

Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.willardswater.com ♦ July/August, 2008

Hold Dementia at Bay?

Boston researchers who followed a large group of men for 18 years believe taking a beta carotene supplement every other day could keep your brain in good working order as you age. The study found men who took the supplements scored better on tests measuring cognitive functioning than men who took a placebo pill for comparison purposes.

While the differences in scores between the two groups were small, the researchers emphasized small changes can lead to a big difference in dementia risk down the road. "Studies have established that very modest differences in cognition, especially verbal memory, predict substantial differences in eventual risk of dementia," wrote the authors. Beta carotene is thought to protect the brain by reducing oxidative stress that can lead to cognitive decline. The researchers involved said they believe the results have important implications for public health and deserve further investigation. An editorial in the issue of *Archives of Internal Medicine*, 2007;167: 2184-2190, said that other investigators urged caution since some studies have found some risks with too high doses of antioxidant use. Natural health experts we have read, however, seem not to worry, as long as doses are kept to reasonable and/or recommended limits.

Beta carotene is available in our **Extra A Plus, Item No. J-16**, and **Extra A Plus Vegetarian, Item No. J-17**, both are \$14.95 each for 100 caps.. If not on order form, write it in. ♦

Omega-3 and Weight Loss

A study conducted by researchers at the University of Iceland, University of Navarra, and University College Cork, found that study participants who were given a high dose (1300 mg per day) of an Omega-3 supplement felt full longer than study participants who given a low dose (260 mg per day) of the supplement. Participants took the supplement for 8 weeks, and appetite measurements were taken during the last two weeks of the study.

Blood sample analysis also showed that a higher Omega-3 concentration, and an improved Omega-3 to Omega-6 ratio were associated with higher satiety, or feeling of fullness.

Editor: this is the first such report of this Omega-3 benefit that we are aware of, but if it holds true for other dieters it could be very significant, especially since Omega-3's benefits have been established as being so broad that many natural health doctors suggest supplementing with Omega-3 even if they rarely suggest any other supplement.

We have Omega-3 available in two products: Omega-3 from Fish Oil in **Item No. J-39 "EPA"**, and from flax in **Item No. J-77 "Flax Seed Oil"**. Hard to see how this could hurt, and even if it doesn't help one's hunger, it certainly has a myriad of other benefits established by countless studies. ♦

Help To Avoid Sudden Cardiac Arrest?

It seemed nearly everyone in America was shocked by the untimely death of NBC's anchor of *Meet the Press*, Tim Russert. Russert was just 58 years old, and though we learned after his tragic passing, that he suffered from diabetes, and heart disease, and was overweight, it was still shocking. We learned all that from his doctors, who had been treating him for those problems, and it appeared, everyone had thought they were "under control".

It turns out, of course, that they were not so under control. Many of the commentators covering the story of his death, expressed surprise that this could happen to someone who was on blood pressure pills and cholesterol drugs, who exercised routinely, and who was on a diet. He'd even reportedly recently passed a stress test.

The well-known alternative health authority, W.C. Douglass, pointed out in an article after Russert's death that "if someone had told him to focus on keeping his homocysteine levels low and his magnesium levels high, we might not be having this conversation in the first place. Homocysteine makes cholesterol stick to your artery walls and can also contribute to the hardening of your arteries. It's simple to control your cholesterol levels by loading up on B vitamins, like B6, B12, and folate. Magnesium

also has vital heart health benefits."

Douglass's article quoted well-known neurosurgeon Dr. Russell Blaylock as saying, "the number-one cause of sudden cardiac death is magnesium deficiency. Cardiac patients and those with diabetes have the lowest magnesium levels of all."

We checked on the Mayo Clinic web site to see if it had anything to say about magnesium deficiencies and sudden cardiac arrest. It did include "markedly changed levels of potassium or magnesium — minerals called electrolytes that need to be properly balanced in order to maintain vital organ functions, including that of the heart" under its list of Risk Factors (for Sudden Cardiac Arrest). And we found various natural health experts saying the same thing. As always, we remind you we are NOT health experts, that's why we checked for information from a number of them on this reported fact. We also remind you never to attempt to treat yourself, but seek the advice of a competent health care professional.

