

# Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.willardswater.com ♦ July, 2010

## We Welcome These Signs of Progress!

The first sign of possible progress is in a story by AP Medical Writer Lauran Neergaard published in the Fargo, ND, "Forum" newspaper on June 21, and undoubtedly in many other newspapers that day. One of the points made in that story is that mainstream doctors are now saying we need to be more selective in treating tumors and using chemotherapy.

It points out the fact that technology is now so advanced, that it can detect cancers long before they become a true threat to health, much less to life. But, the problem, the doctors say, is knowing which of the many cancers detected by these machines should be left untreated, or treated very conservatively, instead of with "everything they've got".

The article even points out that some tests lead to worse outcomes for the patient than if the tests weren't even done. Such as PSA tests for men who had a slow moving enough cancer that it would never threaten their lives, yet the treatment left them incontinent or impotent. And, also, women diagnosed with DCIS, who went through the torturous chemo and radiation, and now even mainstream medicine is recognizing that in a very large percentage of DCIS cases, there is no reason for such treatment. That's because DCIS really isn't cancer... it's now described by the mainstream as "stage zero" cancer or even pre-cancer, but the article says as many as 50,000 women a YEAR with DCIS get the same care as women with outright early cancer.

We said "even mainstream doctors" are recognizing this about DCIS because we've written about this at least twice over the last few years... based on the writings of the late Dr. John Lee, M.D., and on the book "Outsmart Your Cancer" by Tonya Harter-Pierce (available from us or most bookstores). They both pointed out that DCIS is not cancer, but once it was labeled as cancer and treated as cancer, the "cure

Even mainstream experts now say treating cancers that pose no threat to health but may cause incontinence, impotence, mastectomies, and needless chemo and radiation, among other things, should not continue.

those "cure rates" can take a pretty high jump. In fact, it's been argued that without the boost of including those cases of "really-not-breast-cancer" in the breast cancer statistics, the breast cancer cure rates were getting worse, or at the very best, were not improving enough for the amount of time and money that had been spent on such research without it looking like a failure or near-failure.

It's very encouraging to us that the mainstream medical people are recognizing the problems of over-diagnoses of cancer, and of treating "cancer" that isn't cancer, or isn't a type of cancer that will ever actually be a serious health threat to the person involved.

Another indication of progress being made is the announcement that the U.S. is earmarking funds for an investment in the prevention of chronic diseases. The US Department of Health and Human Services (HHS) has earmarked \$250 million for this investment in preventing chronic diseases. According to HHS, **chronic diseases are responsible for 7 out of 10 deaths each year among Americans, and account for 75% of the nation's health spending.**

The \$250 million in this new fund is to be used to tackle some of the underlying causes of chronic disease. It will be channeled into initiatives on the federal, state, and community levels to help prevent obesity and improve fitness. It will also be used to support the existing public health infrastructure, to develop research and tracking and to expand public health training.

According to Andrew Shao, senior vice president of scientific and regulatory affairs at the trade group Council for Responsible Nutrition (CRN), "The preven-

rates" of breast cancer looked much better. After all, if DCIS is not cancer, and therefore is pretty easy to cure (whether treated or not it usually goes away),

tive effects of certain dietary supplements are well documented, including strong evidence supporting the use of folic acid to prevent neural tube birth defects; omega-3 fatty acids to promote heart health; calcium and vitamin D to prevent osteoporosis; lutein to reduce the risk of macular degeneration; etc."

Observational studies have found that people who engage in a healthy lifestyle, including eating a healthy diet, exercising, taking supplements, and not smoking, tend to have lower rates of chronic disease, including cancer, Shao said.

We admit we'd be much more excited if the first \$250 million was earmarked for initiatives to specifically encourage particularly healthful eating habits, and even the regular use of certain supplements known to help prevent certain chronic diseases.

However, we see the fact that this is finally happening... funds being earmarked for the Prevention of chronic disease, instead of just for research in how to treat the symptoms of it, as a huge step forward in the collective thinking in this country. We'll accept that "baby step" as a huge step in the right direction. Yes, it's been a long-time coming, but we are just pleased it's coming now and not another year or 10 years from now!

