

Possibilities

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Is Willard Water Too Good to Be True?

“How in the world can one thing do so many things?” That has to be the most -asked question about Willard’s Water (“WW”, for short).

It’s also the reason so many people are skeptical of it... after all, when did you ever hear of one thing that did so many things for so many people, *without even causing any unwanted side effects?* That’s just too good to be true...

Actually, there’s a fairly simple answer... simple but fairly long.

It comes down to the fact that **WW doesn’t do so many different things. It just seems to do a lot of different things...**

Willard’s Water does only a few things, which all result from the change it makes to the water it is added to. It changes that water, resulting in it having some “unusual characteristics” as Dr. Willard put it. Those unusual characteristics include making it water that:



1. Increases the absorption and assimilation of nutrients.
2. Increases the elimination of toxins and wastes from the body.
3. Boosts Antioxidant activity
4. Works as a great Free Radical Scavenger
5. Reduces inflammation
6. Is highly alkaline and raises the alkalinity of the water it is added to, and also raises the alkalinity (pH) of people who drink it.
7. Its very beneficial to one’s skin.
8. Hydrates better than regular water.

Now, think about this list of the limited things WW “does”. Each one of them could impact LOTS of other things.

For instance, someone who doesn’t absorb Vitamin A very well might have problems with their night vision. If they start drinking WW, and it helps their body to start absorbing Vitamin A better, it might improve their night vision. If so, that person might tell others that WW is great for night vision.

Someone else who bruises easily, might not be absorbing Vitamin C very well. If they start drinking WW and suddenly they don’t bruise so easily any more, they may well believe WW is good for preventing easy bruising. But in fact it would be more likely that WW helped this person’s body in the same way it helped the person with night vision problems... it helped both of them to absorb nutrients better... but since there were two different nutrients being poorly absorbed, and causing two different problems, it might seem to the people involved that it did two different things. But now we know it did the same thing for both of them — it increased their absorption of those nutrients.

Now multiply just this one characteristic of WW by all the nutrients the body needs, that some people don’t absorb well. And just imagine how many different things WW might be credited with just from its ability to improve the body’s absorption and assimilation of nutrients. It would be a very big number!

And now think about all the ways toxins and wastes in our bodies may interfere with our health.

And all ways antioxidants benefit our health.

And all the health problems resulting from free radicals in our systems.

And all the ways inflammation creates problems. Think arthritis, any number of injuries, and even inflammation’s involvement in asthma, and sinus problems, and many other issues.



And all the benefits reported from higher alkaline water.

And all the problems any of these things might cause that could manifest as skin problems.

And, just google how important hydration is, and how often people are dehydrated and don’t even realize it.

And, on top of all that, think about the fact that once you mix up WW for use — once you add the WW concentrate to the water you mix it with — all the changes it makes to that water... the higher alkalinity, the change that makes it better at carrying nutrients into the cells for better absorption.. And all the rest.. **All those changes are permanent.** The higher alkalinity doesn’t go away in hours or even weeks..it stays raised permanently. Ditto all the other characteristics that result from the addition of the WW concentrate to the water you mix it with.

And one more thing. **It’s never been found to have any “negative side effects”.** It’s been tested in many ways and has always been found harmless.

Now... just think how many “different things” people will credit WW with “doing”, when all those different things can all be traced back to one (or in some cases maybe more than one) of WW’s characteristics.

It starts to make a lot more sense, doesn’t it? WW isn’t a panacea... it isn’t a cure all, it isn’t snake oil.

It’s a catalyst. And when that catalyst is combined with ordinary water, it results in a sort of super water.. doing all the things water always does, only even more and better.

You see, it really is a simple answer. Even if it is a little long in details. ♦



Diaper Rash, Acne, Psoriasis, Sunburns, Burns, & More

One of the most common reports we get from people after they begin using Willard's Water ("WW"). and often the Aqua Gel, is that skin problems they've had are clearing up... be it **acne, psoriasis, eczema, rosacea or various other skin problems**. And quite often the person will also add that they "tried about everything with no results, until Willard's Water". We've been told many times that WW and the Aqua Gel turned the lives around of **teenagers struggling with acne and its impact on their self-esteem and social lives**.

