Possibilities

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Worth Your Time: Check Out the One Part of Food Labels that Can't Lie to You!

By Ben

When shopping for food, it's easy to get lost in all the packaging, the advertisements, the bold claims made about a given food. Every food is marketed with words that sound important or healthy, some of which actually mean something of value ("organic"), and others mean virtually nothing. For instance, even a pack of Twizzlers licorice broadcasts that it's a "low fat snack!"

So how do you keep track of all the claims being made and the images being cultivated by advertisements? It's a task so daunting that the U.S. government has required food companies to provide you with an easy out: the nutritional label.

Now, I'm afraid that even talking about this might seem insulting to a great many of your intelligences, but it perpetually amazes me how many really smart, generally well-educated (even nutritionally) people never look at this information. Which is a shame, because this is literally the one place on the package where lies aren't allowed. Do they allow rounding? Yes. Are the portion sizes often laughably small? Of course. But they can't invent anything here, or tell you that something is "good" for you. They can only list the facts of what's in the food.

So what do I look for? To an extent, this will be a recap of my nutritional philosophy, as outlined by previous articles, but it'll serve as a reminder.

◆ **Serving Size & Calories Per Serving:** This is the big one. Whether you're trying to lose weight, maintain weight, or gain weight (like me!), you need some idea of how many you're taking in. Most people who've never tried reading labels are stunned at just how many calories are in their favorite foods. Now, not everybody counts calories, but I would suggest everybody at least look at this. Most diets ultimately work by calorie restriction, regardless of whether or not that's the conscious limitation.

◆ **Calories From Fat**: This is a legacy of questionable science. Companies have to list this separately, but, as I've written at length before, the science on fat being bad for health was always highly debatable at best, and now seems destined to be forgotten. Thank God. Yes, I'm trying to not be biased, but some things are impossible for me to stay objective on. But I'll always acknowledge my biases.

◆ **Total Fat**: This, however, is a more useful factoid, simply because it helps determine what your food is made of. Honestly, in conjunction with the above, it is useful, but I just hate how separating the fat calories carries an implication that fat is something to be singled out as a problem. DO look out for the "Trans Fat" category, which is being phased out by most companies and many are pushing to have completely banned from food… probably because Trans Fat actually IS awful.

◆ **Cholesterol**: Much like the singling out of fat, cholesterol has received a lot of negative attention, much of it not particularly deserved — or not deserved at all depending on how strong your stand is on this particular issue. However, it's worth mentioning, from what I've read, that while dietary cholesterol doesn't affect many people's blood cholesterol, and is therefore of minimal health impact, it definitely affects some people's. It appears to be largely genetic. On that note, some people are very prone to always having high cholesterol, owing to their liver producing very large amounts (most cholesterol in everybody is produced by that organ), and diet has little impact on that. So this is one place where you're going to have to make up your own mind, and perhaps try minimizing cholesterol in your diet for a time to see if you feel any different, or have a change in your "numbers". As always, I'm not a doctor, but on all health questions, consult your doctor.

◆ **Sodium**: Another questionable holdover, but at least this one has an element of truth to the concern about it. People with heart failure, sodium-sensitive hypertension or kidney disease absolutely must watch sodium intake. For most other people, salt is just a zero-calorie way to enhance food flavor and to preserve it longer without the use of chemicals. As I've said before, Sodium fear is the mainstream's version of cautioning away from gluten: some people (like me!) can't handle gluten, so some of our compatriots in the alternative world consider it bad for everybody (and maybe justifiably). Largely, a similar bias seems to have prevailed with Sodium.

◆ **Total Carbohydrates**: Now we're getting into the interesting information, and controversial. Many people are nowadays opposed to carbohydrates in any quantity, so this bit is very important. Most low-carb diets necessitate 100 grams or fewer (often much fewer) carbohydrates per day, and you'll be shocked at how quickly those add up. This field is broken down into Fibers and Sugars. Almost nobody objects to Fiber calories, but Sugar gets many hot and bothered. Me, I find them very useful (they're a very important fuel for muscles, though not strictly necessary), BUT only when taken in conjunction with ample Protein and Fat, which slows the absorption of those Sugar calories, thereby reducing the blood sugar spike and mitigating the inevitable crash that comes when your pancreas releases insulin to get that under control.

One rule of thumb for determining how many of the carbs listed on the label "actually count" in low-carb diet programs like Atkins, for instance, is to deduct the amount of Fiber from the amount of Total carbs and the answer is the "actual amount" to count in that program's daily carb count.

Another way some programs suggest to look at carbs, is to deduct the amount of

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Fiber from the Total Carbs listed, as in Atkins, but then divide the Total remaining carbs by 5 — and that result is the number of TEASPOONS of sugar in the item you're evaluating and considering eating. Perhaps one benefit of that process is that the mental image of ingesting 2, 3, 9, etc TEASPOONS of sugar is enough to quench many people's appetites for the food they are evaluating!

