

Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.willardswater.com ♦ January, 2009

Look Younger, Have Fewer Wrinkles & More!

In pursuit of beautiful skin, most people are said to reach for sunscreens, lotions, creams, moisturizers, etc. They certainly can be important for one's skin. However, according to Joy Bauer, MS, RD, CDN, "beautiful, healthy skin starts with what goes into your body, not what you rub on it. Research shows that good nutrition may reduce the effects of sun damage... minimize redness and wrinkling... and even protect against some skin cancers. Bauer is a nutritionist/dietician in New York City. She is the nutrition expert for the Today Show and the nutritionist for the New York City Ballet, the American Ballet Theatre and several Olympic athletes. She also wrote the best seller "Joy Bauer's Food Cures: Treat Common Health Concerns, Look Younger & Live Longer" published by Rodale. Her article, published by BottomLineSecrets.com gives several tips for achieving that always desired beautiful skin.

The First Step, Bauer says, is **HYDRATE**. She explains that "the single most important nutritional factor for keeping skin healthy is water. Staying hydrated keeps cells plump, making skin look firmer and clearer. When cells are dehydrated, they shrivel and can make your skin look wrinkled. Think of it this way — when you dehydrate a juicy grape, you get a raisin. In addition, water transports nutrients into skin cells and helps flush toxins out of the body." She says to drink whenever you're thirsty, but we've read advice from many natural health experts suggesting to drink even if you aren't thirsty, since some say by the time we actually feel thirsty, dehydration is well underway.

Perhaps the hydrating aspects of **Real Willard's Water (RWW)** is one of the reasons for all the glowing reports we've received over the years from people telling us how much nicer their skin is since they started drinking RWW, or using **skin products** made from it (**Item Nos. R-101, R-102, R-103**, or started misting their faces with the mixed-up-RWW.

The Next Step is "**SKIN-HEALTHY FOODS**" according to Bauer. She says among the best nutrients for the skin are:

Beta-carotene, antioxidant that converts to **Vitamin A** after being ingested. Vitamin A is used for skin tissue growth and repair. Beta-carotene rich foods include orange carrots, sweet potatoes and tomatoes... green arugula, asparagus and spinach.. And such fruits as cherries, grapefruit, mangoes and watermelon. Our **Vitamin A** is **Item No. J-16**.

Omega-3 Fatty Acids, which are healthful fats that are important building blocks of the membranes that make up cell walls, allowing water and nutrients to enter and keep out waste and toxins. Omega-3 rich foods: wild salmon; mackerel (not king mackerel due to too much mercury); anchovies, herring and sardines. Also flaxseed, soybeans and walnuts. Bauer suggests if you can't get eat enough omega-3 foods daily, consider taking supplements of fish oil providing 1,000 mg of combined EPA and DHA per day. Our Omega-3 from fish oil is **Item No. J-39 "EPA"**; our **Flaxseed Oil Capsules** is **Item J-77**.

Selenium, a mineral with antioxidant activity thought to help skin elasticity (which means skin will look younger longer) and prevent sun-related skin damage and cancers. Selenium rich foods recommended by Bauer: canned light tuna (less mercury than canned albacore or white tuna), crab, tilapia... whole wheat bread and pasta... lean beef...chicken and turkey (breast meat is lowest in fat). Our Selenium is Item No. J-114. Remember, if there's a personal or family history of squamous cell skin cancer selenium in supplement form may increase the risk of that disease for those people. Selenium from food is okay for such people.

Vitamin C is an antioxidant that helps build collagen and elastin, and also protects against free radicals when the skin is exposed to sunlight. Vitamin C-rich foods: citrus fruits, cantaloupe, pineapple, strawberries, watermelon, Brussels sprouts, broccoli, and more. Our **Vitamin C** is **Item No. J-68** or **J-69**.