Another common report is from people who have never had any real "skin problems", but who keep being told by others that **their complexion looks so great... "it's like you're glowing"**, is what many of them are told— **just from drinking WW**.

Another very common report is how Willard's Water, and/or Aqua Gel have helped a baby or toddler with diaper rash... again, quite often after "every other diaper rash treatment was tried and failed".



Why does WW help skin conditions? We don't know. Some people have speculated it has to do with it **detoxifying the body** which would benefit the skin as well. Others think it may have something to do with the **better absorption of minerals and other nutrients** into the body that benefit skin too.

And still others have said they believe WW somehow helps the body to **produce more collagen** and that would account for

some of the benefits to the skin... and also in the oft-reported effect of **fine line and wrinkles tending to be less noticeable after drinking WW, or spraying it on one's face daily, or using the Aqua Gel**.

Other "skin benefits" have included reports of **WW and/or Aqua Gel greatly relieving the discomfort from sunburns, and burns**. Often if the burn or sunburn is really sensitive to the touch, people find it best to spray the area with the WW to relieve it enough to be able to stand having someone touch the area to apply the Aqua Gel.

If it's an **actual burn**, people usually just spray the WW on for quite some time before switching to the Aqua Gel, (because it usually takes longer to feel okay touching the area of an actual burn than it does to be able to touch a sunburn—though if the sunburn is severe enough it can also take some time before having anyone touch it feels okay). Another reason to use the spray rather than the Gel at first on a burn or severe sunburn is to reduce the chance of infecting the area — spraying it eliminates some of chances of introducing anything into the burn that might occur when actually touching it.



Why does WW or Aqua Gel relieve burns and sunburns? Again we don't have any definite answer, but we assume the WW's ability to reduce inflammation may have something to do with the pain relief from burns and sunburns.

Also, the **faster-than-expected healing times from many burns**

may be due to the fact that WW is a catalyst and a catalyst can sometimes speed up various processes... and it seems that one of the processes that often goes faster than normal when WW is used, is healing.

It's also often reported that burns that expected to leave scars haven't when WW has been used on them. Dr. Willard told us that a supervisor in a hospital that treated burns once told him that **the reason scarring was reduced or eliminated was because WW "heals by first intention"**.. Meaning it heals from the inside up, rather than healing on the outside and then working its way down into the inner layers of skin tissue as such healing normally does.

It seems that **family members from babies to great-grandparents all find benefits from WW and the Gels, and our WW Lotion and Soaps**, which are loved by people with very sensitive or problem skin, and also by people with no skin problems at all but who also find them "refreshing and luxurious". And leaving skin feeling cleaner than anything else. WW Lotion also has Goats Milk in it, as does one of the soaps. Another soap has Dead Sea Mud in it, and the Very Natural WW Soap is mostly just WW. **Many people say until you experience the Gels, the Lotion and Soaps, you haven't really experienced Willard's Water!**



Trivia & Tidbits . . .

1. What was the nightly rate for a double room at the Waldorf-Astoria Hotel in New York City in 1933?
2. How did the term "the 400" come to mean wealthiest of society in 1892?
3. Fred Newton did the world's longest swim, 1,826 miles, in what body of water?
4. How many feet of fabric are there in a bolt of cloth?
5. When a knight of yore wore a panache, what was he wearing?
6. What is measured in nits?
7. ZIP code stands for Zone Improvement Plan? What's ZIP to bankers?
8. How long does it take to hard-boil a three-pound ostrich egg?

AND THE ANSWER IS...

1. A double cost \$9; a single \$6, a suite \$20.8. One hour and 45 minutes.
2. It was the number of people Mrs. William Astor's ballroom could accommodate.
3. Mississippi River, Minneapolis to New Orleans, 1930. It took him 742 hours; 1826 miles.
4. One hundred and twenty feet.
5. Plumes of feathers atop his helmet.
6. Luminance. A nit is a unit of brightness equal to one candle per square meter.
7. Zero Interest Payments.
8. One hour and 45 minutes.

ON "THE WEB"!

www.willardswater.com

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PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

WW & Weight Loss...

Reports Over Many Years From Many People



be great news for some of us!

