

# Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.willardswater.com ♦ June, 2009

## No Wonder It's Creating Excitement!

Way back in 1998 Dr. Burt Berkson (M.D.) published a book called "The Alpha-Lipoic Acid Breakthrough". Berkson wrote that book after his experience when an internist who was assigned to several patients in the ICU (intensive care unit) who were expected to die from Hepatitis C.

He was basically just to "baby sit them and watch them die". But he called someone he knew at the National Institutes of Health and asked if they knew of any treatments for it. They told him there was some research that made Alpha Lipoic Acid look promising. Berkson gave it a try. ALL those patients recovered completely within a few weeks. That's what changed the course of Berkson's career and led to his interest in this amazing substance. It didn't, however, make him popular with his superiors, who suppressed the results rather than be "shown up" by them, themselves. Fortunately, Berkson stayed on the trail of ALA.

We've made a few references to Alpha Lipoic Acid (ALA) in recent years in this newsletter. And it's one of those items that just "keeps coming"... more and more articles about it appearing in more and more places, as more becomes known about its benefits the more it is researched.

For instance, this is one of the most effective antioxidants and free radical scavengers known, and the only one known to be able to get into your brain, according to Dr. Joseph Mercola.

Mercola also says ALA is able to regenerate other antioxidants like vitamins C, E, and glutathione. Meaning that when your body has used up these antioxidants, if there's ALA present, it helps regenerate them. Plus, ALA also recycles Coenzyme Q-10 and NAD (nicotinamide adenine dinucleotide). ALA also:

- ♦ Is a modifier of gene expression to reduce inflammation
- ♦ Is a potent heavy metal chelator
- ♦ Is an enhancer of insulin sensitivity.

Not surprisingly, people with diabetes or metabolic syndrome are said to do much better when taking Alpha Lipoic Acid (ALA) since it has that ability to enhance insulin sensitivity.

Additionally, there's been research showing ALA can restore T cell function. T cells are a type of white blood cell that are of key importance to the immune system and are key to the system that tailors your body's immune response to specific pathogens.

We can't help but comment on a few of the exciting aspects of ALA discussed so far in this article. For instance, its ability to "regenerate" other free radical scavengers such as vitamins C, E, and glutathione, and to recycle CoQ10 and NAD. On the "insert page" of this issue you'll find some information on Real Willard's Water ("RWW") including the reason it's such a champion level free radical scavenger... because of its nearly endless supply of electrons to give up so it can function so much longer as a scavenger than other scavengers with far more limited numbers of electrons to give up. Apparently RWW doesn't need to be regenerated!

Also, as always, when we read about the benefits of antioxidants and free radical scavengers, we always tend to think it's one more way the surprising benefits reported by users of RWW come to "make sense".

We do offer **Alpha-Lipoic Acid**. It is **Item No. J-130**. It contains 300 mg per capsule and there are 60 capsules per bottle for \$13.95. Suggested use is 1 or 2 capsules, two or three times a day, or as directed.

We also have ALA in a combination product called **EnerCell**, **Item No. J-135**. Each capsule of EnerCell contains: 300 mg Alpha-Lipoic Acid; 100 mg L-Carnitine (L-tartrate); 50 mg. CoQ-10, and 150 mg Curcumin. Yes—it IS quite a combination! \$24.95 per 60 Capsule bottle. Suggested use: 1 or 2 capsules, two or three times per day, or as directed. ♦

## Check This!

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You'll now find LOTS more information on all our products there than you ever have before. And we're not done yet... keep checking back because within the next few weeks, you'll see an entirely new look to our site. And, there will be very significant improvements to the way it works and its ease of use.

But the additional information on each of our products is already there. Just go to our web site, then click on Products/Ordering and click on the product categories in the box on the left hand side, to get to the complete list of products in each category. Then click on the product you are interested in. Enjoy. And, remember, there are more great improvements on the horizon which you will see there soon! ♦

## A Real Fine "Find"

That's what we think our new soap is. It's all natural, of course, just like many of you have been asking for.

And this already the-best-natural-soap-we've ever found, is now even better. Why? Because now it's being offered in a version made with Real Willard's Water.

Everyone we've had try it out has loved it. Many have commented on how it makes their skin feel like it's being moisturized as they use it, without feeling greasy.

