

Possibilities

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Lancet Study: BRCA1 & BRCA2 Do NOT Lessen Survival from Breast Cancer & May Improve It

You've probably heard of the breast cancer genes called BRCA1 and BRCA2. They have come to be known as the "breast cancer susceptibility genes". And beyond that, they have also been said to be indicators of a less likely chance of surviving breast cancer.

None of that is "news". What is big news is a study published in The Lancet that concluded "BRCA 1/2 do not have the power to determine breast cancer survival outcomes".

The study said "There is no significant difference in overall survival or distant disease-free survival between patients carrying a BRCA1 OR BRCA2 mutation and patients without these mutations after a diagnosis of breast cancer."

The study was published in The Lancet Oncology. It found 12% of 2,733 women ages 18 to 40 who were treated for breast cancer at 127 hospitals across the United Kingdom between 2000 and 2008 had a BRCA mutation.

The women's medical records were tracked for 10 years.

During those 10 years, 651 women in the study died from their cancer. Those with the BRCA mutation were equally likely to have survived at the two-, five- and 10-year marks as those without the genetic mutation. This was not affected by the women's body mass index or ethnicity.

About one-third of the women with the BRCA mutation had double mastectomies to remove both breasts after being diagnosed with cancer. The surgery did not appear to improve their chances of survival at the 10-year mark..

This study has powerful implications for the future of breast cancer screening and the standard care of breast cancer patients. One reason for the impact this study may have (and should have we would say) is fact that there has been such a widespread absolute belief that BRCA genes "cause" breast cancer, and that their presence made surviving cancer much more difficult and unlikely.

That's why, as you may recall, the widely known actress Angelina Jolie had both her breasts removed "prophylactically" (to try to prevent getting breast cancer). She explained that her having the BRCA mutation and the recommendations of her physicians she made the decision for the double mastectomy. Many other women have done the same.

Not only did the Lancet study find no link between BRCA mutation genes and lower breast cancer survival, it found the BRCA mutation genes may actually improve the chance of survival in some patients.

tions of her physicians she made the decision for the double mastectomy. Many other women have done the same.

In the discussion portion of the Lancet Oncology paper, the researchers noted that not only did the study fail to find a causal link between the

BRCA genes and overall breast cancer survival, but they noted that some BRCA mutation carriers (diagnosed with triple negative breast cancer) may actually have improved survival relative to non-mutation carriers —here's the quote from that discussion:

"We found no clear evidence that either BRCA1 or BRCA2 germline mutations significantly affect overall survival with breast cancer after adjusting for known prognostic factors. Decisions about timing of risk-reducing surgery should take into account primary tumour prognosis and patient preference. BRCA mutation carriers presenting with triple-negative breast cancer might have an improved survival during the first few years after diagnosis compared with non-carriers, although immediate bilateral mastectomy did not account for this advantage. Finally, analysis of yearly outcome data from trials exploring BRCA-deficient tumour treatment in patients with triple-negative breast cancer should be interpreted with caution in view of the possible early survival advantage for BRCA mutation carriers." (Emphasis added)

There is no doubt the findings of this study will be shocking to the millions of people who have been led to believe that the BRCA gene mutation is a "death sentence". And our hearts go out to the women who have had mastectomies or double mastectomies in an effort to increase their survival chances or to prevent getting cancer. In fact

we feel such pain for them we considered not reporting this study...

but only for a moment, since we have little doubt those women so affected would be the first to say this information needs to be spread as far as possible as fast as possible.



We remind you that every situation is different and we urge anyone dealing with breast cancer and BRCA status to get more than one opinion, and if it were us, we would ask for specific reasons, if any, that in our own case we should ignore the findings of this study. Ask your own doctor(s) to review the study and give you their thoughts after doing so, if they have not reviewed it yet.

Another factor to consider at this time are the studies that have indicated mammograms have led to an overdiagnosis of cancer and also to overtreatment of non-cancerous indolent growths of epithelial origin such as ductal carcinoma in situ (DCIS). Ironically we wrote about those two issues in our January/February 2017 issue of this newsletter — and here we are in our January/February 2018 issues writing about another study with findings that may turn cancer treatment and thinking on its head. Find it on our site WillardsWater.com, under Newsletters — Jan/Feb 2017

We are not saying this study published in The Lancet is 100% the answer. No study is. And it may be found to have some problems, as many studies do. But The Lancet is one of the most respected medical journals in the world and has been for decades so what it publishes is generally considered to be very valid until and unless proven otherwise.

