

Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.willardswater.com ♦ Jan/Feb 2011

Why Are So Many People So Enthused About Colostrum? Brief Review Of Published Reports & Assorted Reported Benefits Clarify It!

Published reports put at "over 4,000" the number of scientific studies conducted at universities and research centers around the world that have been published on Colostrum.

What is Colostrum?

It's nature's perfectly designed "first food". It's the very special fluid produced and provided by every mammal for her newborn immediately after giving birth. It's not to be confused with milk. . . it precedes the milk production.

The immune factors and nutrients contained in the colostrum are said to insure not only the newborn's resistance to disease, but also proper vitality and growth. With its incredible array of immunoglobulins, growth factors, antimicrobial proteins and carbohydrates, colostrum has been found to be beneficial for adults as well as infants.

In humans, the colostrum received (if the mother is nursing her child) is simply a "plus", since humans acquire immunity while still in the womb. But animals, such as baby calves, lambs, fawns, etc. receive no such immunity in the womb, and livestock people will tell you if those newborn animals don't get that colostrum after birth, they probably will not survive. (Don't worry, the dairy cows from which our colostrum comes, always give the baby calf all that it needs before that cow's colostrum is collected for these products. Dairy cows produce far more colostrum than is needed for their calf/calves.)

What makes Colostrum such a "special fluid"?

Nature has filled it with the most needed nutrients and the many immune factors which provide protection against every disease organism to which the mother has been exposed. And, in addition to the large number of different factors which have been identified in colostrum, researchers are confident there are many

more that haven't yet been identified, since there are apparent benefits from colostrum which to our knowledge have not yet been explained by any of the "ingredients" identified to date... the various immunoglobulins and antibodies.

It's easy to understand why colostrum would be helpful in fighting diseases, since there are antibodies contained in it against specific diseases. However, the most recent research confirms what some experts have long speculated -- that these specific antibodies are important, but some of the other factors probably have a much greater effect.

Research indicates colostrum has a direct effect on the immune system (enhancing one's own immune system). Examples of diseases brought on by immune system malfunctions include lupus, multiple sclerosis, allergies and rheumatoid arthritis. Research indicates the growth factors in colostrum help to promote cell growth, healing, tissue repair and assistance in normalizing the body's everyday functions.

As stated previously, thousands of studies have been published on colostrum, and some of the findings include reports of colostrum's benefits for:

- ♦ Food Allergies
- ♦ Skin Diseases
- ♦ Asthma
- ♦ Yeast Infections
- ♦ Respiratory Infections
- ♦ Tissue Repair & Wound Healing
- ♦ Fibromyalgia
- ♦ Chronic Fatigue
- ♦ Depression
- ♦ Energy, Vitality & Stamina
- ♦ Protection Against Chronic Diseases, Including Heart Disease, Strokes
- ♦ Increased Strength & Building Lean Muscle
- ♦ Decreasing Body Fat
- ♦ Slowing Premature Aging

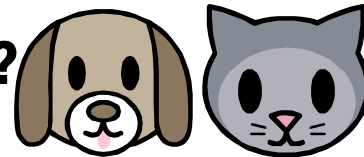
- ♦ Intestinal Health and Irritable Bowel/ Diarrhea
- ♦ Stomach Ulcers
- ... to name a few.(!)

Why is dairy cow colostrum used?

Because not only are there ample supplies of it, but more importantly, it's been found to be "non-species specific", meaning it works in animals other than dairy cows. In fact, studies have found dairy cow colostrum to be more potent than human colostrum (perhaps because humans are not totally dependent on it, since they acquire immunity while still in the womb). But, a very key element in determining the quality of the colostrum is how long after having the calf, the colostrum was collected. Ours comes only from the first day collections (from within the first 24 hours after calving). That's very important, since this liquid becomes more and more milk, and less and less colostrum, as the hours pass. Some colostrum on the market is collected 3 or 4 days after calving, and that simply cannot be as beneficial (in fact, that long after, we wouldn't even call it colostrum!).

Another important element in determining quality is the type of processing it goes through. Any colostrum contained in capsules or tablets has had to be dried first, and it's essential that the drying be by low heat (like ours), in order to retain all the benefits within the colostrum. In the case of our liquid colostrum -- **Alpha Whey III** (Alpha for "First" and "Whey" for "Milk" = "First Milk", an old-fashioned term for Colostrum, and **not** an indication that the product is milk rather than colostrum--it's the finest colostrum you'll find anywhere!) there is **no** heat used in the processing of this product which is one of the ways in which it is superior to any powdered colostrum (even our own capsules and powder!) Though, we must add that our **Capsules (J-H5)** and **Powder (H-6)** are indeed the best we have been able to find on the market in non-liquid form. And they both get great reviews from users, too! ♦

What One Thing Could Have ALL These Benefits?



