

Possibilities

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Vitamin Deficiency that Damages Your Brain

By Charlie

Here's a headline that got our attention a few years ago but is still valid—if not #1 it's still very near the top of the list: "The #1 Vitamin Deficiency Damaging Your Brain".

It was talking about Vitamin B-12. It pointed out that about 50% of older adults are deficient in Vitamin B-12. It also pointed out that some of the signs of B-12 deficiency are:

- ♦ Low Energy & Weakness
- ♦ Confusion or "Fuzziness"
- ♦ Persistent Sleep Problems
- ♦ Digestive Problems
- ♦ Hearing & Vision Loss
- ♦ Memory Problems
- ♦ Irritability & Mood Swings
- ♦ Dizziness or Lightheadedness
- ♦ Weak Immunity
- ♦ Tingling in the Extremities

I'm confident the list above is accurate with regard to problems that can be the result of a B-12 deficiency, but I'm also confident there may be a myriad of other causes for each of those symptoms, so I sure wouldn't assume I was B-12 deficient on the basis of such a list. That's something you don't just leap to conclusions on.

But, given the problems that can ultimately result from such a deficiency, you also don't want to ignore the possibility that you might need to check on your B-12 levels if any of these problems ever occur, since they can be the result of B-12 deficiency:

- ♦ Dementia
- ♦ Mental Illness
- ♦ Chronic Fatigue
- ♦ Cardiovascular Disease
- ♦ Cancer
- ♦ Severe Neurological Disorder, and
- ♦ More

So, personally, I do take one of our **Activated B-12** capsules every day, as does my wife, Kolleen, and we would regard that and the other Activated Bs we take daily, as some of the very last supplements we would ever give up ourselves, if we had to eliminate some for whatever reason. (I have to say, we'd put up quite a fight before we'd give up *any* of them but I digress!)

We weren't surprised to read that a defi-

ciency of B-12 could be damaging to one's brain — the B vitamins are so essential to so many aspects of one's health, why wouldn't they impact one's brain?

Our long-time chiropractor (Kolleen went to him for over 45 years, and I've gone to him since we moved back to this area, so about 27 years for me—so guess we were both "long-term patients" of his) once told us that you can't have **Carpal Tunnel** issues without first having a **B-6** deficiency.

At the time he told us that, Kolleen was indeed dealing with carpal tunnel type symptoms... such severe pain in her wrist when clicking a computer mouse she simply could NOT use a mouse. She could use a computer keyboard but with a lot of discomfort. Doc Thomsen told her to get some quality B-6 and start taking it. She got what seemed to be the best available at the time. It helped... but she needed 8 to 10 of them a day, to be able to use the keyboard without too much pain, and she still couldn't use a mouse at all.. even 1 click was excruciating.

Then, we got a call one day from one of the founders of Daily Mfg. Daily Mfg has since become our favorite supplement supplier... they are a small family firm, and very much aware that it's their family name (Daily) that goes on every product they sell. They refuse to put out anything but the highest quality possible, but at affordable prices.

Anyway, Jim Daily called that day looking for Willard's Water. Conversation led into the B Vitamins they have that he said were far better than most... I asked why and he said because they are already converted to what the body normally has to convert "regular" B Vitamins to, before it can utilize them.

I told him about Kolleen's problem and how many B vitamins she was taking every day just to use a computer keyboard but still couldn't use a mouse. He said he'd send us a bottle for her to try, and warned me that she could not take more than 1 a day of these, as they work so well she might not need more than 1 and if you get too much of the B's, you wind up with the same symptoms as too little.

So, the "Activated B-6" arrived and Kolleen took one. Astonishingly, she was

able to use the keyboard without any pain the first day. Still couldn't use the mouse without too much discomfort to be feasible but the pain level even using the mouse was reduced enough to be very surprising to her. I gave Jim Daily the report and he said she could try taking 2 a day for 2 or 3 days but no longer, as long as the mouse was still a problem.... Well, after those few days, she had NO problem using the mouse! And hasn't had a problem since, despite using the computer and its mouse a least 8 hours a day.

And she's not alone. We've had equally amazing reports of the superior performance of these Activated B's:

- ♦ **Activated B-6** (Item No. J-1),
- ♦ **Activated B-12** (Item J-20), and
- ♦ **Activated B-Complex** (Item J-2).