Roger e-mailed the details of his discovery to me recently, and I'm just going to pass it along as he wrote it. I have to share something with you that may be a new plus for [Ultimate Dark Willard's Water](#) (hereafter "WW"). Here's how Roger relayed his story:

"As you well know I am always struggling with my weight and trying to find something that will either help me to cut my appetite or help control my food consumption. I have tried about every over the counter product on the market and with not much results.

"Many years ago I read where drinking 16 oz of water 30 minutes before a meal will help curb your appetite, so I tried it at that time without much success. After about a week I got so sick of drinking the water and I didn't see much results from it and so I just quit doing it.

"As you know I have been a faithful Ultimate WW user for years and would never go without it. About 10 days ago I got the wild idea of trying the drinking water approach again as I am still searching for something that may help me control my appetite.

"For the past 10 days I have been faithfully drinking a 16 oz glass of Ultimate Dark WW 30 minutes before breakfast, lunch, and dinner and in my estimation my appetite has been cut by 50%.

"I cannot believe it, I have lost 10 lbs in 10 days and not starving or having food cravings like I always had before.

"Whenever I feel a little hunger pain or snack attack coming on I drink an additional 8 oz glass of WW and it takes away the desire for food and gives me a full feeling.

"I still eat my 3 meals per day but in conjunction with the WW prior to each meal

I am consuming smaller portions of food and thus less calories.

"Since I started this program 10 days ago my average calories consumption per day is about 1500 and I feel totally satisfied — before that would not have worked at all.

"I do not know what it is in WW that is helping curb my appetite, but I know one thing, if I tried drinking that much plain water I could not do it, whereas I look forward to drinking the Ultimate WW before each meal.

"For those that may want a different twist try WW with non-sweetened tea and drink as ice tea — that also works.

"The real key to this is to make sure you drink the WW at least 30 minutes before you eat... I guess this gives it time to program your stomach and mind that you are feeling fuller, thus you end up consuming less food when you sit down to eat.

"Again I have only been doing this for 10 days but I like the results so far, I am definitely going to continue this regimen and I will keep you updated on my weight loss progress. Have a great day.
— Roger"

Well, I have to say it's a very intriguing idea. I can also tell you that we have been told by some WW users over the years, that they found their appetites were reduced after they started drinking it regularly. We've never really even had a layman's theory on why that might happen. [Maybe its the fact that water may make you feel fuller](#), but I don't remember anyone before Roger ever telling us they were deliberately drinking WW before a meal.



[Maybe its the result of the WW helping to improve digestion and absorption of nutrients](#), so the person is actually getting more out of less food, and therefore feeling fuller on less food. As I said, we don't know. But we do know, WW can't hurt anything, so unless you went really crazy and drank gallons of it in a day, you can't hurt yourself.

My comment on drinking gallons of it being a possible way to hurt yourself, goes for any water. It's called water intoxication if you overload your system with huge amounts of water in a short period of time or even in a single day. It usually only occurs from idiotic activities like water-drinking

contests, hazing for club initiations, etc. In other words, no mentally stable person who is not being forced to drink huge amounts of water should need to worry about it.

Other WW users have told us that the [WW used along with whatever other supplements or products they're using](#), or plan they are following in their weight loss efforts, has [indeed improved their results](#). And, many have commented that when they used the [Clear WW it didn't work as well as the Ultimate](#) did when they switched to that. Why? Again, we don't know.

[We suspect it has something to do with the minerals in the Ultimate](#) since natural health experts have reported that usually when you have a craving for anything, it likely means you have some sort of mineral deficiency. People have often commented that they crave the Ultimate WW but never craved the Clear. Perhaps the minerals in the Ultimate also help reduce cravings then while dieting? As I said, I'm speculating — I don't know.



Another thing — it's now known that thirst is often mistaken as hunger, so people often eat when their body is really just trying to signal that it needs water... which is why [a lot of weight loss tips now suggest that before grabbing a snack when they feel hungry dieters should drink some water instead, and that might end their craving for a snack](#).

Since WW is said to hydrate the body better than regular water, that may be one of the reasons for all these reports on it helping various people with their weight loss programs.

