination of the two had an effect. This study was published in *Archives of Neurology* 2007;64:86-92.

Meanwhile, another study found folate to be beneficial in reducing the risk of colorectal cancer. Researchers at McGill

University Health Centre at Montreal Children's Hospital had earlier found high folate diets may protect against heart disease. Now, the same research team studied the effect of folate deficiency on colorectal cancer risks.

The research was done on mice. None of the mice fed a control diet developed cancer, but one in four mice on the folate-deficient diet developed tumors. Study authors cautioned more research is needed to know for sure if the protective effect of folate for colorectal cancer also is true in humans. The researchers said they did not think it is necessary to eat excessive amounts of folate, but they do recommend using diet or supplements to meet the recommended daily amount of folate. This study was published in *Cancer Research*, 2006;66:10349-10356.

Editor: We offer Folic Acid in our **Activated B-Complex (Item J-2)**, our **Multi-Vim (Item J-56)**, and our **Folic Acid, Item No. J-113**. J-2 and J-56 each have 400 mcg folic acid per serving, J-113 has 800 mcg/tablet and

## Treat Heartburn, Break a Hip?

That seemed to be the question after a study by researchers from the University of Pennsylvania found the use of proton pump inhibitors (PPIs) such as **Nexium, Prilosec, and Prevacid increased the odds of breaking a hip by about 44%** in people who took the drugs for about a year. People taking them at higher doses for longer periods were about **two-and-a-half times more likely to suffer a hip fracture**. Previous studies have linked these drugs to decreased absorption of calcium and lower bone density in some people, and this could explain the higher rate of hip fractures among those who take them, according to the investigators. The authors said doctors should discuss bone health more with patients prescribed these drugs and possibly recommend calcium supplements to such patients. They also called on doctors to prescribe the lowest possible effective doses of the drugs.

The study was based on a review of the medical records of more than 13,000 hip fracture patients and 135,000 people without hip fractures, all age 50 or older. The researchers noted that hip frac-

tures are common in older people, and lead to death in 20% of cases; of those who don't die, 1 in 5 are likely to end up in a nursing home.

Editor: We feel compelled to mention a report from a customer who told us his 79-year-old mother has had problems with acid indigestion for years. She's used digestive enzymes and other remedies, and prescription drugs for the problem. None of them helped and the drugs caused nausea and skin rashes. She started using our **Betaine HCL (Item No. J-35)** and her problem disappeared. She told two other elderly friends about it, who then tried Item No. J-35, and also got relief. Since Betaine HCL is an acid, you'd think it would make the problem worse, and for some it may, but for many it does seem to help. Other people tell us that drinking **Dark Willard Water** ("WW") has eliminated years-long problems of indigestion. One man said he used to use multiple rolls of Roloids a day, and stopped needing any after regular use of WW. His friend reported the same thing. Still other people have said they've seen their heartburn problems end coincident with their use of the **Strauss Heartdrops** (S-100 & S-101). Keep in mind these are just user reports, not scientific studies of any kind, but possibly of interest to our readers ♦

## ONIONS AND GARLIC ... AND CANCER RISKS

Researchers using data from a number of Italian and Swiss case-controlled studies analyzed the odds of a person developing cancer based on the frequency of their consumption of onions and garlic.

Comparing patients to controls, they found that people with the highest intake of onions and garlic had the most protection from an assortment of cancers including:

- ◆ Esophageal cancer
- ◆ Colon cancer

- ◆ Breast cancer
- ◆ Ovarian cancer
- ◆ Prostate cancer

The study was published in the *American Journal of Clinical Nutrition*, November 2006.

The study was done to “further clarify” Chinese studies that have found these vegetables to be powerful cancer fighters.

Apparently, it made it quite clear. ♦

## FOR KIDS' COMPREHENSION, HAND-EYE COORDINATION AND MORE...

Some of the health benefits of fish oil supplements are passed on to the children of women who take the supplements while pregnant. Researchers reached that conclusion after giving pregnant women either 4 grams of fish oil supplements or 4 grams of olive oil supplements every day from the 20th week of pregnancy until they gave birth. They then measured the children's growth and development at age 2 and a half.

