# Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.WillardsWater.com ♦ June, 2013

# Acidity, Your Teeth and You: Reduce Dental & Gum Problems As Well As Your Bill at the Dentist?

By Ben

I've never met a person who looks forward to visiting their dentists, especially if they're a person prone to cavities. Regardless of how nice a person our own dentist may be, they are people we turn to for unpleasant work that may save us from pain but which involves a certain amount of immediate discomfort and expense.

For that matter, it can be difficult to even find a dentist taking new patients: it's a very skilled occupation, and the number of people with dental problems just seems to be growing. Therefore, demand for their services is often stretching supply.

Let's talk about how to save ourselves some of the pain and expense associated with tooth decay and gum disease. What are the causes of tooth decay? Mostly, it's an infestation of bacteria in the mouth. These bacteria feed on what we eat, especially sugars and starches, and their waste products lower the pH of our mouths, making a more acidic environment. This acid proceeds to eat through teeth and inflame tissue.

Obviously, **brushing** and **flossing** are key to scraping away this bacteria, but what can we do about the overall acidity of the mouth? Even with no bacteria, many things we eat, and especially what we drink (soft drinks, beer, milk, wine, juice, even some water), are acids and make the mouth corrosive to your teeth. Once the pH of the mouth falls below 5.5, decay begins as acid rips out minerals from the teeth faster than can be repaired.

A commonly recommended tip to help this is by **eating cheese**, which

has a **two-fold benefit**: chewing it leaves films of calcium on your teeth, helping to protect the enamel on your teeth, but it's also very alkaline, helping to reduce the acidity in the mouth. Eating hard cheeses (e.g., cheddar) after a meal is cavity fighting ritual popular with some. But what about

Willard's Water ("WW")?

Many of our customers consume WW specifically because it **increases the alkalinity of water** greatly. I won't get into the debates about alkalinity and its effects on general health, but I can say that since it's indisputable both that acidity in the mouth damages teeth, and that WW is very alkaline, it should (in theory) follow that WW would work to prevent inflammation and decay in our mouths. Try it. After eating a meal, wash it down with a glass of WW.

Or do as a lot of our customers, and some of us here at NCI do, and use WW when brushing your teeth. Spray some WW on your tooth**paste** once it's on your toothbrush (enough sprays to clearly soak the toothpaste), and then brush your teeth with both. When done with that, spray the toothbrush, this time without toothpaste on it, AND spray the WW onto your teeth (maybe 12 to 20 sprays on brush & your teeth)... brush again, with just the WW. And, finally, some people (including Kolleen here at NCI), spray their teeth one last time with WW and don't brush their teeth, but leave the WW on them.

... it was easy to see how much whiter her teeth became, because of the fact that her natural teeth returned to the same level of whiteness as that of a "fake tooth" she'd had put in back in 1981...

Kolleen says since she has been doing this 3-part routine (WW with the toothpaste, WW by itself, and WW as a final rinse left on the teeth), her teeth have **gotten whiter**.

In Kolleen's case, it was easy to see her teeth were whiter because a "fake tooth" she had put

in back in 1981, had stayed the color it was when it was put in, but her other teeth had become notably darker than the fake one. After using this WW regimen for a while, the difference was reduced to the point that most people can't tell any difference.

Kolleen's far from alone in reporting whiter teeth—just the only person I could easily "interview" who has done this long term.

Although Charlie has used both the **WW** and **Colloidal Silver** when he brushes his teeth for many years now — in similar procedure as described above—and actually saw the gum disease he'd started to develop stop in its tracks. Doesn't mean it would do that for anyone else, but did for him.

What are some other ways to help keep your teeth healthy? Teeth are basically bone, so the nutrients that are necessary for bone health are useful for the teeth and the jaw bones: Calcium, Magnesium, and Vitamin D. People that consume lots of dairy generally have adequate Calcium, but Magnesium is often still too low and virtually everybody is low on Vitamin D.

(Please Turn to "Dental" on Page 2)

# "Dental" Continued from Page 1 —

If your problem is in your gums, you'll want **Vitamin C** to help promote tissue healing and growth as well as cutting down on inflammation, and many say **CoQ-10** is also helpful in tissue healing. Possibly, **Curcumin** (found with CoQ-10 in our **Ener-Cell**) is also a useful anti-inflammatory agent, as are both **Glucosamine** and **MSM** (methylsulfonylmethane).

