

Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.WillardWater.com ♦ Jan/Feb, 2016

What IS Arthritis? The Most Common Cause of Disability in the U.S. for One Thing. What Helps It?

By Ben

A recent study by the Center for Disease Control found that **49.9 million adults** in the United States had been diagnosed with **arthritis**, with 21 million of those having had to limit their activities based on arthritic pain. This means that there's a very good chance that either you or somebody you know and care about is currently afflicted with this ailment, and if you don't, you eventually will know someone.

It is the most common cause of disability in the U.S.

What is it anyway? Arthritis is actually the name of the symptom: inflammation of the joints, in Greek.

There are over 100 types of arthritis with different causes, with **Osteoarthritis** being most common, resulting from any kind of damage to the joints.

What the various arthritic versions have in common is the swelling in the joints and associated pain, with most featuring degradation of the cartilage (hard, flexible tissue between the bones) leading to bones scraping together and eroding.

So what can you do for this? We have at least some answers to discuss here.

Before getting into the details of specific nutritional items known to benefit arthritis sufferers, let us answer one of the **Most Frequently Asked Questions** we get here: "Have you ever heard of Willard's Water helping anyone with arthritis?"

The answer is... Yes, MANY people have reported **relief from arthritis pain and stiffness and swollen knuckles, etc.**, coincident with their regular use of **Willard's Water**.

In fact, use on arthritis is one of the **most** common reports we get on

Willard's Water, and is honestly our "try first" product for any friends or family looking for arthritis relief. Many users have said it reduced their **inflammation/swelling** like nothing else they'd ever tried.

The follow-up question on arthritis is usually "**Which version of Willard's Water do most people with arthritis use...Clear, Dark XXX, or the Ultimate Dark?**"

The answer is the **Ultimate Dark**. It's also preferred by people with Gout, which is a type of arthritis. Actually anything involving inflammation — **asthma, sinus problems, injured muscles, etc.** — seems to attract more Ultimate Dark users than Clear or Dark XXX (formerly called Triple X, but many now refer to it as Dark XXX and sometimes just "Dark" which leads to a lot of confusion... but the best version for Arthritis and about anything else is the Ultimate Dark, or as some call it just the Ultimate.

As will be mentioned later, free radicals in one's body can damage joints, and WW is an exceptional **scavenger of free radicals**, so may be another way it may be of assistance.

Another well established way WW may be helping arthritis sufferers is that it very significantly **increases the absorption of nutrients** taken in, so all other supplements or natural treatments you may use, should work better in combination with Willard's Water ("WW").

Now, let's look at specific nutritional items that have been reported to help.

Of course, the gold standards for treatment of joint problems in the alternative world have always been **Glucosamine, Chondroitin**, and, especially, **MSM** (Methylsulfonylmethane).

We have these available in Items: **J-91 Glucosamine-Chondroitin Blend;**

J-92 MSM Capsules;
J-94 MSM Blend;
J-99 MSM Crystals, and
J-98 MSM-Glucosamine Sulfate Blend.

What about other nutritional help?

Anytime the **bones** are involved, experts recommend **Calcium, Magnesium, and Vitamin D3**. You need all of these to keep bones healthy, and those whose bones are weakening will especially need them. Vitamin D has the added benefit of seeming to help in **collagen production**.

On that note, **Vitamin C** is *absolutely necessary* for the body to **build collagen**. If you're suffering from joint damage, many consider Vitamin C a no-brainer. Furthermore, Vitamin C is an excellent **scavenger of free radicals**, which can themselves damage joints.

Vitamins B6 (our **Activated B6 is Item J-1**) and **B9 (Folic Acid)** (Item J-113) are also essential for **building proteins, including collagen**. Both the Activated B-6 and Folic Acid are also included in our **Activated B-Complex (Item J-2)**.

