

Possibilities

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Substances "Designed to Have Toxic Effect" on Pests Are Found to be Linked to ADHD

Pesticides. A link has been found between pesticides and Attention Deficit Hyperactivity Disorder (ADHD) in children.

A study including 1,139 children found that those children with higher than average levels of one common byproduct in their urine, were about twice as likely to have been diagnosed with ADHD than children not at such levels. The study was discussed in an article by Sarah Klein of Health.com, published on aol.com on 5/18/10. Health.com is owned by Time Inc., a division of Time Warner.

Exposure to pesticides, known as organophosphates, has been linked to behavior and cognitive problems by other studies, but those studies focused on children of farm workers and other "at risk communities". This study was the first to look at the possible effects of exposure to the pesticides in the population "at large"... it included children from across the United States.

Maryse Bouchard, PhD, a researcher at the University of Montreal's department of environmental and occupational health said it's plausible that exposure to such pesticides could be associated with ADHD since, she said, such pesticides are "designed" to have toxic effects on the nervous system. In fact, she said, "that's how they kill pests". She explained that the pesticides act on a set of brain chemicals closely related to those involved in ADHD.

The Environmental Protection Agency (EPA) has established regulations that have pretty much eliminated the use of such pesticides in residential areas... such as for lawn care and termite eradication, so the main exposure for children is believed to be in food.... Especially commercially grown produce.

The researchers say that adults are also exposed to the pesticides by such produce, but children seem to be more sensitive to them.

"Detectable levels" of pesticides are present in a lot of fruits and vegetables

sold in the U.S., according to a U.S. Department of Agriculture (USDA) report from 20087.

The USDA said in that report that "in a representative sample of produce tested by the agency", 28% of frozen blueberries, 20% of celery, and 25% of strawberries contained traces of one type of organophosphate. Other types of organophosphates were found in 27% of green beans, 17% of peaches, and 8% of broccoli.

Bouchard said children should not stop eating fruits and vegetables, but she did say whenever possible it's a good idea to buy organic or locally grown produce.

Bouchard said that "organic fruits and vegetables contain much less pesticides, so I would certainly advise getting those for children. National surveys have also shown that fruits and vegetables from farmers' markets contain less pesticides even if they're not organic. If you can buy local and from farmers' markets, that's a good way to go."

Another expert, Dana Boyd Barr, PhD, a professor of environmental and occupational health at Emory University, said a direct cause-and-effect between pesticides and ADHD "is really hard to establish". However, she did say "there appears to be some relation between organophosphate pesticide exposure and the development of ADHD."

Barr said this is the largest study of its kind to date. She was not involved in this study, but did research pesticides for more than 20 years in her previous position at the Centers for Disease Control and Prevention (CDC). Bouchard and her colleagues analyzed urine samples taken from children ages 8 to 15 during an annual, national survey conducted by the CDC.

The urine samples were tested for six chemical byproducts (called metabolites) that are produced when the body breaks down more than 28 different pesticides. Nearly 95% of the 1,139 children tested had at least one byproduct in their urine.

Bouchard said that children with higher-than-average levels of the most

commonly detected byproduct (the one found in 6 out of every 10 kids) were nearly twice as likely to have ADHD.

Bouchard said "It's not a small effect. This is 100% more risk."

The researchers controlled for a number of health and demographic factors that could have effected the results. However, Bouchard says the study did have some limitations. It only collected one urine sample from each child. Which means they couldn't determine if the pesticide byproduct levels were constant, or if the association between exposure and ADHD changed from over a period of time.

She added, however, that she suspects a study in which multiple urine samples were taken from the same children, an even stronger link would be found between pesticide byproducts and ADHD.

An EPA spokesman, Dale Kemery, said the agency reviews the safety of pesticides routinely. He recommended that parents try using other pest control methods before making use of pesticides in home and garden uses. He also said washing and peeling fruits and vegetables, along with eating a variety of them, would help reduce one's exposure to pesticides.

