

Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.willardswater.com ♦ January, 2008

Did You See The Blue Man? Wonder How Much He Used?

Many of you reading this newsletter have likely seen or heard of Paul Karason by now—the “blue guy”. He’s been on NBC’s Today Show, YouTube.com, and various other media outlets. He became famous because his skin turned blue, about 10 years ago, due to his use of colloidal silver he made himself, with a machine he purchased about 14 years ago.

Karason told Matt Lauer of “Today” that he bought the machine because he had a friend with severe petroleum poisoning and Karason had heard colloidal silver was helpful for that, so he ordered the machine.

Karason told Lauer that the colloidal silver provided him with “profound benefits that I had received from using it, like no more acid reflux, no more sinus troubles; my arthritis went away” and that’s why he continues to drink it even since his skin turned blue.

Karason said he believes, or has been told, that the reason his skin turned blue was because he used it on his face to try to get rid of some dermatitis he’d developed on his face. He doesn’t think drinking it was the cause of his turning blue. His condition is called argyria—an irreversible blue-gray discoloration of skin, nails and gums. Karason said he was told the silver collected in his skin when he began using it on his skin.

It appears to us that the condition has been said to also be caused from drinking colloidal silver, although we have not specifically found that point discussed in view of Karason’s statement about it.

We also have not been able to find out how much colloidal silver Karason drank, and used on his face. We suspect it was very large amounts. We also have not heard how strong a mixture he made with his machine—how many parts per million silver it was.

The colloidal silver we have carried for many years now, and use ourselves, is 20 parts per million.

We don’t know what Karason did, but we have heard of people buying their own colloidal-silver-making machines in order to make mixtures of 100 parts per million

or higher, which has always seemed like a questionable practice to us.

We also know that there are questionable sources of colloidal silver, or other supplements, readily available on the internet and other places. We get our colloidal silver from Daily Mfg., our long-time favorite source of high quality nutritional products. Daily’s integrity and ethics are well-established and we know we can trust the quality of what they provide.

What do we think of the blue man’s situation? First of all, we feel badly for him. But as we have often said, too much of anything, no matter how good it is, is likely not good. Usually it’s called an overdose!

Not too long ago, a woman died after participating in a ridiculous contest sponsored by a radio station to see who could drink the most water without going to the bathroom. She literally died from drinking too much water, despite the fact that we all know people and animals cannot live without water.

Unfortunately, when people overdo it with natural substances, especially those which are sold as supplements, a lot of people from competing industries (such as drug companies) like to point out how dangerous that substance was. The fact is, if a person overdoses on a drug, such as sleeping pills, Tylenol, whatever, they say the cause of death or the illness it causes, was an overdose, not the product itself.

Additionally, keep in mind that even natural products can cause your body to get out of balance if they are used improperly, or even if they are used by someone who is allergic to them.

Also, keep in mind that there are probably millions of people using colloidal silver. Silver itself has been used to kill bacteria for thousands of years.

Given what a big news story Karason’s predicament has been, it is obvious his situation is VERY unusual, making it clear that with millions of people using it,

...when illness, or even death, results from taking too much of a drug, it’s called an overdose...

turning blue from does NOT usually occur.

Also, silver has “mainstream” uses for its bacteria-fighting properties. According to Dr. Mercola’s web site, which also commented on the blue man, colloidal silver is still used in hospitals to treat

wounds and burns, and has even reached the mainstream in the form of a silver bandage line from Curad.

We checked on the Curad bandages and this is part of what Curad said in introducing its silver line of bandages, “Silver solutions are applied to newborn babies’ eyes to prevent common eye infections after birth and they are applied topically in creams and dressings to help heal burns in the hospital setting. Now it is available in stores for at-home use with the introduction of new Curad® Silver, a line of first aid products that use silver in the wound pad to protect minor cuts, scrapes and burns...”

Curad went on to quote Philip M. Tierno, Ph.D., Director of Clinical Microbiology and Immunology at New York University Meical Center and author of *The Secret Life of Germs* (Atria Books 2004), “It (silver) fights germs with much less fear of developing antibiotic resistance.”

We have never believed in using colloidal silver in huge doses on a steady basis. It seems to us that a standard of reasonableness should be used in deciding how much of anything to use. It doesn’t seem reasonable to use huge amounts of anything on a steady basis.