Zinc is a mineral that helps maintain collagen. Zinc deficiencies can lead to skin redness and lesions. Zinc-rich foods: chicken or turkey breast, crab, lean beef, pork tenderloin, peanuts and peanut butter, and fat-free dairy (cheese, milk, and yogurt). Bauer suggests "wise for everyone: a daily multivitamin that contains 100% of the daily value for vitamins A, C, E and zinc and not more than 70 mcg of selenium. Our **Multi-Vim** is **Item J-56**, and our **Zinc** is **Item J-96**.

The Next Step: WHAT TO AVOID: Sugar, white flour, dairy foods, cigarette smoke, including second-hand smoke, according to Bauer.

Editor: Given the importance Bauer notes of hydration, and RWW being widely recognized as a superior hydrator, and the importance of nutrition cited by Bauer, with RWW recognized as excelling in getting nutrients into the cells and toxins out, is it any surprise people for decades have said their skin improves when drinking RWW? ♦

Your Friends' Friends' Friends May Impact YOU!

Who knew? A study conducted by researchers at Harvard Medical School and the University of California at San Diego, found happiness spreads by "three degrees". In layman's terms that means if you're happy, you can thank (at least to some extent) your friends, and their friends, and their *friends'* friends. No kidding. So one person's happiness can set off a chain reaction of happiness!

The study also determined that the effects could last for up to a year! The study was published in the British Medical Journal online version on December 4, 2008. Fortunately, it was found that sadness doesn't spread quite as far as happiness. The study reported that "On average, every happy friend increases your own chance of being happy by 9%. Each unhappy friend decreases it by 7%."

The researchers used data from the Framingham Heart Study to recreate a social network of close to 5,000 people whose happiness was measured for 20 years. Nicholas Christakis of Harvard Medical School and fellow study author James Fowler of UCSD observed social and family ties and analyzed the spread of happiness through this group.

Fowler noted the practical implications of taking responsibility for your own happiness because it seems to impact dozens of others. "The pursuit of happiness is not a solitary good. We are all connected, and so is our joy," Fowler said. We think that's worth remembering! ♦

Natural Remedies That May Help Sleep

“What can you think of that might help me sleep?” is a very common question we get from customers.

First off, remember we’re not health experts by any means, but we can pass along what we’ve read about some natural health products that many people say have helped them sleep. As always, pay attention to your body, and if you are having lot of trouble sleeping, we’d strongly suggest you see a health care provider you trust to try to find out why you’re not sleeping. Don’t ignore any signals from your body—including an inability to get a good night’s sleep!

That said, here’s our list of the items we’ve heard the most positive feedback on and read the most from actual experts on, for helping people sleep better:

◆ **Magnesium and Calcium.** Magnesium has often been referred to as “nature’s tranquilizer” for its calming effect on many people. When it and Calcium are taken together, they seem to boost each other’s effectiveness at helping one sleep. One suggestion we’ve seen is taking 200 mg of Magnesium and 600 mg of Calcium (or less Magnesium if that level causes diarrhea). Also, some natural health experts caution against taking calcium without magnesium, saying it may increase the risk of some heart problems, but those are cancelled out if you take them together. Our **Magnesium Citrate** is **J-54** and our **Calcium Citrate** is **J-25** plus we have **Coral Calcium** in **J-201** and

J-203.

◆ **Melatonin.** This is the hormone the body produces that controls sleep. We’ve seen articles suggesting that with the invention of electric lights, a good night’s sleep for many electric light users was diminished. That’s because the pineal gland produces melatonin when it gets dark. Some have suggested turning the lights off, or having lower lights on in the evening to allow the body to better produce this sleep hormone. Additionally, you can also supplement with **Melatonin.** Ours is **Item No. N-101** and **N-102.**

◆ **Valerian.** Numerous studies have reported that Valerian improves deep sleep, speed of falling asleep, and overall quality of sleep. However, it is said to work best over a longer period of time. And about 10% of people using it find that it energizes them—those people should take it during the day instead of before bed. We’ve seen suggestions of taking anywhere from 200 to 800 mg before bed. Many people have told us they find the Valerian seems to sort of “quiet their minds” so they quit thinking about all they have to do the next day, etc., and actually go to sleep! Our **Valerian** is **Item J-72.**

◆ **Real Willard’s Water.** One of the most common user reports we’ve heard since 1982 when we got involved with RWW, is that people sleep better after starting to drink it regularly. Perhaps bringing the body’s nutrition, etc. into balance has something to do with that. ♦

Cold Meds and Children’s Deaths

According to research published in *Pediatrics*, 2008; 122 (6):1413, more than 500 deaths each year are linked to children’s cough and cold medicine.