In any case, when dealing with cancer, one cannot be too well informed. And the dangers of not knowing the latest findings can be extremely damaging. So we say, do your own research, or if you're not in a position to do so, ask someone you trust to do it for you. And most certainly, ask your doctor(s) about research you've found.

Can You Imagine A Particular Movement Can Help You Solve Problems and/or Improve Your Cognitive Performance?

If you see something beautiful ahead of you, you're likely to get closer to it in order to get a better look at it. On the other hand if you see a spider, or a mouse, or a snake in front of you, you're much more likely to step back from it, or even run backwards from it!

Think for a minute about the series of events or thoughts in the above examples. You first reacted with a desire to see the beautiful thing you'd spotted "up close for a better look", but you felt sort of repelled from what you perceived as dangerous or frightening in the spider, snake or mouse. First came your thought about it and then came your action.

A group of researchers in the Netherlands wondered if movement could change the way we process thoughts. So they set up a study to try to find out.

They recruited 38 college undergraduate students for their study. The students' average age was 21-1/2. In the study each student had to take several steps in any one of four directions and complete the Stroop task.

That task required the students to read a word that's the name of a color. The color itself is printed in a color — a color that might be the same as the word or it might be a mismatch....the word "red" might be printed in red or it might be a mismatch by having the word "red" printed in blue ink.

As soon as the word was shown on the screen the student had to say the INK color NOT the word itself... and say it as fast as possible. Because there is a natural tendency to read the word first, speed of performance depends on being able to suppress the im-

pulse to speak the word when the word and the ink color were mismatched. This indicates the subject's ability to focus and concentrate.

Before each task, the students were told to take either four steps forward, backwards, left or right.

The results — reported in the journal Psychological Science — found that those stepping backwards had far greater focus and attention than those moving in any of the other directions.

The study authors said that stepping backwards significantly increased cognitive performance over stepping forward or sideways. And they said considering the size of the difference it made, backward movement appears to be a very powerful way to "mobilize cognitive resources". The authors added "Thus whenever you encounter a difficult situation, stepping backward may boost your capability to deal with it effectively."

The reason for the improved mental performance between approach (moving closer to objects in the environment) and avoidance (retreating) movements is thought to go back to our prehistoric ancestors.

If people felt safe, and not in any danger, they moved forward confidently. But if they encountered a threat, they would be on guard and pay closer attention to their surroundings, and move backward.

These deep-wired impulses became ingrained in our developing brain to such an

extent that today, even when we're not facing any threat or danger, stepping back automatically improves concentration, focus and attention.



The idea that movement influences cognition isn't new by any stretch. It was proposed by psychologist and philosopher William James in the 19th century and has been followed up by a number of other researches in the last two decades.

We now know that different areas of the brain are involved in approach and avoidance behaviors. The findings of this study in the Netherlands also corroborate those of other studies that used arm movements rather than leg movements.

So if you're dealing with a difficult problem you need to solve, taking several steps back just might help you find/think of/recognize the answer you've been looking for.

Maybe the old saying "take a step back" came from some recognition that people solved more problems that way, rather than resulting from trying to separate two people about to come to blows!

Whatever the reason, it would seem with the scientific studies on its side, stepping backward to improve your thinking, would seem to be a "no lose" proposition. It can't hurt, and wouldn't it be nice to find such a simple thing that could help clear one's thinking? ♦



Trivia & Tidbits . . .

1. What was Henry Ford's first mass-produced car?
2. What was the only product Elvis Presley ever promoted in a TV commercial?
3. How many miles per gallon did the Model T Ford get when introduced in 1908?
4. Fish travel in schools; what about whales?
5. How fast does the sound of thunder travel per second?
6. How many muscles do we use when we smile broadly?
7. How many square inches are there in an acre?
8. How many dust mites can a gram of dust hold?

AND THE ANSWER IS...