What about managing the **symptoms**? What can you do to **reduce the inflammation**? For that, many say **Omega-3 fatty acids**, especially in our **Fish Oil Softgels** (Items J-391 & J-392) and **Flaxseed Oil Softgels** (Items J-77). And, as noted, **Willard's Water** as well. Many studies have concluded that the Omega-3 fatty acids help reduce the symptoms of arthritis, in addition to being good for many other aspects of health, chiefly the **heart and brain**.

Cat's Claw (Item J-28) seems to help with **reducing swelling**, as do both **Ginger** and **Curcumin**. Curcumin can be found in our **Ener-Cell (Item J-135)** and in our **Curcumin Capsules (J-398)**.

Note: It's suggested that you do not take ginger if you have heart or bleeding problems or diabetes, and abstain from curcumin should you have gallstones. ♦

Knowledge vs Wisdom

by Ben

Let's talk about how to approach being healthy, whatever "healthy" means to you. Do you want to lose weight? Feel less tired and stressed? Strengthen weakened joints? Quit smoking or drinking? Eat better? Likely, you have one or more of these goals. Let me address a recurrent pet peeve of mine.

Quite simply, most of us lack wisdom when we decide to improve our lives. We have plenty of knowledge, or information. But wisdom is knowing how to best apply that information. Knowing what to do is worth nothing if you can't actually do it. I see it all the time: people get hung up on the details of finding "the best" diet or exercise regimen, or they decide to quit smoking, and never do they ask themselves how they're going to actually fit those changes into their lives, or if they even can.

Let's look at the easiest target, dieting. I see people constantly debating what the best way to diet is, what foods to avoid, what foods to gorge on, etc. There's a million diets out there with their own proponents for whom they've worked.

But will they work for you? I've known many people who lost substantial weight on the Atkins (low-carb) diet. It's a scientifically sound plan in theory. For those that can stick with it, it's been a godsend. But can you? Most of the people I've known that lost weight on it gained it back. Simply put, for people who really love eating bread or pasta or sweets, Atkins is an unendurable sacrifice. I myself have a largely carnivorous diet, but my one attempt to completely cut out carbs ended after four days.

So what's the right diet? Only you can answer that. What can you cut without feeling it's a burden? Snack less? Why do you eat? Is it out of boredom, or because you're

actually hungry? These are important questions to answer, and for those who eat due to stress or emotions, I'd recommend our Relax Evening (J-133) and Relax Daytime (J-132) formulas, as well as 5-HTP (J-101) and Valerian root (J-72). But those are obviously not the ultimate answer.

Another obvious candidate for a general lack of wisdom (or "correctly applied information") is exercise. I've tons of books on exercise, and they have a common problem: they assume you want to be a clean-eating marathon runner that lifts three hours a day. That's silly, and those books' assumptions lead to advice that's useless for most people. Gym rats argue about what the "best" exercise is for each body part. Logically, if you find the best one, does that mean you'll be strong and muscular from doing that one exercise? No. You need a variety — not every exercise is good for all people, and simple boredom with doing the same thing repeatedly will kill people's best intentions.

On the note about exercise, think of the countless people who decide on New Year's to get "In Shape" and commit to working out. They get gym memberships and hit that treadmill and/or weights hard every day for an hour or two. For a week.

After a week of pushing themselves beyond their comfort zone (they've usually been very sedentary), often doing things they find boring, and coming home utterly fatigued and sore, they stop. Life intervenes, and they begin dreading every workout, because they're effectively trying to start learning to read with college textbooks. That's not how a love of exercise develops. That can only lead to frustration and giving up.

I started exercising by just doing push-ups, bodyweight squats, bridges (look them up), leg raises and many, many variations of them. I didn't have a "routine." I started by just doing some throughout the day, whenever I found myself bored and with nothing to

do. Can't think of what to do? I'd just bust out a set of push-ups. Many will tell you spreading it out like this isn't ideal, and they're right, it's not. But starting where I was, it was perfect for me. I could work out without making it arduous or driving to my gym. Most of all, I started enjoying it, and my muscles started responding which allowed me to do more...so I COULD finally do formal work-outs designed around specific goals. This exact approach may not be for you. Maybe you've got a bum elbow and push-ups are a bad idea. The point is, you CAN find exercises that work for you that you can learn to love.