We had a professional harpist call who had come to terms with knowing she would have to give up playing the harp, due to her carpal tunnel problems when playing it. Then she got some of our Activated B-6 and, like Kolleen, after only a couple of days use of it, she was able to play the harp again without problems.

Here's another example: a man I will call "Don" was told by his doctor that his **B-12 deficiency would not get better with any oral supplement, but would require shots.**

"Don", decided against our advice, to try our Activated B-12 first, before getting the shots. He didn't try the Activated B-12 for very long before going in to his doctor to have his blood checked, because even Don knew he shouldn't put off the shots very long if the capsules wouldn't "do it". Well, his B-12 levels came up enough, the doctor said he could continue on the supplement and see how he did. Well, he never did need the shots and his doctor told him he'd never seen any B-12 supplement work that well.

It should be noted that in all of these cases the people were also drinking Willard's Water ("WW") every day, which also boosts absorption. Clearly WW and the Activated B's are a combination we're convinced is the only way to go for Vitamin B supplements. And any supplements will absorb better, and thereby work better when WW is also used.

Nutrient Reduces Brain Damage from Fluoride and THIS Item Boosts that Nutrient Even More!

Fluoride isn't just in drinking water, but also in antibiotics, non-stick pans, tooth-paste, and nearly countless other items. So...fluoride is extremely difficult to avoid.

Controversy over it's neurotoxicity or lack of such, has been swirling for decades. But recent studies have established the fact that fluoride does lower IQs, and also enhances the calcification of the pineal gland. And we can probably all recall many other suspected or established health risks of it.

A very encouraging recent study found that an ingredient derived from a spice can actually protect the brain from at least some of the damage fluoride may cause it.

The ingredient found to offer such protection was **Curcumin**, derived from the spice turmeric. A recent study was conducted by researchers at the Department of Zoology, at M.L. Sukhadia University in India. They tested mice for 30 days in 4 groups: a control group which received no fluoride and no Curcumin; a 2nd group got fluoride in their drinking water; 3rd group got fluoride plus Curcumin; the last group got just Curcumin. Results showed The fluoride only group had significant elevated MDA brain levels, and the fluoride + Curcumin saw reduced MDA levels vs fluoride only group, demonstrating Curcumin's neuroprotective activity against fluoride neurotoxicity.

We offer a supplement containing only **Curcumin** in Item J-398, and a combination product called **Ener-Cell** providing **Curcumin** along with **Alpha-Lipoic Acid, L-Carnitine**, and **CoQ10**, in Item J-135. **Turmeric and Curcumin are about the toughest**

of all nutrients to absorb but testing recently found **Willard's Water boosted absorption of them "better than any other known delivery system"**.

Specifically, based on some other exciting studies **ULTIMATE DARK Willard's Water seems to definitely be the best** of all WW for boosting nutrient absorption based on plant studies that found the Ultimate to be 4 to 8 times better than the Clear or Dark XXX versions of Willard's Water.

These studies validate Dr. Willard's conclusion (and countless users' opinions!) that the Ultimate Dark Willard's Water is MUCH more effective than either the Clear or the Dark XXX. (Note: **ULTIMATE Dark** is the same product as the one known for years simply as "Dark" or "Dark XLR-8 PLUS" ... but recently we changed the name to **Ultimate** to make it as clear as possible that it is a different and far superior product to the Clear and the old Dark XXX.)

The studies involve using the WW along with "nutrients" (natural fertilizers) to analyze the benefit of the combination of the fertilizer and WW on the plants. All the tests so far have found the **Ultimate Dark** has as much or greater impact on the plants as the Clear or XXX when it (the Ultimate Dark) is **diluted by as much as 4 to 8 times MORE than the Clear or XXX**.

In other words, the studies have found the **Ultimate Dark has to be 4 to 8 times more potent** than the other two.

Granted, this study is on plants, not people, (keep reading for a "people researcher's" findings and comment) but it helps make

sense of the fact that so many people find they feel much better using the Ultimate Dark than when using the Clear or the XXX.

It makes it seem to us laypeople that the human body may achieve even greater-than-we suspected nutrient absorption and balance with the Ultimate Dark than with the Clear or the XXX (just as plants in these studies have done). And that improved absorption of nutrients could result in a myriad of ways in which the use of the Ultimate Dark might perform better for people than the other two do (given the fact that nutrients basically drive all aspects of the human body).