This soap makes healthy living easier! Since skin is the largest organ of the body, it is a significant way in which toxins enter our bodies. This soap leaves you feeling clean with no worry about any toxins from it penetrating your skin as you might when using ordinary soap—there aren't any toxins in this! It has only 3 ingredients: Coconut Oil, Olive Oil, and Real Willard's Water! It's **Item No. E-101**. \$5.95 per bar. It's in the Real WW Skin Care Category on our order form and web site. ♦

## A Few Tips For Dieters Out There

Dieting is NOT easy. Now there's an understatement! But it may be toughest when the person trying to stick to their weight loss diet plan, "eats out". Restaurants are not a mainstay of rational-sized rations... er, eating, that is.

We've gathered up some tips for those facing such challenges. Here you go.

1. Raise a glass. Of WATER. Drink it. It will help you feel full, and eat less.
2. Ask for cut-up vegetables instead of bread.
3. Use Olive Oil for a dip instead of butter, for bread.
4. Ask for Vinegar and Oil dressing "on the side" so you can add it yourself to your salad. It is said that letting the kitchen add the dressing to your salad (even if it's oil and vinegar) can add as much as 450 calories to your salad!
5. Share. If your "dinner mates" will agree, try ordering one dessert for every four or five people. Have just a few bites yourself. If there are only two of you, order one, and take half of it home to freeze and have on a different day. Or a special occasion.
6. Savor your wine. Ending a meal with a glass of wine lets you avoid the cloying aftertaste of sweets... and helps you avoid calorie-laden ones, too.

7. Try the European practice of making your salad the last thing you eat.

And here are some non-restaurant involved tips to "outwit your appetite".

1. Protein for breakfast, means less eating later on and saving 267 calories during the day according to one study.
2. Keep food out of reach. Keep your treats downstairs, or upstairs, so you have to "work to get them".
3. Get enough sleep. Research says too little sleep (less than 8 hours) increases appetite.
4. Don't put too much food on your plate. It seems the more that's there, the more people eat. Stick to smaller portions.
5. Talk. If you entertain those you eat with, with interesting conversation, you have less time to eat!
6. Sit down to snack—and use utensils—somehow this has been found to lead to less eating at meals.
7. Limit choices. More variety of things.. More types of nuts, or M&Ms, leads to eating more. So, limit those variety packs!
8. Start with soup. Penn State researchers concluded starting a meal with about 130 calories worth of vegetable soup, led to 20% fewer calories eaten for lunch.. Who knew? ♣

## The BEST Omega-3 Fish Oil Available!

Given the myriad of health benefits now established for Omega-3 Essential Fatty Acids from fish oil, it's hard to imagine an improvement on it...but sometimes our imaginations are too limited!

Leave it to the good people at Daily Manufacturing to find a way to improve on this remarkable item. Dailys are the source of the majority of our nutritional supplements, and as we've explained many times, provide some of the very highest quality nutritional products we've ever found. They are now replacing their long-time very popular "EPA" Fish Oil product (our Item No. J-39), with a product that has twice the potency. This means that one capsule has as much EPA and DHA as two of the current J-39. It is a molecularly distilled fish oil. Daily's molecularly distilled fish oil uses a low heat/high vacuum distillation process that does not harm the oils, but removes impurities such as small tissue proteins, mercury compounds, pesticides, etc. Daily's "flat out say" they believe it is **the best Omega-3 on the market!** We've learned over the last 15+ years that when Daily's say something you can count on it! Because the omega-3 oils are more concentrated in this new softgel, it's only slightly larger than the old version (J-39) but contains twice as much. The new Fish Oil comes in both a 60 and a 120 count softgel bottle. The 60 count is Item J-391 and is \$15.95; the 120 count softgel bottle is Item J-392 and is \$27.95 a bottle. ♣



## Trivia & Tidbits . . .

1. What was the first Japanese car imported to the U.S.? When?
2. What actress was Judge J.A. Wapner's (People's Court) high school girlfriend?
3. What was the first poll ever taken by famous pollster George Gallup?
4. How long is the Grand Canyon of the Colorado River?
5. What cartoon did Crystal City, TX, farmers erect a 6-ft stone mountain to?
6. What dog breed is distinguished by its condition of achondroplasia?
7. How many different chemical reactions occur in the human brain per second?
8. How long is a day on Mars?