Our **Activated B-6** is Item No. J-1; **Activated B-12** is Item J-20, and **Folate** is available in Item J-113 (Folic Acid). Lesser amounts of these are available in our **Activated B-Complex** (J-2), and in **Multi-Vim** (J-56). **Magnesium** is our Item J-54, and **Potassium** is Item J-62. ♦

One More Time...

It really does seem to be getting more and more like “old news” when another study comes out reporting on the “discovery” of the benefits of Vitamin D. You know, Vitamin D, the “sunshine vitamin”... the reason our parents and their parents before them always told us to go out and get some sunshine... “it’s good for you”.

The study we’re discussing here was published in the Archives of General Psychiatry, May 2008, Volume 65, No. 5. It found that low levels of Vitamin D and higher blood levels of the parathyroid hormone (PTH) were associated with higher rates of **depression** among 1,282 community residents between ages 65 and 95.

It was reported that if the study can be repeated in further study, we may see “brain health” added to the “long list of health benefits reported for the vitamin.”

Researchers say that due to the low dietary amounts of Vitamin D, and the lack of sunshine in northern climates, some estimates claim as much as 60% of the northern populations may be Vitamin D deficient. Many experts have been calling for increasing the recommended daily amount of Vitamin D for children and adults up to 50 years of age to 800-1000 IU vitamin D₃ per day, from the current recommend 200 IU per day.

In adults, Vitamin D deficiency has been linked to osteopenia, osteoporosis, muscle weakness, fractures, common cancers, autoimmune diseases, infectious diseases, and cardiovascular diseases. And, now, possibly, depression.

Editor: **Vitamin D₃ is Item No. J-24** and retails for \$6.95 for 100 capsules. Given the list of possible benefits, why not try it? ♦

Speaking of Arthritis AND Menstrual Pain... What????

We realize that headline IS confusing, but left it in to see if it would catch your attention! No, we don’t have a study to report on that found a link between arthritis and menstrual pain, but we do have two different studies reporting on the benefit of the same nutritional item for two different things... arthritis in one study, menstrual pain in the other. The first study found that an extract from the bark of the French maritime pine tree may reduce menstrual pain. The study was conducted in Japan and was published in Journal of Reproductive medicine. The study included women with dysmenorrhea, which causes extremely painful menstrual periods. The women in this study who received 60 mg per day of the Pine Bark Extract who had dysmenorrhea (the most painful periods) saw significant benefit, indicated by reduced number of painful days from 2.1 days to 1.3 days per cycle, and in reduced use of NSAIDS (ibuprofen or aspirin).

The other study on Pine Bark Extract that we recently found, was on its effect on arthritis of the knee. This study found that the Pine Bark extract may reduce pain and stiffness associated with arthritis of the knee by about 40%. The study participants also indicated improvement in physical function of 52%. This was a randomized, double-blind, placebo-controlled trial. It was published in the journal *Nutrition Research*. Participants received 150 mg per day of the Pine Bark, or else a placebo.

And, here’s some more hope for osteoarthritis sufferers: researchers from the University of California at San Diego, conducted an in vitro study on the effect of MSM on healthy and osteoarthritic articular cartilage from post mortem human knees. They focused on cytokines — genes that are markers of inflammation and are related to cartilage degradation. The study results pointed to a protective effect of MSM on reducing the expression of pro-inflammatory cytokines. “It suggests that MSM acts as a barrier, shielding cartilage in early stages of osteoarthritis from further degeneration from inflammatory cytokines and cartilage degrading enzymes,” said lead researcher David Amiel, from the UCSD’s Department of Orthopaedic Surgery.