No matter which of these aids you take, the WW will certainly aid their absorption, and most definitely routinely drinking WW can help neutralize the acid in your mouth.

By the way, besides **Willard's Water**, we also provide the other nutritional items mentioned in this article:

# **Colloidal Silver** — Items:

J-CS32-32 oz Colloidal Silver 20 ppm

J-CS1—8 oz Colloidal Silver 20 ppm

# **Calcium**—Items:

J-25 Calcium Citrate, and J-201 Coral Calcium with Magnesium Powder, and J-203 Coral Calcium with

#### Magnesium in Capsules

# Magnesium —

Item J-54 Magnesium Citrate

# Vitamin D-3 —

J-24 Vitamin D-3, 1,000 IU capsule J-24A Vitamin D-3 5,000 IUcapsule

# **<u>Vitamin C</u>** — Items:

J-68—500 mg tablets J-69 — 1,000 mg Time Release tabs J-71 — Acerola Cherry 60 mg Chewable tablets

# **Co-Q-10** — Items:

J-13— 50 mg Capsules J-23 — 100 mg Softgels

J-135 — Ener-Cell, which is a
Combination product
Containing Alpha Lipoic
Acid, L-Carnitine,
Curcumin & Co-Q-10

# **Curcumin** — Item:

J-135 — Ener Cell (see CoQ10 above)

# **MSM** — Items:

J-92 — MSM 1,000 mg capsules

# J-94 — MSM Blend with Vitamin C

J-99 — MSM Crystals (1 lb. bulk)

J-98 — MSM Glucosamine Blend

#### **Glucosamine** — Items:

J-98 — MSM Glucosamine Blend J-91 — Glucosamine Chondroitin Blend

Wouldn't you love to go to your next dental cleaning and be congratulated on being free of cavities and gingivitis?

We certainly can't say for sure that any of the items listed are guarantees of such an outcome.

But we do know there's reason to believe they might. All I can say is we're sure none of the above could hurt, and may help you reach that goal as others say they've helped them.

As always, we remind you it's never a good idea to try to "self diagnose or self-treat ANY health condition, and that includes your dental health. Be sure you continue to see your dentist regularly... don't think you can just implement ideas mentioned here and forego normal dental care. We personally believe these things can be helpful, as do others who have experienced them, and we certainly know they won't hurt anything, but they are not any substitute for professional care and advice.

# 20\*

# Trivia & Tidbits . . .

- 1. Why do old firehouses have circular staircases?
- 2. Where was the first Neanderthal fossil excavated in 1856??
- 3. What is the standard pitching distance in the game of horseshoes?
- 4. What game is called Trictrac in France?
- 5. What was the name of Popeye's ship?
- 6. What popular U.S. comic strip is called "Radishes" in Denmark?
- 7. Pinocchio had 2 pets—what were they and what were their names?
- 8. How many sides are there to a snow crystal?

## AND THE ANSWER IS...

figured out how to get up straight staircases.

3.40 feet for men/30 feet for women and juniors.
2. In the Felhofer Grotto of Germany's Meander Valley—from which "Meanderthal" came.

J. Because back when horses pulled the fire engines and were kept on ground floor they

4. Backgammon.

5. The Olive, in honor of Popeye's long-time girlfriend.

6. Peanuts.

7. A cat named Figaro, and a goldfish named Cleo.

8. Six..

# ON "THE WEB"! www.willardswater.com

Or

## www.nutritioncoalition.com

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.

# **Reach Us At: 1-800-447-4793** (218-236-9783) **NUTRITION COALITION, INC.**

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# PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

# Pleasant Help for Heart, Weight, Blood Pressure, ADHD, Eczema & Allergies; More?

By Ben

What's this surprisingly pleasant way to garner such benefits? Simple: get yourself a pet. The National Institute of Health recently issued a number of studies on pet owners and health.

**Heart Attacks**: The first study was on people who had heart attacks. They found people who owned dogs were significantly less likely to die of their heart attacks than those who didn't own a dog.