1. The Model N, which sold for \$500 in 1906.
2. Donuts for Southern Made Donuts which was aired in 1954.
3. Between 25 and 30 miles per gallon.
4. Whales get together in gangs, or pods.
5. About 1,100 feet per second.
6. Seventeen.
7. 6,272,640. Its the number of square feet in an acre (43,560) times the number of square inches in a square foot (144).
8. 500. An ounce can hold 13,500.

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Reach Us At: 1-800-447-4793 (218-236-9783)

NUTRITION COALITION, INC.
P.O. Box 3001 Fargo, ND 58108-3001
WillardsWater.com or NutritionCoalition.com



PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

10 Ways You Can Actually Help a Caregiver

We hear from more and more of our customers that they are caring for, or helping with the caretaking for, an elderly parent or parents, or another elderly relative, or a younger person with disabilities, illness, or other issues. We're sure you know people doing the same, or perhaps you do yourself.

I ran across a list recently of ways to help such caregivers. I think many of you might be glad to know of some ways you could help even if you can't be there to do the caretaking yourself. So here goes....

1. Take Action. Either pitch in and help them with some of the work involved, pay for someone else to do it, or find services available in the community to help.. Adult day care, or whatever.

2. Ask the caregiver what you can do to help. That doesn't mean telling them to "let you know" if there's something you could help with. ASK them outright... ask what you could do right then that would help make that day easier for them.

3. Financial Help — often caregivers end up either paying for fairly large routine expenses themselves, or they pay for the little things that come up — and add up over time— or they suffer loss of their own income because they are spending most of their time taking care of the person who needs it. If you are a family member, start pitching in on those expenses... and if there are other family members ask them to contribute as well.

You might also want to check on what public services or financial aid are available. The caregiver may not have time to search the internet or make the calls to find that help. And "crowdfunding" may be a possibility as well.. such as Go FundMe and other online resources like that.

And, if the caregiver has "taken a financial hit" by losing some or all of their own income to do the caregiving, find a way for them to be reimbursed. If you and other family members would otherwise be paying for such care, consider donating what each of you can afford to partially reimburse the caregiver. And also check for other programs that will provide compensation to someone caring for a relative or friend who would otherwise need more public services, etc. Start checking online and at Senior Services Centers, etc.

4. Help Get Care for the Caregiver if Needed — remind the caregiver to take care

of herself/himself. And pay attention — if you notice the caregiver having particular problems or being less involved with others or becoming more "removed" from others, point it out to them and make suggestions that might help.

5. Include the Caregiver in social events. And be specific — tell them you've arranged for someone to stay with the person being cared for at a certain time and day so the caregiver can have lunch with you, or you and some of her/his other friends. Or make it a movie or whatever. Just set it up.

6. Listen — let them know any time they just want to talk, vent, discuss options for the patient, or whatever, that you will be there to listen.

7. Pay Attention to the Caregiver — watch for changes in attitude or appearance that might indicate they are having problems. Have they become withdrawn? Have they given up regular activities? If so, ask them about it and suggest some changes to make it possible for them to get back to being their old self.

8. Help with Paperwork & Organizing — With caregiving there is usually a LOT of paperwork. Given everything else the caregiver is doing, they may be too overwhelmed to deal with any insurance, medical, or other paperwork. Volunteer to help them sort it, organize it, and deal with it. Or hire it done.


9. Help them find more help for the person they are caring for — there are lots of programs meant to help caregivers. But, it takes time to find them and arrange for them. So do the legwork for them. Check online for community groups in your city, or for government supported groups, or for online support groups on Facebook or probably countless other online places. Once you find some that could be helpful, discuss them with the caregiver to see which ones might be a good fit for the person involved and the situation.

10. Stick with it. If you offer to help on some kind of regular schedule, keep that schedule. And arrange for a backup for the caregiver if an emergency or changing circumstances suddenly mean she can't continue caregiving. The backup person should have all the essential details such as the pa-

YOU Can Help Others Find Willard's Water!

One of the biggest frustrations many WW users have is not being able to get others to try it. Well there is a way you could help get others to try it...

write a review of the product on our web site or on Amazon.com. We only have the Ultimate Willard's Water on Amazon, so you will find it on Amazon by searching for "Ultimate Willard's Water". On our site you can, of course, review any and all of them... Ultimate, Clear and Dark XXX.