We believe there is far more reason to worry about the myriad side effects of various drugs, and the increasing problem of antibiotic resistance due to their overuse, than there is to worry about this rare effect of colloidal silver, though everyone here certainly feels sorry for Karason.

We’re still using colloidal silver ourselves, and intend to do so for the rest of our lives, assuming it remains available. But, to reiterate, we will use it, and all supplements, in moderation. ♦

Let's Hear It for Honey And Handwashing... Studies Prove It!

Giving kids honey for their coughs now has the blessing of a scientific study.

The study found that a spoonful of honey can be very effective as a cough suppressant in children. (Wonder if we can assume it might work for adults, too?)

Ian Paul, M.D., from Pennsylvania State conducted a study that found children given honey at bedtime had a 47.3% reduction in their cough symptoms. Honey flavored over-the-counter cough syrups with dextromethorphan (DM) had only a lightly higher effect than no treatment at all.

Michael Warren, M.D., a clinical fellow in the division of General Pediatrics at Monroe Carrell Jr. Children's Hospital at Vanderbilt, along with his colleagues, reviewed the Penn State study. Warren said "Dr. Paul's study represents a welcome addition to the literature on cough medications in children."

It wasn't specified whether the type of honey used made a difference, but the study used buckwheat honey. The authors noted, said Warren, "darker honeys consist of more phenolic compounds than other varieties and the associated antioxidant effect have contributed to the improvement seen in those children treated with this kind of honey."

Additionally, the FDA reviewed the safety and effectiveness of over-the-

counter cough medications earlier this year and found they pose more risk than benefit to children under age 6.

Another study that validates long-held wisdom was published in the British Medical Journal. It reported that a review of 51 different studies concluded that physical barriers, such as regular handwashing and wearing masks, gloves and gowns, may be more effective than drugs to prevent the spread of respiratory viruses such as influenza and SARS.

The study found that each of those interventions were effective by themselves and that they were even more effective when they were combined—when hands were washed, AND masks, gowns and gloves were worn.

Another study published in the Cochrane Library Journal in October of 2007, found handwashing with just soap and water to be a simple and effective way to curb the spread of respiratory viruses, from everyday cold viruses to deadly pandemic strains.

It looks as if nobody needs to apologize any more if they take a spoonful of honey for their cough and they wash their hands and cover their mouths to keep from getting or spreading any germs! Not that anyone would have apologized for doing something so sensible! ♦

And The "Ayes" Have It...

We were amazed and humbled by the number of our readers who took the time to respond to our question in last month's newsletter about whether or not we should continue the Angel/Fork-In-The-Road stories.

Many of you told us those are the first thing you read in every issue. One lady said "I can never get enough uplifting stories" and she went on to say that "reading your newsletter is like getting a note from family". Others also told us that they like the style of our writing and of the way our company operates, as one reader said, he likes the "downhome, easy going attitude that your company emits. It is very comfortable to me to deal with people like you and I will continue to recommend and pass on your info to my friends and family."

We were also very gratified by all the other nice comments on this newsletter in general that we received. One lady said "this is free and I get more out of it than like some I pay big money for and I enjoy it more." Wow!

Thank You! Thank You! To everyone who took part in our non-scientific survey! We appreciated your nice comments and we will keep those "angel" stories, and the whole newsletter, coming! ♦

Trivia & Tidbits . . .

1. In what city did Will Rogers serve as honorary mayor?
2. Who proved a lunar eclipse is the circular shadow of the earth on the moon?
3. Why did ancient Sparta mint large, unwieldy iron coins?
4. What speed was the Titanic going when it hit the iceberg that caused it to sink?
5. How long is the single oar used by gondoliers in Venice?
6. How many baths did France's King Louis XIV take in his 77 years of life?
7. In what village was Leonardo da Vinci born?
8. Queen Elizabeth I's last words when she died in 1603 were _ ?

AND THE ANSWER IS...



1. Beverly Hills.
2. Aristotle.
3. To make it difficult for its citizens to take them when they left the country.
4. 22 knots, or a little over 25 miles per hour.
5. The standard one is 14 feet.
6. Three: when baptized, when a mistress insisted & to soak after a sore was lanced.
7. In Vinci, in what is now Italy.
8. "All my possessions for one moment of time."

ON "THE WEB"!

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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

Simple Ways to Improve One's Life and Health... Many of Which Seem Like Plain Old Common Sense! (Though, as they say, Common Sense Ain't So Common!)

