

Possibilities

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Got Cravings? Cravings? Cravings?

If you or someone you know does have cravings (seems nearly everyone does), you or they will probably find this information very interesting.

A lot of us have thought we just have cravings because we like some particular food or sweet too much and we know we shouldn't eat it, but we usually give in and eat it anyway... and then we feel guilty for not being able to just ban it from our lives.

Research has found evidence that cravings are not a simple matter of willpower. There are certain brain activities seemingly at the bottom of it, at least for some people. Actually make that a lot of people.

The reason we're so confident it likely is involved in a lot of people's cravings is because the brain activity involved gets involved due to a problem many of us have.

Are you tired? Do you have problems sleeping? Do you go to bed late and get up early?



According to study that came up with the evidence that cravings are not just a matter of willpower, if you are not getting enough sleep — running on a sleep deficit — there's a very good chance you will, or already are, packing on unwanted pounds.

The study was conducted by researchers at the University of Cologne, Germany, and published in JNeurosci, the Society for Neuroscience's first journal. The study was designed to discover how a sleep deficit, or sleep deprivation if you will, impacts a person's decision-making processes and hormones and influences your choices of what foods you eat.

The people in the study came to their lab on two separate nights to eat a standardized dinner. (Standardized so what they ate was controlled and therefore was the same for everyone in their group.)

After each dinner at the lab, the participants were told either to go home and

sleep normally or to spend the night at the lab, where they would be kept awake.

After each night of either sleep or total sleep deprivation the following morning the researchers would assess the participants' desires for snack foods, brain activity, and hormone levels.

Can you guess what they found? If you guessed that the people who were sleep deprived wanted more junk foods, you're right. The researchers stated it this way: "Sleep loss increased the subjective value of food compared to non-food items independent of hormonal effects." So, **lack of sleep is tied to cravings for junk foods.**

Why does lack of sleep do that? One possible reason may be found in the neuroimaging on the study participants the researchers did which found that **after sleep deprivation there was increased brain activity in a circuit involving the amygdala and hypothalamus — two areas of your brain that control how much you eat.** That does sound like a reason lack of sleep might add up to eating more, craving more, junk foods, and therefore contribute to weight gain.

And that's still not all. The researchers said all of the above is just one way lack of sleep can increase overeating and therefore increase your obesity risk.

There's another way that not getting enough sleep can cause weight gain.

Another group of researchers — this group at Uppsala University in Uppsala, Sweden — discovered that the **metabolic functions of one's body are adversely affected by disrupted sleep and circadian rhythms.**

And they actually proved lack of sleep results in a "tissue-specific change in DNA methylation". In layman's language that means **lack of sleep can change which genes are turned on or off.**

Jonathan Cedernaes who led the study put it this way: "It is interesting that we saw changes in DNA methylation on-

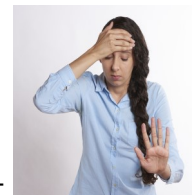
ly in adipose tissue, and specifically for genes that have also been shown to be altered at the DNA methylation level in metabolic conditions such as obesity and type 2 diabetes. Epigenetic modifications are thought to be able to confer a sort of metabolic 'memory' that can regulate how metabolic programs operate over longer time periods. We therefore think that the changes we have observed in our new study can constitute another piece of the puzzle of how chronic disruption of sleep and circadian rhythms may impact the risk of developing for example obesity." And that's still not all!



Lack of sleep can also lead to blood sugar problems. A study at the University of Chicago Medical Center found that sleep deprivation can disrupt fat metabolism, elevate levels of free fatty acids in your blood and reduce the ability of insulin to regulate blood sugars. Simply stated, **lack of sleep can lead to diabetes — a condition that is said by experts to go hand-in-hand with obesity.**

It seems pretty clear from these studies that anyone wanting to lose weight, or even maintain their healthy weight, definitely needs to make a good night's sleep a routine part of their lives. If you want to avoid unwanted pounds, you need to **make sleep an actual priority in your life...** and not think of it as a luxury as many people seem to do these days,

This research is also good information to pass along to teenagers and young adults... if they know sleep is key to avoiding weight gain, diabetes, and other health problems, it may motivate them to get enough sleep.



