

# Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.WillardsWater.com ♦ JAN/FEB 2017

## Study: One Third of Women with Breast Cancer Diagnosed this Way Are Treated Unnecessarily

The study conducted in Denmark found that one in three women with breast cancer detected by a mammogram is treated unnecessarily. The study found that happens because the screening tests find tumors so slow-growing that they're essentially harmless. The Danish study was published Monday, January 9, 2017, in the *Annals of Internal Medicine*. This study has renewed the debate over the value of early detection.

Dr. Otis Brawley, chief medical officer of the American Cancer Society, said that the study raises the uncomfortable possibility that women who believe their lives were saved by mammograms were actually harmed by cancer screenings that led to surgery, radiation, and even chemotherapy that they didn't need. Dr. Brawley wrote an accompanying editorial alongside the publication of the study, but he was not involved in the study.

Brawley said that more and more researchers are recognizing that not all cancers carry the same risk even if they look alike under a microscope. It's true that some early tumors turn into deadly cancers, but others stop growing or even shrink. But, Brawley said in his editorial that assuming all small breast lesions have the same potential to produce fatal results is akin to "racial profiling".

Brawley said "By treating all the cancers that we see, we are clearly saving some lives. But we're also 'curing' some women who don't need to be cured."

Experts like Brawley have been debating the risks of "overdiagnosis" for a long time, but it is said that few women who undergo cancer screenings are even aware of the debate.

Breast cancer screenings are strongly supported by the American College of Radiology, and though it acknowledges that mammograms do result in some women being treated unnecessarily, it says the problem is much less than the new study suggests. It pointed out another Danish

study that estimated the overdiagnosis rates at only 2.3 percent.

The chairwoman of the American College of Radiology's Commission on Breast Imaging, Dr. Debra Monticciolo said "the amount of overdiagnosis really is small" and she added that studies and publicity on them like this aren't very helpful because they leave women confused about how to be screened for breast cancer. (Editor: we would point out that at least such publicity makes women aware of the potential problem and hopefully causes them to seek more than one opinion and more information on their type of cancer.)

Unnecessary treatment for cancer can endanger a woman's health, according to Fran Visco, president of the National Breast Cancer Coalition, and advocacy group. Visco pointed out that radiation can damage the heart or even cause new cancers. Visco noted that breast cancer activist Carolina Hineostroza, a vice president at the coalition, died at age 50 from soft-tissue sarcoma, which is a tumor caused by radiation used to treat an early breast cancer.

Visco said women should understand these risks. Instead, Visco said, women often only hear about mammogram's benefits, since they have been inundated with the early detection message for decades.

The risks of overdiagnosis and false positives include leading women with benign growths to undergo biopsies and other tests and have caused some experts to reevaluate breast cancer screenings. Different medical groups now offer different advice on who should get mammograms and when:

- ♦ The most aggressive position is that of the American College of Radiology which recommends annual mammograms starting at age 40.
- ♦ The U.S. Preventive Services Task Force, an independent panel that advises the federal government on health set off a firestorm of criticism in 2009

when it went against the advice of the American College of Radiology and recommended women get mammograms every other year beginning at age 50. They said that breast cancer risk increases with age so mammograms are more apt to find actual cancer, rather than benign growths, after age 50.

- ♦ The American Cancer Society also scaled back its screening advice in 2015, recommending women get annual mammograms from 45 to 54, followed by screenings just every other year after that.

An estimated 253,000 new breast cancer cases will be diagnosed this year, with close to 41,000 deaths, according to the American Cancer Society. An additional 63,000 women will be diagnosed with ductal carcinoma in situ, also called DCIS, which has some, but not all of the typical traits of cancer. Although DCIS cells can have changed enough to appear malignant under a microscope, they have not invaded surrounding tissue.

The American Cancer Society defines DCIS as the earliest stage of breast cancer, and women with DCIS typically undergo the same treatment as women with early invasive cancers. Although DCIS isn't life-threatening, doctors often recommend treating it to prevent it from becoming invasive.

Other experts say that DCIS carries such a low risk it should be considered to be merely a risk factor for cancer, and not cancer. Research continues to measure whether it's safe to scale back treatment of DCIS.