They didn't find any significant differences in overall language skills and growth between the two groups of children. But, the children whose mothers had taken the fish oil supplements while pregnant tested better in comprehension, average phrase length, and vocabulary. They also scored much higher in hand-eye coordination than those whose moms took the olive oil supplements.

Results show high cord blood levels of Omega-3 fatty acids at birth from the fish oil were strongly associated with good hand-eye coordination, but low levels of Omega-6 fatty acids found in many vegetable oils were not.

The authors noted that fish oil supplements are becoming more popular because of concerns about mercury content in some types of fish. Any downside? They said that relatively high doses of Omega-3 rich fish oil supplements in the second half of pregnancy do not even seem to have any negative effects on neurodevelopment or growth.

The study was published online December 20, 2006 by *Archives of Disease in Childhood*.

Editor: We provide high quality Omega-3 in our **Item No. J-39 “EPA”**, and for those who prefer non-fish sources, we have **J-77 Flaxseed Oil Capsules**, also rich in Omega-3. ♦

## How Dangerous IS Accutane?

We were surprised to learn that there is a web site dedicated to making sure young women prescribed the drug isotretinoin, known as Accutane, do not get pregnant, because of the severe birth defects caused by the drug.

The web site uses a program called “iPLEDGE” which tries to ensure that the drug is only dispensed after a woman can prove she isn't pregnant and is using two forms of birth control to make sure she doesn't get pregnant.

Women are required to have two negative pregnancy tests before getting the drug and agree to monthly pregnancy tests thereafter.

Certainly makes it clear the drug must be dangerous if used during pregnancy.

Which made us think we should remind our readers of the countless reports we've received over the years from people who say **Willard Water** (“WW”) and/or our **Aqua Gel** made from Willard Water (**Item AG-4**) has done more for their acne problem than anything from any dermatologist ever did. Doesn't mean it will work like that for everyone, but seems when WW and Aqua Gel are so harmless they'd certainly be worth a try. ♦

## Trivia & Tidbits . . .

1. What was Henry Ford's first mass-produced car?
2. What was the only product Elvis Presley ever promoted in a TV commercial?
3. How many miles per gallon did the Model T Ford get when introduced in 1908?
4. Fish travel in schools; what about whales?
5. How fast does the sound of thunder travel per second?
6. How many muscles do we use when we smile broadly?
7. How many square inches are there in an acre?
8. How many dust mites can a gram of dust hold?

AND THE ANSWER IS...

1. The Model N, which sold for \$500 in 1906.
2. Donuts—for Southern Made Donuts which was aired in 1954.
3. Between 25 and 30 miles per gallon.
4. Whales get together in gangs, or pods.
5. About 1,100 feet per second.
6. Seventeen.
7. 6,272,640. It's the number of square feet in an acre (43,560) times the number of square inches in a square foot (144).
8. 500. An ounce can hold 13,500.

## 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.

Reach Us At: 1-800-447-4793 (218-236-9783)  
NUTRITION COALITION, INC.  
P.O. Box 3001 Fargo, ND 58108-3001



## PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

### Our “Top Ten List” of Items We Consider Most Essential for Most People

I'm sure I've written this type of thing before, so for those who remember it, I apologize. Though it's probably somewhat different this time, since our views of what's most critical change as more is learned about the workings of our human bodies. Not that I, or anyone else here, is any kind of expert. We are just laypeople who have spent a few decades reading and learning about natural health. But we have NO formal education in it at all. So why am I getting into this subject? Because people keep asking us for it. Especially customers of ours who have been with us for a long time... they know we've discussed it before, but not everyone keeps their back issues! Truth is, I can't usually find a particular article without doing a computer search for it.

(By the way, you CAN get our back issues at our web site—just click on “Information” along the top, and next click on “Newsletters” and then pick out the ones you want from the listing on the left—it shows them by year (click on the year you want if it doesn't have its list showing). But you can also just **search for a key word** and it will list whatever issues that key word was discussed—like type in Vitamin D, or Hip Fracture, or whatever, and see and retrieve the issues they were in.)

Back to the point at hand. Old customers often tell us they have learned to trust what we tell them... “I've never gone wrong listening to you” is what we hear often and I can't tell you how much we appreciate that. That IS why I'm going to list our “Top Ten” list of products we think are most important for the widest range of people. We are not saying everyone needs to use all these. Like natural doctors who have only a few items they suggest for all patients, these are our list of “most important for most people.”