We've written before about various health issues linked to lack of sleep... perhaps knowing weight problems are also linked to that, will be a good motivator for adults as well as young people to get enough sleep, not just some! ♦

75 Year Study to Learn the Secret to a Fulfilling Life...

It's safe to say that everyone wants a fulfilling life. Nobody wants to come to the end of their life and look back with regrets or emptiness feeling it wasn't worth anything.

A Harvard study that was conducted over a period of 75 years.. yes, 75 Years — seems to have found the answer to the question of what's the secret to happiness, or a fulfilling life.

The study began before World War II and didn't end until 2014. It is known as the Grant and Glueck study. It tracked 456 poor men growing up in Boston from 1939, and 268 male students from Harvard's classes of 1939-1944, through the end of the study in 2014. That's a long time to run a continuous study. It actually required several generations of researchers to complete the work.

The researchers looked at blood samples, brain scans, and self-reported surveys as well as direct interactions with participants in the study to determine what factor had the most significant effect on their physical and emotional well-being. So what did they conclude is the secret to happiness and a fulfilling life?

It's not how much money you've put away



in your bank account. Nor is it how important your job title is. It's not even if you've spend your life helping those less fortunate (though that's certainly a wonderful goal and we'd have to believe that would be pretty rewarding).

According to Robert Waldinger, director of Harvard Study of Adult Development "The clearest message we get from this 75-year study is this: Good Relationships keep us happier and healthier. Period."

The secret to a truly fulfilling life is your relationships and the love that come with them.

Keep in mind it's the Quality not the Quantity that matters. It doesn't mean that more friends are better or that you have to be married.

As Waldinger put it, "It's not just the number of friends you have, and it's not whether or not you're in a committed relationship. It's the quality of your close relationships that matter."

Deep relationships allow you to be vulnerable and help you to relax, to preserve your brain health and decrease the emotional and physi-



cal pain you feel.

Waldinger sums it up this way: "The good life is built with good relationships."



But the researchers did discover one more important key... You can't just embrace love to lead a fulfilling life, you also have to keep it.

As George Vaillant, the Harvard psychiatrist who directed the study from 1972 to 2004, puts it, when it comes to a fulfilling life, there are two elements required, "One is love. The other is finding a way of coping with life that does not push love away."

In other words, you must not allow life's challenges and changes, like the loss of a loved one or employment problems to separate you from the ones you love. Instead, hold tight to your relationships to reserve the connection and enhance your life.



The results are undeniable... the secret to a fulfilling life is love — not money, success or power or even good health but just good old fashioned love.

We'd guess everyone knows that but a 75 year study saying so is always good! ♦



Trivia & Tidbits . . .

1. What famous British statesman was born in a ladies cloakroom?
2. What was the first European city to pave all its streets?
3. What percentage of the Sahara Desert is covered by sand?
4. Which ocean is the smallest and shallowest?
5. What is the diameter of the earth at the equator?
6. What is archibutyrophobia?
7. Which actress is believed to be the first woman to wear trousers?
8. What is vog?

AND THE ANSWER IS...

1. Winston Churchill. His mother went into labor attending a fancy-dress ball.
2. Florence, Italy. All its streets were paved by 1339.
3. About 20 percent, the rest is comprised of barren rocks, rocky plateaus, and gravel-covered plains.
4. The Arctic Ocean.
5. 7,926 miles. (The circumference is 24,092 miles.)
6. Fear of peanut butter sticking to the roof of the mouth.
7. Sarah Bernhardt, in 1876.
8. A Hawaiian cousin of smog—it's a fog caused when sulfuric volcanic mix with oxygen

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PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

Increases Stress Hormone Cortisol, Negative Thinking, Harder Time on Math Tests & More

I wish we could get an actual count of how many people reading this have any idea what we're talking about in the headline above. What do you think causes those things?