It's hard to imagine a "magic pill or potion" that could offer all the health benefits **this ONE "thing" has been found to do:**

- ◆ Lower risk of **Cardiovascular Disease** Reduce Risk of **Heart Attack**, AND **Increase Survival Rates** after Heart Attack by **FIVE TIMES**
- ◆ Improve **Immune Function**
- ◆ Decrease Chance of Developing **Allergies**
- ◆ Help Prevent **Asthma** in Children
- ◆ Reduce **Blood Pressure**
- ◆ Lower **Triglycerides**
- ◆ Lower **Cholesterol**
- ◆ Reduce Risk of **Stroke**
- ◆ Reduce **Stress**
- ◆ Reduce **Anxiety**
- ◆ **Improve Your Mood**
- ◆ Help with **Depression**
- ◆ Help with **Autism**
- ◆ Reduce **Loneliness**
- ◆ **Fewer Health Care Visits**
- ◆ Result in **Living Longer**

Can you guess what this magic pill or potion might be? It's not a pill or a potion. It's **owning a cat**. And actually, having reviewed a number of articles on health benefits of **cats, dogs, and pets of various kinds**, it seems they all have **pretty similar benefits**. Given the above list of Cat benefits, we were astonished to find an article on a study conducted in the United Kingdom that concluded having a pet Dog improves your physical and mental well-being **more than having a Cat!** Given the list of Cat Benefits, that's quite a finding! The UK study concluding dogs had more benefits than cats, found that **dog ownership can**

- ◆ **prevent people from getting ill,**
- ◆ **recover more quickly** when they do get ill, and
- ◆ **give warning of early signs of cancer, seizures and hypoglycemia.**

It also cited studies that found benefits of dogs for **disabled people, for sick children** undergoing painful treatments, and for people with **schizophrenia** being calmer and feeling more motivated. However, some of these benefits also seem to be alluded to in the list of benefits found for Cat owners.

A lot of studies pointed to the health benefits simply of Pets... and offered very similar listings. One very interesting study of stockbrokers who had **hypertension** found that just owning a pet reduced their blood pressure... numerous studies have found that **stroking** a pet can reduce blood pressure as much or more than blood pressure medications, but this was seemingly the first study to find that simply **owning the pet reduced blood pressure, even if they weren't stroking the pet**. Also, another study found that **ACE inhibitor drugs are quite effective at lowering blood pressure, but NOT as effective at controlling SPIKES in blood pressure** from stress and tension as having a pet **is**. **Pets also provide comfort and unconditional love**, and dogs seem to increase a person's **social contacts**... people walking dogs had more conversations with others than those walking without dogs.

And the old fear that families can't have pets because of possible **allergy and asthma** problems apparently shouldn't be regarded as infallible. Studies have found that homes with furry pets see fewer allergies develop in the children in those homes than in homes

without furry pets. The same is true for developing asthma. Pets actually **reduce** the likelihood of children developing **asthma**.

The list goes on.

We'd feel irresponsible if we didn't mention that we (laypeople that we are) believe anyone with a pet should seriously consider giving them Real Willard's Water ("RWW"), all the time. The reports from users that we've received over the years on benefits to dogs, cats, birds, fish, horses, pigs, cattle, and on and on and on, from RWW are far too numerous to mention. You can check out the story that appeared in **"Whole Dog Journal"** regarding RWW on our website--click on Information and then look at the list of articles on Willard's Water in the left-hand margin...you will find it at the bottom of that list. It was written by C.J. Puotinen, author of the great book **Encyclopedia of Natural Pet Care**, which we don't sell but which you can find online we're sure, or in just about any book store. Pet owners love it.

If you're frustrated that you "can't get anyone to listen to you" about how great RWW is, tell them some of the stories on RWW and animals... most people find animals to be very credible and reliable... so if **animals** respond favorably to something they often believe it, and **don't** think it was "just in the animal's head"! Add the fact RWW also benefits plants and it gets harder for anyone to argue it's just in the plant's, or the dog's, cat's, pig's, head etc. Plants and animals can really "make believers in Willard's Water" in many people!



Trivia & Tidbits . . .