The Clear and the XXX are great products, as we've always said, but these studies confirm that Doc's final version — the Ultimate Dark — is even much better!

And how did another researcher whose tests are on people not plants, recently sum up the differences those tests have indicated between the Ultimate Dark, the Clear and Dark XXX? The "people researcher" said **the Ultimate Dark is so much better "it's not even in the same universe" as the Clear and XXX!**

We (Nutrition Coalition) are the **only authorized Distributor of the Ultimate Dark Willard's Water**—always have been. Dr. Willard himself made that decision right after he perfected this formulation, and it has continued to be honored by his family firm, the manufacturer of Dr. Willard's Waters.

Doc's desire to leave his finest formulation in our hands, says a lot about Doc's confidence and opinion of us and we are honored and humbled to carry the torch! ♠



Trivia & Tidbits . . .

1. How long did Edison's first incandescent light bulb burn?
2. What time shows on the clock on the back of the \$100 bill?
3. In what unusual way did Ashrita Furman retrace Paul Revere's route?
4. How many banks and trains did the notorious Jesse James rob?
5. Who was Florence Nightingale Graham?
6. Where was the 1st library in North America established in 1638?
7. What American first got oil drilling rights in Saudi Arabia & Kuwait?
8. Who was Time Magazine's first Man of the Year?

AND THE ANSWER IS...

1. Forty hours when he tested it in 1879.
2. 4:10.
3. She somersaulted the entire 13-1/4 mile route.
4. 12 Banks, 7 Trains.
5. Beauty entrepreneur Elizabeth Arden. (Consistent with her given name, she did pursue nursing for a brief time).
6. At Harvard College, originally consisting of 329 religious & philosophical texts.
7. John Paul Getty.
8. Charles Lindbergh, in 1927.

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

\$24 Billion To Be Saved Just Doing This...

\$24 Billion in savings over a period of just 5 years, just on Medicare patients and women of childbearing age, by spending just pennies a day on just 4 different supplements sounds hard to believe... but according to some very conservative research it's true. And that's without placing any value on the amount of pain, suffering, and loss of independence that would go along with these dollars saved. This study looked only at the actual dollars saved.

The study was done by the Lewin Group (www.lewin.com) a number of years ago by now. It looked only at rigorous scientific studies that documented the benefits of nutritional supplements. They used the Congressional Budget Office's accounting methods to determine the economic impact of supplements. And they kept their analysis specifically to Medicare patients and women of childbearing age.

Even though there are hundreds or maybe thousands of studies that would point to far broader benefits (economic ones) for far more illnesses and health problems, this study looked at **only four** supplements and disease combinations because of the rigor and validity of the scientific evidence available for these nutrients and diseases.

The study looked at:

- ◆ Calcium and Vitamin D and their effect on osteoporosis
- ◆ Folic acid and its ability to prevent birth defects
- ◆ Omega-3 fatty acids and their benefits for heart disease
- ◆ Lutein and zeaxanthin and their benefit in preventing major age-related blindness, or macular degeneration

I'd really like some of the alleged "quack-buster" types to explain how, if they look at this study, they could possibly continue to claim that nutritional supplements just produce expensive urine. Maybe they are ones who need to do some homework before making such rash statements?!!

Back to the study at hand.

First, with regard to what the study found on **Calcium** and **Vitamin D**, we must point out that newer research suggests doses of 1,000 to 2,000 IU per day of Vitamin D₃ produces greater benefits than the older, lower recommended amounts. These studies are based on older research, with those lower amounts, so it would seem safe to assume that at the higher recommended amounts now given, the benefits would be even greater. Many experts now recommend 5,000 IU doses per day for adults, or even more.

But, even at the old, lower doses, the study found that providing Medicare-age people with 1,200 mg of calcium and 400 IU of Vitamin D would result in **reduced bone loss and fewer hip fractures**. It estimated these supplements could **prevent more than 776,000 hospitalizations per year, and save \$16.1 billion over 5 years**.

Next, here's what the study found on **Omega-3 fatty acids** to help prevent **cardiac arrhythmias, improve cell membrane function, reduce inflammation, lower cholesterol and blood pressure, and many other benefits**... giving the Medicare population about 1,800 mg of Omega-3 per day would prevent 374,000 hospitalizations from heart disease over 5 years. The Medicare **savings** from reduced hospital and physician expenses would be **\$3.2 billion**.