Do you want to quit smoking? Good for you! Now ask yourself: what is it smoking means to me? Most smokers go back because of the stress of it (see the above recommended supplements: Relax, 5-HTP and Valerian), but also because smoking is such a ritual. Every moment of the day is book-marked with a cigarette. Wake up? Smoke. Finish a meal? Smoke. Have a tense discussion? Leave the room and smoke. You get it. Moreover, a lot of people are addicted to just having something in their hands. My brother conquered that hurdle by chewing toothpicks whenever he wanted something to fidget with. The point is, it's not enough to just take something away. You need to replace it with something. We have 24 hours each day, and a routine to fill them...remove an hour or so from your routine? You need to fill it.

We can all improve our lives, but we all need to know how we're going to do that, for our own situations. If you've tried and failed, it's not because of a lack of willpower. You are not weak. You were instead taking somebody else's advice for their situation and failing to adapt it to your own context. We have all been taught to value knowledge, often at the expense of knowing what to do with that knowledge. We all need more wisdom, and knowing yourself is the greatest wisdom. ♦



Trivia & Tidbits . . .

1. How many times does a sprinter, running at top speed, make contact with the ground during a 100 meter (328-foot) race?
2. What size screen was on the first home TV set demonstrated in 1928?
3. What crime led to Billy the Kid's first run-in with the law?
4. What is the term of a dilemma that involves 3 choices instead of 2?
5. What is cat ice?
6. What bird has the longest nesting life—taking up to 9 months to fly?
7. What are baby beavers called?

AND THE ANSWER IS...

1. Approximately 40.
2. 3 inches by 4 inches.
3. The theft of some butter. The 2nd was receiving stolen property—clothes taken from a commercial laundry.
4. A trilemma.
5. Very thin ice from which the water below has receded, making it unable to support any weight—even that of a cat.
6. The wandering albatross.
7. Kits or kittens.

ON "THE WEB"!

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Or

www.nutritioncoalition.com

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

Salt... Too Much? Too Little? And How Important Is It?

By Ben

It's time to look at an omnipresent seasoning that's gotten a pretty bad rap: salt. Chances are, you've heard all your life that it's bad for you, and that it raises blood pressure. There's an element of truth to this: people with kidney or heart failure absolutely need to limit their salt intake, and those with sodium-sensitive hypertension should similarly moderate it.

For most healthy people though, salt is hard to overdo, and its impact on blood pressure is very temporary. That said, if you're constantly eating salty things all day, it stands to reason your blood pressure can't reset to normal, which would be another argument in favor of intermittent fasting, as I'm so fond of (and on the dietary note, it's a zero-calorie way to enhance food flavor).

The mainstream medical opinion over the last 40 years of everybody needing to avoid salt, it appears, is a bit like the view that everybody needs to avoid gluten: absolutely, some people should, but it loses credibility when made into a sweeping statement meant to apply to all people. As it happens, all people DO need sodium (in limited amounts, for some), but gluten isn't a necessary nutrient for anybody.

Salt is made of two elements: Sodium and Chlorine. These, along with Magnesium, Potassium, and Calcium, are the main nutritional electrolytes in the human body. Electrolytes control both muscle cells and neurons (brain cells), so they're utterly vital to life. Everything from flexing your muscles to your heart beating to your capacity to think is dependent on them. Probably a substantial part of why salty is such a universally beloved taste: our bodies want us eating salty things, because they're pivotal to survival, and something being tasty is a way to ensure we eat it (the same is true of fat, protein, and sugar, though the latter is less necessary). In addition, the Chlorine contained in salt is the chief way we replenish stomach acid, so it's necessary for digestion.