Heart Disease: A study on elderly patients found elderly pet owners were less likely to develop heart disease.

**Exercise & Weight Issues:** Another study by the NIH found that dog owners get more exercise than people who don't own a pet, and are less likely to be obese. It makes sense: dogs need to be walked and taken outside. Not to mention, playing with them is an active thing.

**Blood Pressure & Heart Rates:** A third study by the NIH, done on married pet owners, found that the pet owners had lower average blood pressure and heart rates and dealt with stress better than those who did not.

**Attention Deficit Hyperactivity Disor**der (ADHD) & Autism: Children with ADHD and Autism seem to especially benefit from being exposed to pets.

The ADHD patients benefit from having a routine, simple responsibility to take care of. The Autistic patients found the presence of animals soothing (well, don't we all)?

Eczema & Allergies: Studies have repeatedly found that children living with pets since infancy are less likely to develop eczema and allergies.

Addictions: Many struggling with addiction have found that caring for a pet

helps them develop a new, nonthe stress of life without their habits.

Of course, for many of you, I'm not telling you anything you don't know. Those of us with pets intuitively know how relaxing and reassuring it can be to have help with allergies, skin problems, ara pet around who always accepts you and only wants to love you.

I've had plenty of very close friends, but I think the closeness and relationship with pets is a different kind of closeness — perhaps more unconditional or more consistent — than any between people can ever be.

Cats and dogs are so much more loyal than people. So you don't have to worry about them "un-friending" you either!

# How Did Dogs & Cats & People Meet and Become Friends?

Since the early days of civilization, dogs and cats have had a particularly symbiotic relationship with humanity.

We, in all likelihood, didn't have to try to domesticate them. They followed us. Dogs first, as wolves started following human encampments and eating whatever scraps we left behind.

Cats came after we started farming and having large amounts of grain in storage, which attracted mice. The cats followed the mice, and have been living with us ever since. The dogs and cats get food and shelter, we've received loyal helpers. It's always been a good deal for both the pets and the people.

Which brings me to my point: if you have a pet — and I really believe you should if you like animals at all you likely want to take care of it and make sure it has as long and healthy a life as possible, so you can continue being each other's best friends as long as Journal (which carries no advertising possible.

Enter Willard's Water. We can't even begin to list the number of reports we've received over the years about the

positive impact pet owners have told us substance based routine and to deal with they noted the WW had on their pet cat, or dog, or horse, or fish, or birds, or gerbils, or cattle, or chickens, or youname-it

> We've been told the WW has helped those pets with everything from thritis, cancer, old age, hot spots, injuries, and again you-name-it.

You use it for your animals, the same way you do yourself. Mix it up, and give it to them for their drinking water. You can also put it on or in their food, and use it topically on skin problems, wounds, etc.

If the animal is sick, it's usually given in the same mix as people drink it.. the 1 oz of concentrate to 1 gallon of water ratio. (That works out to 1/2 Teaspoon concentrate to 8-oz of water.)

If your pet is healthy, and you just want to keep it that way, people often dilute the WW even more. As little as 1/3 of an ounce to a gallon is often used. with tangible benefits still noted at that level... nicer and shinier coats, less sickness, etc. And, even at those reduced levels, many (maybe even most) dog owners tell us their dogs will turn their noses up at "regular water" once they've had the Willard's Water... often they absolutely refuse to drink other water. Obviously, the WW is regarded as "way better" by those perceptive dogs!

The specific mixing instructions and the amounts for various animals can be found in our Pets Special Edition https://www.willardswater.com/ newsletters/

SpecialEditionPets09WebVersion.pdf

And for an extremely good article on WW and dogs, see what the Whole Dog and is highly regarded for its non-vested interest judgments) said: https:// www.willardswater.com/ WDJ june06 willard water.pdf

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# Divine Intervention... How Else To Explain It?

By Kolleen Sunde

"It's as clear to me today as it was back in 1978 when it happened. . . I remember the dusty look, the "temporary look"--like those hastily created areas in construction sites when they need a temporary turning lane, or whatever. . . the relaxed Sunday afternoon drive had turned into a nightmare, when that car in the opposite lane on this mountainous 2-lane road had inexplicably pulled out into my lane to pass the car ahead of it, and now found there was no room to get back into his lane

I recognized the hopelessness of the situation--I could either steer the car to the right and into the side of the mountain, since there was no "shoulder", or I could steer to the left and let it drop about 200 feet into the lake

below, since there was no shoulder on that side either--or I could simply wait for the inevitable head-on crash.