By the way, we do provide the supplements mentioned by Shao in his brief statement of some supplements that help prevent chronic disease including:

**Folic Acid, Item No. J-113;**

**Omega-3 Fatty Acids** are offered in our **Items J-391 and J-392 Fish Oil** softgels, and in **Item J-77 Flax Seed Oil** softgels (flax seed is an extremely good non-fish source of omega-3s);

**Calcium** is **Item J-25 Calcium Citrate**, and in **J-201 Sango Coral Calcium Powder** with Vit D and Magnesium, and **J-203 is Sango Coral Calcium Capsules** with Vitamin D & Magnesium; **Vitamin D** in the **1,000 IU** capsules is **Item J-24** & in **5,000 IU** caps in **J-24A**, and, last but not least, **Lutein** is in our **Eye-Vite** product, **Item J-115.** ♦

## Antibacterial Soap Linked To Altered Hormones & Antibiotic Resistance

Congressional calls for limiting the use of a widely used antibacterial agent called triclosan which is used in antibacterial soaps, and also in toothpaste and a range of other consumer products, apparently fell on deaf ears at the FDA. The FDA said that though there are studies in animals linking triclosan with altered hormone regulation and several other lab studies showing that bacteria may develop a resistance to triclosan that could result in those bacteria becoming resistant to antibiotics, it (the FDA) doesn't believe that is evidence of triclosan being harmful to people and will not recommend any changes in the use of triclosan in products.

In commenting on the situation, Dr. Joseph Mercola wrote that, contrary to the FDA's statement, there is plenty of evidence indicating triclosan is harmful to people. Mercola also pointed out that the use of such antibacterial soaps has actually been found to have a negative impact on health, since children who are never exposed to germs and bacteria, have been found to end up not being able to build up natural resistance to disease and become vulnerable to illnesses later in life. This theory, called the Hygiene Hypothesis, is likely one reason, Mercola says, why many allergies and immune-system diseases have doubled, tripled or even quadrupled in the last few decades.

Mercola adds that the hormone disruption which has been linked to triclosan is a problem that could present serious consequences for individuals, but the wide-

spread use of it, may cause a much bigger problem...increasing problems with antibiotic resistant bacteria.

Mercola points out that triclosan has only been used for about 30 years but is now not only in soaps, toothpaste, deodorants and antiperspirants and other cosmetics, but it can now even be found in clothing and children's toys.

And, Mercola points out, the increases in antibiotic resistant bacteria have greatly increased over the last 30 years... with the widespread use of triclosan and antibiotics in our food supply being two likely reasons for the increase in antibiotic resistant bacteria.

In addition to all this, studies as long as 10 years ago, found that antibacterial soaps are often actually LESS effective than plain old soap and water... because people don't keep the antibacterial soaps in contact long enough—30 seconds minimum—for them to do their job. So people think they're "protected" and they're not.

All of this makes us even happier that we have our **Very Natural Real Willard's Water Soap** available for our own use—and our customers' use. We love it, and we keep hearing from happy customers how much they love it, too. Re-orders of 24 bars of it certainly speak volumes! Most of us feel it just leaves us feeling even cleaner, with smoother skin, and a very refreshed feeling we don't get from chemical soaps. Lathers real nice when you just rub it between your hands a little while, too! It's **Item No. E-101**. ♦

## Anti-Vaccine Choice WAY UP

By Kolleen Sunde

And we do mean **WAY UP**.

We are not telling anyone else what to do regarding vaccines, but we know when we didn't allow our kids to be vaccinated it felt pretty lonely in our corner. We imagine many parents who do not have their children vaccinated now feel the same way. Stigmatized to some extent.