Editor: We are glad the link between pesticides and ADHD is being exposed. We have to wonder, since it acts on brain chemicals, how many other health problems may be linked to them. We certainly agree with choosing organic and farmers' market produce over commercially produced items. Over the years various people have reported help with ADHD from **Grapeseed extract (Item PY4)** and **Real Willard's Water**. Keep in mind, there are no scientific studies that we know of, to support this—just lots of parents reporting their own observations of their own children. If there is an effect, we would wonder if the antioxidant ability of these two substances might be playing a role, or their detoxifying effect, or who knows what else. Neither have ever been found harmful in any way, so it would seem they couldn't hurt, and might help. ♦

"Buffet" of Memory Boosters

We probably all know someone who has anywhere from minor to major memory problems. One very positive trend we're seeing is that there seem to be more and more natural substances being found that can be helpful. We certainly are not saying they will reverse actual Alzheimer's or even serious dementia. But since they can't hurt anything, we're always happy to try them ourselves in hopes of preventing any significant such problems, as well as not forgetting where our keys are quite so often!

Recently we saw an article on a study that found chromium picolinate may boost memory function in the elderly.

The researchers of the placebo-controlled, double-blind study, said daily supplements of chromium picolinate improved learning, recall, and recognition memory tasks. The University of Cincinnati College of Medicine researchers published their study in *Nutritional Neuroscience*.

Chromium is an essential trace mineral occurring naturally in small amounts in some foods—brewer's yeast, lean meat, cheese, pork, kidney, and whole grain bread and cereals. It's poorly absorbed by the body, but plays a key role in the metabolism of carbohydrates, fat & protein. Chromium picolinate is better absorbed by the human body than other forms. The study included 26 older adults randomly assigned to 1,000 mcg of chromium picolinate daily, or placebo capsules, for 12 weeks.

Chromium Picolinate is **Item No. J-5**.

Now to the our summarized "buffet" of items/activities found to improve memory:

Do-Gooding — Volunteering in a social setting has been found to reverse or delay declines in brain function from aging. Example cited: tutoring kids in a library or

school. Volunteering is said to challenge the brain to think critically and learn new things. Perhaps those explain why doing a daily Sudoku puzzle is also good, as is surfing the Web and being computer savvy. **Walking just 20-30 minutes twice a week reduced Alzheimer's risk** by as much as **60%**!

Some supplements listed as helpful:

Vitamin E — taken in high amounts reduces Alzheimer's risk by 43%. 400 IU daily, with Vitamin C (don't take if on a statin drug). Our **Vitamin E** is **Item J-14**

Vitamins B-6; B-12, Folic Acid — B's are necessary for neurotransmitters to work right, and help homocysteine levels; they benefit thinking. Ours are: **B-6 is Item J-1; B-12 is J-20 ; Folic Acid is Item J-113**.

Acetyl L-carnitine/alpha-lipoic acid — experts believe these should help since they improve neurotransmitter function, but no actual studies are cited yet. **Alpha-Lipoic Acid** is **Item J-130**, and combo product **Item J-135 Ener-Cell** contains alpha-lipoic acid, L-carnitine, Co-Q10, and curcumin.

Coenzyme Q10 (CoQ10) said to protect against Parkinson's and also to prevent inflammatory damage to the brain, but not considered proven yet. Article on it pointed out 90% of what's sold doesn't contain the real thing, so beware. We can absolutely guarantee ours IS the real thing. **Item J-13** 50 mg. or **J-23** 100 mg.

Ginkgo Biloba (**Item J-42**) & **Vinpocetine** (**JF-3**) have believers & non-believers. We like them and use them ourselves. Vinpocetine may lower blood pressure too much in some people, so if using it, be sure to know the signs to watch for of too-low blood pressure, and monitor your blood pressure.

Remember, **Real Willard's Water** helps these "helpers" to work even better! ♦

Your GRANDchildren Are What YOU Eat?

Pregnant rats fed a fatty diet produced daughters and granddaughters who turned out to be at greater risk for breast cancer.

Even if the daughters of the first generation rats ate healthily, their offspring—the third generation (the granddaughters of the rats fed the fatty diet) were still at greater risk for breast cancer. The researchers said that "a fatty diet may cause 'epigenetic' DNA modifications that can be passed on to future generations."

If this is true for humans as well as rats, it would mean that genetics are only one of several reasons why a family history of breast cancer increases your risk for the disease. However, as Dr. Joseph Mercola pointed out in commenting on this study, it would also raise the possibility that some of the increases we have seen in recent years in health problems and diseases like cancer may be the result of our grandparents' adopting a diet of processed foods. That's a frightening thought, isn't it? Also one that should make us all think twice, three times, or 100 times about the possible impact our diet choices may make "down the line".