**1. Real Willard Water.** We've never found anything else that seemed to have as broad an impact on as many different things as “WW” seems to. And it is usually about the least expensive thing to try first. For a rundown of its basic characteristics, which pretty much explain its

seemingly broad impact, turn to the list on the back side of the “insert” page in this newsletter. It's in the far left column near the bottom of the page. I just don't know of anything else that has all those benefits, and especially at its reasonable price. If purchased in gallons, at the regular price, it would cost most people less than \$10 a month. And, even in the 8 oz. bottles, it's less than \$20 a month. That's a buy, especially in view of all that countless people say it's done for them.

**2. Colostrum.** We've never found a better immune system support product. Seems to boost your own immune system, as well as providing antibodies to infection. **Items H-1 and H-2** are in liquid form—H-2 is more “concentrated” so to speak so is a better buy if you're using a lot of it. Most of us here regard the liquids as the premier form, simply because they are in the form nature makes it and your body doesn't have to break them down to use them. Also there is no heat used in processing them. We also have high quality **Colostrum Capsules, Item H-5**, which many people have relied on for years, never using the liquids. If liquids are a problem for you or someone in your household, by all means use the capsules. They also don't require refrigeration, like the liquids after opening do. And there is also the **powder form, Item H-6**, which is the least expensive way to get your daily dose of colostrum, but more of a cash outlay the day you buy it. But it will last one person about 10 to 20 months!

**3. Multi-Vim. Item J-56.** This is a very high quality multiple vitamin/mineral supplement. Obviously, that's important for good health.

**4. Omega-3 Fatty Acids.** There's just no way to ignore the importance of the Omega-3's. We've reported on many, many studies citing their importance for one's health. We provide them in both the fish oil based softgel capsules—**EPA, Item No. J-39**, and from flax in **Flaxseed Oil Softgel Capsules, Item J-77**.

**5. Probiotics, Enzymes, and Hydrochloric Acid.** The importance of these products for proper digestion, and the im-

portance of proper digestion to your health, are detailed in the article that starts on the front side of the “insert page” in this newsletter. These digestive products are included in about every natural expert's list of the most important items for a person's good health. We offer:

**JF-4 Jarro-Dophilus EPS**—probiotic

**J-31 Colon-Aid** — probiotic product

**J-33 Digestine** — digestive enzymes

**J-29 Vega-Zyme** — vegetarian digestive enzyme product

**J-35 Betaine HCL** — hydrochloric acid product. And for other digestive help:

**J-30 Miracle 7 Colon Cleanser.** And, as I said, **Willard Water** is also loved by many for the digestive help they report.

**6. Progesterone Cream.** This has been so helpful to so many women, AND men, that it just has to be on this list. Women for pre-menopause, menopause, and after menopause. Besides reduction in typical menopausal symptoms, women also report help with headaches, depression, mood swings, weight gain, and on and on. Men (including me) have found it very helpful in reducing the number of nighttime trips to the bathroom (presumably due to enlarged prostate type issues). We have it in a **jar, Item HP-J**, or a **pump, Item HP-1P**.

**7. Colloidal Silver.** Some use this simply for its “mineral” status. We keep it around for extra help when we know we've been exposed to infections or feel a cold or flu starting. **Item CS-1 or CS-32**.

**8. Coral Calcium.** Can't say enough about calcium's importance. Our coral calcium is a real star. **Item J-201 capsules or J-203 powder.** These also contain magnesium and trace minerals.

**9. B-Complex.** The B vitamins are essential for just about every bodily function. Our **Activated B-Complex, Item J-2** is in the form your body needs it in so it doesn't have to be converted like most B supplements on the market.

**10. Aqua Gel and Chinota Gel.** Can't be any better all-purpose items for skin problems, burns, sunburns, insect bites, aches & pains, bumps & bruises, hair care, etc. etc. etc. than these two. ♠

This area is blank in the online version.  
It is used for address information in the mailed version.



### AN UNUSUAL ANGEL?

“It was the kind of nightmare accident you always worry about. The week before Christmas my great uncle—we’ll call him Don—went out at 8:30 that Sunday morning to walk his little dog Skippy.