Maybe it's the time of year, or phase of the moon, or whatever, but it seems like we've run into a lot of articles lately that just suggest doing what I always thought everybody already knew to do!

For instance, an article on children who have acute or chronic abdominal pain. **Stomach aches in kids**. Think back. Way back, to when you were a kid. If you told your mother you had a stomach ache, didn't she ask you what you just ate, or how much of it you ate, and also "when did you last go to the bathroom and do number 2?"

Well, now there's a study about the likely cause of most kids' "acute abdominal pain" episodes. University of Iowa researchers looked at 962 children who were seen at their hospital or clinics. Among those 962 children, 83 reported acute abdominal pain, and nearly half—48% to be exact—were ultimately diagnosed with constipation.

The study author said that constipation is often overlooked as the cause of such pain because a reporting of the child's symptoms does not always establish that the child is constipated. The study authors suggested doctors should perform an abdominal exam and a rectal exam to "see if the child is retaining stool". However, the authors said, many doctors forgo the rectal exam due to the belief that it may cause undue mental or physical discomfort to the child. It was suggested that explaining the test to the child can alleviate some of those concerns. The study authors said that constipation is frequently the cause of abdominal pain in children and that just asking the child's parents if the child is constipated doesn't suffice since often the parents have not "been able to see all the signs of this condition.

I am NOT downplaying the discomfort that constipation can cause, I am just surprised to read how infrequently it is apparently thought to be the cause.

I may also be somewhat out of touch on this issue because, as we've discussed in recent newsletters, regular users of Willard Water very often tell us that it's been the greatest thing ever at getting them regular. I'm confident that applies to children as well. So, if anyone asked me what to do for some child's constipation, I would say as I would for any adult, "the first thing I'd do to try to prevent the problem, would be to start drinking Willard Water. To deal with the immediate problem, I'd likely try a natural laxative or just eating some fiber. I've heard the crackers called Triscuits work well for many people, including kids, and also Fig Newtons are heralded by others for their effects in this regard.

But, at least this may serve as a reminder to our readers that if a child you know has a bad stomach ache you may want to find out just how often they are having regular bowel movements.

Another article I stumbled on lately was one concerning women benefiting from brisk walking as a way to reduce "an array of psychological symptoms associated with **menopause**". The study was done by researchers from Temple University. They found such exercise alleviated psychological effects such as stress, anxiety and depression, but had no effect on physical symptoms like hot flashes.

Again, it seems to me we've always known that exercise helped to reduce stress and anxiety. For everyone, not just women in menopause.

And, again, I have to say that given the number of women who have told us that our Natural Progesterone Cream and/or Willard Water have either greatly reduced or eliminated their mood swings, anxiety, hot flashes, headaches, etc., etc., etc. associated with menopause, I question whether stress and anxiety at that time are really "psychological" as this study called

them. But then, what do I know? I'm certainly no expert as I always remind you, but I do know that all of us here have taken many, many, calls from women who have reported such changes after using our **Progesterone Cream** (Item HP-1P or HP-J), and/or the **Willard Water**. And I have to say, "common sense" tells me if you're having continual discomfort from hot flashes, inability to sleep, and so on, you would likely be suffering stress as a result! I think you get my point.

But I certainly agree **walking** is a good idea for everyone for all kinds of health benefits.

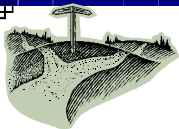
And that leads me to the next "obvious" headline I saw... "Pedometers Help Step Up Physical Activity". That's right! Researchers at Stanford University found that using a pedometer is associated with big increases in exercise and weight loss, and improvement in blood pressure. They found people who used **pedometers** to count their steps, increased their physical activity by 27%. And, those using pedometers lost weight and lowered their blood pressure. The study also found that having a goal number of steps helped motivate people to increase their activity level whether they reached their goal, or not.

I certainly applaud anything that will get people moving. We all know exercise — physical activity — is at the heart of any true health plan. So, go get a pedometer!

I have to add that my wife, Kolleen, has been talking about getting a pedometer for some time, and now I have to admit, she's probably on to something, as she usually is when she gets an idea that just keeps coming.

Only reason she hasn't gotten one I guess is the lack of time to go get it! Well, let's just make time for it... go get that pedometer... it just makes (common) sense!

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printed version.



GOOD CAN COME FROM PROBLEMS...

