

Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.willardswater.com ♦ June, 2011

This Practice Can Cut the Risk of Having a Child With Autism In HALF

A new study conducted at the University of California, Davis, found that women who did not take prenatal vitamins right before and during their pregnancies were twice as likely to have an autistic child, according to the Los Angeles Times article on the study.

The study found specifically that women who took prenatal vitamins before getting pregnant, or during their first month of pregnancy were half as likely to have a child with autism. But women who didn't start on the vitamins until two months into their pregnancy did not see the benefit when it came to warding off autism.

The senior author of the study, Irva Hertz-Picciotto, said that "the good news is that, if this finding is replicated, it will provide an inexpensive, relatively simple evidence-based action that women can take to reduce risks for their child, which is to take prenatal vitamins as early as possible in a pregnancy and even when

planning for a pregnancy."

Natural health experts who are concerned about the possible role of vaccinations (especially the DPT vaccine) as a possible cause of some cases of autism, are not convinced, from what we have read, that this finding regarding prenatal vitamins eliminates the concern about vaccinations and autism. But it is certainly welcome news that some cases of autism may be avoided by the use of prenatal vitamins early enough in a pregnancy, or even before pregnancy.

We also don't know what brand or particular formulation of vitamins was used in the prenatal formulas used by the women in the study. We suspect that the higher the quality of such a supplement the better the results. We also know that women have told us they chose to use our Multi-Vim while pregnant because it actually had a more complete formulation of the vitamins and minerals known to be important for the developing fetus.

And, to answer a question we receive many times a year... yes it is perfectly safe to drink Willard Water while pregnant. In fact, Kolleen here at NCI drank WW while pregnant with her and Charlie's youngest child (who is now 27 years old), and their daughter also drank WW while pregnant with her two very healthy children. So not only have other people reported using WW while pregnant, we also are confident enough not only in the safety of doing so, but in the possible benefits it may provide, that we did it ourselves, as did our daughter.

Given the epidemic-like growth of the cases of autism in recent years (now said to affect **one in every 160 children!**), anything that can be helpful, and would seem very unlikely to be harmful, such as a high quality prenatal vitamin, is a very welcome piece of news. And, don't forget, Willard Water helps increase the absorption of your supplements, so we certainly washed those prenats down with Willard Water! ♦

Did You Know a Genetic Mutation Makes ALL Humans Deficient in this Essential Vitamin?

It's true. All but a very few animals, and humans, make their own Vitamin C all day and all night. But, humans have a defective gene for making an enzyme that is essential for the synthesis of Vitamin C in the liver. As a result, Vitamin C deficiency can actually be seen as a genetic disease inherited by all people.

This specific vitamin deficiency is really a genetic disease inherited by all people.

Another thing you may not know about Vitamin C is that it is not efficiently utilized when taken in large, and infrequent, doses.

When Vitamin C is taken in one large dose, the plasma levels peak at four hours and then drop rapidly.

It would be much more effective to take somewhat lower

amounts of Vitamin C over a long period of time.

You can accomplish this more effective Vitamin C uptake by taking it every 4 to 6 hours.

However, most people would prefer not to be bothered with taking Vitamin C that often.

Well... enter our Timed Release Vitamin C from Daily Mfg (Item No. J-69). This 1,000 mg dose is released slowly throughout the day, supplying a controlled amount of the nutrient throughout that time.

The sustained release of it guarantees that you get the most benefit from your Vitamin C supplement. Even when you're sleeping at night you can rest assured that this Vitamin C is working for you. ♦

People, Crops, Produce, Cut Flowers, House Plants... Seemingly All Living Things Seem to Benefit!

Many people see the dramatic benefit plants get from WW as evidence WW would certainly benefit people. After all, it benefits plants by increasing assimilation of the nutrients they need, and it does that for people too. Ditto, helping plants deal with stress etc. So whether a gardener or a farmer or not, WW's benefits to all living things, is often of interest.

And, despite all the nasty weather that's been occurring, gardeners are still gardening, farmers are still farming, fruit and vegetable producers are still at work, and countless people are tending to houseplants year-round. Cut flowers even benefit when you add some of your diluted-for-use WW to their water... one of the patents on WW is even for extending the life of cut flowers.