“They got about three-fourths of the way into the park next to Don’s house when Don fell and broke his hip. He doesn’t use a cell phone, and this time of year there’s little use of the park in his northern climate.

“It was 2 in the afternoon before anyone found him. But then it was thanks to Skippy.

“Not only did Skippy run to a neighbor’s house and jump around out in front to get their attention, and then look back at the lady who came out to check on him as he began running forward, letting her know he wanted her to follow him, but he also did all he could to keep Don warm in those long, cold hours. The temperature was in the upper 20’s, and the ground Don was lying on was frozen,

so it must have been like laying on an ice slab. But Skippy stayed right with him and kept putting his nose and mouth right up to Don’s nose and mouth, which a nurse later pointed out to us was helping to keep Don warm—especially getting him warmer air to breathe in to his lungs.

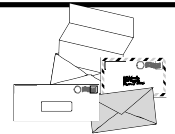
“I know people don’t think of dogs as angels, but it does say in the Bible that angels are God’s messengers. And it also seems to me that God may use whatever messenger is available in a situation like Don was in. So, from here on out, I’m going to consider Skippy to be an ‘angel dog’.

“It’s especially nice that Skippy’s efforts resulted in such a good outcome. Don ended up being in the hospital for about a month, but his hip was set perfectly and I know he’s going to be just fine. We all can count Skippy as one of our family’s blessings.” — A.T.

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



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



**Weight Loss Help** — “J.T.” told us the **Hoodia 2000 TR (Item M-101)** really works. She also said she was “glad you told everyone that it may take a week before you notice results. The first few days I didn’t notice much but the longer I take it the better it works.” We’re not surprised to hear that, since that really is how real Hoodia seems to work. But we’re always happy to hear from happy customers.

**More Weight Loss Help** — “C.S.” tells us that the CortiXine 2000 really helps with energy and focus, as well as with the dieting. Just doesn’t get as hungry with it and seems to be much more active. But DOESN’T get hyper or jittery with it like some diet products can do.

**Dog Tail** — “K.A.” told us her dog had a pimple like lesion on his tail. Her vet “had suggested I use benzol peroxide on it. Well, that didn’t work and I saw my bottle of gel and said ‘Why not?’. Her ‘pimple’ is almost completely healed!” She was referring to our **Aqua Gel**, Item No. AG-4.

**Eye Area Help Worth Waiting For** — As lots of our readers know, we’ve been backordered on our great **Premier Eye Gel with Willard Water** product (Item R-103), but when we asked whether or not people wanted to cancel or keep their orders in place, nearly everyone said they wanted to keep their order in place. “G.C.” emailed us that she wanted to wait for it since her eye area is extra sensitive and “this is the only product that doesn’t make my eyes puffy.”



# More Product Highlights & Updates from Charlie

## A Look at the Effect of Negative Bias in Results—What Do Animals Tell Us? And People User Reports, Too!

We've always been amazed at the dramatic results often reported about using Real Willard Water ("WW") on animals. It has seemed like WW works even better on dogs and cats and horses and birds and rabbits, and whatever other non-human creatures we've received reports on, than it does in people.

Some people have speculated it's because the animals are "less complex organisms", others have said it has to do with their better diet (!), or better digestion.

We've always figured "one thing's for sure... it's not a placebo, just 'working in their heads' when it's used on chickens or cattle or horses or dogs" since usually people aren't even telling the chickens, etc., that now they're going to feel better because they're getting WW!

But, when you take it a step further, none of these animals have any preset notions that "this can't work", either!

They're not skeptics. And they have no vested interest in proving anyone wrong. The mind is a powerful thing. That's why placebos sometimes DO work. Study after study has found that. Frankly, however, most people fighting a health problem likely wouldn't care if the "drug" they were taking was "real" or not, if it got rid of the problem.

But I digress. Back to the point. It seems possible to us non-experts that the fact that WW works so well in animals may be partially due to the fact that the animals have not been inundated with messages telling them that "health foods or WW can't work, I need drugs because my doctor or my kids or my friends say I do".

Think about it. Makes sense, doesn't it?

Just thought I'd mention it since we have a number of "animal reports" to share with you. And even for people who don't have pets, or aren't ranchers, it's usually quite interesting to read what has happened with WW use on animals.