Before this research was done, it was believed only three or four deaths were associated with such medication, Jeffrey L. Chamberlain, M.D., a family doctor and co-founder of Honey Don’t Cough, in Grand Rapids, Michigan, said. “Deaths have been drastically underreported because when a child gets sick and dies, doctors assume that the death was solely related to the illness itself,” Dr. Chamberlain was quoted as saying. “Typically, no one thinks to check for toxic medications that could have contributed to the death.” Because of startling information like this, doctors are calling for government intervention, but according to them, the FDA has been slow to respond. It is currently undertaking a multi-year review of these medications. Although its own committee has recommended discontinuing the use of such medications in children under six years old, the FDA has refused to make a formal decision right now, per the article on the study.

Editor: Given the name of Chamberlain’s company we suspect he may have an interest in an alternative to cough medicine, but we believe the FDA’s own committee recommendation gives credence to the claims. ♦

Trivia & Tidbits . . .

1. What did Leo Tolstoy originally title his novel *War and Peace*?
2. Who was *Time* Magazine’s Man of the Year for 1952?
3. How many banks and trains did Jesse James rob?
4. What was the name of bodybuilder Charles Atlas’s son?
5. How many times in 12 years as President did Franklin Roosevelt use the veto?
6. What American politician coined the phrase “lunatic fringe”?
7. How tall is a baby giraffe at birth?
8. How much does the blue whale, the world’s largest mammal, weigh at birth?

AND THE ANSWER IS...

1. All’s Well That Ends Well.
2. Britain’s Queen Elizabeth II. It was her coronation year.
3. Banks: 12, Trains: 7.
4. Hercules. He grew up to become a math teacher.
5. 635—372 regular vetoes, 263 pocket vetoes.
6. Teddy Roosevelt in 1913 describing the reform groups that supported him.
7. About 6 feet.
8. Two tons. Full grown it will weigh as much as 150 tons.



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.

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PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

The Word's Getting Around...

Real Willard's Water's amazing uses just keep getting more and more attention. As of December 30, 2008, it started getting even more attention with the release of a fascinating book called "Healing Remedies" which, according to its cover, is filled with "more than 1,000 natural ways to relieve the symptoms of common ailments, from arthritis and allergies to diabetes, osteoporosis, and many others".

Written by well-established and respected health investigators and writers Joan Wilen and Lydia Wilen, it IS a fascinating read. Very hard to put it down. And very enjoyable to read—nothing "dry" about this book!

Joan and Lydia Wilen have been interviewed on *The Today Show*, *CBS This Morning*, and *Good Day New York*. Their "Healing Remedies" book is published by Ballantine Books Trade Paperback and is available in bookstores now. It's online at amazon.com and barnesandnoble.com and likely just about anywhere else that sells books! Retail for just \$16, but we have seen it sold for less than that with special offers some stores have available.

Here are just a few of the little-known health tips included in this book:

- ◆ For an energy boost, slap the inside of your elbows and back of your knees
- ◆ To tone your circulatory system and strengthen your heart, pretend to vigorously conduct an orchestra for 10 minutes a day
- ◆ Rubbing the inside of a banana peel on a fresh bruise will lessen pain, speed healing and reduce discoloration
- ◆ Practice "girth control" with Chinese acupressure. Between meals, whenever you feel hungry, clamp a clothespin on each earlobe for one minute, and it should quell your appetite.

Believe me, there's LOTS more where those came from... this new book.