Even though most gardens, crops and produce are likely already planted, the watering, "feeding", and other tending to plants, crops, produce and houseplants is ongoing. Don't forget what could be your biggest ally in these efforts... Willard Water! And specifically the **ULTIMATE Dark Willard Water!**

Basically, WW seems to boost any other product you use on your gardens and crops, and it also seems to help plants do better under stress... such as droughts OR too-wet seasons, or transplanting, among other things. Plants can benefit mightily at very low concentrations... like an **ounce of concentrate to an acre** on field crops and varying lesser amounts on other growing things!

(Note: If using chemical fertilizers,

pesticides or herbicides reduce them by as much as two-thirds (saves a lot of money!)... in the case of fertilizers it's because WW causes plants (& people & animals) to absorb and utilize a much higher percent of the nutrients taken in, and the nitrogen in chemical fertilizers can be absorbed at such a high rate it can burn the plants' roots—not a problem for people & animals, of course).

We've had reports of crops surviving in areas where most of the crops were "pathetic" as one farmer put it. We've seen photos of houseplants and vegetables that grew so large with the added benefit of Willard Water, they looked like faked photos or sci-fi ones! Right here in our office we've seen a dieffenbachia plant "come back from the dead" after growing so high a few times over its 14-year history that it broke off very near the bottom... resulting in cutting the plant off from its roots. We've left it in its pot and given it as much WW as it "wanted" and seen it flourish again. True story!

For details on just how to use WW on various plants, crops, etc. check the stories in our newspaper on WW "Dakota Dialogue" or go to our website's Information area to the pages on Willard Water on plants, gardens, crops, etc. Or use these links in your browser:

http://www.willardswater.com/information.php?information_num=28
and http://www.willardswater.com/information.php?information_num=27

If you don't have web access, or our paper, just ask us for one of the papers! ♦

Did You Know This?

Coffee has been found to **cut the risk** of **ovarian cancer, liver cancer, and diabetes**, at least for people who drink four 8-oz cups a day.

Coffee has also been found to reduce your **risk of premature death**, probably because of plant compounds that help fend off **Alzheimer's** and **Parkinson's**. (Note: be sure to avoid coffee or drink decaffeinated coffee if caffeine adversely affects you or you've been told by your health care provider to avoid it!)

Tip: People who add Willard Water ("WW") to their coffee (amount of concentrate in keeping with the amount of water being used to make their pot of coffee) find that the **coffee tastes better**... often described as "**less acid taste**", and to others it simply "**enhances the taste**". And, since WW is known to increase the absorption of nutrients, it **may well boost the benefits** you'd get from coffee without the added WW.

Apple Juice has been found to maintain the level of an all-important brain chemical, acetylcholine, that helps keep **memory** and **learning skills** sharp. Most scientists believe the best results would come from unsweetened apple juice.

Orange Juice is said to **reduce inflammation**. Vitamin C is an anti-inflammatory, but researchers say some of its joint-preserving credit is likely due to another compound in oranges... beta-cryptoxanthin (it's also in bell peppers). And if you take some **DHA** (found in your also anti-inflammatory **Omega-3 Supplement**), with these morning drinks, you may also improve your **eyesight** and **memory**. Plus, the Omega-3 has a huge list of additional benefits, which we've written about so often we won't repeat them here. We provide **Omega-3** in **Fish Oil Capsules** (Items J-391 and J-392) and also in a great **Non-Fish Source, Flax Seed Oil capsules** (Item J-77). ♦



Trivia & Tidbits . . .

1. What did Joseph C. Gayetty invent in 1857?
2. What is the oldest food trademark still in use in the U.S.?
3. How many Ringling Brothers were there?
4. How many islands are there in Hong Kong?
5. What is Danish pastry known as in Denmark?
6. How many times brighter is a full moon than a half moon?
7. How long are the antlers of the pudu, the smallest deer in the world?
8. How much water does a 10-gallon hat hold?

AND THE ANSWER IS...

1. Bathroom tissue (a/k/a toilet paper).
2. Underwood's red devil on cans of its deviled ham, which dates back to 1866.
3. Seven: John headed the circus, plus Albert, Otto, Alfred, Charles, August & Henry.
4. 235 islands.
5. Vienna bread—Wienerbrød, in Danish.
6. Ten times.
7. They grow to 3 inches. The pudu is found in South America & is about 14 inches tall at the shoulder and weighs about 20 pounds.
8. Three-quarters of a gallon, or three quarts.

ON "THE WEB"!

www.willardswater.com

Or

www.nutritioncoalition.com

Come visit!