Editor: we would ask if it's safe TO treat DCIS as cancer since cancer treatment as stated earlier can damage the heart, lead to other cancers developing, and more. We are not discouraging early detection. But we urge anyone diagnosed with cancer to seek more than one opinion and to ask what the risks of their type of cancer is, for starters. ♦

# Arthritis & Other Pain Relief; Skin & Hair Aids, & More!

Are you or anyone you know interested in topical help for :

- ♦ **Pain Relief**
- ♦ **Nicer Hair**
- ♦ **Nicer Complexion**
- ♦ **Help with Skin Issues like Acne, Psoriasis, Rosacea, Etc**
- ♦ **Quick Relief of Muscles from too much lifting, stress, etc**
- ♦ **Quick Relief for Owwies, Burns, Insect Bites, Bumps & Bruises, Etc**
- ♦ **Loved by Dogs, Cats, and seemingly all animals**
- ♦ **More**

**For fast topical Pain Relief** from Arthritis, Fibromyalgia, Injuries of various kinds, etc, people love the **Chinota Gel**. Some people have even told us the first night they used Chinota Gel was the first good night's sleep they had in "forever" because pain from their legs, or back, or carpal tunnel, or whatever, had been interfering so long with their sleep

**For multiple topical uses**, people love the **Aqua Gel**... for nicer and more manageable hair, for fighting Acne, Psoriasis, Etc, for taking the itch &/or sting out of various insect bites, for relief of burns or sunburns, and everyday "owwies", and much more, people say they wouldn't be without Aqua Gel. It really is, as one very loyal Aqua Gel user once described it, a "Gift of Endless Uses"... from Sunburns, to Acne, to Sore Muscles, to Rashes, Eczema, Owwies, and More... Aqua Gel is the choice of thousands, and for fighting acne,

and other skin conditions the runaway favorite is topical use of Aqua Gel along with drinking the Willard's Water.

For more details on the **Chinota Gel** or **Aqua Gel**, use this link to our site & choose the item from our list: <https://www.willardswater.com/store/index.php?ccat=22>

For what many say is the most refreshing bath or shower they've ever had, people love our Willard's Water soaps... many say the **Willard's Water with Goat's Milk Soap** turns their bath or shower into a luxurious experience. Others note the improvement in skin issues...from extremely **dry, chapped skin, to relief from Rosacea and more.**

And the **Willard's Water LOTION with Goat's Milk** is so loved by so many people for so many reasons we don't know where to begin listing them!. So for a still pretty concise summary of the **WW Lotion**, and also for details on all the **Willard's Water Soaps**, check out their information on our website use this link and click the item you are interested in from the list: [www.willardswater.com/store/index.php?ccat=44](http://www.willardswater.com/store/index.php?ccat=44)

No list of items people love listed at the beginning of this article would be complete without **Willard's Water** itself included. For articles on various aspects and uses of WW use this link & choose your topic from the listed ones in the left hand column.: <http://www.willardswater.com/information.php>

WW has been lauded by countless people for decades for providing "all of the above"... we've listed it last because we've been talking about topical uses, and WW certainly has a myriad of uses topically, but it's also used internally as a drink. So, since it's both, we've listed it last.

When WW is used topically sometimes relief comes very quickly on some things like burns, sore muscles, and such, but for other things like most skin issues it usually takes a little longer. Those who drink WW report the same sort of thing... some things seem notably better very quickly, and others take a little longer.

For fighting such things as **Acne, and other skin problems**, the runaway favorite as we said is the Aqua Gel combined with drinking the Willard's Water The **Very Best results** on any skin problem always come from those who use the WW or the Gels topically, AND also drink the WW... we're just laypeople but we assume it's because most skin issues are due to some sort of internal issue, with the symptoms of that issue showing up on the skin. So putting WW to use both topically in Aqua Gel form, and internally with regular drinking of the WW makes sense.

Don't forget the reported benefits of WW for **Dogs, Cats, and other Animals**. For info on Willard's Water's benefits for animals use this link and choose from the articles in the list to the left in the Pets & Animals section: <http://www.willardswater.com/information.php>  
Enjoy!



## Trivia & Tidbits . . .

1. How much does the Liberty Bell weigh?
2. Where are the oldest church bells in the United States?
3. What's the origin of the popular dog's name Fido?
4. What does a culicidologist study?
5. How many cubic feet of gas does a cow belch on an average day?
6. How many feet above ground is meteorologists' standard for measuring wind speed?
7. Berkshire, Cheshire, Victoria and Poland China are breeds of what animal?
8. How fast do microwaves travel?