Next, the study looked at **lutein** and **zeaxanthin** (carotenoids found in yellow and orange vegetables). It found that taking 6 to 10 mg of lutein and zeaxanthin daily would help 190,000 individuals **avoid dependent care and result in \$3.6 billion** in savings over 5 years.

Finally, the study looked at the effects of taking **folic acid**. There are 44 million women of childbearing age who are not taking folic acid. If only 11.3 million of them began taking just 400 mcg of folic acid on a daily basis before conception, we could prevent birth de-

fects called **neural tube defects in 600 babies and save \$1.4 billion over 5 years**.

Given all the concern about health care costs and what to do about them, doesn't this just make you want to scream at the top of your lungs, "Prevent the problems in the first place!!!!" to anyone within hearing distance? It sure does me—and my wife, Kolleen, well, I've sometimes described her reaction to things like this that get her really wound up as having her "ricocheting off the walls"... and I say that with admiration.


Back to reality. We do provide very high quality formulations of all the key supplements discussed by this study. Here's the rundown:

Calcium & Vitamin D₃: Item J-25 is Calcium Citrate; Item J-203 is Coral Calcium with Vitamin D & Magnesium. Item J-24 is Vitamin D₃ (1000 IU capsule), and J-24A is Vitamin D₃ (5000 IU capsule).

Omega-3 Fatty Acids: Items J-392 and J-393 Omega-3 Fish Oil; and Item J-77 Flaxseed Oil is a non-fish/vegetarian source of Omega-3s.

Lutein & Zeaxanthin: Item J-115, Eye-Vite.

Folic Acid: Item J-113 Folic Acid 800 mcg/slotted tablet to easily break in two for a 400 mcg dose. Item J-2 Activated B-Complex contains all B vitamins including 200 mcg of Folic Acid per capsules. And Multi-Vim, Item J-56 contains 400 mcg folic acid/3 tablets.

And remember, whether you get your nutrients just from food or from food and supplements, Willard's Water has been shown to significantly increase your body's absorption and utilization of those nutrients. In other words, to get the most possible benefit from the foods you eat and the supplements you take, you might want to drink Willard's Water regularly. Just seems logical to me, does it to you? 

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It is used for address information in the printed version.



The Therapy Horse Seemed to Interfere instead of Help...

“You may have heard how horses are now used in some therapy programs for people with physical or emotional struggles. A friend of mine works with a group that has a therapist who uses horses in some of her therapy sessions with some of her clients.

“One of her clients was actually a family going through family counseling and they had their sessions include one of the trained therapy horses.

“The horse assigned to them had worked with this therapist before and always worked out extremely well. But every time she worked with this family with that horse, the horse kept pushing his head in between her and the father of the family involved.

“The therapist finally told the trainer in charge of the horses that she thought they should use a different horse for those clients because the horse was just belligerent in his insistence of staying between her and the father of that family.

“The trainer said she understood the therapist’s concern but he was such a good therapy horse she said her instinct was to

continue with that horse working with that family for at least a while longer. So the therapist agreed.

“That family actually completed all their sessions with that horse working with them through all their sessions.

“And by the end of their sessions, they had actually made very good progress, but the therapist couldn’t believe her ears when the father commented that he was really grateful that the horse was always positioned so he couldn’t see the therapist, because he said the therapist ‘looks so much like my ex-wife that every time I saw her I just wanted to punch her’ but the horse prevented him from seeing her so he was able to go through the sessions and the family was able to make great progress through those therapy sessions.

“Those who witnessed this and then heard that man’s comments said they felt like the horse was an angel or at least directed by an angel! Whatever the reason, that horse’s ‘belligerence’ sure turned out to be a good thing! One more time the seemingly magical understanding of horses gives a whole new meaning to ‘horse sense!’ — A.T.

Editor: We invite you to share your own miraculous/unexplained help stories with us, for sharing with others, anonymously, if you choose.



E-Mails, Mailbag & Phone Calls . . .



Animals Know What’s Good

That’s what many gardeners have told us through the years when they tell us the only complaint they have with Willard’s Water’s impact on their gardens... the deer and the rabbits will come through and only eat the vegetables that were given Willard’s Water and leave the non-Willard-Watered plants alone!

