

Possibilities

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

A Chip In the Armor? Or At Least In the Filling?

With seemingly little fanfare and/or mainstream media attention, the U.S. Food and Drug Administration (FDA) announced that it was settling a lawsuit regarding mercury dental fillings. In announcing the settlement, the FDA said that such fillings may cause health problems in pregnant women, children and fetuses.

These fillings, called mercury amalgams, are in the mouths of millions of Americans. The FDA explained on its web site that “dental amalgams contain mercury, which may have neurotoxic effects on the nervous systems of developing children and fetuses.”

It added that “pregnant women and persons who may have a health condition that makes them more sensitive to mercury exposure, including individuals with existing high levels of mercury bioburden, should not avoid seeking dental care, but should discuss options with their health practitioner.” It did not recommend that people who have such mercury fillings get them removed.

Editor: For decades now, many natural health experts have been sounding the alarm about the potential harm from

these fillings. Most of those experts have warned that it can be very damaging to have them removed by anyone who is not a trained expert at EXACTLY how to remove them — down to the order in which to remove them, because apparently the bad situation caused by the fillings can be made even worse if they are removed in the wrong order, or by the wrong method.

But, we do find it very interesting that at long last, the FDA has admitted that at least for pregnant women, children, and fetuses, and people with particular health problems with mercury, those mercury fillings are not a good idea. We remember when anyone uttering such an idea was labeled as a “nut”. Amazing how smart some of those “nuts” turn out to have been!

And, as one columnist wrote about this, we wonder why, if the mercury can be toxic to pregnant women, children, and fetuses, why would it not be toxic to those of us who are not pregnant, children, or fetuses?

Seems a good idea to choose some other type of filling for one's teeth from this point forward, in any event. ♦

It May Not Require So Much Of It After All For Benefits...

We've reported on studies before that have found benefits in red wine that seem to indicate its key ingredient, Resveratrol, may help slow down aging.

Another recent study has added to the growing body of research linking resveratrol beneficial health effects including brain and mental health, and cardiovascular health.

Additionally, some studies have suggested it may help prevent the negative effects of high-calorie diets and that it has an anti-inflammatory and anti-cancer potential.

The problem has been that some have said a person would have to drink too much wine, or take too large an amount of a supplement containing resveratrol to do any good.

But this new study found that “low doses of resveratrol in the diet of middle-aged mice may influence the genetic levers of aging and may confer special

protection on the heart”.

The study authors said, in short, a glass of wine or food or supplements that contain even small doses of resveratrol are likely to represent “a robust intervention in the retardation of cardiac aging”. They added “There must be a few master biochemical pathways activated in response to caloric restriction, which in turn activate many other pathways. And resveratrol seems to activate some of these master pathways as well.” The work of the Wisconsin team in the study was funded by the National Institutes of Health and DSM Nutritional Products of Basel, Switzerland.

Editor: Resveratrol is our Item No. JF-2. We've had feedback from users that say they have definitely noticed improved memory while using JF-2, and love it for that alone, but will certainly gladly accept the other possible benefits various studies have reported! ♦

One More Time... It

seems study after study has found more and more benefits of Vitamin D.

Now, we see a study from Harvard School of Public Health has found that doubling the blood levels of vitamin D was associated to cutting the risk of a heart attack in half.

More and more authorities have been noting an apparent increase in Vitamin D deficiencies especially since people have been warned repeated to avoid too much exposure to the sun. Since sunshine is the long-standing most common means most people get much of their Vitamin D, it's no wonder that limiting such exposure creates problems.

The Harvard study authors concluded that the amount of vitamin D required for optimal benefit may be much higher than would be provided by current recommendations (200 to 600 IU per day) especially in those with minimal sun exposure.

(“Vitamin D” continued next page)

Vitamin D (continued)

Because of the low dietary amounts, and lack of sunshine in northern climates, some estimates claim that as much as 60% of northern populations may be vitamin D deficient.