“As is reported on page two of this newsletter, the reader response to our question about whether or not to continue this column was overwhelmingly positive. Which led us to reflect on how it came about in the first place.

“We were embarking on a ‘new project’... a monthly newsletter to our customers. At that time, it was pretty common for such publications to leave the area on the outside of them blank. One reason for that was due to concerns about not having much space to say things ‘correctly’ and therefore run an increased risk of not meeting the regulatory requirements regarding information published on natural products. So, the original plan was to leave that area blank, in keeping with that common practice.

“But it kept bothering me that it ‘needed’ to be blank. I wondered to myself, and ultimately, in my prayer for guidance on the issue, if there was a better use of that space. It ‘came to me’ that ‘man does not live by bread alone’... ‘he also needs

guidance, inspiration, and love... he needs to know he’s not alone and is cared for’. At that point, it seemed obvious to me... why not write about inspirational experiences of ours and our readers? We definitely believe people have to tend to all levels or aspects of themselves in order to truly find health. And that most definitely includes one’s spiritual life.

“We certainly can’t prescribe a particular belief system, but we also certainly *can* state our belief that having a spiritual life, and at least being aware of the amazing things that happen way beyond any person’s control, or doing, is central to one’s overall well-being.

“The comment a reader made about never being able to get enough uplifting stories, reminded me of how all this came about. And that made the ‘lights come on in my head’ to realize that only out of that seeming obstacle—not being able to write in that area of the newsletter—came a column many people find very enjoyable! Good comes out of many things when we listen for guidance.”—*Kolleen Sunde*

Editor: We invite you to send your own stories of unexplained help, Forks in the Road, or other inspiring stories, for this column.



E-Mails, Mailbag & Phone Calls. . .



Infant’s Eczema ... — “J.W.” told us that his 10-month-old granddaughter breaks out in eczema at times. His daughter mixes the Clear Willard Water with the baby formula and gives it to the baby...the rash goes away. When she doesn’t use Willard Water in the formula, it comes back.

Ouch! — That’s got to be what “Cheryl” said when she burned her finger while putting wood in her wood-burning stove. But, she e-mailed us that “the burn stopped hurting in about an hour after applying Willard Water several times. It looks like it won’t scar at all.” Glad to hear it, but have to admit we’re not surprised, since we can’t even remember how many people have told us they’ve sprayed WW on burns and had no scarring.

Some things come in ‘threes’ as

they say ... that’s what we thought when we got this report from “H.B.” She told us she had gotten her niece to try Willard Water for some bad psoriasis for which she was supposed to start on a drug that would require a liver biopsy... apparently within about half a day it was getting better and she doesn’t think she will need to do the medicine now. Also, her husband hurt his toe when he was a kid and the toenail has never grown since. It has started to grow now! And her child who is 6, is always sick, but has been healthy since starting on the Willard Water. It seems to us that in this case, at least the “things coming in threes” were three GOOD things!



More Product Highlights & Updates from Charlie

Insect Bites; Growing A Monster Cabbage; Steak Knife Cut;
How to Be Well & Stay Well; Fighting Aging, and
Improving Short Term Memory — Now That's Quite a List!

A WORD FROM, AND ABOUT, SISTER MARMION HOWE —

Many of you would recognize the name Sister Marmion Howe, even though you may not remember where you heard her name. She was the Biology Professor interviewed by Harry Reasoner in CBS-TV's "60 Minutes" program on Willard Water back in 1980. She also was the connection to the Benedictine Sisters at St. Martin's Academy that resulted in the Sisters there making such use of Willard Water... in their gardens and elsewhere.

We can't begin to tell you what a wonderful and amazing and accomplished person Sister Marmion Howe is. We got to know her when we lived in Rapid City, and have maintained contact with her since moving to the Fargo area, but not nearly as much contact as we'd like. We are pleased to report that she continues in good health and is still traveling and presenting at professional seminars around the country.

She included a little sticky note in our Christmas card this year that read:

"Willard Water is good on mosquito bites — reduces swelling and the pain— does not cure the bite — just feels good while healing."

We appreciated your input, Sister Marmion! And we had to smile to see, as always, your comments are in keeping with your professional background... never over-stating its merits, but happy to tell it like it is.

Sister Marmion has discussed many of Willard Water's benefits with us over the years, and we salute her for her conscientiousness in discussing it as the scientist that she is... honestly stating what she knows to be true, and never exaggerating.