Body builders have told us that drinking WW before workouts results in them not being as dehydrated after, & rehydrating faster.

Veterinarians have also reported [sick cats rehydrating much faster than they should have for the amount of WW they drank](#).

None of this explains WW's impact in these cases scientifically, but I believe it does provide some clues. ♦

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If It Hadn't Been For His Help, Spot Would Have Died...

It must have been "late-early" spring, since the ice on the river was still there, but obviously not very strong. My cousins and I had figured out a great game — we'd throw sticks out on the ice and our beloved dog Spot (an English Pointer) would run out and retrieve the sticks and bring them back to us. Spot loved the game as much as we did.

But my Dad found out what we were doing just as he was leaving the house to go downtown and told us not to do that any more. We couldn't *believe* he was bringing a halt to our great game. So I went in and asked my mom (who was busy making pies) if we could keep playing. She said sure, supper's a long way off, never knowing that my Dad had said no.

... We didn't realize Spot couldn't get herself back up through the hole after the ice broke...she had her head and front paws up on the ice but just didn't come back out — we thought she was just playing. But then that man who we hadn't seen or heard coming, was standing there shaking his head and saying "Poor dog". I asked him if he thought she couldn't get out... he responded by asking if she was my dog. I nodded yes. He told

me I'd better get help in a hurry. It was the only time in my life I outran my cousins, getting home just as my dad did—I screamed "Spot's in the river and can't get out!" He took off running for the river and told me to have my mom call the fire department.

By the time my Mom and I got back to the river, my Dad was out on the ice on a ladder that the man who'd told me to get help, had gotten from a house along the river shore. Dad kept talking to Spot to encourage her, but he couldn't get to her because the ice kept slowly sinking under my Dad's weight whenever he crept further out. When the fire department got there, the fire chief (who weighed about 150 pounds less than my Dad!), was able to get to Spot and all was well. I wanted to thank the man who had helped so much, but he wasn't there...he'd sort of disappeared. Maybe he was a "real" angel, or maybe a human angel God used to get us the help we needed. Either way, his appearance and help at just the right time has always seemed miraculous to me. (And I never played one of my parents against the other again!)

Reprinted by request from January 2001 issue. 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. . .



"You Heal Twice as Fast as My Other Patients!" — "S.M." sent us this email recently:

"I've had three dental implant surgeries in the last 10 years, including bone grafts, sinus lifts and tissue transplants.

"The oral surgeon always provides a prescription for pain killers. Well, I don't like taking them, so the first surgery I hit on the idea of just holding some WW in my mouth around the stitches as often as I felt I needed to. It killed the pain and helped hold the swelling down.

"I've never needed to take the prescription pain killers, just take an Advil the first day and then don't need anything after that, except WW.

"The best part is the WW helped things heal up so fast. Heals so fast the dissolving stitches are gone in just a few days.

"Every time I'd go in for my follow up session, the surgeon would say "How do you heal so fast? You heal twice as fast as my other patients!"

Editor: This reminded us of all the times we've had other WW users tell us that they had some type of surgery, or they broke a bone, or suffered some injury... and they were told by their doctors that they had healed faster than the doctor had ever seen anyone else do following the same type of surgery or procedure. This doesn't prove WW speeds healing, of course, but it sure convinces us that it doesn't hurt!



MORE PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

No More Bad Hair Days? No Bedhead or Frizz?

By Ben

I have to thank my hair stylist for introducing me to this idea: sea-salt sprays for hair.

If you have a problem with frizzy hair (and this being summer, most of you do), I recommend giving this a try.

Spraying saltwater on your hair will help control it, because salt absorbs moisture. Many salons now sell sea salt sprays, but you can easily make one at home.

Directions for Saltwater Mix & Use:

- 1) Find an empty spray bottle (such as our items M-2 and/or M-8).
- 2) Grab a funnel
- 3) Fill with water (preferably any of our Willard's Water options)
- 4) Add sea salt (such as our Celtic Sea Salt (J-205A) from Daily Manufacturing); use at least a teaspoon (for the 2-oz spray bottle)
- 5) Spray on your hair, wet or dry

The beauty of this is that most likely, you already have a usable bottle, and many people nowadays keep sea salt (or table salt I'm sure would work) around the house. And, if you're reading this, I'm sure you have Willard's Water, which many swear by for topical use on their hair and scalp, so you could very easily already be "ready to go"... to give this a try.