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

Possible Help in the Fight to Keep One's Memory

A topic that seems to concern the vast majority of people is one also "near and dear" to me. Both my parents lived to fairly advanced ages . . . Mother was 96 . . . Dad was 87....but both had zero short-term memory, and very little long-term memory by the last years of their lives, so like many of us, I panic a little if I can't remember a password, or phone number, or name, as quickly as I once did--or at all!

So I'm always alert to anything that can keep my brain functioning better. My wife, Kolleen, is always very quick to remind me that both my parents' memories were quite fine until they each underwent surgery that required general anesthesia... something now recognized even by most mainstream doctors as something to use on elderly people ONLY if there is absolutely no way to avoid it, due to the negative impact it has on memory.

Kolleen's point is that my genetic predisposition to this may not be especially high, but having seen Mother and Dad go through what they did, it still gives me a real determination to "never go there" as they say... you, too, may want to keep in mind the negative impact general anesthesia is known to have on memory in older adults, in case it becomes relevant for you or someone you know at some time.

But, back to the subject at hand. Fairly recently, a well-informed, long-time customer, asked me if I'd "read what Dr. David Williams wrote about Niacinamide for Alzheimer's prevention". And I had to confess that I hadn't.

She quickly filled me in. Seems that a pair of eminent researchers, some ten or twelve years ago, did some experiments with mice or rats which were bred to get Alzheimers, and did indeed routinely develop Alzheimer's as they got a bit older.

In the study, half the group were given fairly aggressive amounts of niacinamide and the other half (the "control group") wasn't. After several months, the control

group was, of course, in very bad shape. But the group that got the niacinamide was functioning NORMALLY. (I can't resist editorializing that if this had been accomplished with some \$300-a-month drug from a pharmaceutical firm, it would have been headline news. But when it involved an INEXPENSIVE supplement . . . nothing but a big yawn.)

Needless to say, I'm taking it . . . at what I understand to be the recommended amount . . . 1500 mg per day, but taken one 250 mg capsule at a time . . . each about two hours apart

Is it helping? Seems to me it is. My brain certainly SEEMS to function better. Of course, I could just be kidding myself, too, although Kolleen says she has noticed some differences but since I haven't had any real problems, it's harder for her to tell for sure, too. Time will tell. And the experiences of other people.

And I particularly appreciate the price . . . ours (Item No. KF-117) is \$6.95 for 100 capsules . . . means it costs about FORTY CENTS Per Day.

Stay tuned . . . if interested in this, ask me again in six months or so if I still think it is helpful. I've been on it only six weeks or so, thus far. But it definitely seems enough of a good possibility that I felt I should share that possibility with others.

As we've mentioned before, there is good research that indicates Vitamins B-6, B-12 and Folic Acid all have beneficial effects on preventing memory loss, too. It's believed the "B's" are helpful because they are needed by the neurotransmitters in order for them to run efficiently. (Neurotransmitters are what sends messages around in the brain.) Our Activated B-6 is Item No. J-1, Activated B-12 is Item No. J-20, and Folic Acid is Item No. J-113.

There has also been significant research indicating that the Omega-3 Essential Fatty Acids are helpful for memory and

cognition. We offer Omega-3s in the Fish Oil form in Items J-391 and J-392, and also in a non-fish form in our Flax Seed Oil softgel capsules, Item No. J-77.

And Vitamin D-3 has also been found to be beneficial for memory (and so much more!). We offer D-3 in two formulas... Item No. J-24 is Vitamin D-3 in a 1,000 IU (International Unit) capsule, and Item No. J-24A is Vitamin D-3 in a 5,000 IU capsule.

Please Note: we have **NO** "proof" of this next item at all, but through the years since Kolleen and I started using Willard's Water and eventually got involved in selling it (way back in 1982!), we've heard from a pretty fair number of people who say they noticed improvements in the memories of other family members, or even themselves, after they started using it.

Now, maybe it's because the Willard Water helped them absorb more "good things" like those mentioned above from their food or supplements, or maybe it's because, as Dr. Willard once told us, he had seen evidence that it increases blood flow to the brain (we don't know of any studies that have been done to prove that, so it's also just speculation), or maybe because of some of Willard Water's other helpful characteristics... we don't know. But we do know a goodly number of people have told us of tangible improvements in people's memories and mental functioning after they began drinking Willard's Water. That could be coincidence... but it sure makes it clear to me, it definitely doesn't hurt!