And also causes:

- ◆ **Reduction in Happiness**
- ◆ **Worse Moods**
- ◆ **Poorer Cognition**
- ◆ **Reduced Recall Ability**
- ◆ **Lower Self-Esteem**
- ◆ **More Fear**
- ◆ **Increased Stress Hormone Cortisol**
- ◆ **Decrease in Testosterone**

Here's a hint: your teachers, parents and grandparents likely all told you not to do this when you were young. And if you were like most kids, you couldn't imagine what the big deal was... what could possibly be so important about that?

To tell you the truth, until we stumbled on this article with the studies about this, I sure never knew it was linked to all those issues.

Have you figured it out yet? It's not anything you eat. It's not sleep.

It's **slouching**. Yup. Slouching. So maybe we all should have paid more attention when we were told to "sit up straight, don't slouch!", "stand straight", etc.

And all these impacts of slouching have been determined through actual studies.

It turns out slouching not only causes all of the issues mentioned above, but also:

- ◆ **head,**
- ◆ **neck, and**
- ◆ **shoulder pain**

But it also **reduces:**

- ◆ **respiration,**
- ◆ **lowers energy,** and
- ◆ **contributes to poor blood flow to the back of the brain.**

All I can say is WOW!

Now for the details from the studies that were conducted to conclude all of these links to slouching.

Erik Peper, Professor of Holistic Health Studies in the Department of Health Education at San Francisco State University, along with some other researchers, conducted a study on the effects of slouching or sitting straight, in 2004 and published the results of it.

They asked 24 healthy men and women to generate positive and negative thoughts in either an upright or slumped position. Almost all of them reported it was easier to recall positive thoughts when sitting erect.



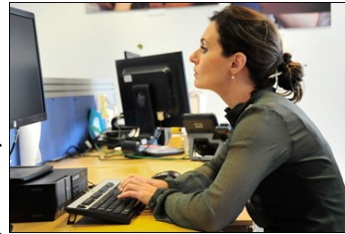
A later study including 28 college students found that recalling **any** thoughts, whether positive **or** negative, takes a great deal more effort in a slouched position.

In a much larger study of over 200 students, almost 9 out of 10 found it easier to recall memories of despair, vulnerability, powerlessness and defeat while in a slumped versus an upright posture.

And the reverse of that was also true... 9 out of 10 found it easier to access positive and empowering images while sitting up straight rather in in a hunched position.

Other studies also confirmed those findings. Psychologists in New Zealand reported that "upright participants reported higher self-esteem, more arousal, better mood, and lower fear, compared to slumped participants."

And then there's the "Huge Two Minute Hormone Change"...this was found in a posture study conducted by Harvard social psychologist Amy Cuddy and colleagues by measuring testosterone which is related to dominance and assertiveness, and the hormone associated with stress — cortisol.



This study found that after **just two minutes**, volunteers in the study **sitting in upright positions** ("high-power body postures"), had a **20% increase in testosterone** and a **25% decrease in cortisol**.

And for those who "**folded up their bodies and made them look small**", there was a **10% decrease in testosterone** and a **15% increase in cortisol**.

In a later study, Professor Peper recruited 125 university students to perform a **mental math test**. The students found the test much more difficult while slouching, than when sitting up straight. The difference was especially true in students who were the most anxious about the test before it began.

Professor Peper's fellow author, Richard Harvey, Associate Professor of Health Education, noted that **maintaining a defensive posture can trigger old negative memories in the body and brain**.

Professor Peper added that "**posture makes a giant difference. The slumped-over position shuts people down and their brains do not work as well. They cannot think as clearly.**"

But Professor Peper added, "Yet people tend to adopt a slouched posture while looking down at digital screens." That seems like a word of warning we should all remember as we use our cell phones, tablets, etc... try to maintain an upright position whenever possible. Professor Peper pointed out that "**You have a choice. It's about using an empowered position to optimize your focus.**"

As I said, I for one had no idea that a good posture had all these benefits beyond simply looking better and being better for your back.