Or, if you're one of the countless people who have reported how much WW has done for your hair, it may well be you don't even need this or anything else to give you hair that behaves better, looks as thick as possible, and stays healthy.

But if you haven't tried WW or our WW Gels on your hair, other people who use them on their hair, would undoubtedly tell you you'd be doing yourself a big favor to do so.

Most people use both Willard's Water and the Gel (usually Aqua Gel but you can also use the Chinota Gel) on their hair.



As I said, those who use WW & the Gels on their hair, report these benefits from using them:

- ◆
- ◆ **Thicker looking hair**
- ◆ **More manageable hair**
- ◆ **Healthier hair**

There may well be as many ways to use them on one's hair as there are people using them on their hair. But the most commonly reported way to use them is to simply spray your hair with the diluted-for-use WW (often from our 8-oz Mist Bottle they've filled with the properly diluted-for-use WW. If mixing it up for an 8-oz bottle you use just 1/2 Teaspoon WW Concentrate to the 8-oz of water; if mixing a gallon you would use 2 TABLESPOONS of WW Concentrate in the gallon).

People say that before drying their hair, they spray the WW onto the hair roots near the scalp, and also work it through to the ends of their hair.

After spraying their hair with WW, they then put an appropriate amount of the Aqua Gel (or Chinota Gel), in the palm of their hand and work that through from the roots to the ends of their hair as well. A little goes a long way... use just enough to get some on all the hair you want it on... don't put it on thick. (If you get too much on, your hair will feel sticky or tacky and it may still feel somewhat that way after you dry it.) So, remember a little goes a long way!

And even though it may be a "trial and error" exercise to find "just right amount" for your own hair, we'll bet you'll end up saying it was worth the effort, because of the **thicker looking, more manageable, and healthier hair** you will probably see as a result.



And, if you wake up with "bedhead" hair — smashed/flattened in various directions — spraying those areas (on the dry hair) with the spray bottle of WW, and then brushing, combing, or sort of backcombing that hair into place, works wonders!

Spraying your hair with the WW spray doesn't leave hair needing to be dried or curled as making it wet with regular water usually does... you can comb, brush, or backcomb it right after you spray it with WW... as we said, no drying or curling required... it just "behaves after being sprayed", is how many users describe it!

And people have even found spraying WW on hair that's suffering from static electricity have found it works well.



We'd be remiss not to mention that many people have reported **improvements in their hair just from drinking it**.

But when people spray the WW and/or use the Gels as discussed here, they not only get the benefits listed so far, but **many have reported improvements in damaged hair from long-term use of "permanents", or coloring, frosting, or bleaching of their hair**. Some say their hair was like "mush", or had severely damaged ends, but after drinking WW and spraying their hair after every washing and before they dried it, they saw amazing improvements in the look and health of their hair.

And, yes, some people have reported their **hair getting thicker** that had been thinning, but **WW is NOT any kind of treatment for baldness**... not at all.

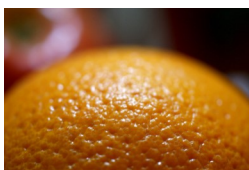
As Dr. Willard said, "if a hair follicle is dead, it's dead... and nothing... not Willard's Water, nor anything else will bring it back at that point."

He did say if the reason for the thinning hair was something other than dead hair follicles, there could be some ways to possibly see it thicken again, depending on the cause. **If the cause was due to poor circulation, then, he said he believed WW MIGHT help in some of those cases because of its tendency to improve circulation.**

But that would be better circulation, not a treatment for balding! ◆

Cellulite — A “Cosmetic” Issue? Or Liver, or Immune System Issues ?

Small pockets of fat that give skin an “orange peel” or “cottage cheese” appearance, known as



Cellulite, may indicate actual health concerns and not be the “strictly cosmetic” issue many people have long assumed.