So why has salt been so demonized? In two words, blood pressure. Like I hinted earlier, some people with hypertension are very sensitive to sodium, and since hypertension often leads to heart disease, this has long been applied as negative for all people.

The problem is, we vary a lot genetical-

ly, and the kidneys of different people will excrete sodium at differing rates. In some studies, the people with the highest sodium intakes have been the least likely to have heart disease! Which is not to say, of course, that you should chug bottles of soy sauce. But you should pay attention to how sodium affects you. If you have the means to test your blood pressure, try testing it after both low-sodium and high-sodium meals. See how much it differs. Do that for maybe a month (and, obviously, talk to your doctor: I don't have a medical degree). You might be one of the unlucky people that really should avoid it. You might also be one of the people that shouldn't, especially since depriving yourself of sodium and getting too little, can cause the kidney to release substances (like aldosterone) that increase blood pressure.

Another popular theory is that sodium by itself isn't bad, but sodium without a nearly equal amount of potassium (which works in the opposite manner) in the diet is very bad, because it's imbalanced. One study that looked at the sodium-potassium intakes of people found that those eating the most sodium compared to potassium had much higher risks of heart disease. On the other hand, considering the prevalence of sodium in fast and processed food, and the prevalence of potassium in vegetables, it could easily be that those most out of balance were eating all junk food, and any number of nutritional factors may be confounding that. Yet another reason to eat your vegetables. In any case, if you're concerned about your blood pressure, our **"Blood Pressure Support" (Item PN-2)** has many loyal fans.

Finally, a pet theory of mine: sodium, which increases blood pressure by increasing water retention, may be causing damage in people that simply don't drink enough water. It sounds paradoxical, I know, but the more you drink, the more nature will call, and that's how you excrete extra sodium (and get rid of the excess water retention). Most people simply don't drink enough water, so excess sodium may be sticking around too long. This is NOT to say that drinking excess water will lower your blood pressure, just that if you're one of the millions that don't drink enough water, it may be causing sodium to do damage when it would otherwise be harmless.

Which brings us to the virtues of **Willard's Water**. Have you been drinking enough of it? In addition to getting rid of

WORD OF WARNING on POTASSIUM SUPPLEMENTS

You might be wondering why we haven't plugged the Potassium Citrate in this article, given the possibility that the theorized dangers of Sodium may be because of an imbalance between Sodium and Potassium. The reason for that is because, while Potassium is a very important nutrient needed by every living cell, it is also potentially very dangerous taken directly as a supplement (rather than as a component of food). Excessive intake can induce heart arrhythmias and, in very large doses, can in fact stop your heart.

For this reason, the FDA limits the amount of Potassium in any supplement to a dosage of 99 mg per pill to ensure people don't die from taking an over-the-counter supplement. We agree with the FDA on this issue.

So, while we believe getting more Potassium in is a great thing, trying to balance your Sodium intake purely through Potassium supplementation is inadvisable. We sell the Potassium Citrate because it can help balancing that out and to guarantee that you get a certain minimum in every day.

But, Please DO NOT EXCEED THE RECOMMENDED DOSAGE. Follow the bottle's instructions as to the amount to take and how often to take it. We don't want anybody hurting themselves because of a logical (BUT incorrect) inference from a theory we've discussed." ♦

excess salt, Willard's Water is sworn by legions of users for its benefit in eliminating seemingly any toxin (or potential toxin) you want to get rid of. Typical user drinks at four 8-oz glasses a day. I drink a gallon. Most people "settle in" at somewhere between those two points. And at this point, I'd be remiss if I didn't point out that we carry **Celtic Sea Salt, (J-205)** which is a natural salt that's full of trace minerals (which nicely complements Willard's Water's trace mineral content), and, for keeping your kidneys healthy and stone-free, **Uro-Fit (J-396)**

It's worth noting that one of the best things you can do for your kidneys is to drink as much water as you comfortably can (don't go to extremes—water intoxication can be fatal). The more your kidneys are working, the better they work. ♦

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It is used for address information in the printed version.