I'm going to try to be more conscious of my posture, and I hope everyone else will too. It certainly seems to worth the effort after learning all this! I'm sure it won't be easy to remember at first, but again, it sure sounds worth the effort! ♣

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How Would You Explain Such a Thing?

The retired German Lutheran minister wasn't given to small talk. . . in fact, it was unusual to hear him make much conversation at all at family gatherings. But the day his daughter-in-law asked him if he'd ever had an unusual, or "supernatural" type experience, he had a lot to say--about a topic most people *never* discussed in public in those days (the '50's) -- people would think they were crazy!

But he told his story as straight-faced, and unemotionally as such a "stoic" man would. . . He was driving home in a blinding blizzard--it was one of those spring blizzards that could come up (and did) without warning. He was close to home so it seemed best to continue on his way, rather than risk being hit by another vehicle unable to see him in the "white out" that existed.

Suddenly, though, he did see something very clearly--a

man waving his arms, signaling Fred to stop. So, Fred did. He assumed the man needed help, so he got out of his car and fought his way through the whirlwind of white to see what was needed. But when he got to the spot where the man had been, nobody was there. . . the only thing that was there was two footprints. None leading up to them, none leading away from them -- just two footprints -- "like they'd been planted there from above, with nothing disturbed on either side".

But, having come to that spot, Fred was able to see that the bridge he'd have driven over, wasn't there--it had collapsed in the storm. If "the man" hadn't stopped him he'd have driven into the ravine before he'd have known the bridge was out. His daughter-in-law (who is now our customer) asked him how he explained it. . ."Simple. It was my guardian angel." How would you explain it? ♣

Editor: This is reprinted from an earlier issue. We invite you to share your own miraculous/unexplained help/fork-in- the-road stories with us, for sharing with others in this column (anonymously, if you wish).



Emails, Mailbag & Phone Calls. . .



One of Those Nearly Unbelievable Dog Reports — When "D.D." called in to place her second order with us, she wanted us to hear what she and her family experienced when they used Willard's Water Ultimate Dark on their dog. She said their dog had developed a **rash on its "tummy that looked blood red from the irritation"**.

They took the dog to the Vet who tried various things in a number of attempts to help the dog. It was all to no avail. They found out about Willard's Water from The Whole Dog Journal, and got some from us, and "one application of misting the WW on her tummy and within hours, it turned back to its natural pink color".

We know... sounds almost unbelievable, but DD has no vested interest in reporting this, and she was and is a very credible person. Happy endings are great, aren't they?

Alkalinity (pH) Improved in a Big Way — J.B. from Florida, LOVES the Ultimate Dark Willard's Water. She said it has improved her **alkalinity** "like you wouldn't believe". She said before WW her system was so acid, that when she touched anything silver it would turn black.. ..now, No Black! A lot of people report great improvement in alkalinity with WW, but J.B. had a unique "measure" of the impact!

Sinusitis & Flu Were the Proof — C.W. called in to order and said she felt she'd seen proof of WW ...she'd run out and forgot to re-order... In the month without WW, she was hit with a bout of **Sinusitis** and the **Flu**.

She said she "never" gets either of those... but then realized her free-of-sinusitis-and-the flu-period coincided with her long-time use of Willard's Water...she believes it was being without WW that let her come down with them. ♣



MORE PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

OUR STORY: What Real WW Did For Kolleen's Health That Made Us Such Believers And Got Us Committed To Its Proper Marketing

"How in the world did you two end up involved in this anyway?" A lot of old friends and relatives have asked us that over the years...In the beginning, my wife, Kolleen, and I, were about as skeptical as anyone about this unusual product. Until we tried it and saw what it did for Kolleen. After using Willard's Water her 21-year-back problem went away, and her chronic bouts of bronchitis ended. And then, without our knowing it, the company we were buying it from at that time switched to an imitation product — her back got bad again, and her bronchitis returned.