So...first let me tell you about a recent e-mail from a lady with horses. She was wondering about becoming a Dealer, since she'd had such positive experiences with her horses and WW. She backed that up

with some specifics:

"I first discovered Willard Water over 10 years ago when my mare cut her hoof past the correnant band and even sending her to the university's vet school didn't help to find a solution of keeping her foot together. I read an article in 'Horse and Pony' newspaper about the water and immediately ordered some. I sprayed the band every day — as often as I could — and as the hoof grew out, it grew out together.

"I have also treated white line by spraying the hoof, and a respiratory problem by mixing a cup of the water to the feed. My blacksmith has often taken an ounce or two to other customers when he has a difficult hoof problem. I now have a canary with a respiratory problem and a parakeet I pulled out of the outside aviary because he was not feeling well. Naturally, he refuses to eat the food with the medicine in it so I figured a dish of the water would be good for him. I also sprayed the water on a Nan-day parrot who'd pulled out all her feathers on one side after her owner died. In preening the water off her remaining feathers she ingested enough to help kick start the pin feathers, and paying attention to her on my part helped keep her mind off pulling them out.

I gave some of my mix to a friend who had a dog with a sore on his side that wouldn't heal. After spraying it daily, the sore closed and hair grew back." M.B. In Florida

An amazing report of WW on a dog came from N.Z. who told us about her 12-year-old dog with a "lick sore" the dog had had for between 5 and 7 years. She (the

## Help for Irritable Bowel, Yeast Infections, Digestion, Obesity...

It's true, we've seen various natural health experts cite all these problems as something "probiotics" and/or digestive enzymes can benefit.

Probiotics are basically the "good bacteria" normally present in one's digestive tract.

According to Dr. James & Phyllis Balch's book "Prescription for Nutritional Healing, Third Edition", the probiotics are "vital for proper digestion and also perform a number of other useful functions, such as preventing the overgrowth of yeast and other pathogens, and synthesizing vitamin K."

Digestive enzymes break down foods so the nutrients in them can be absorbed into the bloodstream and then used for various functions of one's body.

The Balch book explains digestive enzymes as follows: "There are three main categories of digestive enzymes: amylase, protease, and lipase. Amylase, found in saliva and in the pancreatic and intestinal juices, breaks down carbohydrates. It begins to act as soon as you start chewing (this is why it is important to chew your feed well). Different types of amylase break down specific types of sugars. For example, lactase breaks down lactose (milk sugar), maltase breaks down maltose (malt sugar), and sucrase breaks down sucrose (cane and beet sugar). Protease, found in the stomach juice and also in the pancreatic and intestinal juices, helps to digest protein. Lipase, found in the stomach and pancreatic juices, and also present in

(Turn over to Probiotics/Enzymes)

dog) was on antibiotics to control it and keep it from getting worse. But it didn't get better. She started getting WW in her water and in two weeks it was healed and she started growing hair back in the area! N.Z. said lick sores are said to be caused by an internal problem. Frankly, we sometimes don't even publish reports as dramatic as this, but it is for real, and doesn't seem right not to tell others about it. Especially since WW has been found to be totally harmless by every test ever done it by analysts from the FDA to the lab hired by CBS' "60 Minutes" program to see if it could hurt anyone or anything. Since it can't hurt, and sometimes has such dramatic results as this, most people would

figure it's worth a try.

C.M. in California told us a disturbing report... somebody had poured **chemicals on a cat's back** and you can imagine the results. C.M. mixed the cream from the vet in with the Willard Water and sprayed it on the cat... a week later it was healing up just fine.

Certainly nice to hear that happy ending after such a sad report.

Now for a couple of reports from people. T.H. in Indiana told us she had a **sinus infection** that was so bad it brought on a **migraine headache**. She was thinking she needed to get some antibiotics but before she went to the doctor to get any, she started spraying Willard Water up her nose three times a day. She did that for 3 days and it all cleared up—her migraine AND her sinus infection.

T.H. also said that our **Alpha Whey (Item No. H-1)** is really helping her **irritable bowel** and her **migraines**. She said the **Alpha Whey** (liquid colostrum Item No. H-1) is working far better than the colostrum capsules she'd been using from a health food store.