Guardian Angel Dolphin?

Remember the “boat people” — the Vietnamese who fled in small fishing boats, defying all the risks of ocean travel in inadequate vessels to reach freedom?

My sister and her family took in a family of three brothers who survived such a journey...the youngest one being only 6 when he crossed the ocean in that frail little boat, and his “big brothers” not much older than him.

They didn’t often speak of the one incident that could have ended their journey, and their lives, very abruptly.

It was dark. Darker than you can imagine. Their little boat tossing about in the sea...and then the horror when the large ship was recognized, and was clearly heading right toward them.

They had no means of signaling the ship. They were helpless.

There was no way to save themselves.

There was no hope.

There was just the terror of waiting for the inevitable to unfold before their eyes, and then to become one of the fatalities of the sea when the ship would finally hit them and destroy them all.

She came from nowhere. That beautiful dolphin. She came and seemed to look at them.

Then she started her journey. Her journey between them and the ship.

She swam between the two unequal vessels, creating a wake, and creating a safe zone.

Because of that dolphin they survived that night. And they eventually came to the U.S. And made good lives. These now U.S. citizens are productive and good members of our society. I like to think God knew that when He sent His dolphin to ensure their safe passage. Given the number of prayers that were being said, it’s certainly safe to say it was an answer to prayer.

Editor: Reprinted from July 2001 issue. We invite you to share your unexplained help stories with us, for sharing with others, anonymously, if you choose.



E-Mails, Mailbag & Phone Calls. . .



Happy Cockatiel — R.U. told us his cockatiel had been losing feathers for some time. Had taken the bird to the vet, but they couldn’t come up with anything that helped. He finally started getting some feathers back after R.U. put him on **Ultimate Dark Willard’s Water** in his drinking water for about a month. R.U. said he was very impressed... especially, we’re sure, since they had tried about everything for an extended period of time with no help. R.U. and his cockatiel are both happy now!

Less Asthma Meds Needed & Happy Dog Story Too — “L.M.” told us she’s been using **Ultimate Dark Willard’s Water** for years, and has been able to cut down on her asthma medications. She was also very happy with the fast recovery her 11-1/2 year-old Blue Heeler had

following acl surgery. Within a week after that surgery the dog was pacing full weight on her leg and the vet was very surprised at her amazing recovery. We often hear about animals, and people, recovering faster than expected from surgery when they are routinely drinking Willard’s Water, so we can’t say we’re surprised, but we’re very happy to hear it!

Blood Pressure Report — “D.H.” has been drinking **Ultimate Dark Willard’s Water** for years, and he’s also been taking our **Magnesium Citrate (Item J-54)** faithfully for some time. He’s happy to tell us that his blood pressure is consistently better when he’s taking the Magnesium Citrate than when he doesn’t. Magnesium is known for a wide variety of benefits and heart health and blood pressure are among those varied benefits. Happy to hear D.H. is one of many who has experienced such benefits!



MORE PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

Essential Fats and You... A Balancing Act to Be Sure... But One VERY Worthwhile to Achieve!

By Ben

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

There are two kinds of essential fatty acids in your body: Omega-3 class and Omega-6. These classes of fatty acids are essential because we can't make them in our bodies; they must come from dietary sources, chiefly alpha-linolenic acid and linoleic acid, respectively. When their essential status was first identified in the 1920's, the Essential Fatty Acids were designated Vitamin F, beginning the series of compounds that were once called vitamins that have been re-classified, creating the gap between Vitamins E and K (Biotin, for example, was once Vitamin H).

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

You see, these essential fats are enemies. Omega-6 fats cause inflammatory reactions, while Omega-3 is anti-inflammatory. What one acid does, the other tries to undo, and both are necessary. Inflammation is a proper response to environmental stressors or cellular damage, but left to run wild, it can do major damage itself. Omega-6 acids might be thought of as a scout whose job is to start fires so the rest of the body can see the smoke signals, and

Omega-3 is the person following them to make sure the fire gets under control once everybody's gotten the message.