**AND THE ANSWER IS...**

1. The Datsun. In 1958. A total of 83 were sold in the U.S. that year.
2. Lana Turner.
3. One to find prettiest girl on Univ. of Iowa campus where he was editor of the school paper in early 1920s; he ended up marrying the winner—Ophelia Smith.
4. 217 miles.
5. Popeye, in 1937, for popularizing their main crop—spinach.
6. Dachshunds. Achondroplasia causes dwarfsm—in dachshunds very short legs.
7. At least 100,000 (that's one hundred thousand!).
8. 24 hours, 37 minutes, 22 seconds.

**ON "THE WEB"!**

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

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## PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

# Supplements for Arthritis and Stiffness... Which One to Try First?

As I said in the article on the “insert” page of this newsletter, when it comes to arthritis and stiffness, we often suggest trying good old Real Willard’s Water (“RWW”) first. It so often helps by itself, and is generally cheaper than about anything else, besides offering benefits in addition to reducing inflammation (and resulting stiffness), that it seems the most reasonable thing to try first.

IF the RWW doesn’t take care of things well enough on its own, there are a number of well-researched nutritional supplements that can be very helpful. But, for most people, the sheer number of such choices is daunting. What to try first?

Jim Daily III, the biochemist at Daily Mfg., once summed up part of the dilemma to us this way. Most people may not even know if their stiffness is due to rheumatoid arthritis (which is an immune system problem), or osteoarthritis, which is more often due to damage from an injury or injuries, or due to the wear and tear resulting from repeated use as we age.

Jim told us that one basic and simple “sign” that it’s one or the other is if you have generalized stiffness in more than one area of your body (likely indicating rheumatoid type arthritis), or if it’s confined more to one area (likely indicating osteoarthritis-type problems).

If it’s the **generalized stiffness** suggesting rheumatoid type arthritis, Jim suggested trying “**EASY FLEX**” first. That’s **Item No. J-38**. This is a long-time customer favorite product here. Many people have told us they KNOW it’s helpful, because they can.... Golf again... remain flexible even after a full day’s work involving standing all day that used to leave them “nearly folded up”... and other such tangible changes in their abilities.

Each Easy-Flex capsule contains: Shark cartilage 400 mg; glucosamine sulfate 250 mg; green sea mussel 125 mg, white willow bark 70 mg, royal jelly 35 mg, L-Histidine 5 mg. Label says 1 or 2 per day, or as desired or directed.

We would add that many people with rheumatoid arthritis type problems have

told us that our **Colostrum** products have been very helpful (Items H-1 Alpha Whey; H-2 Alpha Whey PLUS; H-5 Colostrum Capsules or H-6 Bulk Colostrum Powder). Since colostrum is said to bolster one’s own immune system, and seems to help it normalize itself, it would seem reasonable that it might help such an immune-system based problem as rheumatoid arthritis.

For the less-generalized, more in one area, type stiffness that may indicate an osteoarthritis type situation, it’s a little more complicated, since there are more options available.

It seems to us that most such products contain either MSM, or Glucosamine, or Chondroitin, or some combination of two or more of them. Here’s a rundown on the choices in this category that we offer:

1. **MSM-GLUCOSAMINE BLEND**. This is **Item No. J-98**. Three capsules contain MSM (2000 mg), glucosamine sulfate (1000 mg), vitamin C (90 mg), and grape Seed Extract (15 mg). **MSM Glucosamine Blend** is available in bottles of 90 capsules. (MS, SD) Mfr. Rec: 3 capsules/day or as directed. This is an extremely popular item—people re-order and re-order, indicating to us they feel it’s doing something for them!

2. **GLUCOSAMINE-CHONDROITIN BLEND**. This is **Item No. J-91**. Very popular. Again, we see re-orders and re-orders from LOTS of happy users. It seems to us we often hear people ordering this complaining of problems in their knees. Whether or not that means anything, we don’t know. Just giving you a “core dump” of common reports we hear. This formula is based on the recommendations in the book “The Arthritis Cure”.