Well... the next time anyone tries to make you feel like you alone have an "unfounded fear" of vaccines, let them know that in **2008, 39%** of parents refused or delayed vaccines for their children. That compares to 22% in 2003. Bet that percentage was far less in the 1980's and '90s when our kids were in school. Even more intriguing would be the figures from the 1950's when my parents refused to have me and my sisters vaccinated. Mom defended herself to the school nurse (who actually came to our home and told her she was an unfit mother for her refusal) that she (my mother) wouldn't look like such an unfit mother years down the road when she predicted we'd be seeing all kinds of immune system problems which Mom felt would be the result of too many vaccines. Don't know if the proof's in yet, but Mom's words sound pretty wise to me!

Back to the survey. Many parents said they were afraid of side effects or too many vaccines too early... seem like a very good point... giving the immune system a chance to develop before hitting it with 50-60 vaccines before starting school seems sensible to us! At any rate, we want you to know that **if you don't do vaccines, you are less alone than you may think!** ♦



## Trivia & Tidbits . . .

1. Why was Sam Colt, inventor of the six-shooter, expelled from school at age 16?
2. What oil company opened the first drive-in service station in the U.S.?
3. How many crisp new dollar bills are there in a pound of such dollar bills?
4. The only 2 English words having all the vowels (even y) in alphabetical order:
5. What U.S. President was 1st Lady Barbara Bush's Great-Great-Great Uncle?
6. Where are a grasshopper's eardrums located?
7. How much coal does it take to equal the energy from a full cord of wood?
8. How tall is a newborn giraffe?

AND THE ANSWER IS...

1. For experimenting with explosives.
2. Gulf. On December 1, 1913, in Pittsburgh, Pennsylvania.
3. Exactly 490 according to the Bureau of Engraving and Printing.
4. Facetiously and abstemiously.
5. Democrat Franklin Pierce. Barbara Bush's maiden name was Pierce.
6. Depending on the type of grasshopper either forelegs or base of its abdomen.
7. One ton.
8. Five-and-a-half feet, head to hoof.

## ON "THE WEB"!

[www.willardswater.com](http://www.willardswater.com)

Or

[www.nutritioncoalition.com](http://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.

Reach Us At: 1-800-447-4793 (218-236-9783)  
**NUTRITION COALITION, INC.**  
 P.O. Box 3001 Fargo, ND 58108-3001



# PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

## SOME THOUGHTS ON HEALTH & HEALTH CARE

My (farmer) Dad always told me and my siblings that “oil and grease are a lot cheaper than iron and

...a fever isn't caused by a deficiency of Tylenol, and no health problem is due to a deficiency of any drug...

steel”. What he meant was that it was a lot better to keep the farm machinery well-maintained, rather than to have to replace broken, and costly, parts later. In other words, KEEP the equipment “healthy”!

I think that philosophy can be applied to our health care programs. I'm no doctor, or any kind of expert for that matter--I've just been "involved" and interested in natural health for a few decades, but certainly not an expert--but it seems to me that people with healthy immune systems, stay healthier. And people who give their bodies what the body needs to function well, and don't give it things that disrupt its function, also end up healthier!

For instance, I have found that I just don't battle with colds any more... and haven't since I began regular use of Real Willard's Water and Colostrum. Lots of other people have told us the same thing. Doesn't prove anything. But it does make it seem like trying that combination might be worthwhile... doesn't cost a ton of money (not nearly as much as being off work with a cold would, for instance), can't hurt anything, and just might be helpful, to keep one's system working better. The same could be said for a lot of other natural “good things”... vitamins C & E & D spring immediately to mind... along with Omega-3s and CoQ10, Progesterone Cream, etc..

And speaking of “can't hurt anything”... somehow that reminded me of some fatherly advice I've given my own kids... always told them if they have a fever, it isn't due to a deficiency of Tylenol. And, in fact, I am 100% certain that any health problem is not due to a deficiency of any drug. That was my way of trying to instill the idea in them that good health is the product of “properly feeding and watering” your body, just like a garden or a crop. And proper feeding and watering includes giving your poor body the nutrients it needs to function as it was intended.