The list of items discussed here is by no means "complete", especially since studies on memory loss seem to continue at a record pace. Good! The projections of the number of people just in the U.S. that will suffer from this over the next couple of decades is staggering. We need all the prevention we can get! So, we will no doubt be telling you of other helpful supplements, or food, or lifestyle habits that help in this "battle" as we become aware of any new data on "any of the above". ♦

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“I’m Not Crazy! I KNOW what I saw!”

“Our beloved family dog, ‘Gizmo’, lived longer than most dogs of his breed and size.

“But he started having a variety of problems, including a lot of pain in one foot. Our vet tried many different things but as time went on, Gizmo was clearly getting worse.

“On my way with Gizmo to the vet one day, I prayed that I’d be given a sign if it was time to let Gizmo ‘go home’. I asked that if it was time, the vet himself would bring the subject up. I felt this would be a real sign since the vet had never indicated he thought it was that serious a situation and he is known to be quite reluctant to use euthanasia—he always seems so hopeful for the animals to be able to get better. And he had never even mentioned the possibility or the subject before.

When I got there that day, the vet was outside and came to our car to greet us. He started petting Gizmo and looking him over and then asked me if we might think it was time to let him

go. He sent information home with me that listed quality of life and health items to consider in such a decision, to help us decide. Sadly, we all knew it was time. When we took Gizmo in that day, after he had already had a tranquilizer to keep him unafraid, Gizmo looked at us and seemed to smile and wagged his tail like he hadn’t in years.

“A few months after he was gone, as I backed out of our garage one morning, not thinking about Gizmo but only about making sure the neighbor kids weren’t behind me, something caught my eye in my husband’s truck... there he was... Gizmo looking straight at me out of the back window... jumping up and down, tail wagging, and happy as could be! And then, in an instant, he was at the door of the garage, going into the house where my husband was ... when I saw Gizmo going through that *closed door*, reality set in and I realized it ‘couldn’t be Gizmo’... but at the same time, I KNEW it WAS him—it was a time when ‘can’t be’ really was. And what a blessing it was!”—*A Reader* ♦

Editor: You’re invited to share your miraculous/unexplained help, or forks-in-the-road stories with us, for sharing here, anonymously, if you choose.



E-Mails, Mailbag & Phone Calls. . .



Bone Density Improved — “E.W.” told us her bone density test in 2008 showed she was at high risk. Her doctor put her on the drug Actonel. Then a chiropractor told her about our **Uber Balance Progesterone Cream** (Items HP -J and HP-1P). She began using that and also exercising, and after 8 or 9 months, her scores (bone density) had improved.

Dogs & Kids — “T.T.” told us she had told her neighbors about **Willard Water** who had a Great Dane suffering with **leg problems**... they started him on WW and he hasn’t had any leg problems since. And T.T. used to keep Clear WW around for her granddaughter, who told her friends about that water... how much better it seemed to her than other water... and they all agreed. So, Dog & Kid endorsed!

Cat Detects the Difference — “K.W.” told us she has a 15-year

-old cat named Cleo who LOVES the **ULTIMATE Dark WW**, but who absolutely refuses to drink another water that’s supposed to be “about the same as WW... from a good company and lots of sales of it”... but Cleo would have none of it. So, K.W. got Cleo and herself another order of the **ULTIMATE Dark WW** from us, and Cleo went right for it.

One Product She Cannot Be Without — “S.P.” told us she uses our Aqua Gel (AG-4 or AG-8) on her face every day and loves it. Also says it works better on scratches from cats than anything else and her husband found it works great on insect bites and cuts when you get hooked on a hook when fishing. And it worked great on an allergy-related rash on her cat’s tummy, too. ♦



More Product Highlights & Updates from Charlie

Why Do Results Come Faster and More Dramatically for Some "People"?

"C.M." told my wife, Kolleen, she didn't know why exactly, but C.M. and her husband had gotten out of the habit of drinking their Willard's Water (WW) every day for quite a while. They had talked about how lousy they were feeling, but never put it together with their having stopped drinking the WW... until C.M. spotted some WW concentrate in their cupboard one day.

They both started drinking it again. C.M. called to ask how fast a person could expect to see any results when they resumed using it, after having been regular users who had quit. Kolleen told her it would depend on the situation... WW is NOT a drug and isn't programmed to do a particular thing every time... just works with the body in the various ways we often mention... reducing inflammation, increasing absorption of nutrients, increasing elimination of toxins and wastes, helping to eliminate free radicals from one's system, and raising one's pH to be more alkaline, etc.