It also said that in adults, vitamin D deficiency may precipitate or worsen

- ◆ osteopenia,
- ◆ osteoporosis,
- ◆ muscle weakness,
- ◆ fractures,
- ◆ common cancers,
- ◆ autoimmune diseases,
- ◆ infectious diseases and
- ◆ cardiovascular diseases.

The article pointed out that calls to increase the current recommendations of 200 IU per day for children and adults up to 50 years of age for vitamin D up to 800 to 1,000 IU vitamin D₃ have become more frequent in both scientific and public circles. Reports in prestigious journals such as *New England Journal of Medicine* and the *American Journal of Clinical Nutrition* have called for increases. Researchers from the American University of Beirut-Medical Center, Lebanon, stated current vitamin D recommendations for children should be raised from 200 IU to 2,000 IU to boost bone health and produce long-term health benefits. No toxicity has been found even at 10,000 IU per day.

Our Vitamin D₃ is Item No. J-24 and is a 1000 IU capsule. ♦

Is Choosing Between A Heart Problem Or Fractures Really Necessary?

More bad news on osteoporosis drugs. A recent study of a drug to prevent fractures in women with osteoporosis found that it may be linked to an abnormal heart rhythm.

The study found alendronate (Fosamax) may be associated with atrial fibrillation, which occurs when the atria — the smaller upper heart chambers — start to beat quickly and irregularly. Researchers found more patients with an abnormal heart rhythm had used Fosamax (6.5%) compared to control patients (4.1%) and they estimate roughly three per cent of new atrial fibrillation cases in this group (women with osteoporosis) may be due to the use of the drug.

Other recent studies have linked atrial fibrillation to bisphosphonates, a group of drugs, including Fosamax, that prevent fractures by maintaining bone density and strength. Researchers say bisphosphonates may affect the atria and heartbeat by preventing regulatory proteins from working properly, triggering inflammation or causing small decline in blood calcium and phosphate levels.

The study authors wrote “The benefits of fracture prevention in patients at high risk for fracture will generally outweigh the possible risks of atrial fibrillation. However, it is important to carefully weigh the benefits against the possible risk of atrial fibrillation in women who have only modestly increased fracture risk and in women who have risk factors for atrial fibrillation, such as diabetes mellitus, coronary disease or heart failure.” The study was published in *Archives of Internal Medicine*, 2008; 168:826-831.

Editor: We couldn't help but wonder if people should really have to choose between risking a fracture, or atrial fibrillation. We're certain the late John Lee, M.D., would say they don't. Dr. Lee cited study after study, and the results he'd achieved with his own patients in reversing bone loss by the topical application of natural progesterone. Not only did he cite studies that found this benefit from the natural progesterone, but seemingly countless others, as well... including a 90% less risk of any kind of cancer if a woman had sufficient levels of progesterone. Our **Natural Progesterone**, now called **Uber Balance**, is available in a self-measuring dispensing pump (**Item HP-1P**) or in a jar (**Item HP-J**). Based on the number of women who have said this product has performed far better for them than other “brands”, we can see why it was on Dr. Lee's list of natural progesterone products that met his standards. ♦

Trivia & Tidbits . . .

1. What's the difference between a nook and a cranny?
2. What is your problem if you have trichotillomania?
3. What is the more common name for the physical affliction known as fufur?
4. How did the paisley fabric design get its name?
5. When the bald eagle was named what did the word bald mean?
6. What 1 (English) word begins & ends with the letters und?
7. What is Koninklijke Luchtvaart Maatschappij?
8. Who saved Lincoln's son, Robert, from his fall from a train platform?

AND THE ANSWER IS...

1. A nook is a corner; a cranny is a crack.
2. You have an overwhelming urge to tear your hair out.
3. Dandruff.
4. From the Scottish town of Paisley, where copies of shawls sent home by soldier in India were made.
5. White.
6. Underground.
7. KLM—or Royal Dutch Airlines.
8. Edwin Booth, actor, and brother of John Wilkes Booth who assassinated Lincoln just a few weeks later.