I can't help but think of these things

when I read about the various arguments regarding health care in this country. I think it's obvious that some-

thing needs to change, and people of good will can disagree on the particulars of the policies and programs and reforms that should be made, but I do wish that the “light would come on” in more people's heads that the key to the whole thing is to properly nourish our bodies, and to steer away from harmful toxins, etc. Even the food processing industry needs to be included in the reforms...we're seeing some headway there in the efforts to eliminate trans fats from more products... and growing efforts to eliminate the omnipresent High Fructose Corn Syrup from nearly “anything and everything”, and so on.

Over the last few decades, when I hear mainstream experts denigrating the importance of nutrition and of nutritional supplements (since so much of the food we now get doesn't contain enough of the nutrients we so desperately need for good health), I go back to my Dad's advice... oil is a lot cheaper than steel. And when I hear of the cost of various medical procedures and drugs, I keep thinking “nobody has clogged arteries because they're deficient in bypass surgery; or cancer because they're deficient in a chemotherapy drug”... but I dare to tell you they may have clogged arteries as a result of their diet, and of not have enough in their nutritional arsenal to deal with the onslaught of bad stuff most of our diets provide.

And then, when comparisons jump to mind as I see headlines like the following I can't help but wonder why we don't try less risky things first—before the situation becomes one that only allows for the riskiest choice to be implemented. Here are those headlines:

**Blood Pressure Meds Linked to (Lung) Cancer** ...This study only looked at 3 of the 7 FDA approved ARB category of blood pressure meds but found a link in those three;

**New Bombshell of Disastrous Side Effects of Statins**... (liver problems & kidney failure—on top of previous reports of memory and cognitive decline

and congestive heart failure, etc);

**Newer Meds May Hurt the Heart**...drugs that inhibit GSK-3 proteins used for bipolar disease and diabetes may have adverse effects on the heart—from resulting in enlarged heart muscle cells and hearts that then have an inability to contract normally, to severe heart defects in mice.

**What Caused a Dramatic Drop in Breast Cancer**... A 37% drop in Breast Cancer between 1990 and 2005 was caused by women stopping using synthetic hormone replacement therapy drugs. (One reason so many women love Natural Progesterone!)

**Antidepressants Cause Cataracts in Seniors?** Increased risk (ranging from 39% for Lenox; 33% for Effexor, and 33% for Paxil, but apparently an average of about 15% in people over 65 who also had cardiovascular disease who take SSRI drugs. And another on SSRIs...  
**Antidepressants Up Risk of Miscarriage**... Study found women taking them had a 68% increased risk of miscarriage.

Nobody here at NCI, including me, believes there's never a time to take medication—even when there are known risks that are fairly serious. There IS a time and a place when drugs can be and are VERY useful. I just think, given the risks nearly any drug presents, that it makes an even stronger case to try to stay healthy in the first place. And the costs in terms of an individual's expense, as well as the cost to the various levels of governments, would certainly dramatically decrease if we focused on keeping people healthy instead of waiting to treat them with costly drugs and procedures after they're sick... plus the expense of dealing with the side effects and downsides of those procedures.

I favor a policy of seeking balance in all things ... I would see nothing wrong with a policy of doing all we can to stay healthy but when health issues arise, trying to use the less invasive and less risky natural approaches to correct the problems first, but when necessary, using the costlier and riskier life-saving technology and drugs we now have available. ♠

## Scroll Down to Continue Reading

This area at the top of this page is blank in the online version.

It is used for address information in the printed version.



### ***“Kathleen & Pink Roses”***

“My mother’s friend (I’ll call her Mary) called me to say she felt certain my mother had been around her that day. Mary had been a very good friend of my mother’s, and had often said that Mom had done so much for her and given her so much strength it got her, Mary, through some of her toughest times.

“Mom had passed away about three months before I got Mary’s call. Mary said she wanted to thank me for my nice Thank You note for all that she and her husband had done for Mom, in addition to the ‘treats’ she’d baked for the family to have after the funeral.