Products depend more and more on user reviews to get new customers to try them. So, if you love WW as much as most people do, you can spread the word and help others decide to give it a try by reviewing it. Those you help decide to try it will be thankful for your help in guiding them to do so, and we will be too! 



tient's contacts: doctor(s), family members, medication list, etc. The backup should also have keys to the house, car, or whatever else she may need keys or codes for, etc.

11. Don't judge and don't be overly critical. That's especially true if you are a family member of a caregiver taking care of another one of your family members. Since they are the person "in the game" and likely the only one willing or able to do it, they are certainly doing their best under the circumstances, and since you aren't there to know the details of the circumstances, it will likely be much more helpful to ask them about the situation and however the "thing" you're concerned about came about, and then without saying they did it wrong, perhaps just tell them you're glad they took care of it and if it happens again "another thing you could try is..."

12. Help make it easier for temporary "fill-ins" for the caregiver to step in. Have the caregiver make notes on what the person being cared for likes and doesn't like... what things they find funny, what they like to eat, what TV shows they like, or radio, or music... so if the caregiver isn't there, the "fill-in" can keep it as "normal" for the patient as possible. That will ease the caregiver's mind, and make it easier on the patient.

We're sure there are countless other things that could be done to help the caregiver but this list should help kick it off, and perhaps lead to the discovery of other ways to help. But you've got to start somewhere... 

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"WE'RE SORRY. YOU'D BETTER NOTIFY THE FAMILY"...

"The nurse said she'd give my mother the injection for pain slowly, so "it won't make her drowsy", and in fact she'd taken about 20 minutes to complete the process. By the time she'd left the room, my mom was finishing her phone conversation with my cousin who'd called to see how she was doing.

"As I took the phone from my mother's hand, it was obvious something was going terribly wrong. Her face was changing color from top to bottom — it reminded me of pulling down a window shade as her face went from normal color to charcoal gray—with that gray color starting at the top of her forehead and descending down to her chin in a matter of seconds. She couldn't speak.

"I hit the "nurse call button", and watched in horror as her face sort of contorted and appeared to almost shrink. In no time at all, there were 11 nurses in the room (it was right at the shift change so there were two "sets" there).

"Her pulse and blood pressure kept dropping. They gave her

an antidote. It didn't work. Finally, her blood pressure was zero, as was her pulse and she'd stopped breathing.

"The nurses turned to me and said they were sorry...they said they could help call the family if I wanted; but there was nothing left to do... she was gone.

"I remember thinking "Yes there is something left to do. There's One Helper we haven't called on." I pulled the nurses away from the bed, put my hands on her, and asked God to take over, giving thanks that she was in His care and keeping, and that His love was surrounding her and doing what was best for her. All of a sudden she took a deep breath. One of the nurses said to my mom, "That's good, do it again." She did. And she kept doing it.

"And beyond "simply" coming back to life, her doctor told her later that he'd never seen such an infection clear up like that from antibiotics—it was totally cleared up by the day after the "episode". Mom told him it wasn't the antibiotics, it was God. He said given what the nurses told him, he would have to agree."

Reprinted from earlier issue. Editor's Note: You are invited to send your own "unexplained help/ fork-in-the-road/inspirational stories" for sharing in this column, anonymously, if you choose.



Emails, Mailbag & Phone Calls...



Abscess — "N.T." told us she's had repeated problems of getting abscesses and that the doctors can't figure out what's causing them. She's had MRIs and other tests and still no answers.

But she has figured out that if she swishes and swishes Willard's Water in her mouth the abscesses go away. She says they will come back again so she's still trying to find out what's causing them, but at least she has a way to get rid of them.

She also said that the Willard's Water gets "the stuff out from between my teeth" better than flossing did.

Tooth Report — "C.C." told us she uses Willard's Water on her teeth, and it works good. Her teeth show the difference.

Happy Dogs and Their Owners — that's what "J.A." told us about her and her husband's experience with their dogs. They have Brittany's and she said she figured the elder one they had when they first got Willard's Water lived an additional year after getting it... 'and it was a **good** year' she said.

She has told others about it — especially other dog owners about it and those dogs have had improvements too.

She told us about one dog that started running noticeably better after getting on Willard's Water... enough better that other people who had been familiar with that dog also noticed the improvement and commented on it.