Cellulite is made worse by:

- ♦ **Fluid retention,**
- ♦ **Build up & storage of toxins,**
- ♦ **Poor Circulation, and**
- ♦ **Poor Muscle Tone.**

Since a buildup of toxins is often a cause of Cellulite, having cellulite may indicate your body’s detoxification system may need some support. The specific areas needing help may be your **liver** and your **lymphatic system**.

Detoxification is defined as the “mobilization and elimination of unwanted wastes, toxins, pathogens, and other unwanted debris from your body”.

So, if you want to rid yourself of cellulite, doing what you can to achieve and maintain a healthy liver and keeping the fluid in your lymphatic system (called the lymph), are believed to be two key goals to reduce cellulite.

Your lymphatic system is a part of your circulatory system. Its fluid — the lymph — moves between your cells, tissues, and organs, along a sort of lymphatic “freeway” of capillaries. **About 75% of these capillaries are located near the skin’s surface. That’s why getting rid of cellulite requires supporting and helping your lymphatic system to work as well as possible.**

To keep your lymph moving, and therefore not piling up and resulting in cellulite, **you need to keep moving.** Unlike your blood, which is pumped by the heart to keep it circulating, your lymph only moves when you move. Without enough movement your lymph becomes sluggish and swells... and that’s when you see cellulite has formed.

Obviously movement is desirable to support your lymphatic system, and to

prevent cellulite. **Acceleration Training**, (also called Whole Body Vibration Training) is said by many to be the best way to do this.

However if you don’t have a Power Plate, a mini trampoline, or Rebounder, is said to provide some of the same benefits. The Rebounder also is good in that it doesn’t stress knees and ankles, like jogging on hard surfaces can. If you don’t have either a Power Plate, or Rebounder, exercises called “high intensity interval training (HIIT),” are suggested.

Additionally, **Intermittent Fasting** is said to be especially good in the battle against cellulite. Intermittent Fasting involves limiting one’s eating to a set timeframe every day — such as eating only during an 8-hour window, or even cutting it down to 6 hours, and for some people even less than that. Just don’t cut down too much, as that can lead to other problems.

Through the years, we’ve had many, many reports from people saying they had been surprised to see their **cellulite disappearing after they began regular drinking of Willard’s Water.** For years we had no idea why.

Then we learned that **toxins built up in one’s system was widely recognized as at least one of the causes of cellulite.** Willard’s Water has been well established as a great detoxifier over the years, so perhaps that’s one reason some people have seen a reduction in their cellulite when drinking WW regularly.

Recently we’ve also read that **poor circulation, and fluid retention** are also recognized causes cellulite.

Poor circulation and fluid retention being recognized causes of cellulite, makes the idea of Willard’s Water possibly being involved in some people seeing their cellulite disappearing coincident with their Willard’s Water use seem more logical ...after all, as we said, **Willard’s Water is known to significantly increase one’s elimination of toxins and wastes of all kinds, and it’s also been said to improve circulation in many people.**

Many people have reported that they’ve had “cold hands and feet for as long as they can remember”... but after drinking WW for awhile, they suddenly don’t have cold hands and feet any more. Cold hands and feet are often the result of poor circulation so it’s possible that the WW has helped their body to improve its circulation.



And, way more than a few people have noted a reduction in **fluid retention** with WW use. Not everyone notices these things, but many have. Since those actions also help rid the body of cellulite, the coincidence of cellulite reductions occurring with regular Willard’s Water use doesn’t seem so mysterious any more.

We can’t point to any studies specifically on WW and cellulite, but, we, as noted, do know Willard’s Water has been found to aid in those ways, and since “those ways” turn out to fight cellulite... well, again, it sort of makes sense that some people would see their cellulite reduced when drinking WW, doesn’t it?

But, as we always remind our readers, **we are not health experts of any kind...** we’re just passing along what real experts say on the subject, and relaying what many users of WW have reported over many years of use.

One of the “fans” of Willard’s Water for cellulite reduction told us she had told a friend who she was urging to give WW a try to see if it might help her friend’s cellulite to “go away like mine did... why NOT try it... it can’t hurt, and since it seems to help a lot of people in a lot of ways... you really don’t have anything to lose... except hopefully your cellulite and maybe some other problems too!” We really can’t argue with that logic! Sort of like “heads you win & tails you (still) don’t lose!”