Joan and Lydia Wilen, who are sisters, say in the section on Real Willard's Water which starts on page 297, that they first learned about it in 1980 when it was featured on CBS-TV's *60 Minutes* program. But, they say in their book, "Our interest in it has recently resurfaced. After doing more research, we have a better understanding of it, and the Real Willard Water is now part of our daily must-haves."

Coming from two people who, I'd venture to guess, know as much about natural health tips as any two people on this planet that's a pretty strong statement—a part of their "daily must-haves"!

I'm not kidding with my claim that these two women may know more health tips than any other two people on the planet. The tips in this new book of theirs not only include health tips regarding foods and nutrients, but also little tips that just make life easier... such as:

- ◆ To avoid streaks on your eyeglass lenses, clean them with a touch of distilled white vinegar or vodka.
- ◆ To cool off from a very hot day, or from being in a warm room that's making you feel faint, they suggest running cold tap water over the insides of your wrists, or if there are ice cubes around, rub them on your wrists. They say relief is almost immediate.

◆ To get rid of hiccups they have a number of suggestions, including gently inhaling a little pepper—enough to make you sneeze a couple of times. They say sneezing usually makes the hiccups disappear. And, to give you an idea of the humor with which this book is written, here's another of their hiccup-ending suggestions: "Lay a broom on the floor and jump over it six times. If you want to update this remedy, try jumping over a vacuum cleaner. For all your rich people, jump over your house-keeper."

- ◆ For those trying to increase the amount they walk and just move during the day, try these suggestions:
 1. When on a cordless or cell phone, walk around the room as you talk.
 2. Most TV commercials have music, so instead of channel surfing during the commercials, get up and dance to the music.
 3. When doing household chores, DON'T look for short cuts. Make separate trips when setting and clearing the table. Do the same for putting away the laundry. At the supermarket, don't be organized — buy one item at a time from the sections you frequent, and keep going back and forth, until you're walking to the check-out.

To be honest, there are LOTS of places in the book where, instead of what they suggested, my first thought was to just use Real Willard's Water, or some other product I know is used for that particular need, but it's such a helpful and fun book to read, I just had to pass this opportunity along! ♦

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It's used for address information
in the mailed version.



LIKE BEING CARRIED ABOVE THE RAIN-SOAKED HIGHWAY...

“My husband, of course, couldn't see why we should pull off to the shoulder and wait out the storm...even though that's what everyone else

seemed to be doing. Compounding my fear of the slippery road, was the blackness of that night—it just seemed like we were enclosed in total darkness, and the rain just kept getting worse.

“I was anxious to get home. But I wanted to be sure we got there in one piece, too. But, it was obvious he just wasn't going to give up. No matter what.

“So I decided to pray. I asked God to see us safely home, and if He was too busy to personally handle it, maybe He could send some angels to watch over us?...

“It wasn't long after that, I thought I 'saw' something out of the corner of my eye...very large, gray, 'beings/forms'. It seemed to me they had their arms (wings?) outstretched, beneath our car, and they were sort of holding it above the rain-soaked highway, just carrying it along. It reminded me of how the “stork” carries

the baby in a bundle—it was like we were held in a bundle (made out of their 'arms'), safe above the road. I wondered if I was out of my mind, hallucinating, or what. I'd never seen such a thing before, and had never thought of angels as being large gray forms. So I asked for a 'sign' if there really was someone, or something, helping us along.

“Right after that, the radio that had been nothing but static came through loud and clear, with a beautiful gospel song. 'Angel Band'... the lyrics talking of a band of angels 'carrying me home'. I couldn't believe it! I'd never heard that song before, and was amazed when a friend later told me that it was an 'old gospel standard'...

“I can tell you this, it certainly wasn't a 'standard' at the radio station that 'happened' to play it at that moment...the station turned out to be a hard rock station, with a disc jockey who sounded sort of confused when he said he guessed he'd included some unusual variety that night. I wonder if he ever knew why he'd done that?” — *Reprinted from April 1999 Possibilities*

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



E-Mails, Mailbag & Phone Calls. . .