Even more frightening is the fact that there is additional research on epigenetic DNA changes, and how it can skip a generation and come about from dietary factors. Space doesn't allow us to go into the technical details, but if you are interested, go to <http://articles.mercola.com/sites/articles/archive/2010/05/11/rats-on-junk-food-pass-cancer-down-the-generations.aspx>.



Trivia & Tidbits . . .

1. What word did most people answer the phone with at the end of the 19th Century when it was first introduced?
2. How did the Red Sea get its name?
3. What company produced the world's first front-wheel-drive car? When?
4. In what country did the windmill originate? In what year?
5. What is London's Big Ben? (You may be surprised...)
6. What size were Imelda Marcos' 2,400 pairs of shoes she left behind in 1986?
7. What were Mexican revolutionary Pancho Villa's dying words?
8. What country was in one continent in 1902 and a different one in 1903?

AND THE ANSWER IS...

1. Ahoy. Thomas Edison later suggested answering it with the word "Hello".
2. From occasional extensive blooms of algae that turn its waters red when they die.
3. Citroen, in 1934.
4. In Iran, in A.D. 644. It was used to grind grain.
5. It's the bell in the clock tower of the House of Parliament, not the clock tower itself.
6. Size 8-1/2.
7. "Don't let it end like this. Tell them I said something."
8. Panama. After gaining independence from Colombia in 1903, it decided on North America instead of South America.

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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

MEAT LOVERS, AND VEGETARIANS, AND RAW FOOD ENTHUSIASTS CAN ALL REJOICE!

It's not often you see a headline like the one above. But then it's not often you read about studies like the ones we're going to tell you about here... Studies that find *tasty* ways to reduce the health risks of red meat, and to improve vegetarian and raw food diets as well.

The first study found the levels of malondialdehyde (MDA) in the hamburger treated with this blend, as well as the level of MDA in the study participants' urine were reduced by 71% in the treated hamburger, and by 49% in the urine of the study participants. MDA is a chemical marker for oxidation and one of the health-damaging problems associated with red meat.

The study was funded by big name spices and seasoning company McCormick and Company, and involved only 11 healthy volunteers. However there have been additional findings from other studies regarding the antioxidant levels in certain spices that are also encouraging, which we'll get into in just a bit.

The volunteers in what we'll call the "Hamburger Study" ate either a plain burger or one seasoned with a spice blend often used in East Indian cooking. Well-known and respected natural health expert Dr. Joseph Mercola commented on this study in an article recently in which he said the reduction in MDA in the "hamburger study" was likely due to the spices' potent antioxidant content. Mercola pointed out that, on a per gram basis, oregano and other herbs rank even higher in antioxidant activity than fruits and vegetables which, of course, are well known to be high in antioxidants. We would add that given herbs' known health benefits and uses for hundreds of years, maybe we shouldn't even be surprised by this!

The hamburger study used a blend of: **cloves, cinnamon, oregano, rosemary, ginger, black pepper, paprika, and garlic powder.** Mercola said you can either use the spices as a dry rub or mix them up into a marinade. He also suggested using the ones that appeal most to you flavor-wise. Or, you could use them based on their particular health benefits, which are known for a number of them.

Next, a study at The University of West-

"Treating" hamburger with this seasoning **reduced the amount of MDA in the meat by 71%, and by 49% in the urine of the study participants!**

ern Ontario provided confirmation that "very good quantities" of antioxidants in herbs and spices remain even *after* cooking and marinating. They found that even though the antioxidant

levels of those herbs and

spices were reduced by 45-70 percent by cooking, there was still a benefit over cooking meat plain, with no marinade. These researchers concluded that foods rich in antioxidants play an essential role in preventing:

- ◆ **Cardiovascular diseases,**
- ◆ **Cancers,**
- ◆ **Neurodegenerative diseases like Alzheimer's and Parkinson's,**
- ◆ **Inflammation and**
- ◆ **Problems associated with Skin Aging.**

Given the fact that so much antioxidant power has been found in herbs and spices--to the point that they reduce the negative impact of cooked red meat--imagine how much benefit they must provide when used in combination with non-meat foods, and uncooked foods? This is why vegetarians and raw food enthusiasts can also rejoice!