Kolleen didn't know it, but I still had a small bottle from an earlier batch—the real thing. I didn't tell Kolleen, but I mixed that up and put it in the refrigerator, in place of the imitation. Her back got better by the second day! Only after she told me she thought she owed the company selling the imitation an apology because some of their new stuff "must be okay, because my back's better again", did I tell her what I'd done.

And besides her experience, some of our friends and relatives who had been as pleased with "the water" as Kolleen, had also seen the benefits stop, when the company had switched products. And these folks hadn't known about that product change, either. So after Kolleen got better on the real product (without knowing she had the real product again), we got some more of the real thing and sent it to those friends. They all called us to say it was working again—they figured they had mixed it wrong, or had a bad bottle or something. You bet they'd had a "bad bottle"!

Well, when that many people's own bodies were telling them this stuff worked, it convinced us this was far more than a placebo at work. And we certainly knew the "new product" was nowhere near as good as the real Willard product.

After that, one thing led to another, and we ended up marketing the real

Willard Water, and have ever since.

But a lot of people wonder, when they hear this story, if Kolleen's back problem really was significant. Well, her back problems were bad enough by 1964, that the neurologist she'd been seeing, told her parents the only option remaining was to "sever the nerves running into her arms to stop the pain". . .

he admitted, "she won't have any feeling in her arms, but she won't have any pain..." Fortunately, Kolleen's parents took her to a chiropractor instead.

The chiropractor helped a great deal, but her back was very unstable due to an extra vertebrae at the base of her spine that isn't fused properly, and all the damage done due to her back and neck having been so severely out of place for so long. So she always had some amount of pain, but she got along quite well.

Several years later, she was in a car accident that caused much more damage. Muscle spasms developed in her back and neck... one doctor described it as like "charley horses up and down your neck and back that just never go away".

The doctors ended up putting her in the hospital and giving her a "potent muscle relaxant" to try to break up those spasms.

That muscle relaxant was so potent it "relaxed her heart and lungs" and she was declared dead. According to her chart, she didn't breathe for more than 10 minutes.

Her mother, after receiving the nurses' condolences "for the loss of her daughter", stepped to Kolleen's bedside and prayed. She simply asked that "Thy will be done"...His will was obviously that she live, and not as a vegetable, as anyone would expect after her extended oxygen deprivation... she "came back", and started asking questions. Almost immediately she realized she didn't know who her mother was, and that she didn't even know who she was herself. It was, she said, like a complete, and terrifying,

They changed the product, without telling us or anyone else... her back got bad again, and her bronchitis returned. Then, without telling her, I gave her real Willard's Water ...and, once more, her back got better and her bronchitis cleared up.

vacuum.

But, within hours, her memory returned, and full mental function.

But those muscle spasms were still there. The drug that had been potent enough to "relax her heart and lungs", as the doctors explained later, had done

nothing for those spasms — they were as tight as ever. And they stayed that way, for years...until Willard's Water came along.

But, given her experience, she had promised herself she'd never try another "alleged back remedy" because they never worked, and she felt so thankful simply to be alive and functioning, that she didn't want to "get on a roller coaster of being all hyped up, thinking this time it's going to take care of it, and then come crashing down when it doesn't work".

So, when Kolleen first got her hands on "the water" and "the man at the store" told her it was great for bad backs, she lost all interest in using it herself. But she'd already bought two cases, so she brought it home and told me to use it—she was sure it was really good for everyone else, but she wouldn't use it...not after "that man" had told her it was good for bad backs. She knew it wouldn't work for hers, and she didn't want to be disappointed.

So, she said, "you use it". Well, there really wasn't anything wrong with me, so I sent some to friends and relatives and told them to let me know if they ever used it and found it to be good for anything... I was curious, and since she'd bought so much of it, I didn't want it to be wasted, if it was good for something.