Now enters the problem: in our country, our diets are far too heavy on the Omega-6 side of the equation. The biggest culprit for this is likely the use of vegetable oils, which, with few exceptions (i.e., flaxseed), are extremely high in Omega-6. That gets passed onto any food cooked in said oils.

Furthermore, most people eat grain, rather than grass-fed, meat. Meats in general are decently balanced sources of fatty acids, but grain-fed meat is much less so. When factored in with the amount of food people eat cooked in oils, and the lack of fish in the standard diet (which are extremely high in Omega-3), this adds up to a greatly unbalanced Omega-6 to Omega-3 ratio.

Estimates vary, but numbers ranging from 15:1 to 40:1 are fairly standard. How much should you be getting? Experts disagree, with some saying equal parts (1:1), but most saying around 4 or 5:1, and all agreeing on no more than 10:1 (ten parts Omega-6 to Omega-3). This means your average American is getting, best case scenario, 50% more Omega-6 than they should be, and, worst case scenario, 4000%! No wonder our rates for inflammatory diseases (autoimmune diseases, atherosclerosis, myopathies, allergies, even, possibly, depression) are on the rise.

Now, people occasionally talk like all of the benefits claimed by Fish Oil supplementation have to be too good to be true, or that it's all in your head. And it's true that Fish Oil seems to have an amazing number of claimed benefits (from reductions in blood pressure to joint health to help with depression). However, given what we know about the rising inflammatory disease rates in America, the American diet, and the necessary balance between these fatty acids, doesn't it make sense that perhaps all these benefits could be from one

basic underlying principle: correcting a nutritional imbalance? We're not scientists, but doesn't that sound reasonable to you, dear reader?

It reminds me of another product that's occasionally claimed to be just a placebo or snake oil with too many benefits to be believed. It's called Willard's Water, and chances are, you're already drinking it. Willard's Water has done countless different things for legions of different people, and any listing of all those benefits it's brought usually sounds too good to be true. But what it's likely doing is something very simple: increasing the absorption of what nutrients you're putting into your body. One action, thousands of effects (including, we're told, a great deal of help with inflammation).

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

But a great way to ensure your ratio doesn't get too far out of whack is to supplement with our Omega-3 Fish Oil Capsules from Daily's and/or our Flax Seed Capsules which also come from Daily's. They're all big pills, since they have to be to contain enough oil to do any good, but in our experience, you really don't want to taste liquid fish oil. Therefore, the best option is to learn to swallow larger pills.

Obviously, these should always be washed down with a glass of Willard's Water...to boost your body's absorption of them (and all other nutrients you take in too, for that matter!).

A Rundown on One Person's Supplement Choices & What Those Items Are "Good For"

By Ben

So, we carry a lot of supplements. That is an understatement. And every month, we're telling you about specific supplements you might want, but how do you put all that together into a meaningful whole?

Well, I'll use myself as an example, and tell you all I take and why. I take a LOT of supplements, far more than a lot of people would want to, so pay attention to my reasoning and whether or not it makes sense for YOU.

This is meant to illustrate how a person can use supplements, not how they must.

Vitamins (one each per day):

- ◆ **B-Complex (J-2)**,
- ◆ **Spectra-Scorb Plus (Vitamin C) (J-69)**,
- ◆ **Vitamin D3 1000 IU (J-24)**, and
- ◆ **Vitamin K (or MK-7, J-121)**:

Vitamins are by definition necessary for human life and these in particular I've always felt are particularly useful.

I used to take the **5000 IU of the D3 (J-24A)**, but I lowered my dose because of the excessive amount of Calcium I usually take in (D enhances Calcium absorption, so excess can contribute to kidney stones). However, most adults do not get enough Vitamin D, and many natural health experts suggest 5,000 IU of Vitamin D-3 is appropriate for most people. So, base your choice on your situation and get input from your own favorite health care provider.