Just thought many of you would like hearing anything Sister Marmion had to say.

**A WORD FROM THE CAB-
BAGE PATCH** — Speaking of the fact

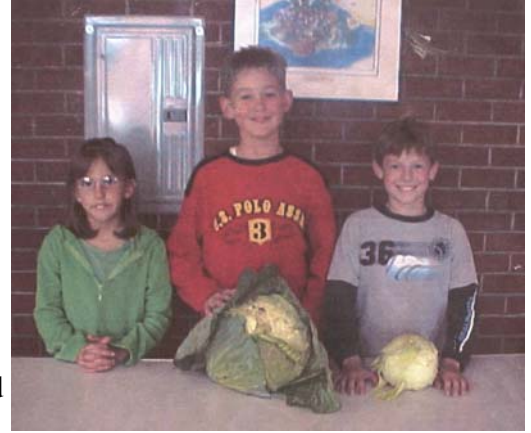
that the Sisters at St. Martin's made good use of Willard Water in their gardens, as have countless gardeners and farmers since that time, we received a report from "Wayne D." who is a long-time user of Willard Water about his son Jacob's use of it on his cabbage plant. Jacob was given the cabbage plant at the end of his 3rd-grade year last spring, to plant and bring back this fall.

Jacob's plant "sure didn't look good when he brought it home", Wayne told us, adding that "he would put it out during the day in the garage at night. Then it was planted and I used Willard Water to water it."

Wayne said "some of the students said their families ate their cabbage, some said worms ate theirs, some said deer ate theirs, so there weren't many cabbage heads for the picture"... but the picture Wayne enclosed certainly is worth a thousand words. It's probably obvious but Jacob is the one in the middle, with the VERY large cabbage—the one dwarfing the other cabbage!

"60 MINUTES" VIDEO — We mentioned the "60 Minutes" program that interviewed Sister Marmion Howe and showed the vegetable garden at St. Martin's Academy. There has never been a good quality copy of that program available, however, you can view the entire broadcast on Google. Here's the link to that replay of the "60 Minutes" program on Willard Water: <http://video.google.com/videoplay?docid=-1554935996026794049> We have to warn you, it isn't a high quality video of it either, but it IS a way to see the original broadcast.

Keep in mind, shortly after that program aired, Dr. Willard and his family had their first manufacturing facility completed, and now they are in a newer facility. It's all manufactured in an FDA-approved setting — nothing like



the old truck repair shop filmed by the "60 Minutes" crew!

A WORD ABOUT STABBING ONESELF WITH A STEAK KNIFE!

— Can't resist reprinting a note from another user of Willard Water about the healing of a pretty bad cut. I'll let "Roger" tell you in his own words:

"Hi Charlie, As you know I have been a great proponent of Willard Water, but I had another incident happen to me where I believe it worked wonders for me.

"Last Friday afternoon I was undoing some outdoor Christmas decorations and was using a sharp pointed steak knife to cut through some binding with one hand while holding it with my other hand, well I am sure you can figure out what happened, as I was slicing away the knife went through and I stuck the point of the knife straight into the palm of my hand and it was deep and bled a lot.

"It took me about 15 minutes of hard compression to get it to stop bleeding; at that point I just wrapped it with tight gauze and did nothing else with it. It hurt some but seemed to be OK, well by Saturday afternoon my wrist and hand and fingers began to ache and swell, and by about 10 pm I couldn't clutch my fist because of the swelling.

"My plan was to wait it out overnight and go to a walk-in clinic on Sun-

day morning.

“Before I went to bed I got the bright idea of soaking my hand in a strong solution of Willard Water. I took the gauze off and heated up the Willard Water and soaked my hand in it for about 15 minutes, wrapped it back up and went to bed.

“I thought it was going to ache a lot and keep me awake all night but I fell asleep and woke up in the morning with the swelling gone and I could move my fingers easily and the pain was gone. I was so sure that I would have to go to the clinic and get medication; I could hardly believe it was gone.

“I believe that the Willard Water soaking helped my problem, because that was the only thing I used to treat it, no other antibiotic or pain killers whatsoever. It is now Monday and my hand is perfect. Just though I would share this incident with you and it makes me an even stronger advocate of Willard Water.”

We’re certainly glad to hear you got through all that so well, Roger! Also appreciate your letting us in on all those details.