Dr. Mercola listed the following herbs and spices as some of the best for building a **strong immune system** that functions properly:

- ◆ **Licorice,**
- ◆ **Turmeric,**
- ◆ **Oregano,**
- ◆ **Cinnamon, and**
- ◆ **Cloves.**

Mercola also referred to information published by the *Huffington Post* that listed health benefits of specific herbs:

- ◆ **Anti-Inflammatory power:** Rosemary and Basil
- ◆ **Calming Effects on mood:** Lemon grass, Nutmeg, Bay Leaves and Saffron
- ◆ **Cancer-fighting power:** Turmeric
- ◆ **Dementia-fighting power:** Curcumin and Sage
- ◆ **Depression-bursting power:** Coriander, Rosemary, Cayenne, Allspice and Black Pepper
- ◆ **Fungus-beating power:** Oregano
- ◆ **Heart-pumping power:** Garlic, mustard Seed and Chicory

- ◆ **Obesity-fighting power:** Cayenne and Cinnamon

- ◆ **Sugar Regulating powers:** Coriander & Cinnamon

- ◆ **Skin-Saving power:** Basil and Thyme
- One more thought. Since natural health experts say one of the beneficial aspects of Real Willard's Water ("RWW") is its **antioxidant abilities**, as laypeople we wonder if adding some RWW to the mix of herbs and spices wouldn't be another great use of it. Especially since RWW is also said to enhance flavors (details further down). Additionally, it's been reported again and again how RWW helps to **increase the percentage of nutrients the body actually absorbs** -- wouldn't that get even more of the beneficial components of these healthy herbs and spices into one's system?

We KNOW it wouldn't hurt anything. And we also know from what Dr. Willard told us years ago, **cooking and baking with RWW does NOT break it down**--it retains its characteristics even when boiled, frozen, baked, microwaved... whatever!

A lot of people have told us they love using RWW in cooking and baking, for these additional reasons.... they say adding RWW to their cooking and baking efforts seems to

- ◆ **Enhance flavors** (not change them, just make "fuller". Ex: we found Pink Salmon used for creamed salmon--if RWW is used in the sauce--tastes as rich as Red Salmon.)

- ◆ **Tenderize tough cuts of meat** (sometimes even after cooking--we've been told that soaking the cooked meat in RWW and then re-heating it, makes it much more tender),

- ◆ **Increase Shelf-life** of baked goods made with RWW

- ◆ **Increase Shelf-life** of Produce and Dairy products sprayed with or soaked in it, had it added to them, or been grown with it.

We do offer a few of the items mentioned in this story in supplement form. **Cayenne Pepper** is **Item No. J-6**. **Garlic** is available in 500 mg capsules in **Item J-41**, and **Item J-42** is capsules of **450 mg Garlic** with **100 mg Hawthorn Berry** (both Garlic items are deodorized garlic). **Curcumin** comes in a 60 capsule bottle in **Item JF-8** and in a 120 capsules bottle in **Item JF-9**. Personally, we already take these supplements, but guess we'll add a little more spice and even more RWW than usual when cooking now! ♦

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It is used for address information in the mailed version



“Carnival Glass Shoes”

“K.S.” says that after her mother passed away in December of 2009, the loss seemed greater as time went on, instead of better. It was as if the missing her didn’t set in at first because there was so much relief that her mother’s suffering was over.

But, after a time, it hit her harder every time she’d think of something she wanted to ‘be sure to tell Mom about’ ... and then remember she couldn’t.

Her mother had been an antique collector from her childhood on, and she lived nearly 87-1/2 years. She’d spent decades as an antique dealer and appraiser.

“I wished I could just hear one of her clever responses, or comments... just any little thing. I even prayed that somehow I would, not knowing how in the world that prayer would be granted.”

“I needed new shoes, but there’s only one brand and one style I can actually wear everyday without my feet,

knees or hips hurting, so I just buy those online. No question about size, etc.— it’s always the same. But this time they had them in a new color, which looked sort of iridescent but I couldn’t really tell from the photo on the computer. Decided to try them anyway.