It’s certainly frustrating for the gardeners, but many of them also say it gives them some validation that the WW-treated vegetables are better... enough better that somehow the animals know it. And it’s also helped them convince some previously highly-skeptical-of-Willard-Water friends and relatives that WW has something pretty good going for it! And for those wondering, all the gardening and farming reports we’ve had it’s always been Ultimate Dark WW that was used.

More Evidence that “Animals Know”...

One of the other reports we get very frequently is that after dogs and cats have been given Willard’s Water to drink, they don’t want regular water. In fact, many of them will simply refuse to drink “regular water” and just stand there waiting for their owners to bring the Willard’s Water and put it in their bowls.

There have been some pretty funny reports on dogs’ and cats’ antics when they run to their bowls for a drink of water and realize it’s not Willard’s Water... more than a few people have tried to describe the sort of “what did I ever do to you” look they get from their 4-legged family members. And the odd thing is it usually is a situation where there’s no way the dog or cat could have seen anything that would tip them off... they just somehow know someone’s “pulled a fast one on them” when they take a drink! Pretty convincing to their owners that WW is no ordinary water!



MORE PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

From Children's Abilities to Know What Helps, to a Cat with Renal Failure, to Gestational Diabetes

I bet anyone reading this can guess what a day brightener the letter we received from 10-year-old Autumn Willard a few years ago was. A copy of her note, her suggestion that we do a "60 Second" commercial for Willard Water, and one of the drawings she sent along as a Thank You are what you see to the right of this column.

She actually gave us some ideas on what the 60 second commercial should say, but since they were labeled as "cures" and would not meet FDA guidelines we won't publish them here. Suffice it to say Autumn is a real believer in Willard Water! (And no, there's no known relation to Dr. Willard, inventor of Real Willard Water, and Autumn lives probably more than a thousand miles from "Doc's home area".)

Autumn's letter reminded my wife, Kolleen, and I of something the biology professor interviewed by the "60 Minutes" program, Sister Marmion Howe, once told us. She said that the Sisters who taught at St. Martin's Academy just outside of Rapid City, SD, had learned long ago that children do not respond to first-aid products that don't work... "they know if they are hurting, and they know if the hurting stops... you can't fool them." So, the Sisters were very impressed when they first tried spraying Willard Water on the children's various cuts, bumps, and bruises, and they saw how quickly the children stopped crying and got back to whatever they'd been doing before getting hurt.

That reminded us of some of our early experiences with Willard Water... back when our own kids were small. In fact, one of my favorite memories is of the neighbor kids who lived next door to us when we lived in Sioux Falls, SD. Their dad was an orthopedic surgeon, and we heard from some patients of his that his hourly rate was one of the highest any of us had ever heard of... but the funny thing was, when his kids got hurt, they would come to our house, even if they weren't playing with our kids at the time, and ask for some of that water to spray on, or the Aqua Gel to rub on! Like the children at St. Martin's Academy, they KNEW what worked!

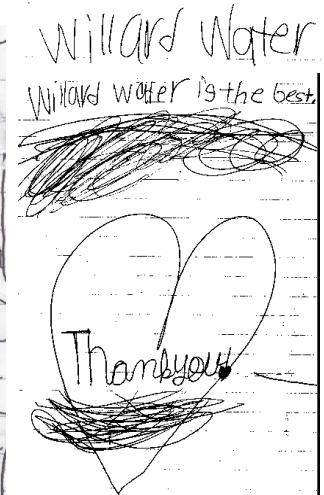
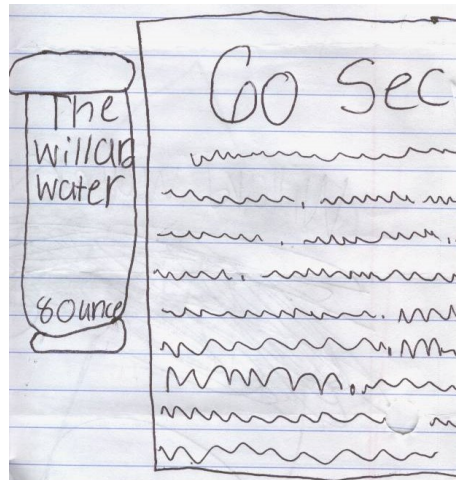
And so does our new friend, Autumn. We thank you so much, Autumn, for telling us about your experience with Willard Water! And we are certainly considering

your advertising/marketing ideas.