As I saw the front bumper of the oncoming car nearly touching ours, I remember screaming in silence "Lord what I need is a clearing". . . and *right after that* is when I saw it--this temporary construction-type site in the side of the mountain. I cranked the wheel and was into the clearing, as the other car sped past. . . no crash, no problem. But when I returned to take another look at that clearing later, I couldn't find it. I looked *many* times. . .

I even asked the Highway Patrol about that construction site and they said there was none--if anyone got into trouble at that particular spot, they said, it "would be all over", since "there's no place to go". But with unseen help there was!

Reprinted from earlier issue. Editor: You're invited to send your own "unexplained help/fork-in-the-road/inspirational stories for this column, anonymously if you choose.



# E-Mails, Mailbag & Phone Calls. .



**Dry Eyes; Rosacea; and Energy!** — "G.S.." told us after reading about WW helping people with **Dry Eye Syndrome**, her husband gave it a try. His Dry Eyes were so bad that his eyes produced such excessive amounts of tears to counter it, that it reached the point he had to quit golfing. The tears just ran down his face so badly there was no way he could golf. Well, she said not only did the WW spraying help all that, it helped FAST. He's back to normal and back to golfing!

And he's not the only happy camper in that household. G.S. herself said that the **Aqua Gel** made from WW, is the only thing she's found to really control her **Rosacea**. She uses it as a face cream at night and though she says it's not a cure, it makes it so it's not even noticeable.

On top of all this, she says since she and her husband

switched from the Clear to the **Ultimate Dark WW** they have much **more energy**... she says she notices she no longer has to drag herself out of bed in the mornings... she's just much more energetic and her husband is too. And they just don't get sick since starting regular use of WW... she says she thinks it must be boosting their immune systems, but neither she nor we are doctors... all we know is it's nice not to get sick!

**Restless Leg Syndrome** — "L.S" from Ohio told us that a friend of hers tipped her off to Willard's Water. L.S. had been having the typical problems with Restless Leg Syndrome making sleep difficult, and her friend gave her some WW and told her to spray it on her legs.. L.S. tried it, and spraying her legs with the regular 1-oz-to-a-gallon mixture took care of her problem! ◆



# **More Product Highlights** & Updates from Charlie

# Common — Rather Than Unusual — User Reports on Their Willard's Water Experiences

from a while back. It lists some of the more common reports on Willard Water use, but those common reports help make it clear why Willard Water still heads many peoples' lists of favorite products. We've had reguests to reprint this article, so here it is:

Not too long ago, we printed up copies of an 8-page compilation a long-time customer of ours had come up with of reported uses of Willard Water that had appeared over the years in this newsletter.

After doing that, we realized that many (most?) of the reports we mention in the newsletter and which therefore appeared in that collection, are the more unusual uses of the product. Therefore, some of the most common uses and benefit reports from customers were not included in it.

Given the often heard request here for "what people tell you most often that they use it for", we decided to try to make up a more "common reports" type list. Keep in mind, none of these user reports prove anything. They are not scientific in any way, simply anecdotal reports, provided as information only on common usage reports.

**Acne**. People spray it on the area, or apply our gel product (current version to use would be the Aqua Gel). Plus, as with all skin conditions, the best reports come from those who drink the Willard Water, as well as using it topically.

#### Acid/Alkaline Balance —

Many natural health experts say most people's systems are much too acid, and people should be more alkaline for better health. See details on this in "pH" on the other side.

**Allergies**. Lots of reports of allergy problems being reduced after people started drinking WW. Sometimes if the allergic reaction is a skin problem, they also spray the water on it, or apply Aqua Gel.

**Arthritis**. This has to be one of the very most common reports. People tell us about long-swollen joints being much less swollen, and sometimes no longer swollen at all. Also stiffness being greatly reduced, or sometimes even gone. Most of these people are drinking the Willard Water. Many peoChinota Gel on the affected areas.