It seems there are lot of happy dogs and their owners in her part of the world... thanks to her sharing it with others. ♣



MORE PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

How Do HEALTHY People Know If Willard's Water Benefits Them?

By Charlie Sunde

People often say they don't really have anything "wrong with them", so they aren't sure if Dr. Willard's Water (WW for short) will be of benefit to them or not. That can seem like a real dilemma. . . nobody wants to just "foolishly" spend money and effort using something if there's no way to know if it's of benefit. We often pass along reports from people who say "WW" has helped them with their arthritis, or digestive problems, or migraines, or back pain, or diabetes, or skin problems, or burns, or high blood pressure, or stomach ulcers, or etc. etc.



But, over the years, we have heard numerous comments on how "the water" has been of benefit in "little ways" in just the "normal, everyday lives of people who are lucky enough to be basically healthy", that indicate it IS doing something positive for those people.

These "little things" often also indicate that it might be logical to believe the health of the person involved may be much better "down the road", than it otherwise would be, if they hadn't used WW, even though there would be no way of knowing that, since there's "only one of them — no 'control group' available for comparison".

But if the signs of a body working better that seem to appear with the use of Willard's Water are any indication, it would seem that those signs of health should bear additional fruit in years ahead, in the form of a healthier person.

Well, here's my list of some of the commonly reported "little things" that give people reassurance that their decision to make Dr. Willard's Water a part of their lives, was wise.

- Cold hands and feet aren't cold anymore. (Better circulation?)
- Sleeping better and often seemingly

- dreaming more (or remembering dreams better)—a sign of better sleep.
- Improved regularity (ending chronic constipation for many people, and ending chronic diarrhea in others).
- Better absorption of foods — kernels of corn no longer visible in their stools.
- More alert, better memory, a feeling of being "more alive" or a "general feeling of wellness".
- Fewer aches & pains.
- More energy.
- Better condition of hair & nails.
- Better complexion and "color".
- Dealing with stress better (indicated by less "nervous eating"; fewer sleep problems, etc.)
- Fewer colds, flu, and other such problems—and getting over them quicker.
- Quicker-than-usual recovery from surgeries & healing of broken bones.
- If they quit drinking Willard's Water, eventually they say they realize they're feeling again like they did "before the water", and then realize it really was helping them.
- Finding that nutritional supplements seem to be working better—often getting the same results, taking reduced doses of the supplements. Also finding that many other personal care items also work better, when using WW with them — from shampoos, conditioners, and skin moisturizers to toothpaste!
- Increased "feeling of wellness" and being generally "happier" and more "alive"—from "I laugh more", to "my husband's much more 'interested' in me physically—maybe 'cause he's feeling so much better and has more energy"—and some husbands have said "vice versa" about their wives.
- Feeling more spiritually at peace—"it's easier to be closer to God when I'm not hurting, constipated or fighting for sleep!".

So even if you don't have anything

"major" to work on, you may benefit from "WW" in other ways! And, though there's no way to prove it, many people believe they'll be healthier years from now than they otherwise would be, having given themselves the benefits of Willard's Water.

- ◆ Cold hands and feet are no longer cold.
- ◆ Better absorption of foods — kernels of corn no longer visible in their stools.
- ◆ More energy.
- ◆ Better condition of hair & nails.
- ◆ Better complexion and "color".
- ◆ Fewer colds, flu, and other such problems—and getting over them quicker.

Those benefits include increased absorption and utilization of nutrients. Which means whatever you read Vitamin E, A, or C, or any other nutrient is "good for", if you're drinking "WW", your body will likely actually absorb more of those good things, and therefore get more benefit from them.

Another benefit is the increased elimination of toxins and wastes that are harmful to you. If "WW" helps you get rid of them better, that has to be a good thing, today and "down the road".

And, given what's known about WW's superior antioxidant boosting, and super abilities at eliminating free radicals, many people believe all known benefits of antioxidants and free radical scavengers "goes double (or much more!)" for Willard's Water! That's because it has so many more electrons than most such substances have to give up, or "pair" with, free radicals in one's body, so it can perform that role many more times than substances with fewer electrons. (Pairing with free radicals is how they are "neutralized", so to speak.)