Each capsule contains glucosamine sulfate (250 mg), chondroitin sulfate (200 mg), vitamin C (50 mg), and manganese (citrate) (1 mg). It’s available in bottles of 90 capsules. (MS) Mfr. Rec: 1 or 2 capsules 3 times/day or as directed.

3. **OTHER MSM PRODUCTS**. Items **J-92 MSM** 1000 mg capsules; **J-94 MSM Blend** of 750 mg MSM with Vitamin C; and **J-99 MSM Crystals**— 1 pound bulk. These three are also very popular and may be used by people who want more MSM than the combination product they are taking may have. In other words, some people “boost” other joint support products by taking one of these MSM products along with it.

4. **3-IN-1 JOINT FORMULA** is **Item No. IN-1** and is another very popular product. Contains, glucosamine, chondroitin, MSM, and Boswellia serrata.

Its full list of ingredients is as follows: Vitamin E, Niacin, Folic Acid, Vitamin B12, Manganese, Glucosamine Sulfate, Chondroitin Sulfate, Omega-3 from Marine Lipid and Flaxseed Oils, MSM, Indian Frankincense Extract, Stinging Nettle Extract, Tumeric extract, Alpha Lipoic Acid, Bioperine Complex: Bioperine Black Pepper Extract, Ginger Extract, Other Ingredients: Soy bean oil, gelatin, glycerin, purified water, soy lecithin, beeswax, annatto, titanium dioxide, St. John’s Bread, tumeric.

5. **RELAXO-BAKS**. (RX item number in their own section of Order form and in the Joint Support and Misc. areas online.) These molded seats look stiff and uncomfortable, but try one for a long car ride, flight, or when sitting many hours at a desk, and you just might become a believer!

They take pressure off the tailbone and in doing so, prevent tightening of the back muscles, which helps reduce back pain. They remind us of “orthotic” arch supports for shoes, which also look uncomfortable, but users say they make a big difference in their comfort. Ditto for the Relaxo-Baks! The only people who may not find them comfortable are extremely thin people who may not have enough “padding” to deal with the firm molded seat. Seems everyone else who tries them, loves them! ♦

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### ***“Make her well or take her home...”***

“... that was my prayer that day. It all had finally just seemed too much. My elderly mother who had been such a fun-loving

character all her life, was degenerating so fast, I hadn't had time to really think of how far down she'd gone, until I heard her old favorite song on the radio. I remembered how she used to belt it out in her terrible singing voice and entertain everyone within earshot. Not with the beauty of her voice, but with the enthusiasm and humor she conveyed. She did that with everything.

“Not any more. Now she was so weak she couldn't stand on her own, much less walk. Worse yet was the fact that she didn't remember seemingly major events in her life. Hearing that song broke my heart... I knew if she was there to hear it, it wouldn't mean anything to her now. No chance

she'd be 'belting it out' ever again. I started to sob. For the first time in those months, I cried til I couldn't any more. During that cry I asked the Lord to make her well enough to be able to enjoy life again, however limited her abilities might be, or else to take her home to Him.

“Weeks passed. Easter Sunday came. She'd made remarkable progress. I got in my car to go pick her up from her new place in a nursing home that she loves, to come for Easter dinner at our house. As I backed out of our garage, that favorite old song of hers came on the radio again. Without even thinking, I called her from my cell phone and held it to the radio... when I took the phone back, I heard her belting it out like all those days gone by. I sobbed. This time for joy. She IS enjoying life. She is herself again. Limited physically in some ways. But still enjoying life. I never knew bad singing could sound so beautiful!”

*Editor: You're invited to share your stories of unexplained help, Forks in the Road, or other inspirational experiences, for this column, anonymously if you choose.*



## **E-Mails, Mailbag & Phone Calls. . .**



### **Hummingbirds Love It** —

“G.K.” tells us he's been using RWW for over 20 years and thinks it's “the best stuff since God made Green apples”. Now, he's found another great use for it. He mixes 1 cup of sugar with 1-1/2 cups of (mixed-up) Real Willard's Water and one teaspoon of Colloidal Silver for his hummingbird feeder. He says the birds love it and it stays fresh in hot or cold weather, meaning he doesn't have to change the water weekly, if it isn't used up.