“But she said she also wanted to tell me about the most amazing day... it was the same day that my note arrived, but she didn’t know that until she got home from work and found the note in the mailbox.

“That morning as she’d walked to work, she felt so happy... and the name ‘Kathleen’ seemed to keep coming up

all day long. Just out of nowhere, that name kept coming up. Kathleen was my mother’s name.

“Mary said she could just feel my Mom’s presence that day... and then, when she was serving the kids lunch in the lunch room at the school where she worked, Mary suddenly smelled the strongest scent of pink roses... never smelled them in the lunch room before—Mary had always associated pink roses with my mom. Mary said she just knew Kathleen was letting her know she was still ‘around’ and still her friend.

“Mary continued ‘Then, when I got home, your note was there, thanking us for our friendship. It was about being friends, and I know your mother was giving me her reassurance all day that she’s still my friend. I can’t explain it, but it was a feeling so strong of her presence, I just know it’s true.’ And I know Mary’s experience and emphatic belief brought me reassurance too. I think it’s reassurance the Good Lord Himself wants us all to have as well.”

— *One of Your Long-Time Readers*

*Editor: We invite you to share your miraculous/unexplained help/fork-in-the-road stories with us, for sharing with others in this column.*



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



**Poison Ivy Results Making Believers of Them** — that’s what “C.B.” told us is happening with her daughters. She said they are starting to believe in **Real Willard’s Water (“RWW”)** because of what the **Aqua Gel (Item AG-4 and AG-8)** “does on poison ivy”. She said they are “starting to believe that their mother knows what she is talking about”. Since C.B. is a nurse, you’d think she’d already have credibility in such an area... although, as any parent knows, the kids tend to believe you LAST.

**Diabetes & Arthritis** — Were two areas that “M.T.” told us she had seen people get relief with the **Dark Real Willard’s Water (“Dark RWW”)**... her mother’s boyfriend’s Diabetes was improving in a short time after going on RWW—

his “numbers” were better than they’d been in a long time, even after eating apple pie at one point! And MT has had arthritic joints in her fingers but since soon after beginning on the **Dark RWW**, they have gotten much better... until she went off the RWW for a couple of weeks — then her fingers got much worse again. So, she’s happy to have found RWW and is back to using it!

**Only Thing that Helped Radiation Itch & Redness** — “G.K.” told us that some years ago his sister-in-law had breast cancer and took radiation. He said the only thing that eliminated the itch & redness of that radiation was the **Real Willard’s Water**. We’ve had other people tell us that the **Aqua Gel (Item AG-4 and Item AG-8)** was very helpful in relieving such radiation burns, too. ♦





## More Product Highlights & Updates from Charlie

### More Proof: Nutritional Impact on Health; Made-In-USA Quality; What You May Not Know About Supplements

If you need any convincing that nutrients are important for good health, consider just these few headlines we saw recently:

#### “Vitamin B6 Lowers Risk of Lung Cancer?” —

Article cited a study that the researchers said found higher levels of B6 were “associated with a reduction of at least 50% on the risk of developing lung cancer.” Study included nearly 400,000 participants over 8 years (1992-2000) (Published in the *Journal of the American Medical Assn.*; 2010; 303: 2377-2385)

#### “B-vitamins May Lead to Happier Seniors: Study” —

The study authors concluded that increased intakes of **B6** and **B12** may reduce the risk of seniors developing depressive symptoms. Study included 3,500 Chicagoans. Published in the *American Journal of Clinical Nutrition*.

#### “Bruce Ames: Vitamin Insufficiency Boosting Age-Related Diseases” —

Professor Bruce Ames, world-renowned scientist who developed the Ames Test in the 1970s to check the mutagenicity of compounds, and has since dedicated his research to understanding the biochemistry of aging. He is a professor at the University of California, Berkeley. His research has led him to conclude vitamin insufficiency may be the cause of age-related health problems.