**AND THE ANSWER IS...**

1. Just over a ton — 2,080 pounds.
2. Boston's Old North Church—they were made in England in 1744 & shipped to Boston.
3. It's from the Latin *fidus*, meaning faithful.
4. The mosquito.
5. 35 cubic feet.
6. 33 feet.
7. The pig.
8. 186,282 miles per second — the speed of light.

**ON "THE WEB"!**  
**www.willardswater.com**

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

# Essential Plan In Case of Hospitalization, Expected or Not

So... You're Going To The Hospital. Sometimes, calamity strikes, and you have a health emergency.

This will likely happen to all of us eventually, no matter how well we take care of ourselves by including a healthy diet, exercise and supplements in our lives, and other healthy lifestyle choices.

That said, a high quality stay and no complications are by no means guaranteed. Not because of any lack of faith or respect in the staff attending you, it's just the nature of the thing... it's all done by human beings (with the help of higher and higher technological advances), and humans make mistakes, technology and equipment can fail, and... sometimes we, the patient can cause the problem by not providing all the information needed and relevant in a timely enough manner.

Here are some tips to hopefully help make your stay as positive and successful as possible:

1) Have an advocate. If at all possible, have family or a close friend that is familiar with your health accompany you.

When facing a health crisis, none of us are in our best — or clearest — state of mind, and it's easy to be intimidated by the terms the staff use, or to forget the correct answers to questions they might have. Or to remember what they told you when their replacements come on the scene at “shift change time”. This is why it's important to have somebody with you to notice if the new staff seem to be doing something the first group said shouldn't be, or is ignoring what the first staff members had concluded should be done. And also to help your recall of just what those first staff people told you or you told them, if the later shift people have questions about it.

2) Know what prescriptions and supplements you're taking. If possible, make a list of all the prescriptions, over-the-counter medications, and supplements

you take regularly and carry the list in your wallet.

Also add any allergies you have, and your emergency contact person's name and phone number — with one or more alternative people to be contacted in an emergency in case one is on the other side of the country or world on vacation or whatever.

Also have your primary health care provider's name and phone number on that list as well.

And update that list as it changes.

Again, none of us are functioning at our best in the hospital, and this information is of critical importance to medical staff. Not all deaths by medical error result from simple incompetence. Some of it is because people do not accurately disclose what they're taking, and doctors prescribe drugs that have negative interactions with them.

3) Have a plan for your children and/or pets. This seems obvious, but often times, this situation is resolved in a frantic ad-lib, and, in the case of pets, is often forgotten about. Having an arrangement with somebody to take care of them will make the stay less stressful for you (and them), and the less stress, the better.

4) Have a Health Care Directive or Living Will, and know where it is. Or put it on file with your regular doctor. Or ADD a NOTE on your “list” discussed above that you have such a document and where it is. That document should specify what your wishes are regarding the use of extraordinary means to keep you alive in the event of cardiac arrest, brain death, etc.

We all tend to think we're too healthy or too young, or too busy!, to be likely to need such a document “now”, so we plan to sit down and get one done “someday”. Hopefully that particular “someday”

won't come before you get that job done. It will be helpful for doctors, for your family, and especially for you. It should limit the risks of anything being done you wouldn't want, or your “being kept ‘alive’ beyond what you would consider to be living” as I've heard it said. And it will make it easier on your family if you have “left orders” what you want done in such an event... even with it in writing it is one of the hardest decisions most people ever have to make as they feel they are deciding to “let mom or dad die”... if it's in a legal documents with your own directives given, it will help them to feel a little less “guilty” ... so if there's any risk of that, the last gift you may give your loved ones, is to take care of those details yourself.

5) If you are the advocate for someone who — due to illness, cognitive issues, or whatever — is not able to convey the kind of personality they have and what their interests are, their sense of humor may be, their favorite music and anything else that might give their care providers a better understanding of what your friend or loved one might enjoy so they can interact with them in those ways or on those bases be sure to provide that information to their caretakers.

Such information isn't always asked for on all the forms... but it's always helpful in allowing the staff to deal with your friend or loved one in the most helpful and way, and in a way that will make your loved one the most comfortable.