“When they arrived,. I was trying them on when my husband came in...I said I think they might be kind of fun but they might look like acarnival. I heard myself say ‘carnival’...I stopped and wondered about that and then I heard, in my mother’s voice, ‘carnival glass, they look like carnival glass’. And she was right, they do! But it had not occurred to me until I heard ‘her’ say it.

“You may think I’m crazy, but I know it wasn’t my idea... I was *struggling* to figure out how to describe them, but they DO look like the dark blue/purple/teal carnival glass of so long ago. And, to me, they also look like the answer to a prayer... letting me know she’s not so far away after all.”

Editor: We invite you to share your miraculous/unexplained help/fork-in-the-road stories with us, for sharing with others in this column.



E-Mails, Mailbag & Phone Calls. . .



Best Deal for pH Balance

— “A.M.”, a geologist from Arizona, told us he has researched quite thoroughly and cannot find anything on the market to adjust your pH level anywhere nearly as cheap as Real Willard’s Water... “Not by a million miles”, as he put it.

“I Love It” — That’s what “R.S.” says about our **Real Willard’s Water Soap** (Item E-101). And sounds like she should know... “Since I have weak and allergic skin, I try not to use the soaps with fragrance, and I was making soaps for myself years back. I stopped making now because the chemicals I have to use to make the soap irritate my skin while making, but I can sense that your soap is rich with olive oil, which is very good for the skin. I already love this soap.”

Better than their apparent “standard”

— “J.B.” told us she was ordering **Chinota Gel** for her sister, who “is in great distress in her muscles”. But she added that her sister “has found that Chinota works better for her than Bio Freeze”. We actually have heard from numerous people over the years who have “named names” or products they used to think were the best, that they now found didn’t compare to the results they got with Chinota Gel. (Items HG-4 and HG-8)

“Drinking Like Fish Now” — that’s how “M.W.” described the change in her dogs after she got **Real Willard’s Water** from us. She’d been concerned because they were drinking so very little water, but after she got them on RWW, they started “drinking like fish”. Great to hear!



More Product Highlights & Updates from Charlie

10 Pounds in the First 10 Days...Sure don't know if it'll do that for anyone else but may be worth a try!

I wonder if "Roger" may be on to something...like any weight loss tip or plan I am certain of one thing... it won't work for everyone, and who knows for what percentage it might... but, since it can't hurt anything, it may 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 Dark RWW (Dark Real Willard's Water). 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 Dark WW user for over 8 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 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

...years ago he tried drinking regular water before each meal, and it didn't work for weight loss for him... recently he got the "wild idea" to try drinking **RWW before each meal**, and he's **lost 10 pounds in the first 10 days**, and feels full, with no cravings...

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 Dark 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 make sure you drink the WW at least 30 minutes before you eat, this gives it time to program your stomach and mind that you are feeling fuller, thus 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 RWW 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 it's the fact that water may make you feel fuller,

but I don't remember anyone before "Roger" ever telling us they were deliberately drinking RWW before a meal. Maybe it's the result of the RWW 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, RWW 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. 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.

Back to "Roger's" idea. If anyone gives this a try, let us know what you think of it... if it works for you or doesn't. Some of us here are planning to give it a try too. Would certainly seem to be a nice way to be able to lose a little weight... or maybe a lot if a person was lucky and needed to lose a lot and this happened to work for them.

If I don't sound overly enthusiastic about the likelihood of this being a guaranteed weight loss tip, it's because I don't believe there is such a thing. Nothing works for everyone, and weight loss can be such a tough problem, I certainly don't expect miracles. But I learned long ago never to underestimate what might happen when Real Willard's Water is given a chance at some new application! Believe me, we've been surprised many times to hear what someone found it was useful for!

Plus, the item on the next page about thirst being mistaken as hunger may be very relevant to this topic, too!♦

From The World of Research:

Hungry or Just Thirsty? A Drink That Fights Fat! Tip to Reduce Amount Eaten at Meals!

A book by Drs. Roizen & Oz called “YOU: On a Diet” (Simon & Schuster, 2006) makes the point that people eat because their “satiety centers are begging for attention”. In other words, your body is telling you you’re hungry.

Or is it? Turns out, sometimes it might really be trying to tell you that you’re just thirsty.

Apparently thirst can be caused by hormones in the gut that result in feelings very similar to hunger cravings.