Uro-Fit (J-396): Two a day. For the aforementioned kidney stone risk.

Magnesium Citrate (J-54): three capsules at night, before bed. Magnesium is a super-essential nutrient that we've discussed many times, and I like it at bedtime because of its mild relaxing effect. Which goes nicely with...

Melatonin (N-102): two tablets before bedtime. Melatonin is known for its role and assistance in getting a good night's sleep.

Relax Daytime Formula (J-132): two per day (one in the morning, one in the

middle of the day). For staying focused and unstressed.

Spirulina (J-404): eight capsules a day (4 in the morning, 4 in mid-day or at night). Because spirulina is both cheap and amazing, aiding the immune system, muscle power, and organ function (particularly the liver).

Omega-3 Fish Oil (J-392): six to twelve capsules a day (mid-day and at night, NOT in the morning as they don't sit right with me on an empty stomach). Chances are, you've heard a lot about fish oil. (see also the article on the front side of this page) I vary my dose dependent on how I've been eating: if I'm cooking at home with butter, I take less, but if I've been eating at restaurants and getting in vegetable oil, I take more to balance out the excessive Omega-6 fatty acids in those oils.

Easy-Flex2 (J-131): two per day, mid-day and night. I do a lot of fairly athletic things, and I want my joints to stay as healthy as possible. It's made a dent in my occasional bouts of wrist and shoulder pain, alongside...**MSM-**

Glucosamine (J-98): two per day, with EasyFlex. Because both MSM and Glucosamine are beloved for their seeming ability to help preserve joints.

Garlic Plus (J-42): two per day, with **Relax Daytime** (J-132, previously mentioned). Garlic has a huge number of benefits, especially in regards to blood circulation and to keep the blood pressure from getting too high, but also for helping with disease prevention. I did, however, find one scholarly study that concluded it would likely attract vampires because of its impact on blood flow (leeches preferred people who had been eating it, apparently), so avoid the walking dead. And leeches! For this reason, it's a nice complement to...

Vitality 4 Men (J-125): three per day, either before working out or at bed time. I really wish this wasn't marketed as being "for men," though its purpose is more or less an herbal Viagra. But everything in it is beneficial for both men and women. The ingredients mostly act on increasing blood flow (and potentially reducing blood pressure), and the DHEA

in it helps in building (and preserving) muscle.

Because of its aforementioned impact on blood flow, consult your doctor before taking Vitality 4 Men, and also Garlic, Vitamin K (a coagulator) or Fish Oil if you're on any blood-thinning medications (like Warfarin).

Metabolic Factors (J-78): three a day, with the Vitality 4 Men. Designed as a weight-loss aid, it also may help mental function and memory.

Eye-Vite (J-115): two a day, at night. For keeping my eyes healthy and my skin a slightly healthier shade (of chalk white in my case). The pigments (which help maintain the macula of the eye) may also make skin look healthier. I've seen studies on this, at least, where people who ate diets high in pigmented vegetables were rated as appearing "healthier" and therefore more attractive. In any case, I need my eyes, which are very light-sensitive and rather nearsighted to begin with.

And there you have it. One man's approach to supplementation, as well as the (sometimes speculative) reasons for them. I hope it casts some light on some of our less-discussed supplements and gives you ideas of how to put them in concert with your own needs.

To get the most of your supplements, certainly make and keep **Willard's Water** a mainstay in your daily routine... it

- ◆ boosts the absorption of nutrients and thereby increases your benefit from any supplements you take.

To say nothing of WW's

- ◆ reducing inflammation;
- ◆ raising the pH of water permanently;
- ◆ working as a free radical scavenger;
- ◆ improving digestion and the elimination of wastes and toxins from your system,

to name a few of the things Willard's Water does.

Again, this discussion of my choices of supplements to take is meant only as information as to why some people take these particular supplements. ♦