**Asthma**. Again, a very common report. People tell us they drink the Willard Water and over time their asthma gets much better. Fewer attacks and less severe. Some say they notice a difference pretty quickly. and it keeps getting better and better. Others say it's a very subtle change over time.

#### B — Back Pain & Problems

Countless people have told us their various types of back problems and pain have been significantly improved after drinking WW for a while. Some authorities say this may be related to WW's ability to increase nutrient absorption (like calcium), or to its swelling-reducing properties. Most back sufferers don't care, why, they're just happy to report on their improvement!

**Blood sugar**. People with both high and low blood sugar problems have told us their sugar level has improved after making drinking WW (especially the dark WW) a regular part of their lives.

**Bronchitis**. Chronic and otherwise. Numerous reports from people who say they have suffered with bouts of bronchitis for years, and after starting to drink "WW" regularly, their bronchitis problems either seem to come to an end, or come much less often and are much less severe.

**Bursitis**. Some reports over the years of people saying drinking the WW helped; also rubbing Chinota Gel on it.

**C** — **Constipation**. This has to be one of the very most common reports. Sometimes we think nearly everyone in the U.S., and maybe the world, has a problem with constipation, and WW it seems must help nearly all of them who use it. (When we get to "D", you'll see it also seems to help diarrhea.)

**Cold Sores**. This is another common report and another application in which people drink the WW, apply it topically, and use Aqua Gel on the sore.

**Cancer**. We **DON'T** consider WW to be a cancer treatment. But we have very

We're reprinting, in this insert, an article ple also find temporary relief by applying the often heard from people who are taking radiation treatments who say when they sprayed the WW on the radiation sites (or applied the gel — like the Aqua Gel), the burns weren't nearly as bad as without them. Also, those drinking WW have reported far fewer side effects of chemo and radiation than they had when they weren't using it, or than they were told to expect. Natural practitioners treating cancer often tell their patients to drink Willard Water because it will help their natural products work better.

> **Chronic Fatigue**. Numerous user reports saying WW has been a big help.

**D** — **Depression**. People drinking WW have said their depression problems have been reduced. Some experts have said it may have to do with bringing various levels into balance.

**Diabetes**. Most people reporting an improvement in this with WW are drinking the "dark" WW.

**Diarrhea**. People who have suffered with chronic diarrhea for extended periods, sometimes years and years, have said that after drinking WW regularly, the problem is much improved.

**Digestive Problems**. Various types of digestive problems have been said to have improved after regular use of WW.

**E** — **Eczema**. Many reports of improvement after drinking WW and using it topically as a spray or the WW gel (Aqua Gel).

**Eye Problems**. People have reported improvement not only in vision, but in cataracts after drinking the WW regularly, and or using it (the clear WW) as a spray or

**F — Fibromyalgia**. Many users have said their fibromyalgia pain has been reduced following regular drinking of Willard Water, and reports of temporary relief in painful areas by applying Chinota Gel.

Foot Pain/Problems. Oddly enough, we've had a number of reports from people who say that after drinking WW for

some time, their aching feet don't ache as much. Some people have said the **Ultimate Dark** water had more effect than the Clear water. One natural health practitioner said this would likely be due to the minerals in the water, even as low a concentration as they are, because minerals help the muscles in the feet not to contract as much from foot problems, and therefore pain would be reduced. (Also speculation has been that WW minerals are absorbed extremely well.)

**G** — **Gout**. A very common report is **Ultimate Dark** WW reducing the pain and frequency of bouts of gout. Both drinking it, and soaking the affected area in it.

**Gum Disease**. Some reports of improvement when WW and colloidal silver are used together while brushing one's teeth.

**H — Hemorrhoids**. Countless reports of relief by spraying the water on; soaking in a bathtub with a couple cups of the "mixed-up-gallon" solution added to the bath water, or by applying Aqua Gel.

**High Blood Pressure**. Many reports of blood pressure coming down after regular drinking of WW, though it certainly won't help everyone's. If on medication for high blood pressure, be sure to keep monitoring it because if your pressure comes down, the medication will keep pushing it further down, and it could go too low!