**No “Annual” Bronchitis & Much Less Pain** — “P.T.” told us she's got a bad knee from a car accident, arthritis in her elbow, and osteoarthritis in her shoulder. She started on Real Willard's Water on June 1, 2008. Before then, she hurt all the time. Now, it's only once in a

while, but rarely. And, she's got emphysema and has bronchitis EVERY year. But NOT this year! Think she's happy? You bet. And she wanted everyone else to know she thinks RWW is great!

**Dog's Hot Spots** — “K.K.” told us she used Real Willard's Water on her dog's hot spots and it worked REALLY well. She mixed it according to our instructions... but, now she's misplaced those instructions and contacted us to get them. So, for her sake and everyone else who may have misplaced those instructions — as well as for the sake of all their dogs who may have hot spots — here it is: For dogs' hot spots and other skin problems, makes sense to mix up a spray bottle with a stronger than usual mixture, such as 2 teaspoons of the Real Willard's Water Concentrate per 8 ounces of water, and spray that on the problem area several times a day.



# More Product Highlights & Updates from Charlie

## Many Times We've Seen The Simplest Plan Also Turn Out To Be The Least Expensive

Looking for possible help for:

- ◆ Arthritis?
- ◆ Back Pain? Neck Pain?
- ◆ Sore Muscles? Muscle Spasms?
- ◆ Digestive Problems?
- ◆ Skin Problems?
- ◆ "Women's" Problems?
- ◆ "Men's" Problems?
- ◆ Enhancing Supplements?
- ◆ Sunburns & other (minor) burns?

Believe it or not, my wife, Kolleen, and I "discovered" just this morning in a conversation at breakfast, that we both have always told people who call in here about any of the above problems (and more) the first thing we'd try, is the Real Willard's Water ("RWW" by itself. We don't just say that because it offers an "easy answer". We say it because since we got involved with RWW ourselves way back in 1982, we've learned, from US-ERS, that good old RWW, often seems to be "all I need" for...

- ◆ Back, Neck & Other Pain;
- ◆ Stiff Joints & Overall Stiffness;
- ◆ Chronic Constipation; Chronic Diarrhea;
- ◆ Hot flashes; Irregular periods; Menstrual cramps & other problems
- ◆ Trips to the bathroom during the night due to enlarged prostate;
- ◆ Acne; Eczema Psoriasis; Dermatitis
- ◆ Sunburn and other (minor) burns
- ◆ Making my vitamins, minerals, herbs, other supplements work even better...
- ◆ And on, and on, and on.

How does ONE product, seem to benefit so many different things? I'll give you my layman's opinion on that in a minute. First, let me point out that RWW is NOT a drug. It is NOT proven to be of any particular benefit to the problems I just listed. BUT, sure as I'm sitting here, those ARE real reports we've received from users again and again over all these years. Because of that, we tell people looking for help with such things, exactly that.

Now, as to how ONE thing could seemingly do so MANY things? Truth is,

The color purple? No, it's about that familiar "neon" yellow color...

it really doesn't do so many things. Not as we understand it. Not as Dr. ("Doc") Willard told us so many times.

It really does ONE thing. That's what it's patented for. When you add the

"catalyst" (the concentrate that comes in the bottle of Real Willard's Water) to whatever water you are mixing it with, it changes the molecular structure of the water you add it to. That's it.

BUT, *that one change results in a number of changes to the water you added it to.* THAT's the water Doc always called the "Altered Water". Then the "60 Minutes" people came along and did their astonishingly positive report on this unusual product, and nicknamed it "Willard's Water"... the nickname stuck, but Doc's "altered water" really was a better description of it. Not surprising, really, Doc was a VERY meticulous, articulate, and precise person and chemist. He really didn't describe any chemical reactions or anything else, via nicknames or shortcuts and what he said was EXACTLY what he meant. But I digress.

Back to those changes made in the water you add the RWW Concentrate to... we've mentioned them before, but I think I'll list them here again, with some examples of how each change might have something to do with the various users reports of benefits we've received through the years. Again, these are coming from me, a total layperson with no scientific or medical background at all. Just based on my observations over nearly 3 decades of using and discussing RWW with other users.