C.M. said she understood all that but wondered how fast it could work when a person went back on it, after being off of it for some time. Kolleen told her that in Kolleen's own case when she went back on the genuine Willard product after having been given an imitation product without knowing it, her (Kolleen's back) got better by the second day. C.M. was glad to hear that... both she and her husband were wondering if it made any sense that his back had started feeling better again so fast after he started back on the WW. Neither of them had thought it would work super fast... had recalled that for most people it works sort of gradually.

That's when it dawned on Kolleen that we've actually very often heard from people who tell us they DID notice improvements amazingly fast after resuming WW use following their having stopped it for some time. This has been true even for people who had received gradual benefits when they first began using it.

We wondered about it being a "in your head" type of placebo event when these former users notice help unusually fast

when they resume use. But, it doesn't seem like a placebo when the people involved did NOT expect to see quick results, and even called to question us about whether or not it could even be possible!

The truth is, we don't know it would seem to resume making noticeable changes in people faster when they "go back to it" than it did originally, but we do know that the users who have experienced this are most certainly happy about it!

Maybe the body is able to put WW to use for the greatest benefit for that person's body quicker when that body has dealt with putting it to use before?!

Again, we don't pretend to know. But it reminded us also of the fact that there's another group that often sees tangible results from WW use faster than most people.

And that's dogs and cats and horses... and about any animal. I am certainly not putting people who get faster-than-expected results in the same category as pets and other animals, but maybe the fact that animals don't have a negative belief system working against the water working for them, has much to do with the quicker results animals often see compared to people.

And maybe since a person who had tangible results with WW before, also isn't telling himself over and over that "this is crazy it cannot possibly work" and thereby causing it either to not work or to work very slowly... sort of the reverse of the placebo effect.

This idea doesn't really explain my wife's experience of it working very quickly for her when she was given genuine Willard Water again (after the imitation didn't work for her), because when I substituted the real product for the imitation product she'd been given and now knew she was using, *I didn't tell her I had now given her the real product again*, and she had no faith left in the imitation she thought she was still drinking. Yet, despite her non-belief in the product she was getting (believing it was the imitation instead of the real thing) the real Willard product brought her benefits back over-

night!

See what we mean about "amazing" experiences in these areas?

And, to get back to my earlier mention of dogs and other animals seemingly getting even more dramatic and faster results than people usually do with WW, let me offer some details so you won't think I'm just playing "fast and loose" with the truth as they say!

Not only do dogs and cats and other animals very often show even more dramatic health benefits, "coincident with their consumption of Willard's Water", than people do, but they very often are drinking it at lower concentrations than people do.

What do I mean by "dramatic"?

Well, at the risk of sounding unbelievable, here are a few examples:

- ◆ **Arthritic and/or very lethargic older dogs**, becoming as "active as pups" very soon after starting on WW
- ◆ **Animals' wounds healing** very quickly with Willard Water and/or our Aqua Gel (made from Willard Water), which had previously failed to heal despite many other healing products (from the vet and otherwise) having been used on them prior to the Willard Water and Aqua Gel.
- ◆ Dogs, Cats and Horses **refusing to drink other water** once they've been given Willard Water
- ◆ **Deer invading** a vegetable garden but **eating only the produce that was treated with Willard Water** when it was planted, and leaving the untreated vegetables alone
- ◆ Dogs and Horses that have been **scheduled for euthanasia** because all hope was gone, but who were given Willard Water to try to make them more comfortable before the vet could get there, getting much better quickly, **not** being euthanized and living a number of years longer.

As we said, some of those reports are hard to believe! But we've talked to the people who reported them and **NONE of them**

had any vested interest in the product... they were simply people who used it and felt others should know what they say it did for their pet. Keep in mind, however, user reports prove nothing scientifically. But they are certainly interesting to anyone interested in this product.

And as is often pointed out . . . the "pet results" certainly are not a "placebo effect" . . . the dog or cat has not been conditioned to believe this new thing will help him/her . . . and then it does. If it works on a dog, it works . . . period! But why more dramatically than in people so often?

As I said earlier, maybe for animals AND for people who have used it before and are getting back to using it, it works seemingly better and/or faster because animals, and former human users, don't have the "reverse placebo effect" that often is the case for people using it for the first time.