Like I said, almost all of us will spend time in the hospital at some point. But by keeping in mind all of these things, you can possibly reduce the time you spend there and the number of complications you have to deal with. The first goal of any visit should be to recover and leave as quickly and smoothly as possible. And hopefully, these few steps may increase the likelihood of just such a happy ending in your case. ♦



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in the printed version.



### ***He Appeared, Said to Get Help, Then Disappeared...***

"My cousins and I had been throwing a stick out on the ice for my dog, Spot, to run down, grab it, and bring it back to us on the bridge we were on. My Dad had told us not to do that because the ice might not be solid any more. But after he left, we went in and asked my mom, who was deep in conversation with her sister (my cousins' mom) while also counting out teaspoons of something for the recipe she was trying out for the first time... 'can we go throw sticks for Spot to get?' we asked (leaving the ice part out), and she said sure.

Back to the bridge we ran. Throw after throw, Spot didn't miss a beat. But then, all at once the ice broke and she kept getting her front legs on the edge of the opening, but "for some reason" we couldn't figure out, she didn't get out and back on to the ice.

"I never heard anyone come up next to me, but heard him say "That poor dog"... for the first time, it occurred to me that maybe she couldn't get back up on to the ice out of the icy water. I asked him if she was stuck... he asked if she was my dog and I

said yes, he told me to get help as fast as I could. I had never been able to run faster than my cousins, but I ran the block-and-a-half to our house and had already told my dad what happened as he got out of the car with the groceries he'd gone after.... "tell your mom to call the Fire Department" and he took off for the bridge. I got my mom, and after she called the fire department we all went back... the man who told me to get help was still there when we got there. It was nip and tuck... my Dad had gone out on the ice to get Spot, but being somewhere north of 250 pounds, the ice wasn't holding and he barely made it back to shore. The Fire Chief, a very slender guy, went out on a ladder and pulled Spot to safety. I turned to thank the man who had told me we needed help, but he was gone... he'd been so close to us and we were all crammed together because there had to be 50 or 60 people watching and praying as it all transpired, but somehow that man just disappeared with nobody noticing, and none of us having to move to let him out". Stranger still, nobody but me seemed to have ever seen him.

Spot was fine So was my Dad. Young as I was, I knew something very special and unexplainable had happened. ♦

*Reprinted by request from July/August 2015 issue. We invite you to send your own "unexplained help" stories for sharing—anonously if you choose.*



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



### **"Can't get along without them" ...**

— "S.P." asked us if we could get her order out in time for her to receive it by that coming Saturday because that's when she would be totally out of her **Willard's Water & Dead Sea Mud Soap** (Item E-103) and she's just desperate for it. She really loves it and so does her skin! She also said she hopes we never go out of business for another reason... she knows we're the only place with **Aqua Gel** (Items AG-4 & AG-8), and she just can't get along without it... she says it makes her face look younger than she is, when she uses it on her face morning and night. We're happy to hear it and to be here for you, SP!

**The Cat's Meow** — We're guessing that's what "Nate the Great" thinks about Willard's Water after his human mom ("M.G.") used it to help him heal. It seems Nate

the Great got into a fight and sustained a deep wound behind his ear according to M.G. She told us it developed an abscess that was lanced by Nate the Great's vet, but didn't heal well. The vet gave M.G. antibiotics to give Nate, and also told M.G. to apply warm compresses to Nate's wound twice a day. M.G. followed all the instructions faithfully but by day 5, progress was not good. She was getting worried so she said she "called Nutrition Coalition to find out what Willard's Water dilution to use". We always answer that question with "the same dilution as people drink... 1 oz to a gallon or a half teaspoon to 8 oz of water. And for topical uses like this one, either the Ultimate Dark or the Clear could be used. Well, M.G. put the **Willard's Water** to work, and after 3 days of it, the healing was "quite noticeable. The shaved fur grew back quickly" and M.G. "can't see any scar in the wound area". M.G. and Nate the Great are happy! ♦



## MORE PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

### Help to Balance & Boost Immune System to Fight Aging, Infections, Allergies, to Build Muscle, More!

By Ben Sunde

It's time to give a new write-up to one of our very favorite products, one that we've been selling since 1983 and was one of the very first supplements we ever sold, along with the Willard's Water: colostrum.

Colostrum, also known as First Milk (though it isn't milk) is the first lactation that female mammals produce, usually starting just before giving birth.