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PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

How To Save \$24 Billion Over 5 Years...

\$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). 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 as noted in the article on Vitamin D which starts on page 1 of this issue, 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.

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 individu-

als 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 defects 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-201 is Coral Calcium Powder with Vitamin D & Magnesium; Item J-203 is Coral Calcium with Vitamin D & Magnesium. Item J-24 is Vitamin D₃ (1000 mg. capsule).

Omega-3 Fatty Acids: Item J-39 EPA Omega-3 Fish Oil; 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. ♦

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**“THE DOCTOR SAID A MAN
WAS OBSERVING DURING
SURGERY...”**

The following e-mail was sent to us from a mutual friend of the writer, who had no objection (obviously) to her story being shared with others.

“I wish to share a story with you that has made a big impact on our family. As you all know, we recently lost the best husband, dad, grandpa and friend that anyone ever could have. My daughter, Lisa, had foot surgery 3 months ago which did not heal, and she had a second surgery last week. This, after 3 months of no weight bearing and totally on crutches. As you can imagine, this has been a difficult time for her.

“Yesterday, I went to the doctor with her, and as we were leaving, the surgeon said she wanted to ask us a

question, but didn’t want to upset us. She asked us if Lisa’s father was a well-built, rather stocky man. She went on to say that when she was in the operating room with Lisa, there was a man standing there and observing. She didn’t see a face, but described him as wearing a yellow short-sleeved shirt. Lisa had given Gerry a yellow polo for Father’s Day!

“The doctor was very moved and emotional with this experience. I will add that she is not a religious person, which makes this even more meaningful to us.

“I am so comforted by this, as I always feel he is right beside me, and this only confirms that.

“So... my message to you is, how can one not believe in life after death?? I know we will all be reunited one day, we just don’t know when.

“Treasure each day, love, have faith and believe. God bless you all.” — B.T.



E-Mails, Mailbag & Phone Calls. . .



The Reason’s Crystal Clear! — Wish we could get the photo that “Barbara” sent us to print clearly, but we can’t—and the point of it is how CLEAR her 200 gallon aquarium is... so beautiful, Kolleen has the photo attached to the desk lamp by her computer, so she can enjoy the aquarium just via the photo. Barbara said “when I do the 50% water change, & add fresh water I always add 3 Tablespoons of Dark Willard Water to bring the water to the proper pH.” We assume she has a way to control algae, since we were told years ago to use the CLEAR Willard Water in aquariums, because the Dark might increase algae growth. But Barbara’s tank is “picture perfect”!

Re: Pesky Insect Bites — “J.F.” says Chinota Gel is awesome for antbites, etc.! We’ve heard it’s great on mosquito bites, fire ant bites, bee stings, and more!

Convincing Evidence — “J.K.” told us in her email that she is a Certified Whole Food Nutritionist and “I recommend your water to all my clients as part of the ‘regaining health regimen’. Your water made such a visible improvement in the general health of my 50-year-old brother that my 25-year-old son now uses WW daily!”

Cat’s Meow — “R.E.” e-mailed us that “I have 2 cats — Harry and Wills — and they have been drinking Willard Water for years. Harry had a cracked pad on one of his paws and numerous medications did little to help. I had my (should have had a V8) moment and started putting full strength WW on the pad. Happily, the paw is back to normal and once again we have 2 happy cats.”



More Product Highlights & Updates from Charlie

Kids KNOW! No More Cold Hands & a Better Night's Sleep; Cat with Chronic Renal Failure(CRF);

I bet anyone reading this can guess what a day brightener the letter we received from 10-year-old Autumn Willard 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.