**I — Immune System**. Many people report their immune system seems to function much better, and they get far fewer colds, flu, etc. *Caution: People who have had organ transplants should not drink WW, in our opinion, since it does seem to boost the immune system, and they need to suppress their immune systems.* 

**J — Joint pain & stiffness**. Very common to hear problems like this reduced after regular drinking of WW. Also, topical application of the Chinota Gel provides more immediate, (but more temporary) relief.

**K — Kidney problems**. Numerous reports of improvement with regular drinking of Willard Water.

**Kinesiology**. Just of interest that we've been told by some kinesiologists and chiropractors who use kinesiology that they've never found anyone who didn't test positive for Willard Water.

**L — Lactose intolerance**. Reports of reduced problems with milk, and ice cream, after regular drinking of WW

### **M** — Migraine Headaches.

Many reports of reduced number of headaches & severity after regular WW drinking.

# Menopausal Symptoms.

Many reports of reduced problems with regular drinking of WW.

**Mood Swings**. Numerous reports of improvement with regular WW drinking.

### Muscle spasms and pain.

Lots of reports of improvement with regular drinking of WW, and more immediate temporary relief with use of Chinota Gel.

**N — Nervousness/Nervous Stomach/Nervous Eating**. Reports of improvement in all these with regular drinking of WW.

# O — Oxygen Level Increase.

Some experts have said WW raises the oxygen level in one's blood after drinking it.

**P**— **Pain**. Many reports of reduced pain when drinking it, or from topical use of the water, or the gel (Aqua Gel, or for more severe pain, Chinota Gel).

**Panic Attacks**. Some speculate the nutritional balance believed to be associated with WW is what results in users saying their panic attacks reduce after drinking it regularly.

**PH**. Countless people have told us they have seen their pH go from acidic to alkaline with regular Willard Water use. Many natural health experts consider this an extremely positive result since being in an acid state is said to be an environment faother hand, survive in an alkaline environment. This discovery is the reason for the arrival of many different products on the market designed to "raise the pH of water, and therefore of one's body". We don't know of any such devices or products that change the pH of water to alkaline and keep it there permanently, other than the Willard Water, which does retain its higher pH permanently (along with all its other characteristics that are also permanent). Most "pH raising" devices hold the higher pH only for anywhere from a number of hours to a number of days. WW is the ONLY permanent solution to pH.

**PMS**. Many reports of reduced problems with regular WW drinking.

**Poison Lvy**. Spraying the site with WW or applying Aqua Gel has been said to provide a lot of relief.

**Psoriasis**. Many reports of relief—the best ones from those who were drinking WW as well as applying it topically (or the Aqua Gel topically).

**Q — Quick**. Lots of people do say "Quick, get the water, or Aqua Gel or Chinota Gel for quick relief" of all kinds of things.

**R** — **Rash**. Whatever kind of rash, WW used topically, or by drinking, seems to help. Also Aqua Gel use.

### S — Sinus Headaches/

**Problems**. Lots of people have reported more relief than in years after drinking WW regularly.

**Sleep**. Countless users have said their sleep has improved with regular WW drinking—some drink before bed, those who get too much energy from it drink it earlier.

**Sunburns**. Spraying the burn with WW or using Aqua Gel has impressed <u>many</u> people.

**T — Tired eyes**. Some spray their eyes with (clear) WW and report relief.

**U** — **Ulcers, Digestive**. Many reports of help after drinking WW regularly.

**Ulcers, Skin or Leg**. Many reports of improvement with topical use, and regular drinking of WW.

#### **Urinary Tract Infections**.

A number of reports of help when drinking WW regularly, and also when combined with other treatments (mainstream or alternative).

vored by many diseases which cannot, on the other hand, survive in an alkaline environment. This discovery is the reason for the arrival of many different products on the market designed to "raise the pH of water,"

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**W — Wrinkles**. Many, many, many, reports of less noticeable wrinkles with regular spraying of the face with WW, and drinking WW.

**X — X for Unknown**. Numerous reports of WW helping a skin or other condition, which had defied diagnosis.

**Y** — **Yeast Infections**. Improvements reported with regular WW drinking.

**Z — Zinc** & other Mineral absorption increased with regular WW drinking.

Again, these <u>don't prove anything</u>, but are interesting common reports on WW!