

Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.WillardWater.com ♦ July/August 2015

Over-the-Counter Pain Relief, Cold Pills, Allergy Relief, & Heartburn Relief Meds And Confusion, Depression, Etc.

Most people don't realize that very popular Over-the-Counter (OTC) drugs, and some Prescription (Rx) drugs, as well, can have side effects that not only affect your body, but also your mind.

And it may not be a side effect you notice quickly. You might start on a new drug (Rx or OTC) and after several weeks, or even months, you realize you're depressed, or suffering some other assumed "psychiatric" problem. In many cases, it isn't anything wrong with YOU, it's the new medicine you started taking those weeks or months before.

Such side effects can occur at almost any dosage level, but the greater the amount of the drug taken, the greater the risk, usually.

Commonly-Used Drugs that Commonly Cause Such Problems:

- ♦ **Naproxen for Pain Relief.** Naproxen is sold under the brand names Aleve, Naprosyn and others. It's very popular because it doesn't cause as much stomach upset as other non-steroidal anti-inflammatory drugs (NSAIDs), such as aspirin or ibuprofen (Motrin, Advil, etc), cause.

However, Naproxen affects the central nervous system in ways that other NSAIDs do not. Some people who take Naproxen every day — for chronic arthritis for example — have reported **drowsiness, reduced concentration** and/or **depression**. We've also read, and known people, who reported problems with **short-term memory** when using Naproxen.

What to do: Experts advise watching your mood when taking naproxen, as well as watching for any other problems, like poor concentration, memory issues, or depression. If such problems occur, talk to your health care provider about it.

- ♦ **Beta- Blockers — Blood Pressure Rx Drugs.** such as Propranolol (Inderal), and Sotalol (Betapace), work by blocking the effects of epinephrine (adrenaline) thus slowing the heart rate. But slowing the heart's action can lead to **fatigue** and **depression**. And since these drugs affect different body sys-

tems, including the brain, they have also been reported to cause **mania** and other **mood problems** in some people.

What to do: Do NOT stop taking these drugs if you notice any such problems — they are usually prescribed for serious problems such as high blood pressure and cardiac arrhythmias, so NEVER stop taking them without consulting your doctor. You may be able to switch to a different drug (possibly a calcium channel blocker) for high blood pressure. But if you must take a beta-blocker, experts advise you use non-drug methods to improve your energy and mood. Exercise regularly, use positive thinking and get enough sunlight. (Sunlight is used by the body to produce Vitamin D, and low levels of Vitamin D have been linked to Depression.)

- ♦ **Guaifenesin — Cold Remedies like Robitussin and Mucinex.** Guaifenesin is one of the most common ingredients in OTC decongestants such as Robitussin and Mucinex (check the labels of other such products for Guaifenesin). As an expectorant this ingredient thins mucus, making it easier to cough it up. However, it has wide-ranging effects on the central nervous system in some people which can lead to **fatigue** and/or **depression**. When and if combined with other ingredients such as **pseudoephedrine** (a common decongestant), side effects can also include **anxiety**.

What to do: Experts say for most people drinking water helps to thin mucus about as well as a pharmaceutical expectorant so when you're stuffed up, drink a few more glasses of water — or tea or juice — than you usually drink during your typical day.

- ♦ **Allergy Drugs such as Non-sedating Antihistamines.** Just because it says Non-Sedating on the label it may still be sedating, just not as sedating as older antihistamines like Benadryl may be. Drugs such as **Loratadine (Claritin) or Cetirizine (Zyrtec-D, Zyrtec-D 12 Hour, Wal-Zyr, etc)**, are reported to cause **drowsiness** and **depression** in some people.

Antihistamines have anticholinergic effects (caused by blocking a neurotransmitter in the central nervous system). Some people

experience no side effects from this, but others notice that they're **agitated** or **confused**. And these drugs also may lead to **depression** or **concentration problems** in some people.

What to do: Experts say since unwanted sedation is the most common problem, try taking antihistamines at bedtime. Since allergy symptoms may be worse in the morning anyway, it may make you feel better when you wake up if you take them when you go to bed, as well. You could also try breaking the pill in half (if it is NOT a timed-release pill, if it is timed-release, do NOT break it in half) — many people get satisfactory relief with fewer side effects when they take a lower dose, by taking only half a pill.

- ♦ **H-2 Blockers — Heartburn Medications such as Cimetidine (Tagamet) and Ranitidine (Zantac)** have been reported to cause **depression, confusion**, and even **hallucinations**, in some people. Ironically this seems to result from the lower stomach acidity these meds cause, and are meant to cause. Additional problems that can result in people taking them every day are absorbing smaller amounts of folate and other nutrients — which can lead to mood problems.