First of all, the one thing Doc always did say about changing the water you add the RWW to is that the significance of such a change is probably clearer to people if you stop to think about diamonds and graphite. Diamonds, as everyone knows, are very valuable and extremely hard. Graphite has very little value, and is extremely soft. But, here's the kicker, they are both carbon. ALL their differences result from a change in their molecular

structures.

Sound familiar? Right. RWW Concentrate is patented for the change it makes in the molecular structure of water. As Doc pointed out, the mixed-up-for-use Real Willard's Water is as different from regular water as diamonds are from graphite. And that difference is the result of the same reason... a change in their molecular structures.

For those who don't know, let me point out that Doc was not some fly-by-night, unproven chemist. He was one of the chemists on the Manhattan Project that built the atomic bomb. He worked for the U.S. Government on military projects as well as with the Civil Defense organization. He taught chemistry at the South Dakota School of Mines in Rapid City, SD, when he and his wife decided that would be a better place to raise their sons than in the larger cities they would likely have spent their lives if he'd stayed with companies like Standard Oil. What I'm saying, is Doc Willard was no layman, like I am!

That said, I think I'm ready to take a look with you at the changes RWW makes in ordinary water, and what those changes mean in terms of possible benefits:

**1. Reduces Inflammation.** This just might be part of the reason, at least, for why so many people with back pain, neck pain, muscle pain, muscle spasms, and other painful conditions due to injury or illness, often report those pains diminish or even go away entirely, after they've been using RWW regularly.

So what characteristic of the RWW might be involved in reducing pain from injuries, arthritis, muscle spasms and injuries? We've always thought the inflammation/swelling reducing ability may have a lot to do with it.

Arthritic fingers and other swollen joints often reduce greatly in size and swelling following injuries often goes down when RWW is applied topically, and used as a daily drink.

**2. Increasing Assimilation of Nutrients AND Elimination of Wastes and**

**Toxins.** This is a biggie, we laymen think. Just think about it. If RWW helps a body to absorb more of the nutrients it needs, and to eliminate harmful toxins and wastes that it definitely does NOT need, and is harmed by, why wouldn't the overall situation improve? I read in an article by Dr. Mercola just the other day that if our body doesn't get enough calcium, it will grab lead to "replace" the missing calcium. Mercola added that "lead contributes to poor bone health such as osteopenia and osteoporosis," and as we all now, lead can lead to a myriad of other health problems. I'm pointing this out because lead is one of the "heavy metals" that natural health experts have said RWW will remove from one's body. I just can't stress the importance of getting the nutrients we need IN and the toxins we don't need OUT, for good health. RWW has been recognized in the natural health area for decades as a real champion in doing this..

But an even more "real" piece of evidence came to us recently from an RWW user. "K.C." told us she had wondered if it really did her any good to be drinking RWW. Then she forgot to take it with her to work one day, but did, as usual take her daily vitamins with some "regular filtered water" while at work... "later, when I used the restroom, my urine was that **neon yellow** that most people see when they take a lot of vitamins—and it was then that I realized that, while drinking RWW, I have not experienced that; the RWW DOES help absorb the nutrients in them, so that they do not all pass through unused."

Reminds us of the old "corn test" as we've come to call it. A lot of people have told us that before they began drinking RWW routinely, whenever they ate corn, they'd see the corn kernels in their stools. After becoming regular RWW-drinkers, they no longer see nearly as many kernels... a lot of them say they see NO kernels in their stool any more at all. Once again, pretty strong evidence to most laymen that RWW really does help digest and assimilate nutrients!

All of this leads back to the mention of "Enhancing Supplements" at the start of this article. Many people have told us they notice the same benefit from taking less of various supplements they were using before RWW, after they start taking RWW with them. Numerous natural health experts have often suggested that various natural products be taken with RWW, to enhance the absorption and assimilation of those natural products.