Another big day brightener arrived from a customer who told us about the relief our Willard Water and a product called Astro's Oil had given her 13-year-old Siamese cat named Ginny. Ginny was "officially" diagnosed with **Chronic Renal Failure (CRF)** in back in December, 2007, just before Christmas. That was a long time ago but her account was so detailed it's worth repeating. Jill e-mailed us the complete article she had done on this for a newsletter she writes for, and we're reprinting it here. Jill explained that the diagnosis was based on elevated BUN and creatinine levels in her blood, and a urine test. Jill's article continues:

"The vet gave her 100 ml of fluids under her skin (subcutaneous or sub-Q fluids) to be repeated every 3 to 4 weeks, and prescribed Pepcid for nausea. Ginny was so sick that I really didn't think she would make it past Christmas. She hid under the bed, and was so sick to her stomach. She wouldn't eat or drink much of anything, especially not the Hill's k/d kidney cat food that the vet insisted she should eat. WE tried ordering all kinds of foods from the Internet, both kidney and non-kidney. Eventually, about the only thing she would eat and could keep down was Meow Mix Market Selects tuna varieties, so that's what we fed her. We discovered that Pepcid was a definite factor in contributing to her nausea, so we stopped it. When Ginny would drink Willard Water, there was a noticeable improvement in the way she felt. The problem was, she just didn't want to drink. Around the end of January, I stumbled on the Internet upon a physician's CRF treatment formulation of

Dear Willard Water People...
My Name is Autumn
Willard, I believe you guys should do a commercial. I would love to be in the commercial. Because today I used some Willard Water and put it on a boil I had 30 minutes later it was gone.



fish oil, vitamin E, and CoQ10 with the dubious name 'Astro's CRF Oil' (www.astroserfoil.com). The website for this crazy-sounding concoction touted 'CRF is Not a Death Sentence!' and told the story of the physician's own Siamese cat, Astro, and how Astro has been on this oil, essentially asymptomatic, for about three years since being on the brink of death due to CRF. Skeptical but feeling there was nothing to lose, I ordered some Astro's Oil for Ginny. While waiting for it to arrive, I looked for others on the Web who had tried this product. It was then that I found Lesley Sears' www.raberdash.com who has a few cats on Astro's Oil, with good results. Lesley recommended giving the Astro's Oil in a dab of canned cat food, smeared on the roof of Ginny's mouth, and adding some Catzymes probiotic enzymes (www.naturesfarmacy.com), which was what we did when the Astro's Oil arrived. Unfortunately, Ginny still had no appetite, and was nauseated. This is very common in CRF cats, due to the excess acid in their stomachs. It was then that I decided to add 15 drops of undiluted (Ultimate Dark) Willard Water concentrate to the cat food/ Astro's/enzymes mixture, as a way to get the Willard Water into her stomach. I just

knew that if I could get the highly alkaline Willard Water into her somehow, that it would help her feel so much better... and I was right!

"The Willard Water got her to eat and keep some food down almost right away, as well as drink water (her cat water fountain also holds a strong solution of Willard Water, about one tablespoon to six cups water—that's all we allow her to drink).

"The Astro's Oil took about a month to kick in. After six weeks of being on this mixture/treatment, I had Ginny's blood tested again. With the exception of an only minimally elevated BUN number, **All Other Blood Work Numbers — Creatinine, Phosphorus, Calcium, Potassium — were within Normal Ranges!**

"Ginny feels good, looks good, and has a smooth silky coat. She is still on sub-Q fluids, though her body condition seems to indicate that we will be able to begin weaning her from them soon. She will almost be on the Astro's etc., mixture.

"I have been so thankful to God for leading us to the wonderful Willard Water and Charlie at Nutrition Coalition years ago (all of us — people, cats, dog, horses, birds — drink Willard Water), and now to Dr. Marcovici and his Astro's CRF Oil, and Lesley Sears. We owe the life of our little Ginny to these products and the people who formulate and sell them. Thank you all, and may God bless you richly! — Jill

"P.S. none of the above 'cures' CRF, sadly, there is no cure. But these things may ease the suffering of your CRF cat or dog, as they have for others, giving your beloved pet better quality of life, and maybe even extend its life. For More Information on CRF in cats and dogs, the Astro's Oil site has some excellent links."

Editor: We are including the references to "Astro's CRF Oil" because we were told about what it and the Willard Water did for one person's cat., and she wrote about it in the information we reprinted above. But we know nothing about it except what is on that website, and her comments about it.