Within a matter of days we started hearing from people I'd sent it to. One woman's arthritic hand could function again; another friend's long-running rash that had defied diagnosis and all treatments known to medical science, was gone!, and Kolleen's Dad's friend used it on a bad burn, with incredible results. I was really impressed, as was Kolleen, but she still wouldn't use it.

But about 6 weeks after she'd bought it, she re-injured her neck.

(Over/Next Page)

Was her back problem significant? Well, one doctor said the only option left was to "sever the nerves running into her arms to stop the pain"(!)... Another time she was given such a potent muscle relaxant it stopped her heart and lungs (which are muscles) and she was declared dead... by the grace of God she came back... but the muscle spasms were still there—that potent drug didn't even faze' em! But Willard's Water later did...

Our Story (Continued)

She had really severe pain in it, and was unable to turn her head in either direction. Our family doctor put her on pain medication with a muscle relaxant in it (not the one that had “killed her” before!).

She’d hurt her neck on Sunday, and the doctor had started her on that medication on Monday. By Friday she was absolutely no better. After 5 days of that drug she still couldn’t turn her head, and if anything the pain seemed to be getting worse. She couldn’t even get out of bed. She was desperate. “Desperate enough to try anything”, as they say.

She asked me to “put some of that crazy water on a washcloth and put it on my neck”. So I did. Within 15 or 20 minutes, she had complete neck movement in both directions, with no pain, and no swelling!

Which “got her attention” and she finally decided “maybe I should drink this stuff”... So she did...one day about two months later, she twisted her neck and it started to hurt...that’s when she realized that up until then she’d actually been without pain. But the change had been so gradual, she hadn’t realized it until it started to hurt again!

Knowing what we know now, she’d have been drinking more to begin with — she only drank one glass a day, and we’re convinced if she’d been drinking more, she might well have seen relief even faster.

A couple other interesting points: when she first started drinking the water she developed a very bad sounding cough, but it didn’t hurt. In fact, she said it felt good. And she knew it wasn’t bronchitis — she was very familiar with what bronchitis felt like, and how it acted, and this wasn’t it. After several days of that, she coughed up a tremendous amount of phlegm, which she’d *never* done before, despite the fact that she’d had bronchitis several times every year, for years. But after she got rid of that phlegm, she felt better than she had in years. And when the seasons changed, she didn’t get bronchitis. Normally, she *always* got it with every change of seasons — sometimes a couple of times per change. Not any more.

At least not until the “switch” to the phony product occurred. That’s right, by the time we found out what was really going on, not only had her back gotten bad again, but she had bronchitis again. After she got back on the real Willard Water, she developed a bad cough, got rid of some more phlegm, and has never had

bronchitis since. And that was in December of 1982.

Another funny thing about all that, is that every doctor she ever saw who didn’t know her very well, would always tell her to quit smoking after listening to her breathe. But she’d never smoked.

One doctor in Minneapolis actually got mad at her when she told him she didn’t smoke, saying, “Lady, you can lie to your family if you want to, but I’m a doctor, I know what I hear; you do 3 packs a day.”

She proceeded to tell him that not only did she not smoke 3 packs a day, but that she’d never even had a cigarette in her mouth. When he finally believed her, he suggested she come in for some tests because, he said, “if you don’t already have emphysema, you’re well on your way. Your lungs are some of the worst I’ve heard.”

After she’d been back on “the real water” for several months, she had a physical — from a doctor she’d never seen before — and after listening to her lungs, he made no comment at all. Surprised that he wasn’t

telling her to quit smoking, she asked how her lungs sounded. His response of “Crystal clear! I can tell you’ve never smoked”, is one she’ll never forget.

And, finally, another important piece of information that came to us several years after our introduction to real Willard’s Water. It came from Dr. Darrell Bragg, former chairman of the Department of Poultry Science at the University of British Columbia, in Canada. Dr. Bragg had tested the water on broiler chickens, basically, he told us, to “get those people off his back”... those people who kept asking him to test “the water”, which was a product that “clearly made no sense” to Dr. Bragg. But his own tests proved to him that, contrary to his initial prediction, the product did have real merit. We met him when he presented his findings at a meeting of the International Association of Poultry Science held in Iowa.