Editor: We offer Pine Bark in **Item No. PY-3, Pine Bark & Grape Seed Combo**. We have **Grape Seed** by itself (which is seen by many natural health experts as superior to the Pine Bark form) as **Item PY-4**. We have **MSM** available in **1000 mg capsules as Item J-92**; and in **J-94 MSM Blend**, and **J-98 MSM-Glucosamine**. We also have **MSM Lotion in J-93**. ♦

Trivia & Tidbits . . .

1. Why was Chevy’s Nova renamed Caribe in Spanish countries?
2. What is a parsec?
3. What novelty salt shakers did publisher William Randolph Hearst have on the table in the dining room of his San Simeon estate?
4. How many bones are there in the human skull?
5. How many teeth does a normal adult dog have?
6. What are zebus? What are zebubs?
7. How many dust mites can a gram of dust hold?
8. How long was Prohibition in effect in the United States?

AND THE ANSWER IS...

1. Because in Spanish no va means “does not go”.
2. A unit equal to 3.26 light years, or 19.2 trillion miles, used in astronomy.
3. Mickey and Minnie Mouse shakers.
4. 29—the cranium has 8; the face 15 (including the lower jaw); the ears 6.
5. 42—20 on the upper jaw and 22 on the lower jaw. Adult humans have 32 (16 top & bottom).
6. Zebus are humped cattle found in India, China & northern Africa; zebubs are tsetse-like flies in Ethiopia.
7. 500—an ounce can hold 13,500.
8. Almost 14 years—from January 1920 to December 1933.



ON “THE WEB”!

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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

How Do HEALTHY People Know If "It" Helps Them?

People often say they don't really have anything "wrong with them", so they aren't sure if the Real Willard Water 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 whatever. It just goes on and on.

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 Real Willard Water, even though there would be no way of knowing that, since there's "only one of them".

But if the signs of a body working better that seem to appear with the use of Real Willard 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 Real Willard 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 **digestion and 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 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 less 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 lots of 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 Real Willard Water.

Those benefits include **increased ab-**

sorption 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 abilities**, 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 Nutrition Coalition's Real 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 those free radicals are "neutralized", so to speak.)

Other people point to the **high alkalinity** of Real Willard's Water and its reported raising of users' pH levels to a more desirable alkaline range (rather than the acid range many people are in today) as one of the reasons it is beneficial for today, and down the road.

Countless people with arthritis who have seen their swollen joints reduce in size after regular use of Real Willard's Water, may well think at least part of the reason may be the Water's reported ability to **reduce inflammation**. Reducing inflammation may be part of the reason many people have said Real Willard's Water has helped to reduce pain from injuries and other causes. . . quite often, pain is associated with swelling.

Those are some of the reasons knowledgeable people believe staying healthier is more likely if Nutrition Coalition's Real Willard Water is a real part of your life. Since numerous experts have said it cannot hurt anything,, what do you have to lose? ♦

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DIVINE INTERVENTION... HOW ELSE TO EXPLAIN IT?

By Kolleen Sunde — Reprinted from Nov. 1997

It's as clear to me today as it was over 30 years ago on that Sunday in 1977. . . I remember the dusty look, the "temporary look"--like those hastily created areas in construction sites when they need a temporary turning lane, or whatever. . . the relaxed Sunday afternoon drive had turned into a nightmare, when that car in the opposite lane on this mountainous 2-lane road had inexplicably pulled out into my lane to pass the car ahead of it, and now couldn't get back into his lane and was heading directly for us.

I recognized the hopelessness of the situation--I could either steer the car to the right and into the side of the mountain, since there was no "shoulder", or I could steer to

the left and let it drop about 200 feet into the lake below, since there was no shoulder on that side either--or I could simply wait for the inevitable head-on crash.

As I saw the front bumper of the oncoming car nearly touching ours, I remember screaming in silence "Lord what I need is a clearing" . . . and *right after that* is when I saw it--this temporary construction-type site in the side of the mountain. I cranked the wheel and was into the clearing, as the other car sped past. . . no crash, no problem.