We have received a great many phoned-in reports over the years of a great many dogs and cats . . . particularly cats . . . which had been vet-diagnosed with kidney failure . . . seemingly recovering completely "coincident with their steady drinking of Willard Water".

The next item didn't come from a customer, but from an article regarding a study that has found the "best predictor" of "whether someone is going to fall asleep or not is an increase in their hand and foot temperature relative to their core". That was a quote from Matthew Ebben, PhD, a sleep

specialist at the Center for Sleep Medicine at New York Presbyterian/Weill Medical College of Cornell University in New York, N.Y.

Dr. Ebben said, through biofeedback techniques, they taught **Insomniac** participants to actually raise the temperature in their hands. They also found in this study that when the insomniacs did raise the temperature of their hands, they fell asleep faster.

Dr. Ebben said the technique worked for about 90% of the participants. The article noted that biofeedback training, and hand-warming in particular — has also been shown to have a beneficial effect for patients who suffer from migraine headaches, high blood pressure, pain, stress, and digestive disorders.

The funny thing about that article and the finding about warmer hands leading to easier sleep, is that one of the first testimonials Kolleen and I ever got back on Willard Water was from a friend of ours who told us he'd definitely noticed two things from it... he was **sleeping much better, and his hands and feet weren't cold any more.**

Since "Phil" told us that way back in about 1982, we've heard the same thing from far more people than I can remember, and now I'm wondering if there is a connection between Willard Water's often-mentioned effect of eliminating cold hands and feet, and the better sleep that is also often reported.

We'd be interested to hear from anyone reading this who has found their hands and feet to be warmer since regularly drinking Willard Water, and/or those who are sleeping better—we'd like to see if they often happen to the same people.

Have to tell you, Kolleen and I really laughed way back in '82 when Phil first told us about his warmed-up hands and feet...

We both looked at each other and burst out laughing, because prior to Phil mentioning it, neither of us had recognized that Kolleen's **hands and feet were no longer cold either**... hers seemingly had always been cold, and we'd always laughed about how often I'd wake up "bolt upright in bed" if her **ice cold feet** ever wandered over and touched me during the night... but it wasn't until Phil gave us his report that that "benefit for Kolleen AND me" registered on either of us! Guess it's true that when something stops being a problem, it's very easy to forget it ever was a problem!

One last tidbit... I saw an article about a new preferred drug for **Gestational Diabetes** (the diabetes connected to pregnancy). That article reminded me, of course, of the blood

sugar fluctuations Kolleen had with all three of her pregnancies. We've written about the details before but here's the short "bottom line" version:

During her first two pregnancies, she had very **low** blood sugar, but during her third and final pregnancy (back in 1983!) it was **high**.

She was drinking Clear Willard Water by the time that third pregnancy rolled around, and kept doing better than the obstetrician expected, but he was still counting on doing a C-section at the start of her 9th month,. He explained to us that by the 9th month her blood sugar would undoubtedly go so high "as to endanger the baby".

Long story, short, she switched to the **Dark Willard Water** (now called **Ultimate Dark Willard Water** or just **Ultimate** for short) at the start of her 9th month, and her blood sugar started coming DOWN. She went full-term, with no problems for her or the baby.

After that pregnancy she was told to "count on being diabetic by her 40's"... due to her family medical history on both sides of her family, in addition to her blood sugar issues in all her pregnancies.

Well, she turned 65 on March 30, 2016, and has NEVER been diagnosed with diabetes. Maybe there's no cause and effect, but she's convinced there is, as are many others who've seen improvements in both **Gestational Diabetes** and "**regular**" **Diabetes**.

NOTE: DO NOT change your prescribed treatments for blood sugar issues on your own! If you are on Insulin or even an oral treatment, work with your doctor in making any changes — whether to include Willard Water or not, or for any other reason.

Blood Sugar is NOT something to "treat" or change treatment of on your own. If you want to make any changes in it, do so only with your doctor's ok & supervision.

As always, we also remind you that user reports like those discussed here, prove **nothing** scientifically. But they are of interest to many people and sometimes can help people understand a little more about the product...at least to give them a better understanding of why so many people absolutely love Willard Water!

And our own personal experiences also provide people with some insight as to why we're personally so convinced of its merits and dedicated to bringing it to as many people as possible