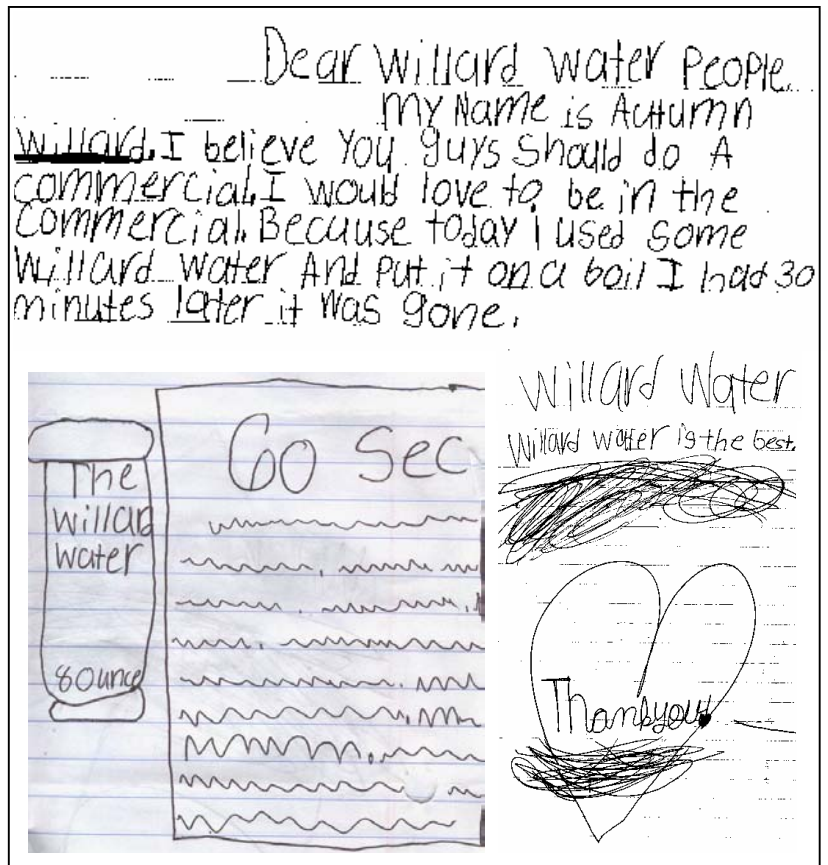
That reminded us of some of our early experiences with Willard Water... back when our own kids were small. In fact, one of my favorite memories is of the neighbor kids who lived next door to us when we lived in Sioux Falls, SD. Their dad was an orthopedic surgeon, and we heard from some patients of his 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 Real 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 Real 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 December, 2007, just before Christmas. 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 Pepsid 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 Pepsid 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 fish oil, vitamin E, and CoQ10 with the dubious name 'Astro's CRF Oil' (www.astroscrfoil.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 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 always be on the Astro’s etc., mixture. I have been so thankful to God for leading us to the wonderful Willard Wa-

ter 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. Than 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.”

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 connec-

tion 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**... hers seemingly had always been cold, and we’d always laugh about how often I’d wake “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” had occurred to either of us! Guess it’s true that when something stops being a problem, it’s very easy to forget it ever was!

One last tidbit... saw an article about a new preferred drug for **GESTATIONAL DIABETES** (the diabetes connected to pregnancy). That reminded me, of course, of the blood sugar fluctuations Kolleen had with all three of her pregnancies. The first two times, she had very low blood sugar, and the third and final pregnancy (he’s going to be 25 in November, 2008!) it was high. She was on Clear Willard Water 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, because then her blood sugar would undoubtedly go so high “as to endanger the baby”. Long story, short, she switched to the **Dark Willard Water** at the start of her 9th month, and her blood sugar started coming DOWN. She went full-term, with no problems. She was told to “count on being diabetic by her 40’s”... she turned 57 at the end of March ‘08, and has NEVER had diabetes. Maybe there’s no cause and effect, but she’s convinced there is, as are many others who’ve seen improvements in **NON-GESTATIONAL DIABETES**. ♦