But when I returned to take another look at that clearing later, I couldn't find it. I looked *many* times. . . nothing.

I finally asked the Highway Patrol about that construction site and they said there was none--if anyone got into trouble at that particular spot, they said, it "would be all over", since "there is no place to go". But with unseen help there was!

Editor: We invite you to send your own stories of unexplained help, Forks in the Road, or other inspiring stories, for this column.



E-Mails, Mailbag & Phone Calls. . .



After 12 Years, They Healed — "A.L." from Washington state told us that her mother had had terrible varicose veins, and had eventually had them "stripped". They never healed—just kept "weeping" all the time and she'd had to keep them wrapped. **Twelve years** after that surgery, Willard's Water was introduced into their lives, and her mother started spraying "the water" on them once or twice a day for two months...and they **healed**.

Every Dog Has His Day — "C.M." from Texas told us about her dog who was burned in a burn pile fire. They rushed the dog to the vet, and the vet thought they'd have to amputate. They took the dog home and got some Willard's Water... they put the dog in the bathtub with

the Willard's Water in it, daily... the dog was back to normal, and "running around like crazy" within 3-1/2 weeks. She also said that after they started using the Willard's Water baths, the dog went back to eating and drinking, which he'd quit doing.

Spa Treatment — "E.W." from Texas told us she uses Real Willard's Water in her spa—she said adding 1 ounce of it to the spa results in her not having to change the chemicals or solutions in it for several week "even in the hot weather in Texas".

Fibromyalgia — That's what "E.B." said she notices feels much better when she uses Willard's Water. ♣



More Product Highlights & Updates from Charlie

Gus (Or Your Own Favorite Dog, Horse, Bird, Etc.) May Sometimes Know More Than People!

We love our dog, Gus. Like most dogs, he's definitely a beloved family member. He's a Vizsla (also called Hungarian Pointer). Gus loves Willard Water. He drinks it every day. And has since we got him as a 6-week-old puppy.



bathroom sink, which is the same water that comes out of our kitchen faucet—all of which comes from our well, and has 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, cautiously, sniffed it. 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 in disgust.

“...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.”

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

Many people have told us that once their pets have had Willard Water, they refuse to drink ordinary water.

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 has 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 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

“Okay, Mr. Connoisseur, I'll get you your Willard 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 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 of as the ounce-to-a-gallon mixture that we make for ourselves, or that any Willard 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.

At that moment, I really believed in my own soul, that dogs can tell the difference between Willard 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 Water's benefits for pets. Our dogs and cats have drank nothing but Willard Water for over 20 years, 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 than that as I recall, which I believe is a long life for a gerbil.

What Is The Correct “Pet Mix” for Willard Water? How much do you dilute the Willard Water Concentrate for animals?

First, it is hard to “go wrong”. You could give your pets the same mixture you are drinking — an ounce (2 Tablespoons) to a gallon. If that is too “rich” the pet will have a consistently “too loose” stool, and you should mix it “leaner” (i.e. more diluted). (Dr. Willard always said the “looser stool” was a good indicator of how much a person, or animal, needed. If the

“looser-than-normal” stool appeared, it meant that person, or animal, was drinking more than their body was actually utilizing, so it was just passing through, creating a looser stool than normal, but still *doing no harm* — it’s not something anyone needs to worry about. It just means, according to Doc, that you’re wasting it, and can get by with less of it (less of your mixed-up-gallon, in the case of people, not less of the concentrate per gallon).

I’ve used anywhere from one to one to three teaspoons per gallon for most of the last 20+ years for our pets and that’s what is in their water dishes all the time.

However, I have to tell you, (or she will tell me I should have!) that Kolleen insists when she mixes it with three capfuls per gallon, both our dogs (Gus, and our Black Lab named Mollie) seem to drink more water—as if the more WW concentrate it has, the more they really like it. Since it seems positive for people and pets to get more water, that may well be a good thing.