And a long-time customer wrote us a note recently telling us that she has **Lupus** and **diabetes** and gets **burning feet** due to **poor circulation**. One evening it occurred to her to try spraying the Willard Water on her feet which were burning so bad that night she couldn't sleep. "They cooled down stat!" Now, she says, as she watches T.V. at night before bedtime she sprays her feet and legs and "Oh how good it feels!" We're happy to hear it, J.M.!

There's just a little sampling of some of the reports we keep receiving... always a variety of topics.

Guess that's because of the way WW works with a person's system to:

- ◆ Increase absorption of nutrients
- ◆ Increase elimination of toxins
- ◆ Fight free radicals
- ◆ Reduce Inflammation
- ◆ Raise pH levels to be less acidic
- ◆ Help with various skin problems

So, if two different people had two different problems due to deficiencies of two different nutrients, they might **both** benefit using WW if it increased absorption of those missing nutrients... so WW would be doing one thing, not two—just helping them to better absorb what they needed, but there would be two different problems seemingly helped by WW. Sometimes people think WW does too much to be "for real"—we believe it just does these few things, that affect lots of other things! ◆

**Probiotics/Enzymes from page 5**—fats in foods, aids in fat digestion. Another component of the digestive process is hydrochloric acid. While not technically an enzyme itself, it interacts with digestive enzymes as they perform their functions."

What we read over and over again from natural health experts is the importance of improving most people's digestive processes. Whether it's the type of food we eat, or the way the food is processed, or other variables, there seems to be agreement that most people's digestion in our culture is far from perfect. It is also seemingly universally agreed that proper digestion is far more important for one's health than most people realize.

Actually, it's quite simple when you think it through. For those of us who believe proper nutrition is important for good health (and most of you reading this newsletter probably agree that it is) then it is easy to see that without proper digestion, no matter how good the nutrients are that you take in, those nutrients can't do you any good if they aren't properly absorbed. That's one reason that the quality of the capsules and tablets used in supplements are so important—good ones are easily absorbed, poor quality ones are not.

But it's also important to make sure that one's own digestive system has the tools that it needs in order to properly digest the food and food supplements you take in, so your body can absorb them.

That's where digestive enzymes and probiotics come in. They help to give your digestive system the boost it may need to serve you well.

Remember, also, one of the big benefits of Real Willard Water ("WW", for short) is how much it improves people's digestion. We lost track years ago of how many people have told us that after years of either chronic constipation or chronic diarrhea, they became regular after becoming regular users of WW.

Also, it's well known that WW helps the body to break down and absorb food, and food supplements, better. Ranchers were the first to report that cattle given WW, didn't just slough off the corn they were fed in their manure. Later on, people started reporting the same thing... in fact, that's one of the "signs" healthy people often notice after starting on WW... they no longer see the kernels of corn they ate earlier in their stool. WW seems to really help absorption. That may be one of its characteristics that results in multiple different benefits for different people. If one person has trouble digesting and absorbing one kind of food, they would have different problems than someone not absorbing another kind of food. Both would see improvements, all because of WW doing ONE thing—improving their breaking down and absorbing nutrients. So, don't overlook the importance of WW for your digestive health, either.

Back to enzymes and probiotics and hydrochloric acid. We provide all three. And we are just now adding a premier probiotic to our line from Jarrow Formulas. It is called **Jarro-Dophilus EPS** and is what they call their best probiotic formulation. It also does not require refrigeration (though it's still always best to refrigerate such products to protect them from heat, but this one is blister packed to protect it from moisture and oxygen, so doesn't *have* to be refrigerated). It is our **Item No. JF-4**. It sells for just \$17.95 for 60 capsules. Recommended amount is 1 or 2 capsules per day. Each capsule contains 4.4 *billion* probiotic bacteria.

We also continue to offer these great products:

**J-31 Colon-Aid** — probiotic product

**J-33 Digestine** — digestive enzymes

**J-29 Vega-Zyme** — vegetarian digestive enzyme product

**J-35 Betaine HCL** — hydrochloric acid product

For other digestive concerns, we also have **J-30 Miracle 7 Colon Cleanser**, which is a convenient way to "cleanse" the colon. It certainly would not be as effective as colonics, but those who don't have the time or inclination to do colonics, this is a very good alternative. Also, **J-59 Para-Min** is very good for fighting parasites. And, don't forget **Willard Water** for its digestive help. ◆