**3. Raising Alkalinity.** RWW is very alkaline in the concentrate. When added to other water, it raises the alkalinity of that water. Users also report that their own bodies have moved to a "higher pH" after regular RWW use. There is so much evidence in natural circles about the benefits of a higher pH level, that there are machines being sold for thousands of dollars each, to simply raise the pH of the water they "treat". BUT that water has a shelf life of only a few days... RWW has a "shelf life" of YEARS. In fact, at \$4,000 per machine, if you purchased RWW in gallon sizes, at full regular price, it would take 33 YEARS to equal that \$4,000 price tag... and that machine has a life expectancy of just 20 years! To be fair, that machine can also make water very acid... down to a 2.5 pH I believe. They say that's helpful for some skin conditions. I'd guess that's true. But I also know there have been LOTS of those same skin conditions reported to us to have gone away with using good old RWW!

I am NOT putting down any of those machines. I'm just saying that for the cost, I'd sure give RWW a real good try, first!

**4. Antioxidant & Scavenger of Free Radicals.** The benefits of antioxidants and Free Radical scavengers are so widely known, as a result of mainstream studies, as well as the decades of information from the natural health experts that preceded the mainstream's recognition of this (as in most categories of health and nutritional links, I'd suggest!), that I won't detail the benefits here. But, I will point out that again, natural health experts have consistently pointed out that RWW is a champion in this regard. Doc Willard said the fact that treating hay in the fall with RWW resulting in it maintaining a much higher carotene level by spring, was a pretty strong indicator of its abilities as an antioxidant, since it was working to slow down the oxidation of the hay in that instance.

Doc also pointed out that RWW's nearly unsurpassed abilities as a free radical scavenger result from the fact that it seems to have "nearly an endless supply of free electrons". For non-scientists like me, let me explain it this way. The damaging "free radicals" in a person's body are really electrons that don't have a "partner" electron. So they grab a partner from a healthy cell in the body, to make themselves "stable" ... unpaired electrons are not stable, so they do whatever it takes

to make themselves stable. The problem is that when they grab an electron from a healthy cell, they are then leaving that cell without a paired electron, and that's what leads to the damage caused by "free" radicals... electrons without mates. Since the RWW has nearly an endless supply of electrons to give up, to make such unpaired electrons stable, it then prevents the formation of free radicals and the damage they might do. Most free radical scavengers have a very limited supply of electrons to give up. Once they've given up those few, they are no longer able to function as free radical scavengers. RWW is a champion, because it's huge electron supply, lets it perform this task over and over and over and over... you get my drift!

**5. Help with Skin Conditions.** We don't know why. But maybe as a result of its "balancing impact" on the body via its other characteristics listed above. And, maybe it has something to do with a "characteristic" I didn't even list at the beginning of this article... its seeming ability to speed up healing. I don't call that a characteristic, but it is a "coincidental side effect" a lot of people have noticed over the years. Maybe that's involved in improving skin "conditions" like sunburns and regular burns. As always, we do NOT suggest using it on serious burns... it's true it has been used on them, but it certainly is NOT approved as a burn treatment!

Back to how/why it helps skin problems. Since the best and most dramatic reports of help on skin conditions tend to be those in which the person has been drinking RWW as well as using it topically, we suspect it may be helping the body to adjust something internally, as well as externally on the skin, and that's at least part of the how and why regarding skin problems improving.

### **Maybe It's Just In Their Heads?**

For details on situations that would be very hard to explain as "in their heads" see the articles in our newspaper "Dakota Dialogue" that came in your info pak from us, or on our web site, willardswater.com on "One Person's Story" and on Real or Imagined Benefits.

I recognize this is a pretty brief summary, but hope it gives an inkling of why sometimes starting out with RWW alone, or increasing the amount one drinks of it in a day, may be the simplest, and cheapest thing to try first on various problems. ♦

# Got An Immune System? You May Find This Interesting!

We “became believers” in the benefits of high quality Colostrum for our immune systems way back in 1983. Our confidence in it has only increased over all these years. In all these years, we’ve never seen any information that made us question our views on it, only information that seems to confirm it.

Hard to not be impressed by a product that’s Vital Components include:

**Cytokine’s (Interleukin 1 and 6, Interferon Y and Lymphokines):** Shown to stimulate lymph glands and the immune system.