#### “Very High Omega-3 Intakes linked to Big Health Benefits” —

Intakes of Omega-3 exceeding levels consumed by the general U.S. population may significantly reduce the risk of chronic disease”, was the conclusion of another study published

“...\_\_\_\_\_’s work better. I can take **1 of their Grape-seed**, but it would take **6 or more of any other (brand) ... same with the CoQ10...** you get what you pay for”.

in the *American Journal of Clinical Nutrition*.

#### “Supplements Beat Sun for Vitamin D Boost: Study” —

Adequate Vitamin D levels “are best achieved by supplements because of the side-effects of UV exposure” was the summary of a new computer simulation model done in the U.S. Published in the *Journal of the American Academy of Dermatology*.

Research findings like these, and many, many, more, have convinced most people of the importance of good nutrition. Given the current lifestyle and also the concerns about the lack of nutrients left in the mass-produced foods most people now eat, a lot of people believe there is wisdom in getting nutritional needs met via supplements.

Which leads to another question. How good are the supplements most people take? We want to believe that most of them are good, high quality, products. However, we know not all of them are... there are people and companies in every industry that will “cut costs at the expense of quality” without giving it a second thought.

For example, a recent report by Consumer Lab found that **25% of the St. John’s Wort products they tested were Not Approved**. Either they **didn’t contain** the amount of the **key ingredient** that their label claimed or they also contained “**unacceptable levels of lead**”, or they didn’t meet FDA labeling requirements. These are, unfortunately, fairly common problems in all kinds of supplements, not just St. John’s Wort.

All of this discussion, made us realize

we haven’t “disclosed” very clearly some VERY important information about our products...

- ◆ **Nearly ALL our Nutritional Supplements** plus our
- ◆ **Real Willard’s Water,**
- ◆ **Aqua Gel,**
- ◆ **Chinota Gel, and**
- ◆ **Real Willard’s Water Soap** are **MADE IN THE USA!**

We think that means a lot... especially in view of all the **health scares** associated **with overseas products** in recent years. For another thing, you **won’t find cheap capsules that can’t be easily digested in our quality products.**

You may have noticed nearly all our supplements have **Item Numbers starting J**— (with the letter J-plus-a-dash, and then the number). All of those products come to us from Daily Mfg., a family-owned U.S. firm that is known for its high quality standards.

Do those standards make a difference in how well the products perform? Well, when “G.E.” phoned us recently to place an order she volunteered that “out of all the products I’ve tried, Daily’s is the most pure. I can take **1 Grapeseed of theirs and in any other (brands) it takes 6 or more** to the one I take of the Daily’s... and it’s the **same thing with the CoQ10...** you get what you pay for.” Her husband overheard her and yelled out “more bang for your buck” with the Daily products. Both G.E. and her husband have been using nutritional supplements for many years, and have tried a lot of different brands. Their report isn’t even unusual — a LOT of people tell us that **our St. John’s Wort, or B6 or B12 or Coral Calcium, or Magnesium, or you-name-it works better than any other “brand”** they ever tried of the “same

thing”, but we received “G.E.’s report” very recently, so we thought we’d include it in this article.

Another example... Daily Mfg. was using vegetarian capsules in all of its capsulized products LONG before such capsules became “well-known enough” for customers to ask for them. As the biochemist at Daily’s told us “we switched to those long ago because the capsule is key to being certain the product gets absorbed.” He went on to explain that **a lot of inexpensive supplements** on the market are encased in some **really cheap capsules from China...** they are one of cost-cutting-corners that make it possible to produce those really cheap products, but those capsules are basically **non-digestible in anyone’s digestive system**, rendering the product pretty much useless-- which when you think about it, actually **makes it a pretty expensive product** for the consumer, since it doesn’t stand much of a chance of doing any good if it isn’t absorbed. Unfortunately, most consumers don’t know about practices like this, so are really being misled by those cheap prices.