When Kolleen told him of her experience with “the water”, he said he’d bet she’d had a very serious calcium deficiency. He explained that if a person is deficient in calcium, their nerve center can’t function properly, to send out all the messages it should. Dr. Bragg theorized that, when she was injured, the nerve center sent out an alarm to “the system”, which resulted in her muscles contracting... after the “danger” was past, the nerve center should have told the muscles to relax, “it should have said,

okay, everything’s fine now, relax”, but without sufficient calcium, the nerve center was never able to “get that message out”, so her muscles simply stayed contracted... in spasm. Then, after taking in the catalyst, her system had begun assimilating calcium, until it finally had enough to function as it should, and then her nerve center finally sent the message to “relax”. Not only did Dr. Bragg’s theory make a lot of sense on the face of it, but it reminded Kolleen of an episode way back when she was being treated by her long-time chiropractor, after the episode in the hospital when she’d been declared dead. Her chiropractor, Dr. Thomsen, and the neurologist she’d gone to at a different hospital, Dr. Sawyer, both had told her to take massive amounts of magnesium (to help heal the nerve damage), and calcium, since she shouldn’t take magnesium without calcium. So she had been taking a good natural form recommended by her chiropractor. But, one day when Dr. Thomsen decided to do a full spine X-ray to see what sort of progress was being made, he was

astonished to see the magnesium and calcium pills Kolleen had been taking, showing up clear as could be on the X-ray! And it wasn’t a “G-I series where you drink stuff to make such things show up” it was just an X-ray of her spine, while she was standing! Dr. Thomsen told her she might as well not take them because clearly “your body isn’t absorbing them at all”. So, though there’s no way to know if she had a calcium deficiency, as Dr. Bragg believes, “before the water”, it is clear her body didn’t absorb calcium or magnesium well at all prior to that time. Which is one more reason that Dr. Bragg’s theory has a real “ring of truth to it”.

Between that theory, and the fact that the water is known to reduce swelling, and therefore might have helped reduce the inflammation in those muscles, which might then have helped eliminate the spasms, it seems there may be a logical explanation for the help it gave her.

The fact is, at the point “the water” came into our lives, she’d been told she was beginning a further deterioration... that she was beginning the process of becoming bedridden which was the ultimate outcome she’d been told for years to expect. Her chiropractor, orthopedists and neurologists all agreed on that; “WW” changed all that.

If you “go way back with us”, you’re likely familiar with this story; we’re telling it now for our newer friends who haven’t heard it before. It *was* an amazing experience, and clarifies why we’ve been dedicated to selling only Dr. Willard’s genuine product..

her lungs sounded so bad, one doctor told her he knew she smoked 3 packs a day, but she’d never smoked!

She was told her process of becoming bedridden... which she’d been told to expect... had begun, but..

Gardening Your Way to Health, Happiness & Longevity?

Given the recent weather in so many parts of this country it may seem crazy to be talking about gardening, but the time to start your garden will be here before you know it... and it's always good to have time to plan what you want to do, and in many places where spring doesn't come as early as gardeners would like (as in our part of the country), you may want to start some of your plants inside and move them outdoors later.

And if you're interested in getting some really healthy food at a much lower cost, you might consider planting edible plants — herbs, vegetables, whatever.

Research shows that not only does growing your own food get you fresher foods and less contaminated foods, but you also reduce your cost of those food items, and gardening of any kind increases your sense of well-being and reduces your risk of depression.

Gardening is actually the most common hobby of centenarians all over the world. That suggests gardening's benefits may include living longer.

Other research shows that farmers are one-third less likely to have a chronic illness than non-farmers, and are less likely to die from heart disease or diabetes. Studies also have reported that elderly people who garden regularly have a 36% lower risk of dementia than people who don't garden.