**Glycoproteins:** *The protease inhibitors are digestive factors which have been shown to help immune and growth factors survive the passage through the highly acidic digestive system.*

**Growth Factors (IGF-1 and IGF-2; TGF-A and TGF-B):** Medical studies on anti-aging/healing have shown the vital growth factors Insulin Growth Factors (IGF-1 and IGF-2) and Transforming Growth Factors (TGF-A and TGF-B), nucleotides from bovine colostrum to be identical to human in composition. Further, it has been shown that they can help stimulate normal growth, regeneration and accelerated repair of aged or injured muscle, skin collagen, bone, cartilage and nerve tissues.\* These factors also help stimulate the body to burn fat for fuel instead of the body’s own muscle tissue in times of fasting. IGF-1, a peptide that resembles the hormone insulin and other factors support the digestive system

**Immunoglobulins:** *Have been shown to provide a superior support for the immune system.*

**Interferon:** A glycoprotein produced by cells that also support the immune system.

**Interleukin-2:** *A cytokine that stimulates the growth of cells that make up the immune system.*

**Lactalbumins:** Research indicates tremendous possibilities that lactalbumins can be highly effective in supporting the immune system.

**Lactoferrin:** *This protein has been shown to transport essential iron to red blood cells.*

**Lysozyme:** A protein which is thought not to be digested but to persist in the gastrointestinal tract to support healthy bacteria.

**Oligosaccharides:** *A carbohydrate component that allows proliferation of healthy intestinal bacteria.*

**PRP (Proline-Rich Polypeptide):** Shown to possibly support and regulate the thymus gland, it may help calm an overactive immune system and stimulate an under active immune system.

We’ve offered Colostrum in four different forms for many years now. Alpha-Whey (Item No. H-1) was our first liquid product. Alpha-Whey PLUS (H-2) was later introduced, which has 3 times the IgG level as the Alpha-Whey, so allows a user to use less, for the same benefit, or to increase their consumption level without increasing the needed amount taken in as high an amount. We’ve also offered Colostrum Capsules (H-5), and Bulk Colostrum Powder (H-6). Now, we have a third Liquid Colostrum. We’re calling it Alpha-Whey III, and we’re very excited about it! It comes from a manufacturer who has been in business for well over 20 years and is well-established in providing excellent products. This new Alpha-Whey III is essentially the same as our Alpha-Whey PLUS, but offers users a choice with a product that seems to have less of a “taste issue”, but every bit as good a track record. It was developed from over 15 years of research, and is made using a proprietary process and filtering method with minimal heat — less than when the colostrum is first produced by the cow — to ensure maximum bioactivity and bioavailability of all of its nutritional components. Ingesting colostrum as a liquid concentrate enables the body to more easily assimilate colostrum’s vital nutrients. one liquid serving (1 teaspoon; or 1/2 teaspoon twice a day) of Alpha-Whey III provides a very impressive 5 grams of pure bovine colostrum making it an ideal immune system booster, according to the manufacturer.\*

We’re VERY excited about this addition to our product line!

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

## Another New Item: Natural & “Made The Old Fashioned Way”

That’s how the manufacturer of our new Real Willard’s Water Soap summarizes this refreshing, moisturizing, all natural soap. Here’s how the manufacturer describes our new **Real Willard’s Water Soap** (Item No. E-101). It “is made the old fashioned way.

“Each bar is handmade using only three purest ingredients:

- ◆ **Real Willard’s Water (“RWW”),**
- ◆ **Olive Oil and**
- ◆ **Coconut Oil.**

Another Big Plus to this RWW Soap is what isn’t there:

- ◆ **No fragrance,**
- ◆ **No colors,**
- ◆ **No preservatives, and**
- ◆ **No herbs**

As a result of the ingredients and the NON-ingredients, the manufacturer points out that the soap is usable for most people with eczema, psoriasis, allergies, and fragrance sensitivities.

“People will notice a big difference between Real Willard’s Water Soap and most store bought brands because no tallow was used (which is pork, beef, and chicken fat) or sodium lauryl sulfate which is detergent. Users will notice softer skin after each shower.”

She’s not joking about the softer skin, or the way people with skin problems love these pure soaps. When using the original sample from her, even before the RWW was added to it, we were amazed at the softening aspects of the soap, and the sort of “higher level of clean” we felt after using it.

Maybe that “higher level of clean” was a combination of the *lack* of that old pork/beef/chicken fat and the detergent, as well as the presence of those well-known beneficial ingredients.

*Ready, Set, Lather!*