Cold Hands and Feet —

“P.W.” was a friend who seemed very healthy. Played tennis all the time, never sick, etc. We tried to get him to use “the water” (Real Willard's Water) but he wouldn't because he said he was healthy so he didn't need it. But he finally said he'd try it just to make us stop asking. After a couple of weeks he told us he couldn't believe it— “my hands and feet aren't cold any more, and I'm going to sleep almost as soon as I hit the pillow and staying asleep until my alarm clock goes off in the morning.” Turned out he'd always thought everyone always had cold hands and feet because he always had, even as a kid, and his parents also had cold hands and feet. So he thought it was “normal”. Also had always thought it was “normal” to take a couple hours to go to sleep, wake up with the slightest provocation, and also wake up a couple hours before needing to

get up. All that changed when he added “the water” to his daily routine. He said he was glad he wasn't “normal” any more—at least not that kind of normal!

Certainly Proved His Point — “C.M.” from Hawaii used to sell Real Willard's Water from us out of his health food store. Sold the Aqua Gel too. In fact, he said that gel “made believers” out of people in “the water itself”. And tourists came to believe in the Aqua Gel because he used to go down to the beach and offer some of it to the sunburned tourists... only catch was, he'd only put it on ONE of their arms! He said they all always showed up at his store the next day to buy it, so they could get that same relief on their other arm, and everywhere else they were sunburned! Like we said, he did prove his point, but we also have to say we feel sorry for those tourists, but glad for them in the end since they did get relief! ♣



More Product Highlights & Updates from Charlie

Why Not Bounce From One Thing to Another... One Interesting & Helpful Report To Another!

The article on the front page of this issue of "Possibilities" that talks about how happiness spreads by "three degrees"... from your friends' friends' friends to you... came to mind when a long-time user of our **Easy-Flex** (Item No. J-38) and our **MSM-Glucosamine** (Item J-98) products, told us about her recent return to using those products. She came back to them because a friend of hers was prompted to tell her that she (the friend) had experienced great results in reducing her shoulder pains when she began taking 3,000 mg per day of MSM after hearing actor James Coburn rave about what MSM had done for him.

According to the various articles we found via our "Google" search for "James Coburn and MSM", it seems he said he had suffered with rheumatoid arthritis for 23 years, but was quickly relieved of the pain when he got to using the MSM. He even said it was what gave him back his career... the pain had gotten so bad he simply hadn't been able to work for a number of years..

Well, all that information resulted in this long-time user getting back on the two products she'd always felt gave the Real Willard's Water (RWW) that she never stopped using "an extra boost", making her arthritis problems even less of a problem than with just the RWW itself. She said she really shouldn't complain because she was doing pretty well, but when she added the Easy-Flex and MSM-Glucosamine back into her daily routine, "it really did make a big difference—like that final push that puts you over the top". She said any sort of feeling of even an underlying discomfort was erased. She's one happy lady! Also happy because she believes, understandably, that if she can feel the improvement now, it will likely mean a far slower development of the additional arthritis problems she'd always been told by her doctors to "expect". In fact, she ~~says she even now dares to hope that she~~

just may not develop those far-worsening symptoms of arthritis at all, or at least not for a much longer time. No way to know, but one thing's for sure... it sure didn't hurt to get back on her old favorites!

To clarify, **MSM** is a source of sulfur the body needs for various functions. Has been linked to helping people reduce various allergy problems, joint stiffness, and many other problems, due, at least in part, it is said to its ability to help nutrients get into cells better, and wastes to be removed from those cells better—sounds like one of the Real Willard's Water's benefits, doesn't it? Anyway, we know a lot of our customers would NOT give up their MSM "for anything".

We offer it, as noted in **Item No. J-98 MSM-Glucosamine**, and also in **Item J-92 MSM 1000 mg. capsules**, and **J-99 Bulk MSM crystals**.