It is a very nutrient-rich, densely concentrated form of milk, full of proteins, antibodies, growth factors, and everything else that baby mammals need in their first meals to kick start their own digestive and immune systems. Its importance is very hard to overstate.

So what are we providing you? The excess colostrum produced by dairy cows after calves have had their share.

There is a long history of humans consuming bovine colostrum for health benefits.

Prior to the invention of antibiotics, cow colostrum was the primary source of immunoglobulin used to fight infections in people.

After antibiotics came into vogue, medical research on colostrum basically ceased, though plenty of people still relied on it, such as we at Nutrition Coalition came to do.

Now, of course, with antibiotic resistant strains of bacteria being as big of an issue as they are, money is pouring into research on colostrum again, and new advantages of taking it are being found almost daily.

This brings me to one of my favorite things about working here: it seems to me, we keep being proven to be right. But I digress.

One of these recent discoveries in colostrum is the presence of compounds known as **proline-rich polypeptides (PRP)**.

PRP appears to have a host of functions on general health, starting with **enhancing the effectiveness of the immune system** in terms of both activating it when it's slacking (like when you're sick), but also demanding it call off the dogs when it's overactive, such as when having an allergic reaction (which is when the immune system responds hostilely to harmless stimuli).

Just that effect would be impressive, but it does more than that. PRP also seems to **help slow the aging process by preventing mutations in cellular DNA** as well as **helping DNA to repair itself** when it is damaged! This, of course, means that cells are staying healthy and efficient longer, which helps to delay general aging.

In addition to that, colostrum is host to a large number of compounds known as growth factors.

**Growth factors** are imperative to children growing to their proper height, but even in adults they are of significant benefit in terms of building new tissue, i.e., developing new muscle.

I keep hearing that athletes are increasingly taking colostrum to help build muscle, to reduce recovery times in exercise, and getting better performance from their muscles.

It's worth noting that even if it's not your goal to **add muscle** bulk, but to instead **lose weight**, colostrum may help with that goal. Exercise is a vitally important part of any weight loss plan, and anything that helps with recovery and replacement of fat with muscle is going to be helpful.

Colostrum is, simply, an amazing product.

We've been selling it for as long as I've been alive, and this is because we've all had great results from it, and our customers that take it also experience enough benefit for them to re-order and re-order... many of them for years.

Product loyalty like our customers have

shown our Colostrum doesn't develop if no benefits are seen.

Just this last week, I came down with a nasty cold that crippled me for the first day. That day, I also took a heaping tablespoon of colostrum. The next day, my cold was reduced down to a scratchy throat. That was pretty impressive to me.

Colostrum has stood the test of time, and will continue to, as more and more research confirms what we've always known: colostrum is one of the brightest stars in the alternative medical sky.

And, frankly, we believe our liquid **Alpha Whey III** Colostrum (Item H-3) is the brightest of those bright colostrum stars.

Unlike capsules and powders of colostrum, Alpha Whey III is still liquid...just as nature provides it, and with no need for the body to break it down. Additionally, NO heat is used in processing it.

From our personal experiences and those of our customers we are convinced there is NO match for Alpha Whey III in the colostrum world.

We also believe if a person wants the convenience of capsules, there are none better than ours.

We have had various colostrum capsules and powders assayed for their IgG levels over the years (IgG is the benchmark ingredient used to analyze colostrum quality since 80% of its antibodies are contained in the IgG). We've never found a powder or capsulized colostrum that had any higher (most were lower) IgG level as our capsules.

And none have ever had as high IgG levels as our liquid Alpha Whey III. That's why we're confident we have as high quality **Colostrum Capsules** (Item J-H5), and liquid Colostrum - **Alpha Whey III** (Item H-3) - as any available.

In fact, we believe **Alpha Whey III** is head & shoulders above all the other colostrum products we're aware of. ♦

# Celiac Disease, Arthritis, Allergies, MS, Lupus, Inflammation, Autism, and You...

By Ben

What do celiac disease, asthma, What rheumatoid arthritis, allergies and scleroderma have in common? They're all autoimmune disorders (along with countless others: MS, lupus, etc).

In many ways, autoimmune disorders seem to be the characteristic diseases of our times: reported very rarely in previous eras, now seen every day. While some of this may simply be greater awareness of the conditions and therefore a higher percentage of sufferers being diagnosed properly, the rates of most of these do in appear to be rising steadily in the developed world.