1. When did the world's 1st daily newspaper begin publishing?
2. Queen Elizabeth I died in 1603. What were her last words?
3. What do the letters Z, I, and P stand for in zip codes?
4. What is arachibutyrophobia?
5. What American President had dogs named Drunkard, Tipler, and Topsy?
6. What temperature do honey bees maintain in their hives year-round?
7. How many times its own body weight can a worker ant carry? What gender are they?
8. How many of 5,000 pennies tossed in the air did Annie Oakley hit with her rifle?

AND THE ANSWER IS...

1. 59 B.C. — the government-controlled Action Journal Julius Caesar had posted in Rome.
2. "All my possessions for one moment of time."
3. Zone Improvement Plan.
4. Fear of peanut butter sticking to the roof of the mouth.
5. George Washington. They were foxhounds.
6. An even 94 degrees Fahrenheit.
7. Up to 50 times its weight. They are always female.
8. 4,777, or an average of 96 percent.

ON "THE WEB"!

www.willardswater.com

Or

www.nutritioncoalition.com

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.

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PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

Maligned Food Cuts Heart Attack Risk 50%

Somewhere my Dad is smiling! I read an article recently by Dr. Joseph Mercola which cited a whole lot of information on the benefits of eating butter, and not eating margarine.

My Dad was a life-long Iowa farmer. And he knew from the time margarine arrived on the scene that it could not be worth eating. He was adamant that it was bad, and butter was good regardless of what the consensus of “those in the know” was at that time.

Have to admit, I always thought some of his convictions on this might be due to his vested interest as a dairy farmer in a dairy product like butter. And maybe it was “reinforced” by that interest. But whatever, the Mercola article certainly made it clear that Dad was right—whatever his reasoning.

Mercola’s article mentions a study that found men who ate butter instead of margarine ran half the risk of developing heart disease... perhaps due to the fact that margarine contains trans fats which have been linked to heart disease and many other health problems... like cancer, bone problems, hormonal imbalance and skin disease, infertility, difficulties in pregnancy and problems with lactation and nursing, as well as low birth weight, growth problems and learning disabilities in children. What a list.

In addition to not having trans fats, butter does contain beneficial vitamins, minerals, the good fatty acids (short-and medium-chain fatty acids), along with the perfect balance of omega-3 and omega-6 fatty acids.

Butter also contains Conjugated Linoleic Acid (CLA) a compound that helps protect against cancer, AND helps the body build muscle rather than store fat. It also contains a category of fatty acids called Glycosphingolipids which help protect against gastrointestinal infections, especially in the very young and elderly. Another interesting fact along this line is that children given reduced-fat milk

have higher rates of diarrhea than children who drink whole milk.

Butter also contains cholesterol, which the article pointed out is essential for health, contrary to the “bad name” all cholesterol has been given. In fact, cholesterol is needed for intestinal health, and brain and nervous system development in the young.

Finally, **raw** butter and **cream** also contain a hormone-like substance called the Wulzen Factor. This substance prevents arthritis and joint stiffness as it ensures that calcium gets into your bones and not into joints and other tissues. The Wulzen Factor is destroyed by pasteurization, hence this ingredient is only present in raw butter and cream.

Contrary to butter, margarine contains some very nasty ingredients. We already mentioned Trans Fats. But, margarine also contains:

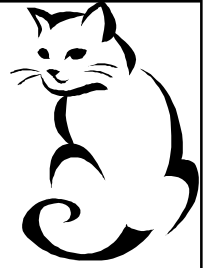
- ◆ Free Radicals,
- ◆ Synthetic Vitamins,
- ◆ Emulsifiers and Preservatives,
- ◆ Hexane and other solvents,
- ◆ Bleach ,
- ◆ Artificial flavors,
- ◆ Mono-and di-glyceides,
- ◆ soy protein isolate, and
- ◆ sterols.

Like I said, whatever the reason was that my Dad was so sure nobody should eat margarine, these lists sure convince ME he was right! And I can’t help but say if it’s true that, as both natural and mainstream experts seem to agree, we are what we eat... why isn’t there more attention paid to just exactly what we ARE eating?

I’m also reminded of a couple of the often reported benefits of **Real Dr. Willard’s Water**... **increasing absorption of nutrients** we need (from food or supplements), AND **increasing elimination of unhealthy wastes & toxins**.

Seems to me those may be two huge aids in reducing the harm of less-than-healthy foods and also increasing the benefit of healthy foods and supplements. ♦

We Should All Be So Positive...