Regarding **Easy-Flex**—it's a very impressive "combination product"... 2 capsules contain: Shark Cartilage 800 mg; Green Sea Mussel 250 mg; White Willow Bark 140 mg; Royal Jelly 70 mg; L Histidine 10 mg; plus Glucosamine Sulfate 250 mg (Glucosamine Sulfate is from shrimp, so if a person has shrimp, or possibly any shellfish allergies, consider this an allergy alert).

The Easy-Flex Label also says the product "is to help prevent joint stiffness as well as promote healing in the joint. It says shark cartilage is known as a powerful anti-inflammatory agent; Green Sea Mussel and Royal Jelly are known to provide protective support for joints, cells, and fibers; L-Histidine is an amino acid famous for its ability to reduce inflammation, and White Willow Bark is a natural source of aspirin."

From the above customer's report of arthritis type pains, to another's report regarding pain from a **whiplash** injury and **fibromyalgia** ... "S.T." called in here one day and talked to my wife, Kolleen. S.T. wanted to "hear it from the

horse's mouth", so to speak (No Offense, Kolleen!), so was asking Kolleen about her experience with pain relief and **Real Willard's Water**, after reading of Kolleen's experience in our little "newspaper" on RWW. She was wondering exactly how Kolleen had used the RWW topically on her very painful neck. Kolleen told her she had simply put the washcloth I'd soaked with the RWW on her neck, the pain went away, which led to Kolleen finally starting to drink the RWW, getting even greater relief, and "the rest is history" as they say.

Well... not too long later, "S.T." called Kolleen back to say the pain in S.T.'s neck was so dramatically reduced from placing an RWW-soaked washcloth on it that she had then moved the RWW-washcloth further down to where the pain was even greater—in her shoulder. She "couldn't believe" the amount of relief she got from that! So, she was calling to tell Kolleen she now wanted to go soak in the tub with RWW in it and wondered how to do that. Kolleen told her people usually put about two cups of their "mixed-up gallon of RWW in a tub"... that means of the 1-oz-to-one-gallon of water mixture. If you used the concentrate in the tub, you could put about a teaspoon of concentrate in. You can always do more than these amounts for soaking, but people have told us they got relief doing these amounts.

Most people find it easier, quicker, and more convenient to use the **Aqua Gel** (Item AG-4) or **Chinota Gel** (Items HG-4 or HG-8) for topical applications, but there is something nice about "soaking in a tub". I guess when time allows, throw some RWW in the tub, but when you're "on the run", or want the relief that won't run off or evaporate like the liquid RWW, use the Gels—that's what they were designed for!

From that, how about "P.M." telling us of her experience in **reduced need for oxygen**? She told us she previously

had to use oxygen at high elevations but “after using RWW no longer needed the oxygen”. Also, before RWW, she had trouble breathing but her doctor (who is also her son) listened to her lungs “after RWW” and could not hear anything wrong. After going on the Dark RWW, she started coughing up stuff and now breathes just fine!

Except for the reduced need for oxygen, that report reminds me a lot of Kolleen’s first health improvements “after RWW”... she also had doctors tell her how clear her lungs sounded “after RWW”, whereas before that they always refused to believe she wasn’t a smoker—always said it sounded like she had emphysema, but not “after”! Kolleen also had coughed up a lot of “stuff” after getting on RWW—but she said, unlike the numerous bouts of bronchitis she’d been suffering through numerous times every year before RWW, this time the coughing didn’t hurt—it felt good, and it was productive. She was getting rid of the “junk” that had apparently been “collecting” for years in her lungs... no wonder all those doctors said she sounded like she had emphysema!

And on to relief from **hand pain** due to **heavy computer/data entry work**. “S.M.” sent us an e-mail saying, “I do very heavy data entry along with the rest of my team at work. We swear by the Chinota Gel to keep our hands from hurting so badly. Now my team members are taking it home to their families. They’re sold on it.”