Dan Buettner, a longevity researcher, has studied the habits and hobbies of centenarians all over the world, and he has found that those people who do live to 100 or older have numerous things in common. Those common interests and activities include having strong social support groups, daily exercise, a plant-based diet, and gardening.

When you think about gardening, and what it entails, it becomes clear that it definitely would have health benefits, some of which result simply from what's required to garden. Check out this list of benefits and you'll see what I mean:

Some of Gardening's Health Benefits:

- ◆ **Sun exposure**
- ◆ **Fresh Air**
- ◆ **Fresh and uncontaminated food and/or Beautiful or interesting plants and flowers** to enjoy depending on which you plant, or maybe you'll do both!

- ◆ **Exposure to beneficial microbes** in the soil which may support a healthy microbiome
- ◆ **Being physically active regularly**
- ◆ **Social contacts**
- ◆ **Stress relief and a sense of well-being**

BBC News reported on a Dutch study that included asking participants to do a stressful task, and then the researchers split them into two groups. One group read indoors and other group worked in a garden outdoors for 30 minutes.

The group of readers said their mood deteriorated more whereas the gardeners actually had lower levels of the stress hormone cortisol after their gardening, they also said they felt "fully restored" to a good mood. This doesn't mean gardening, or anything else, is a panacea for everything involved in growing old, but it does suggest that gardening may improve one's quality of life as they age.

Actually, many gardeners say they have a sense of well-being and joy and research from Johns Hopkins has found that a cheerful temperament can significantly reduce one's odds of a heart attack or sudden cardiac death.

- ◆ **Life Purpose** — Dr. Bradley Wilcox of the University of Hawaii, has studied centenarians in Okinawa which is an area known for having the highest ratio of centenarians in the entire world. Wilcox says that "In Okinawa they say anybody who grows old healthfully needs an *ikigai*, or a reason for living. Gardening gives you that something to get up for every day."
- ◆ **Life Satisfaction** — A survey done by Gardeners World Magazine found that 80% of gardeners report being happy and satisfied with their lives, compared to 67% of non-gardeners, and the more time they spend in the garden, the higher their satisfaction scores are: 87% of those who tend to their gardens for more than 6 hours a week say they're happy compared to those who spend less time gardening.

Given the ever-increasing numbers of people who live in apartments, there have been ways developed to **garden in small spaces**. There are books written on the subject, and many garden supply stores can give you ideas as well. And there is

certainly a lot of information and ideas available online... just start searching for ideas for small gardens for growing vegetables and other foods.

If you are an apartment dweller, or live in any size abode that you rent or lease rather than own, you definitely need to find out if they have any rules or regulations you need to follow for your garden.

Also, whether you own your home or rent or lease it, you should also check to see if there are any rules, laws, or regulations in place by the city, or homeowners' association, or any other group that may have regulations regarding the use of your particular residence and its outdoor uses (or indoor uses in the case of leased or rented properties).

We'd be totally remiss if we didn't tell you that many **gardeners enjoy their gardens even more when they use Willard's Water Ultimate Dark on it, or PlantCatalyst made with Willard's Water**. And why wouldn't they enjoy it even more... given the **larger than imagined and tastier produce they grow with it, and the fuller, larger plants and flowers they grow**. And the fact that Willard's Water helps plants to deal with stress better — too little water or too much, etc.

It makes success easier and brings even greater joy when they see the outstanding plants and flowers they've raised themselves... with a little help from Ultimate Dark WW or WW's PlantCatalyst. You can find info on them on our website, from this link: <https://www.willardswater.com/content/category/2-willards-water-info>

Once at the list of information items, scroll down the list to PlantCatalyst items and the WW on Lawns, Gardens and Crops items.

Even people who have never gardened before often find they enjoy it from the very beginning. Again, garden supply stores, other gardeners, libraries, online info — all those places can be great resources to get you started or add to your existing knowledge.

So go enjoy your garden! And do yourself and your garden a favor by giving it Ultimate WW or PlantCatalyst! You may be able to share some astonishingly large and tasty produce, or some incredibly beautiful flowers with WW's help! ◆