First off, what is an autoimmune disorder? Simply put, a disorder arising from the (incorrect) actions of your own immune system, when it starts a response to fight off harmless or even beneficial stimuli.

An allergy is a perfect example of this immune system disorder: there's nothing harmful about, say, pollen, but your body starts reacting to keep it out of your system; at the extreme end even going so far as to obstruct your airways.

What causes these conditions? That's up for a significant amount of debate.

The leading candidate appears to be the "Hygiene Hypothesis," which posits that inadequate exposure to germs leaves the immune system untrained in differentiating between legitimate threats and harmless microbes. For instance, antibacterial soap is now everywhere, children are prevented from playing in the dirt, all vegetables are cooked and most everything in our daily experience (especially for city dwellers) is sterilized.

This "sterilize everything" routine results in a state where your immune system simply doesn't know what to respond to, and is prone to constant overkill.

One of the symptoms of this constant overkill is chronic inflammation. Inflammation is itself a primary immune response meant to limit damage, but

chronic inflammation has been linked to a large number of autoimmune disorders as well as certain disorders not normally thought of as immune in origin like atherosclerosis (clogging of the arteries).

Recent research on lab rats versus their wild sewer rat cousins has shed a new light on both inflammation and the Hygiene Hypothesis. As it happens, wild rats have been found to have very well-controlled inflammation, whereas lab rats often are inflamed to one degree or another for seemingly no reason. The likely cause for the difference?

Parasites. Wild rats are usually swarming with them, and parasites, as part of their defenses against being rejected by their hosts, typically help suppress inflammatory responses.

From this research, certain scientists are arguing that the reason for the modern rise in autoimmune disorders is due to the novelty of humans NOT being full of parasites, which is a very recent development. This means that our immune systems evolved to always be under attack by parasites and therefore to be always giving some sort of inflammatory response because parasites were always there to try and minimize it. Remove the parasites, and suddenly you have an immune response that's evolved to be far more aggressive than is necessary. Thus, giving us inflammation. Some have gone so far as to argue for the therapeutic use of "domesticated" whipworms to help control this symptom!

Now, this is only one aspect of the puzzle. As we've reported before, the ratio of Omega 6 to Omega 3 fatty acids is vitally important in controlling inflammation. You also know that modern Americans have a ratio very disproportionately full of pro-inflammatory Omega 6 acids, largely because of vegetable oils and grain-fed livestock.

It stands to reason that the rise of vegetable oils plays some part in the chronic inflammation and, possibly, the rise of autoimmune disorders, in the United States.

Finally, I would like to bring up another issue relating to all of this: autism. The debate as to its cause is on-going and spirited, and we would never be inclined to say any answer on it is right or wrong.

That said, recent research has uncovered a connection between **autoimmune diseases in pregnant women** and an increased chance of babies being born with **Autism**. Furthermore, viral and bacterial infections during pregnancy have been linked to an increased chance of Autism as well.

Since Autism is increasing but rates of serious infection have been declining at the same time (for decades), it can't be that these infections are the sole cause of Autism. But the fact that autoimmune conditions also increase the odds of the baby being born with Autism, points to a possible common cause: what's one of the primary responses the immune system has to infection?

Inflammation. Now, how do we control inflammation when it's not necessary, since it's clearly not a positive thing?

As mentioned, ingestion of anti-inflammatory **Omega 3 fatty acids** likely helps to even out the inflammatory response. Our Omega 3 supplements are (Fish Oil: Items J-391, J-392 & Flax Seed Oil Capsules: J-77). In addition, reducing or eliminating deep fried foods helps improve the Omega 3 and Omega 6 ratio.

Many people swear by **Colostrum**, both liquid and capsule, as an immune modulator that helps regulate their allergies and even autoimmune diseases. Liquid Colostrum is Alpha-Whey III (Item H-3) and Capsules (Item J-H5).

Finally, and perhaps most importantly, we get constant reports from our customers about the benefits **Willard's Water** has given them in reducing their own inflammation, from injuries, arthritis, gout, and on and on.

Runaway inflammation appears to be a near omnipresent condition of modern life. There's likely no complete cure, but hopefully some of this information can make it a little less of a problem. ♦