Back in November, we sent an email out containing the information in our story on health benefits of pets that appears on page 2 of this issue. In December I received this note from “H.O.” in Hawaii “Dear Charlie,

“After we read your email about benefits in owning a cat, we adopted a beautiful 1-year-old ex-stray. She’s so friendly she’s like a dog. She doesn’t mind anything my 6-year-old daughter does to her. Although the cat has a cold and bad diarrhea and I have to give her two different medicines for the problems on top of the fact that she can spread her stinky poop all over the house because it’s so runny it easily sticks to her paws, and oh did I mention that she’s got worms too, we’re extremely happy. I keep giving her RWW and she’s definitely getting better and more active every day.

“Thanks and happy holidays, H. “

Nasty Wound



GONE “L.M.” from Michigan told me recently about “how much Willard’s Water and Colloidal Silver did for my dog”. He was a Whippet and was wrongfully attacked by three doe deer who were protecting a fawn. The dog wasn’t menacing the fawn in any way but the deer were not taking any chances and attacked him. Whippets have very thin skin and a deer hoof made a really nasty wound in her Whippet’s skin.

Took the vet an hour and 50 stitches to clean it and stitch it. But, the stitches pulled out and the wound was still there, looking so bad, when people saw it they nearly threw up. She began spraying it with a mix of Willard’s Water and Colloidal Silver (Item CS-1 or CS-32), twice a day for some time. It healed completely... so well, in fact, that the dog, which was a show dog, is back in the shows, with no more evidence of that nasty wound. ♦

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“SHUT the Window! SHUT the Window!”

“It was about 1:15 in the morning and I had been sleeping but was awakened by a buzzing sound. I thought it was mosquitoes, but I looked and saw nothing, so I went back to bed.

“Ten minutes later I heard it again. I got back up and searched for mosquitoes. Nothing. Back to bed again.

“Lights out. Then I heard like a voice in my head saying ‘SHUT the window. SHUT the window’. Very adamant.

“So I got up again and walked to the window. Still

didn’t see anything. Decided I would shut the window even though I was asking myself why I was doing this.

“After I got the window shut and had turned the lights out again, it was like I heard something telling me to look now and I’d see why I had to shut the window...

“I looked. Inside the screen was a SWARM of bees.

“I stood there and said, ‘I don’t know who you are that told me to shut the window, but THANK YOU.’

“When I thought about it later, I realized with the number of bees there, if I hadn’t gotten that window shut, it could have been a very serious problem.” — “L.C.” ♦

Editor: You’re invited to share your own miraculous/unexplained help, or forks-in-the-road stories with us, for sharing, anonymously, if you choose.



E-Mails, Mailbag & Phone Calls. . .



Stable Higher pH — “Dr. J.A.” told us that she has found the Real Dr. Willard’s Water keeps the pH of the filtered water she uses in treating her patients at the correct level... and it keeps it there for the entire course of treatment. We’ve received a lot of comments from people who are very pleased to find a product that not only raises alkalinity, but keeps it there seemingly forever... doesn’t lose it in a week’s time, like some “alkaline water” or machines to raise alkalinity do.

Scab Wouldn’t Leave Until... — “G.S.” from Texas told us he had a scab on his forehead for two years that would not go away. He said you had to look closely to see that it was not melanoma, but nothing would

get rid of it... he said he tried creams and everything he could find. Then he started drinking Real Dr. Willard’s Water and it started flaking off! So he decided to also spray it with “the water”, and... it went away.

Humidifier Better than Ever — “L” told us that she uses “an old fashioned Vicks Vapor Humidifier. I have to change the water every 2 gallons because it is tap water and grime builds up in it. I decided to add 2 teaspoons of RWW and after one use, the build up around the steamer spout lessened, the steam was better and it did not run the water as fast. I am shocked! All I was doing was seeing if it made a difference.” She added that she knows it costs more this way but feels it’s worth it because “it sure makes a difference”. ♦



More Product Highlights & Updates from Charlie

Anyone Looking for Cholesterol & Blood Pressure Help? Ways to Have a Happier Life?

It seems there are more and more people concerned about their cholesterol levels and their blood pressure being too high.

And, it also seems that the more we learn about the risks and side effects of medications for these problems, the less desirable those choices seem. Kolleen, here at NCI, was told by an Internal Medicine physician, (M.D.) that he absolutely hates statin cholesterol lowering drugs due to the impact on damaging short-term memory and lowering I.Q. We've since found other validation of those problems with Statins. We've had a natural product in our line for a number of years now, that has been reported to us as working extremely well for the relatively few customers we have heard from who have used it.