Those are some of the reasons knowledgeable people believe staying healthier is more likely with Willard's Water use. To see what [Dogs, Cats and other animals](#) think of it, read the other side ➡

Gus Knew More About Willard's Water than We Thought — Your Own Dog, Cat, Horse, Etc. May Too!



We loved our dog, Gus. Like most dogs, he was definitely a beloved family member. Gus was the third Vizsla (also called Hungarian Pointer) we had. Sadly, we have to refer to him in the past tense because he left us several years ago now after a long, healthy, and happy life.

Gus loved Willard's Water. He — like all our pets since Willard's Water came into our lives back in 1982 — drank it every day.

Many people have told us over the years that their pets would refuse to drink ordinary water, after they had been introduced to Willard's Water.

I admit I thought that was somewhat extreme, but we heard it from enough people I certainly didn't disbelieve it... it just seemed really amazing to me somehow. It was as if a very small part of me just couldn't believe that, even though I didn't think for an instant that any of the people who'd told us that weren't telling us the truth.

But Gus made a believer of me.

One night Gus and my wife, Kolleen, and I were in the family room watching television. Gus's family room water dish was empty (he had one there and one in the kitchen). Gus let me know it was empty and that he wanted it filled by picking it up with his teeth, throwing it in the air, and letting it clatter to the wood floor, as he stared at me.

His jug of Willard's Water was in the kitchen. But the bathroom was even closer. I was tired. Kolleen was tired. I decided it wouldn't hurt him *just once* to drink regular plain water. So I filled his dish from the faucet in the bathroom sink, which

was the same water that came out of our kitchen faucet—all of which came from our well, and had NO chlorine, or other chemicals added to it.

Gus was very excited when I came back with his filled water dish — leaping up and down and racing to satisfy his thirst as soon as I'd set the dish back down on the floor.

He dropped his head down to begin guzzling, stopped abruptly (as if putting on his brakes!) and jerked himself away. He then approached his dish again, very cautiously, and finally sniffed it. He turned away and looked at Kolleen and me with an expression of "*what did I ever do to deserve this?*"... and walked away from his water dish...clearly in disgust — his manner was like something we'd never seen before.

"Okay, Mr. Connoisseur, I'll get you your Willard's Water!" I huffed, as I dragged my tired bones to the kitchen to get his water. I took his water dish with me, so he didn't see how I filled it, and filled it from his jug of Willard's Water.

His jug contained the same tap water that came from the bathroom sink, but with two capsful (the cap size from the 8-oz Willard Water bottle) of Willard Water concentrate added to it. That makes it only 2/5 as "strong" a dilution as the ounce-to-a-gallon mixture that we make for ourselves, or that any Willard's Water user makes up for themselves.

I came back to the family room with his dish and set it on the floor. He looked at me before approaching it like he was wondering if I was still trying to pull some sort of a fast one on him!

He got to his dish, put his head down slowly... then lapped it up enthusiastically.

"...he put his head down to begin guzzling, stopped abruptly (as if putting on his brakes!) and jerked himself away... looking at us with an expression that seemed to say, "what did I ever do to deserve this?"and...walked away in disgust."

At that moment, I really believed in my own soul, that dogs can tell the difference between

Willard's Water and regular water. Nothing like seeing something with your own eyes to convince you!

Not that I've ever had any doubts, as I said, about Willard's Water's benefits for pets. Our dogs and cats have drank nothing but Willard's Water for over 35 years now, and they've all lived very long and extremely healthy lives.

When our kids were young, we got 4 gerbils who lived in an empty aquarium and spent their days chewing up cardboard cores of toilet paper and paper towel rolls to make nesting material. They drank nothing but Willard Water and lived from 3 to 4 years, a couple even longer as I recall, which I believe is a long life for a gerbil.

Our fresh water aquarium fish also always did very well too... we used Clear Willard's Water in the aquarium as the Ultimate (with its additional minerals) can sometimes prompt algae growth, so if you're adding it to an aquarium we'd suggest you use the Clear in it.

And we've heard from others of benefits they noted in their birds, rabbits, wolves, cattle, horses, pigs, goats, and probably many other types of animals. We've never heard of any animal that shouldn't have it. You can bet our pets will always have Willard's Water — and we won't switch them off of it! ♠