What to do: Experts say most people can eliminate heartburn without potent drugs by not eating within a few hours of bedtime, and avoiding "triggers" like chocolate or alcohol. If you need more, try an occasional OTC, such as Mylanta or Maalox.

Editor: We would feel less than honest if we didn't add that countless people have told us through the years that **Willard's Water** has helped their **heartburn, allergies, pain, colds**, and much more. Some have even seen their **high blood pressure** improve (but do NOT assume it will, or stop any blood pressure meds you're on... always discuss any changes you make in any meds with your doctor, for your safety-sake). Not everyone sees these results. But a lot of people do, so since anyone reading this probably already has Willard's Water on hand, you may want to give it a try for some of these issues. And, for **pain**, you might also want to try some of our **Chinota Gel** or **Aqua Gel** you may have on hand. No known side effects to Willard's Water or the Gels! ♦

Neurological, Metabolic, Autoimmune, Cardiovascular, Lung, Liver, & Inflammatory Diseases, + Alzheimer's & Cancers?

Would you believe numerous studies have found ONE item to be therapeutic for all of the diseases, disorders, and syndromes mentioned in the headline above? And, would you believe it's even been mentioned for more than "just" those in that headline?

Pretty hard to believe... unless you also know studies have found this one item to:

- ◆ Modulate about 700 of your genes
- ◆ Positively modulate more than 160 different physiological pathways
- ◆ Make your cell membranes more orderly
- ◆ Affect signaling molecules. For example it has been found to directly interact with:
 - Inflammatory molecules
 - Cell survival proteins
 - Histone
 - Human immunodeficiency virus type 1 (HIV1) integrase and protease
 - DNA and RNA
 - Various carrier proteins and metal ions

It's as a result of these effects (and potential others), that **Curcumin** has the ability to benefit your health in all the ways mentioned in the headline above according to a study published in the Natural Product Reports in 2011... which were:

- ◆ Lung & Liver Diseases
- ◆ Autoimmune Disorders
- ◆ Neurological Diseases
- ◆ Cardiovascular Diseases

- ◆ Metabolic Diseases, and
- ◆ Inflammatory Diseases.

Specifically, hundreds of studies have now reported that Curcumin and other bioactive ingredients in turmeric can:

- ⇒ Support healthy Cholesterol levels
- ⇒ Suppress Thrombosis and Myocardial Infarction
- ⇒ Suppress symptoms of Multiple Sclerosis
- ⇒ Reduce systemic inflammation in obese individuals
- ⇒ Increase Bile Secretion
- ⇒ Prevent low-density lipoprotein oxidation
- ⇒ Suppress symptoms associated with Type 2 Diabetes
- ⇒ Protect against Radiation-Induced Damage and Heavy Metal Toxicity
- ⇒ Enhance Wound Healing
- ⇒ Protect Against Cataracts
- ⇒ Inhibit Platelet Aggregation
- ⇒ Suppress symptoms of Rheumatoid Arthritis
- ⇒ Inhibit HIV replication
- ⇒ Protect against Liver Damage
- ⇒ Protect against Pulmonary Toxicity and Fibrosis

In addition to all that, Curcumin's ability to cross the blood-brain barrier, has led researchers to study its potential as a neuroprotective agent against such neurological disorders as **Parkinson's** and **Alzheimer's** disease.

The potent antioxidant and anti-inflammatory properties of Curcumin are also said by experts to suggest it may also promote **brain health in general**. Its anti-inflammatory abilities have also been said to benefit **Osteoarthritis**

And, by the way, Curcumin has the most evidence-based literature supporting its use against **cancer** than any other nutrient.

And, in a study previously published here, it was found that **Willard's Water** was more effective in making the extremely difficult to absorb turmeric from which curcumin is extracted, than any other known substance... easily besting the previously "best" absorption boosting ingredient's performance on this tough to absorb nutrient.

We offer Curcumin in our **Curcumin Capsules** (Item J-398) and in **Ener-Cell** (Item J-135). Ener-Cell not only provides Curcumin but also these three other nutrients thought to be critical for nearly everyone: **Alpha-Lipoic Acid, L-Carnitine, and CoQ10**. Since Ener-Cell is a combination product it contains less of each of the 4 ingredients than a single ingredient supplement would, but for many people who are looking for more of a preventive or maintenance dose of each, it is a great combination. And many people take one Ener-Cell a day, plus 1 or more Curcumin capsules if they believe they need a much higher dose of curcumin.