The problem is we don't "push" products until and unless we get really convinced of their merit. And, since we haven't had tons of customers try this product

Cholesterol Support report includes **triglycerides WAY down.. good cholesterol up... bad cholesterol down...** With the Blood Pressure Support one customer reported needing much **less of his prescription medication...** another said her blood pressure did okay with a **switch to a medication** that has fewer side effects and is much cheaper than the one she had needed for several years...

to date, we've never "pushed it". Well, in the last several months, the same company we get that Cholesterol product from, has come up with a Blood Pressure Support product, that we have now received very positive reports on as well.

So we've done some further checking on both of these products and are kicking ourselves for not promoting them much more, much sooner. Guess that's the danger in being skeptical and cautious... but we ARE really determined NOT to encourage our customers to buy anything before we are convinced it's a very worthwhile item.

Given the reports we've now seen on the Cholesterol Support product (Item PN-1) bringing people's bad cholesterol down, good cholesterol up, and triglycerides way down, we just have to try one more time to "get the word out" to anyone who might feel it's of benefit to give it a try.

And, the Blood Pressure Support product (Item PN-2) seems to us to be just

as important to bring to people's attention, so we're "blowing their horns" at the same time, in this one announcement.

Keep in mind that the positive feedback on these two items are from people taking them consistently for a few months before reporting on them. There is no "overnight" result... not with these items, or any others we know of, including prescription medications. Just remember the positive reports came after consistent use for a number of months.

We heard from one customer that the Blood Pressure Support item has resulted in his being able to reduce the amount of the prescription medication he is taking. And another person reported that her Doctor was able to switch her to a much less expensive medication that had fewer unwanted side effects for her, after she had been using this Blood Pressure Support item for a month or two. Both of these people were working WITH their doctors on these changes. Please DO NOT change your doses or stop taking any medications you are on, without discussing with your doctor. Also, discuss any product you start taking with your doctor before starting on it, if you are under the care of a doctor, or on any medication. Don't take any risks with your health! ♠

How to MAKE A Happier LIFE!

It seems that **being happy can be LEARNED...** you can actually DO things to MAKE yourself happy. Apparently one of the biggest, most effective ways to make yourself happy, is to **do something for other people**. This could be volunteer work or it could be doing something for a family member, friend, co-worker, whoever, who you know could use some particular help... elderly neighbors might appreciate your picking up a few groceries for them, a young mother might appreciate you watching her baby so she can run to the store herself... you get the idea... just giving a hand to someone you know could use it. Doing that may well make YOU happier.

According to Tal Ben-Shahar, PhD, one of Harvard University's most popular lecturers, and author of the best-selling book *Happier: Learn the Secrets to Daily Joy and Lasting Fulfillment*, says that the more we help others, the happier we become. He also points out that "a happy life is rarely shaped by some extraordinary life-changing event. Rather, it is shaped incrementally, experience by experience, moment by moment." So he says we should do what we

can to be happy NOW, and not keep waiting for a particular thing to happen that we think will then make us happy. He also points out that if a particular experience makes you happy, don't hesitate to "ritualize" it by **scheduling it...** PLAN on two movies a month, or a date with your spouse every Tuesday, or whatever it is that makes you happy. He wisely points out **if we don't schedule activities we really enjoy, they often simply don't happen.**

We can't begin to cover all his points here... but he also says when going through **difficult times** like when most of what we do is not very satisfying to us it is important to look at those situations with a broader view and find ways in which they have meaning. He cited a study involving hospital janitors...one group found their work boring and meaningless, while the other group doing the same work, saw it as meaningful. The group that found meaning did so because they were more creative in doing their work.. they interacted more with patients and staff and thought of their work as a part of helping the patients get better, and helping the staff to do their work better as well. Seeing a more positive perspective can't hurt! ♠

“Disastrous” Change; Plus More Benefits Being Confirmed

More than a few natural health experts reacted to the recently revised Vitamin D recommendations with stunned horror. Those recommendations suggest that everyone from a 1-year-old to a 70 year-old take a meager 600 IU per day of this incredible vitamin. People over 70 are recommended to take 800 IU per day. Pregnant women from age 14 to 50 are advised to take 600 IU per day.

Many natural health experts used terms like “disastrous” in summing up how they felt the recommendations could impact people’s health.