Kennels, going through a lot of water, have often used just an ounce to 25 gallons, to reduce their cost of the WW even further, and that will probably be nearly as beneficial as “my” stronger version. Kennels use it because of the benefits they’ve seen in healthier animals.

Pet Birds, particularly, require even less. Commercial poultry operations use a standard mixture of one ounce to 128 gallons... with outstanding benefits reported... less sickness, less death loss, faster growth, etc.

Dairy Cows, which drink large quantities of water, get an ounce of concentrate to 250 to 300 gallons. Other cattle, typically get an ounce to 150 gallons. (They drink less water, which is what led Dr. Willard to his suggestion that non-dairy cattle should probably have it mixed somewhat stronger than dairy cows which drink much more water.)

Sheep and Hogs typically get an ounce to 75 gallons.

For **Horses**, it depends a lot on the value of the animal. If I owned a million dollar race horse, I’d probably give him an ounce to 25 gallons! Or even an ounce to a gallon if he was sick, or maybe if I was getting him ready for a big race. (WW has been used on race horses, but those who have used it and benefited, won’t allow any publishing of the details, because it would cost them their competitive advantage, if all other horse owners were using it!)

For more ordinary horses, an ounce to 50 to 150 gallons may suffice. Again, note the condition of the droppings...if too loose, back off on the concentration. Note: even if the droppings are “too loose”, it won’t hurt the animals...as Dr. Willard said, it just means “you’re wasting it” since the animal’s body is simply letting it pass on through, creating a looser stool than normal, if that animal is getting more of it than his particular body needs. But it still wouldn’t be doing any harm.

For animals under a lot of stress, e.g. “just arrived” feeder cattle which have been trucked in, feeders typically give them a much stronger solution for a few days, to try to ward off “shipping fever”.

Again, there’s a broad range of what’s an appropriate amount. An optimum amount for particular animals, weighing costs vs. benefits may be “this much” but 1/10th that much may still be helpful and 10 times that much won’t do any harm. So we can make use of it without “sweating the details” too much.

And, yes, the fact that WW has such an effect on animals, would seem to be some sort of validation that it IS a beneficial product. After all, not many animals would be affected by the “placebo” effect... although sometimes, I’m sure we all think our pets DO understand what we tell them. But we’ve never told Gus the only water he should drink was Willard Water! Nor do I think most other people who have told us about their pets not wanting

other water after they’ve had WW, have ever told their pets to avoid the other water. While we’re sort of on this subject I can’t resist telling you one other amazing report we’ve received at least a few times over the years. The first time we heard it though, it came to us from one of the world’s nicest, and most down-to-earth people we’ve ever known.

“Norma” and her husband farmed. And Norma, like many farm wives, maintained a large, and bountiful, garden. A lot of variety in her garden. When Norma first started using WW on her garden, she wanted to be sure it was really worth even the small amount it cost, so she kept some “controls”... she treated part of her vegetables with it, and left part of each variety untreated. She was very pleased by the obvious benefit the WW provided... except for one thing... “when the deer came through, they ate all the vegetables treated with Willard Water, and left the non-treated ones alone!” Well, we all thought that probably indicated the nutritional value, and the taste, of the Willard Water treated produce was much better, but it was still kind of a sore point for poor Norma!

And she wasn’t the only person to report such an event... we’ve often been told of rabbits that chose Willard Water treated vegetables over the “regular” vegetables in a garden... and, again, if the animals can detect enough of a difference to choose one over the other, doesn’t it make you wish all the crops raised for human consumption were treated with the Willard Water?

The really amazing thing is that for most farmers, using the WW results in a cost savings of a significant amount, since it means they can cut down on many of the other more costly items they are using on their crops.

So if anyone reading this has a great idea on how to get every farmer using WW, please let us know. We’d all be better off, it would seem to us —◆

Editor: This article, with only slight variations was first printed in our Jan. 2004. issue.