Remember: washing down all supplements you take with your Willard's Water helps you absorb as much of them as possible. ♦



Trivia & Tidbits . . .

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

AND THE ANSWER IS...

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

ON "THE WEB"!
www.willardswater.com
 Or
www.nutritioncoalition.com

Please Note: We are not health authorities of any kind. This newsletter represents our own views—presenting information we believe to be true and correct, but is "opinion", nonetheless. We also have a vested interest in most of these topics, so don't claim to be impartial. This newsletter, or anything else we publish, is no substitute for a competent health professional. User reports, though published here, don't prove anything—we pass them along because they certainly are of interest to others using the same products, or who have an interest in them.

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PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

Biggest Cause of Aging & Feeling Old... Plus FREE Thing Nearly Everyone Can Easily Do to Fight It... Seriously

By Ben

All my life, I thought that fitness was beyond me. In gym class, I was always the slowest runner and got winded from any exertion (I later found out I have a genetic lung

deficiency). I was always the weakest kid and picked last for any team. I was tall, so I could do adequately at basketball and volleyball, but anything else? Forget it. I grew up thinking athletes are born, and I wasn't born one, so I should focus elsewhere.

And I did. Most of my life, I was a hunched-over, bookish kid, good at guitar and video games, not good at anything physical. I thought this was my destiny that genes deal.

Until I was 28. Then, I got a book called "Convict Conditioning" on a lark, mostly just amused by the marketing of the workouts of felons to the general populace, but moderately intrigued by the idea of a workout based on a lack of equipment (or space). I was chubby, not dramatically overweight, but under-muscled and bloated from years of eating and drinking all I wanted.

Eventually, I tried the workouts: simple stuff, push-ups, pull-ups, etc. Initially, I failed at doing basic push-ups and had to try the easier stages from the book, like wall push-ups (stand against a wall and push yourself out with your arms).

What amazed me was that even these very simple workouts, faithfully done every few days, started giving me results. I was getting stronger and doing harder movements. That early success made me start taking this more seriously. I started restricting my calories, eventually falling down to 155 lbs from just over 200 (and I'm 6'3, so 155 is skeletal). Then I started rebuilding with the goal of replacing all that lost fat with muscle. I mostly succeeded.

Today, I'm 190 lbs and just under 13% body fat. From 200 lbs and probably 25% (or more; I had a gut). Along the way, I found something I never thought I would have: a pas-

... even couch potatoes can do it... no special equipment needed, no special anything... just do what you can...and you may be as pleasantly amazed as I was...

sion for movement. In the past couple years, I've transitioned from purely calisthenics workouts to a lot of weight-based things, which I'm now bored with and will likely go back to calisthenics for a bit (variety IS the spice of life). But I love exercising. What started as a chore became a joy.

I tell you this now to illustrate a principle: we are all athletes. Most people don't think of themselves as such. Most people have been told all their lives that they're not going to be fit or that they're not genetically gifted. And, naturally, we opt out of doing the things we believe we're not good at. We sacrifice our health because of what we've been told.

People are lied to all the time about their bodies. That you're either genetically gifted or you're not. That you need a gym and personal trainer. That you need many hours every day to be fit (I work out 20-30 minutes a day, 3 or 4 days a week; consistency is more important than duration). In reality, we all have the potential to do great things physically. We can all take charge of our health to be mobile and self-sufficient at age 80.

But a lot of people make a lot of money telling you that isn't the case. And a lot of people sacrifice their health because they've been lied to that fitness is something beyond them without huge sacrifices of time and money. I did. So I want to take this opportunity to tell all of you, that no matter how lacking in genetic gifts you feel, no matter your weight or your age: don't listen to them. There's something you CAN do to make yourself stronger, more mobile, healthier (beyond our supplements, of course). I can't run: beyond my lung impairment, I have shin splints from years of walking everywhere in impractical footwear (turns out cowboy boots actually were meant for being on a horse with, not serious walking). So I lift. I do pull-ups.

Please: find out what you can do. Don't listen to the schoolyard bullies that made fun of how weak your pitching was. ♦

One of the Biggest Causes of Aging, is also one of the biggest reasons people FEEL Old.

It's one of the biggest reasons we start to stoop as we walk, and become weaker and less balanced as we age.

Muscle Loss. Studies say we lose 1–2% of our muscle per year after age 50. That means we lose 30% of our muscle between ages 50 and 70. Technically, this muscle loss is called Sarcopenia. We've written about it before, but if you're feeling old, this could be one of the reasons.