One thing I apparently never told you is that a lot of people have said Willard Water has helped stop bleeding. So, if you ever again cut yourself or have a lot of bleeding, you might just try pouring a lot of Willard Water on it to see if it might help stop the bleeding. Although, you certainly did the right thing by using compression on it—that’s always the thing to do for bleeding.

Just glad you’re okay!

A WORD ABOUT NEW YEAR’S RESOLUTIONS TO GET OR STAY HEALTHY — This is the time of year when thousands of people have decided to lead a healthier lifestyle in the new year.

With that in mind, many of our customers ask us what products we use ourselves, and also which ones we think should top just about anyone’s list of items that might help people get, or stay, healthy.

For some of you this may read like “same song, 100th verse”!, but I have to say, my opinion this year isn’t much different than its been for the last 25 years. That’s because even after all these years,

my wife, Kolleen, and I still regard Willard Water as the first thing we’d try for about any problem. Not only is it about the least expensive of any health product we know of, it also seems to have about the widest range of reported benefits. Likely because of all it does to just help the body get into balance and to function like the body is supposed to.

Following Willard Water, we’d have to list Colostrum. Given Colostrum’s apparent ability to boost one’s own immune system, and the far-ranging benefits of that, it’s obvious why it remains as one of our staples. We have **Liquid Colostrums** (Item Nos. H-1 and H-2); **Colostrum Capsules** (Item H-5), **bulk powder Colostrum** (Item H-6) and **Transfer Factor** (one of the key ingredients in colostrum) in capsules (Item H-10).

And, after Willard Water and Colostrum, our list of “top products” would likely echo what nearly every expert we read has to say. Big Note here: WE are NOT experts! But, the experts we read say the same thing we believe ourselves with regard to the following products being pretty critical to everyone’s health:

- ◆ **Omega 3 Fish Oil or Flaxseed Oil** (Item J-39 & J-77, respectively)
- ◆ **CoQ10** (Item J-13 or J-23)
- ◆ **Probiotic & Prebiotic** — Item J-61 **L-Salivarius** contains both a probiotic and prebiotic, and Item JF-4 **Jarro-Dophilus EPS** contains probiotics
- ◆ **B-Vitamins** — Our Item J-2 Activated B Complex is a premium performer for an overall combination of B vitamins
- ◆ **A Multi-Vitamin/Mineral** supplement — don’t think you can find a better one than our Item J-56 **Multi-Vim**. However, if you don’t want iron in your supplement, you won’t want this one, so we want you to know that.
- ◆ **Progesterone Cream** makes this list, since it is just so important for both men and women, whether they know it or not. Our Progesterone is available in a Pump (Item HP-1P) or in a jar (Item HP-J).

The more we read, the more we’re convinced that John Lee, M.D. was absolutely correct in his conclusion that most women’s menopausal problems,

and many other women’s health problems, are the result of the imbalance between progesterone and estrogen which are caused by the culture in which we live. We ALL end up taking in excess estrogen if we eat meat and dairy products, and also simply by breathing the air polluted with chemicals that turn into estrogen in our bodies. This excess estrogen causes havoc in our bodies because we don’t have the appropriate balance then with progesterone in our bodies. The solution seems to be to supply our body with adequate progesterone to bring that hormonal combination back into balance.

And, for those of us who are in or entering the later decades of our lives, we think **Resveratrol** (Item JF-2) and **Vinpocetine** (Item JF-3) hold some real benefits.

Resveratrol is the key ingredient from wine that is believed to hold various **anti-aging type properties**.

Vinpocetine has been said to have benefits for **short term memory improvement**.

Kolleen and I have been taking Resveratrol and Vinpocetine for several months now, and we’ve noticed some improvements in our overall energy and feeling of wellness, and certainly in our short term memories. If we are any kind of decent guinea pigs, then perhaps our experience combined with the various more impressive research on these two products, would indicate to you that maybe you should give them a try, if you’d like to fight aging and improve your short term memory.

All this brings me back to a point I try to make often, but often fail to do so. Kolleen and I take ALL our supplements with Willard Water, and we drink additional amounts of Willard Water throughout the day. Since Willard Water has been known to increase one’s absorption of nutrients, we believe that any supplements we take are performing even better due to our Willard Water use. So, keep that in mind when you read about our experiences with any supplements — our perceived benefits are very likely increased by the Willard Water, so you may want to also use Willard Water when trying any of the others.

Best wishes to all of you for ‘08! ♦