I have to say we’ve received reports of **Chinota Gel** (Item HG-4 and Item HG-8) relieving everything from **stiff joints, muscle pain, muscle spasms, arthritis pain, fibromyalgia pain, migraine headaches, carpal tunnel syndrome**, and even a **toothache(!)**, but this is the first we’ve heard of it being used by a “team” of computer entry people. Her comments do make me wonder if it’s **carpal tunnel** type pain. Which brings another point to mind.

A chiropractor we’ve known for years and years once told us “you cannot have carpal tunnel syndrome if you don’t first have a B-6 deficiency”. Every person we’ve told about this who was battling carpal tunnel syndrome HAS found relief (and many have said they simply

had the problem go away) when they used our **Activated Vitamin B-6** (Item No. J-1). Some have even found that after a while they can switch to just the **Activated B-Complex** (Item J-2), and not have the carpal tunnel symptoms and problems return.

“Activated” in these two products means they are already converted to the substance one’s body has to convert “normal” supplements of B Vitamins to, in order to use them. So they may appear to be sort of “low” doses, however, they’re not, since they are the actual substance being used by the body—not the one that is going to be broken down and converted before use.

And... how about eliminating **bags** and or **puffiness under your eyes**? Or just reducing the **fine lines and wrinkles** we all seem to get “sooner or later”? We hear rave reports on our **Premier Eye Gel** that contains Real Willard’s Water all the time for “all of the above” reasons (Item R-102). One of the most recent little comments on it came from a different “S.M.”. This one asked “Do you have any other cosmetics or body lotion in your line? I love the eye gel...I am 51 and I really see a difference. Thanks!”

Well, yes we do have a couple others... also with Real Willard’s Water in them along with a bunch of other “good things”. R-101 is our **Skin Restorer Moisturizer** and R-102 is our **Over-night Conditioning Cream**. We’ve had reports from users telling us these products have done everything from making their skin look younger, to “evening” out their complexions, to just making their skin “softer” and “glowing”.

And, of course, if you want to talk about reports of skin benefits... in terms of eliminating such skin problems as acne, eczema, psoriasis, rashes, dermatitis, sunburn, burns, etc. etc. etc., we’d have to say we’ve had so many reports on Real Willard’s Water and “all of the above” that we just regard them as “ordinary/common/not surprising”. But, given the difficulties those problems have often been creating for the people who then got help for them with RWW, there’s nothing “ho-hum” about it to them. And we don’t mean it’s not important, it’s just that it’s a very common

report.

On to some very large dogs, with some very tough “skin” problems of their own. “C.H.” called in and said he’d been told by another customer of ours to try some Real Willard’s Water on his very large dogs. They’re Mastiff crosses, so you know he “ain’t kiddin” about the “very large” part!

Anyway, he said the dogs had had “little pimples on their pads” for some time and he’d “tried everything” but found no help. In fact, he said, “they couldn’t even identify what the problem was”. He put the dogs on RWW and the problem “pimples” were gone.

We don’t like to “toot our own horns” so we almost never publish some of the nice comments and thanks that we receive from our very nice customers. But, we got to thinking that such comments might help some people who haven’t “known us” for so long, to get a “feel” for what this company is like. So I thought we’d pass along a few of the comments that have come in just recently.

“K.L.” phoned to wish us all a Merry Christmas and a Happy New Year, adding that she really enjoys our newsletter and finds it very inspiring and “close to being a ministry”. Thanks, K.L., for that day brightener!

“M.A.B.” sent us a copy of her very interesting Christmas letter which she sent to all those on her “Christmas card list”. We were touched to be included, and even more touched by this handwritten note at the end of it: “News from part of your large extended family! You make a large difference to many people in many places! God bless you all!” And God bless you, M.A.B., for including us in your extended family!

Finally, “S.T.” told us in a recent e-mail that “I have been ordering from you for I’m guessing, about 5 or 6 years and I just thought it was time to send you a note of thanks...I just can’t thank you enough for all you do and more importantly for who you are... thanks for letting me be a part of your experience there... I’m truly blessed to have you as friends...”

Believe us, the feeling’s mutual, S.T. and the blessing is ours! 