But, there's reason to take heart. Recent studies have found that you don't need to do painful weight-lifting etc to build muscle strength.

Stretching exercise can do it. Yes, Stretching.

A number of studies have found that stretching does more than just increase flexibility, it also builds muscle strength.

In one study, the participants were divided into two groups: one group did no stretching exercises during a 10 week period, and the other group performed specific stretches a few times each week. Researchers were not surprised that the group doing the stretching exercises became more flexible, but they were very surprised to see that the stretching group also increased their strength:

- The amount of weight they could lift one time increased an average of 32% for knee extension exercises, and 15% for knee flexion exercises.
- Their muscular endurance — number of repetitions they could do at 60% of their maximum weight — improved 29% for knee extension and 30% for knee flexion.
- Shocking to researchers was that their jumping ability also improved. Their vertical-jump distance increased 7% and their standing long-jump distance increased 2%.

The people in the control group who did no stretching exercises saw no improvements in any of these areas.

A study at Brigham Young University in Hawaii conducted a similar study of a 10-week protocol using 15 different static stretches for the legs, held for 15 seconds each and performed 3 times a week. Not only did their flexibility significantly increase but so did their strength and muscle endurance on both leg exercises. The researchers said this showed that "a consistent stretching program in the absence of any strength training can significantly increase muscle strength on its own."

The studies reported on here all used a group of exercises developed and promoted by Dana Laurie. You can 'google' her to find her published program. You may also be able to get information on the types of exercises to use from your health care provider, physical therapist, or a personal trainer.

Once you strengthen the various muscles in your body, your joints, tendons and ligaments will be more stable and less likely to be injured. And you also won't feel so old, or "old and feeble before your time".

Sounds like a great idea, doesn't it? ♦

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information in the printed version.



"He Appeared, Said to Get Help, Then Disappeared..."

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

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

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

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

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

Updated from February 2000 Edition. Editor: We invite you to send your own "unexplained help" stories for sharing, anonymously, if you choose.



E-Mails, Mailbag & Phone Calls. . .



Sore Throat & Nasal Problems for Over a Month — G.S. said she had suffered with those conditions for over a month, when she thought of the **Willard's Water**. She mixed it with **Colloidal Silver** and used it as a gargle and also in her nasal cavity with an eyedropper. Within 2 days she was completely over both problems and getting a good night's sleep.

Energized Elderly German Shepherd — "J.F." told us in May, 2015, when he called to re-order Ener-Cell (Item J- 135) that his 18-year-old German Shepherd-Husky cross, Daisy, had been going downhill but after he'd started giving her **Ener-Cell** (Item J-135) she had perked right up. But, he said, he had run out, and she was going downhill again, so he was ordering some more to see if it would perk

her up again. He called back in July to re-order more Ener-Cell and noted that she's doing extremely well with her one capsule of Ener-Cell per day. That's a happy report, for sure!

Cats Know What They Want — "S.S." called in for **Ultimate Dark Willard's Water** because she had run out and sometime after that, her automatic refill of her 5-gallon water containers arrived, but she wasn't even out of her last order of those 5-gallon water containers. That's when she realized that after she ran out of Ultimate Dark Willard's Water (which she routinely puts in those 5-gallon water containers and gives that water to her rescue cats), the cats had been drinking so much less water, that she still had a good share of her last order of those water jugs left. She said cats often don't drink much water... but they sure do when it's Ultimate Dark Willard's Water. ♦



MORE PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

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

By Ben Sunde

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

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

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

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

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

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

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

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

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

One of these recent discoveries in colostrum is the presence of compounds

known as **proline-rich polypeptides (PRP)**.

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

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

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

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

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

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

Colostrum is, simply, an amazing product.

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

-order... many of them for years.

Product loyalty like our customers have shown our Colostrum doesn't develop if no benefits are seen.

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

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

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

Unlike capsules and powders of colostrum, Alpha Whey III is still liquid...just as nature provides it, and with no need for the body to break it down. Additionally, NO heat is used in processing it. From our personal experiences and those of our customers we are convinced there is NO match for it in the colostrum world.

We also believe if a person wants the convenience of capsules, there are none better than ours. We have had various colostrum capsules and powders assayed for their IgG levels over the years (IgG is the benchmark ingredient used to analyze colostrum quality since 80% of its antibodies are contained in the IgG). We've never found a powder or capsulized colostrum that had any higher (most were lower) IgG level as our capsules.

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

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

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

By Ben

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Finally, I would like to bring up another

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

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

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

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

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

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

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

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