For another thing, the **Daily firm will NOT sell a product that doesn’t contain what the label says it** contains. Unfortunately, that’s far from always the case...Did you know it’s legal for a label to indicate for instance, that the capsules in the bottle each contain 300 mg of whatever is being sold in that bottle, but to NOT actually contain 300 mg. each? There’s a legal loophole that allows for far less than the label states is in the product to be in it... allegedly to allow for errors by filling machines. Daily’s simply won’t do that. As we said, it’s a family firm and it’s their last name going on the bottles, and if their last name (Daily) is on the bottle, it’s going to contain exactly what the label says it contains. And you can take that to the bank, as the saying goes!

We could go on, but we think we’ve made our point. If you want to know that you’re getting what you pay for, and

that it is manufactured to the highest standards, right here in the USA, you can’t beat the items from Daily Mfg. We feel just as confident in all other manufacturer’s products we carry (or we wouldn’t offer them), and many of them are also made in the U.S. However, like

...using only the better-absorbed but more costly vegetarian capsules long before consumers asked for them, just because they knew they were better...

most manufactured goods, you have to check the label to see where it was made. With Daily’s, you know it’s made in the USA.

The reason we carry so many from Daily’s is that we learned a long time ago any product from Daily’s always seems to be “even better than people expected” when they bought it. So, if we can get an item from Daily’s, that’s the one we’ll carry.

With regard to the nutritional items mentioned in the headlines regarding various studies that we listed in the beginning of this article... We do provide **B-6, B-12, and Omega 3**. In fact, our B-6 and B-12 are both in the “activated” forms, meaning, they are already converted to the substance one’s body has to convert “regular” B supplements to in order to use them. These **Activated B-6 (Item No. J-1)** and **Activated B-12 (Item No. J-20)** come to us from Daily Mfg. (Our **Activated B-Complex—Item No. J-2**, also comes from Daily’s.) In fact, our first experience with Daily’s quality was my wife, Kolleen’s, experience with their Activated B-6. Because of carpal tunnel type problems she was taking 6 to 10 good quality, natural, B-6, per day. She still could not use a computer mouse at all, and could only use a keyboard with a good deal of pain. Once taking just ONE Activated B-6 per day she was able to use a computer mouse—she then took 2 of the Activated B-6 for a very few days, and after that had NO Problem at all in using the mouse or the keyboard! That was about 17 years ago, and still no problem as long as she takes those Activated B’s.

Additionally, we can’t even tell you how many customers have told us how well our **St. John’s Wort (Item No. J-90)** works for them, when other brands “didn’t seem to do anything”. Perhaps that’s enough said! ♣



## Surprising Dog Benefit?

Researchers at the University of Missouri found that people who walk with a dog increase their walking speeds by a pretty impressive 28%. People walking alone or with another person only increased their speeds by about 5%. The researchers studied walkers in three groups for the study: those walking alone, those walking with another person, and those walking with a dog.

The scientists speculate that people walking with a dog end up with improved balance and confidence, making them want to walk even more.

Additionally, pet owners have been found to deal with stress better, be more emotionally stable, and make fewer trips to the doctor than pet-free people. Being dog lovers ourselves, we can certainly understand this... though sometimes when Fido isn’t being his most-behaved, one does wonder if it might not increase stress on at least those rare occasions?! But, it’s nice to know that overall, pets are the blessing most pet owners know they are. ♣

## Habit May Cut Heart Disease Risk 70%

A Scottish study of more than 11,000 adults conducted over an 8-year period, confirms previous studies linking gum disease with heart problems.

After taking into account factors that affect heart disease risk, such as social class, obesity, smoking and family history, the researchers found people with the worst oral hygiene had a **70%** increased chance of developing the condition than those who brush their teeth twice a day. Researchers said this doesn’t prove that poor oral hygiene causes heart disease directly, but it certainly appears beneficial to brush regularly.

Dr. Joseph Mercola, in commenting on this study, pointed out that other health problems have been linked to gum disease as well: **pneumonia, lung disease, diabetes, and stroke** (in addition to heart disease).

Editor: As we’ve reported before, a number of people have told us that spraying Real Willard’s Water on their toothpaste has boosted their cleaning efforts, per their dentist’s comments. That’s no proof, but can’t hurt. ♣