So how do you know if you’re body’s asking for a drink, or food?

The book suggests if you feel hungry, drink a glass or two of water. If the hunger or cravings go away, it would seem the answer was that your body was just thirsty.

Beyond that, they say thirst can also be a chemical response to eating. When you eat food it increases your blood’s thickness, and your body then feels the need to dilute the blood to a thinner state, and therefore sends signals that you’re thirsty. So, before you eat more, try a drink of water.

And, when you do take a drink to see if your body will be satisfied with that instead of food, the authors reasonably suggest that you drink something that isn’t full of calories. That would make water a good choice it would seem.

Then again, there’s an article we found recently on another pleasant weight loss tidbit. Turns out white tea can help the body burn fat!

A study found that fat cells increase or decrease in size, according to your weight. A lab study found that human fat cells treated with white tea extract accumulated “significantly” less fat!

Get this... the white tea extract reduced the incorporation of fat by as much as **70%**! And, the tea even seemed to stimulate the breakdown of fat from mature cells. Sounds better to me all the time!

As to why white tea seems to do this better than green or black tea, it’s because the white tea has more of certain active compounds in it than the black or green tea because it is less processed

than those two types are. Black tea and green tea come from the same plant as white tea, but white tea is made from the buds and early leaves of that plant, and, as we said, it is also therefore less processed.

Researchers say the special compounds in white tea are believed to influence fat-cell metabolism by “acting on the expression of certain genes”. I have to admit, I wouldn’t really care how they did it, as long as they somehow caused less fat accumulation!

But speaking of tea, I’m reminded of one of the comments “Roger” made in the story on the other side of this page... he said you could also drink your RWW before meals in iced tea. Great idea! Why not make your white tea with RWW? I did find a lot of white iced teas for sale on the internet, so I’m sure they’re readily available.

Now, for the tip I promised you to help you eat less at meals.

It’s really kind of a nice idea... spend at least 30 minutes partaking of each meal.

A study actually documented the fact that if you eat slower, you eat less.

The study had participants eat ice cream on two different days. The first day they gobbled it down in 5 minutes. On another day they were told to eat slowly—to linger over the bowl for 30 minutes.

Blood tests done on the participants showed that eating slowly caused an increase in two appetite-reducing chemicals, **by 25% to 30%!** And besides that, those appetite-reducing chemicals, referred to in the article as “satisfaction hormones” stayed high for the next 2-1/2 hours.

Scientists say the “I’m full” type hormones are released by special cells in the gastrointestinal tract. Eating stimulates them, but researchers really aren’t sure (at least yet) why eating slowly boosts the body’s output of them, and eating fast reduces the output. In any case, it would seem safe enough to give this a try, even if the researchers don’t know yet why it works! ♦

Heart, Colon, Bones, MS, and Depression, All Benefit From This!

It just keeps coming. One study after another makes clear the importance of Vitamin D.

Long known for its benefits for bone health, it has been found to be MUCH more than that. Including a recent study that found adults who had the highest levels of D had the lowest level of “cardiometabolic disorders”... the group of conditions that includes

- ◆ Heart Disease
- ◆ Diabetes, and
- ◆ Metabolic Syndrome

Another study found people with the highest levels of Vitamin D in their blood were **40% less likely to get colon cancer** compared with people with the lowest blood levels of Vitamin D.

Another study found that women who took Vitamin D supplements **cut their risk of developing multiple sclerosis (MS) by 40%**.

And another study found **insufficient levels of Vitamin D can increase the risk of developing depression**.

This risk is true for both men and women over age 65. The World Health Organization (WHO) predicts that within 20 years more people will suffer from depression than any other health problem. WHO ranks depression as the leading cause of disability even now, worldwide, with about 120 million people affected.

We have Vitamin D in a 1,000 IU capsule (Item No. J-24, and in a 5,000 IU capsule (Item No. J-24A). Most authorities now suggest adults take at least 1,000 IU per day, and many of them suggest 5,000 IU per day.

As always, we would remind you that having Real Willard’s Water in your system certainly seems to increase the absorption of nutrients, so we personally believe it’s a no brainer to drink RWW along with any nutritional supplements, to get the most benefit from them. And, also, as always, we remind you we are strictly laypeople. ♦