If that seems strong, consider just this most recent smattering of headlines on various studies’ findings on the “sunshine vitamin”:

- ◆ Vitamin D Linked to Colon Cancer Protection
- ◆ Protect Your Kidneys with Vitamin D
- ◆ Vitamin D for TB (may speed up recovery)
- ◆ Vitamin D May Boost Urinary Tract Health: Study
- ◆ New Study Shows Lack of this Vitamin (D) Linked to Strokes
- ◆ Vitamin D Crucial to Immune System
- ◆ Reduced Lung Deficiency Linked to Vitamin D Deficiency

And, add to all that the various studies we have written about before that have linked Vitamin D to

- ◆ Heart Health
- ◆ Bone Health
- ◆ Mental Clarity
- ◆ Reduced Risk of Various Cancers
- ◆ Depression
- ◆ And More

Considering the fact that even mainstream nursing homes we are familiar with now say that nearly every doctor is prescribing Vitamin D at the rate of 1,000 IU or more per day for nearly every resident in the home, because of the myriad of benefits, it seems that it is not just natural health doctors who are convinced of the critical importance of

this vitamin. Many mainstream doctors recommend 50,000 IU once or twice a week.

In fact, natural experts have been urging an increased recommended daily amount of **Vitamin D** for most adults to be at least 1,000 IU, for some time now. Many of them suggest it should be 5,000 IU per day.

We’re not here to speculate on why the recommendations came in so low. We just want to make our readers aware that we don’t know of any natural health experts (we are not experts ourselves, remember) that say 600 IU per day is sufficient.

From the long-forgotten but now widely recognized value of Vitamin D, to the widely recognized “important-for-so-many-things-Omega-3s”...

We’ve written so often about the benefits of **Omega-3 Essential Fatty Acids**, we feel like a broken record, but the studies just keep coming.

One of the newest ones found that people who consumed more of the Omega-3’s had a reduced chance of gum disease. There were 9,200 adults in the study who were divided into three groups based on the amount of Omega-3s they consumed. Dental exams showed that those in the middle and upper third for consumption were **23% or 30% less likely to have gum disease.**

And the next report on Omega-3s was about its ability to help protect your kidneys. Women in a study who regularly ate fatty fish (like salmon which contain Omega-3’s) **lowered their risk of kidney cancer by 44 percent.**

Independent Site NOT Independent?

According to Dr. Joseph Mercola’s website and other sources he cites, the popular site WebMD.com is not the independent and accurate source of information people have been led to believe it is. It seems WebMD has offered a “free screening test” for depression, and no matter how the questions were answered the result was the same...a message telling you that you were at risk for major depression and should consult with your doctor. The test was sponsored by Eli Lilly which is the maker of the antidepressant drug Cymbalta.

After much outcry, the test was changed so if you answered no to every question it said your risk of major depression was low, because you answered yes to 4 or fewer of the questions, and a major risk usually results in 5 or more yes answers, but “everyone is different” so it advised if you had concerns you should see your doctor.

It also turns out the Eli Lilly was one of the original partners in setting up WebMD, and other partners also put its independent status in question.

Additionally, WebMD apparently also allows advertising on its site which is not disclosed as being an ad.

There is likely good information to be found on this site. We were just surprised to hear of these practices, and felt it was worth letting our readers know that it may not be as independent as it claims. As in all information found online, we always suggest finding out what you can about the source, as it may not be what you think it is. Apparently even “big name” sites like WebMD warrant the same due diligence. ♦

Omega-3s are also known to be beneficial to heart health, cognition, and much more.

The article on the Omega-3s and protecting the kidneys also noted that the fatty fish that provide Omega-3s are also rich in Vitamin D, which, the experts said may also be playing a protective role for the kidneys.

We offer **Vitamin D-3** in both a 1,000 IU capsule (Item No. J-24) and a 5,000 IU capsule (Item No. J-24A).

We offer Omega-3 in two different forms. The **Omega-3 Fish Oil Form** comes in a 60 count bottle (softgels) (Item J-391) and in a 120 count (softgels) bottle (Item J-392).

We also have **Flax Seed Oil Capsules** which are an excellent non-fish source for people with fish allergies or who are vegetarians. These are Item No. J-77, and are 120 softgels to a bottle.

All these items—the Vitamin D-3 and the Omega-3 Fish Oil and Flax Seed Oil come to us from Daily Mfg. As we’ve said before, we and our customers feel Daily’s quality is unsurpassed. ♦