If a human being is convinced that something as inexpensive and harmless as Willard Water is, **can't possibly** be beneficial, it is easy for such a person to not only NOT get a "placebo effect" (expect to see benefit, and then it appears), but they actually may dismiss beneficial changes, as being impossible, and therefore simply don't believe that they occurred, and probably quit using it, since they "know" it can't work! Dogs and cats and horses and birds and other animals tend not to do that!

With animals that "disbelief factor" simply isn't there . . . so if the WW does indeed do its thing -- often very dramatically -- the dog, or cat, or horse, or bird, etc. doesn't stand in its way.

We know it's not **just** the lack of disbelief in animals that explains its often seemingly nearly-miraculous help to them, but we do believe that's part of it. And, given all the reports from people on the tangible results they've seen in animals with Willard's Water, knowing exactly why or how it works on them doesn't seem as important to us as getting the word out to anyone who has a pet that might benefit from it, that it may be of help.

As we said, we don't know why it often seems to work even faster and more dramatically on animals, but maybe we don't have to know why to appreciate that it does!

It's often been pointed out that when any product has an obvious tangible effect on animals, the effect is accepted even by scientists as not being due to the "placebo effect"... animals are not regarded as "believing themselves well".

Not only do animals have the capacity to just accept it, but they also tend to "make believers of other people"... their owners often first decide to use WW themselves after seeing it work on their pet... still other people may HEAR about the impact on someone's pet and decide to try WW themselves... it's as if the dogs and cats and animals of this world can sometimes be like missionaries for this unique and amazing item! And the people who benefit themselves after being "convinced to try it" by their pet or someone else's often do believe that animal to be "Man's [or their own] Best Friend"!

So, perhaps getting the "disbelief factor" out of the way, is helpful in allowing any good thing to work for a person or animal. And given the very skeptical reaction most people have to something as unusual as Willard Water, it's not surprising that "the water" would have to work in spite of that disbelief factor most of the time in most people. Given that, it's even more surprising and impressive to me that this marvelous product has grown in popularity basically via "word of mouth" over all these years. And, just think about that for a minute... individuals with no vested interest in a product, don't usually promote it to their friends and relatives and coworkers when they know they can be ridiculed for "believing in something so crazy", unless they REALLY believe in it, because they've seen it do something REALLY impressive themselves!

Guess what I'm concluding is that all this reflection on how animals and former people users of WW react to it, makes it even clearer to me that this Willard Water product is one of the most amazing things ever to appear on this planet.

Pretty strong statement (especially from someone like me... Iowa farm background... pretty conservative upbringing... not prone to wild and crazy ideas!). But when people are NOT expecting results and see them, and do NOT expect anything to work quickly and it does, that makes the results seem pretty impressive to me! ♣

"Don't Take Another Supplement!"

Without "washing it down with Willard's Water!" That was the conclusion an avid Willard Water user came to years ago, after reading about the **great increase in the absorption of nutrients** that comes about when Willard's Water is taken in along with those nutrients... from food supplements, OR from food.

He noticed that the tangible benefits some people got from supplements they'd been using for some time increased enough when they started regularly drinking WW that when they reduced the amount of those supplements they took and continued their WW they **STILL SAW THE SAME TANGIBLE RESULTS FROM THEM**. (And those Supplements were more expensive than Willard's Water is.)

That's when he concluded nobody should ever take supplements without Willard Water... and, almost more importantly, anyone hoping to get the nutrients they need from their food, should certainly be drinking WW to make sure they get all possible benefit from that food. It all makes sense to us laypeople, and apparently to a lot of natural health experts and practitioners familiar with Willard Water who tend to **advise their patients to always use Willard Water to make everything else beneficial work even more effectively for them**.

Dr. Willard said when people took B Vitamins that were normally only assimilated by the body at about 18-20 percent, when those same B Vitamins were taken with a glass of WW, the assimilation increased to 80-85 percent!. Given that, and given the fact that WW is also known to greatly improve digestion so more nutrients are actually assimilated by the body than normal, it seems only logical to believe it's very helpful in getting as much good as possible out of the food we eat and the supplements we take. Some people just think of it as their overall "nutritional boost". Which makes Karl's opinion that a person should never take any supplements without also drinking Willard Water, seem quite reasonable to us.

As always, keep in mind that we are NOT experts and since we have been selling WW for nearly 3 decades we are clearly not a non-biased source. However, I would add that we were just consumers of the product, who saw remarkable benefits in our own health, before we ever got involved in marketing it. But, still we are NOT unbiased sources at this point! ♣