◆ **Protein**: This is the second biggest item I look at. Protein needs will vary depending on personal health goals, age, and sex, and some people (chiefly those with kidney disease) need to watch protein intake. In addition, some health writers (who aren't me) believe excess protein is a bad thing. As I've written about at length, I tend to be of the view that the best way to lose weight, rather than demonizing carbs, is to just focus on getting more protein. Protein is usually paired with fat, and seldom with much in the way of carbs, so carbs will largely reduce themselves when you simply "fill up" on more protein.

◆ **Micronutrients**: Here's where every chart is different. Every company lists different things on each different food, and typically they only list what they want to brag about. So, for instance, you'll see fruit snacks listing Vitamin C.

This is also where the need for supplements often becomes obvious when you think about it: there are an awful lot of micronutrients, from vitamins, to trace elements like zinc, selenium, molybdenum, etc., which are nutrients we need. But I'm sure most of you have no idea what foods contain those in significant amounts. I don't, so I'm impressed with anybody that can tell me how much selenium is in an egg, or iodine in a particular fish.

There are an awful lot of essential micronutrients, many of which won't be listed on any particular package, and keeping track of them is a nightmare. Particularly if you're paying attention to any of the big factors I discussed above, like calories. Making sure you get enough magnesium, while not going over what calorie cap you've set for yourself, is a challenge.

And this is where supplements come in: they're overwhelmingly zero-calorie, and they're a great way to make sure all your bases are covered, because just keeping track of calories, protein, carbs and fat is more work than most people ever want to do. Would you rather take three pills of Multi-Vim (J-56) a day, or try to make sure you get all those scores of nutrients in through food? I know which I prefer.

Those are the big things listed on the labels. Next is the **ingredient listing**, which is, again, a place where they can't lie to you. If it's in the food, it has to be listed.

This is also where you find out if a food is safe to eat if you're trying to avoid ingredients, and often they'll have an allergen listing at the end, but, to my surprise, I've found companies often list warnings about allergens that aren't strictly necessary. For instance, most will say "CONTAINS SOY" in big, bold letters after the ingredient listing, and it'll be true, but often in forms that matter little for somebody avoiding soy (like me). In particular, soy lecithin (an emulsifier) and soybean oil or soy sauce are often in many foods, so manufacturers warn about soy, but, based on my reading, none of these are likely to trigger allergies. Allergies are usually to the proteins in an allergen, and those three things no longer have the protein. This is the type of thing that you'll need to read about on your own based on what you're avoiding, but I thought it bore mentioning.

One thing you **can't count on finding from these listings is whether or not the ingredients are genetically modified**, though a surprising number of manufacturers now volunteer the information, even when it IS GMO-based. It used to be only foods that were GMO-free mentioned it, because, much like micronutrients, they usually only list what they can brag about.

So that's my brief rundown of what to look for on nutritional facts labels. When I'm shopping, I never read a word on the front of the package, other than those that describe what it is, like "cookies" or "ham." I go right to the label. Because, as I said, this is the only place where you can get just the facts on what you're about to buy. Give it a try. I guarantee you'll be surprised by how horrible certain foods are you've always thought were "healthy" in terms of one or more of these categories, and how "not that bad" some things you've always thought of as poison, actually are, by these categories. Happy hunting! ♦

Trivia & Tidbits . . .

1. British seaman James Bartley survived what whale hunting in 1891?
2. What was the symbolism in flying a flag at half-mast for mourning when first introduced at sea in the seventeenth century?
3. In what order do most pigs move their legs when walking normally?
4. Mickey Mantle wore number 7 throughout most of his career with the New York Yankees. What number did he wear as a rookie?
5. Alexandra Ripley, the author of the sequel to *Gone With The Wind* was paid a $4.94 million advance; what was Margaret Mitchell's advance for original?
6. Which European nation consumes the most spicy Mexican food?
7. How many feet long is the trunk of the average full-grown elephant?

AND THE ANSWER IS...

1. He was swallowed alive by a whale and spent two days in its stomach and lived another 35 years to tell about it.
2. The top of the mast was left empty for the invisible flag of death.
3. Left front foot first, then right rear foot, right front foot, left rear foot.
4. Number 6.
5. Five Hundred Dollars.
6. Norway.
7. Eight feet.

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NUTRITION COALITION, INC.
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WillardsWater.com or NutritionCoalition.com

PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

Guess What's the Biggest Help for Your Kidneys?

By Ben

Recently, I was doing some research, digging through dozens of websites and references looking into things that could improve kidney function, as I've recently become very enamored of taking care of the kidneys: they are, after all, responsible for filtering out toxins from your body.

It was a frustrating research project, because what I found was: there isn't much that actually helps the kidneys.

There are herbs to help with urinary tract infections, and some that can help prevent or break down kidney stones (all very worthwhile things, by the way).

Cranberries seem to do both of the above — help with urinary tract infections (UTI's), and also in preventing or breaking down kidney stones. Cranberries may also possibly aid the functioning of the kidneys. Our very own **Uro-Fit** by Daily Manufacturing (Item No. J-396)has everything I found reliable evidence of for doing those things.

But, for the most part, there isn't really much of anything you can take to supplement your kidneys and reduce stress on them.

As you can imagine, this is deeply frustrating for a supplement believer such as myself. An organ that you can't take an herb to reduce stress on seemed unthinkable to me. Then I realized it made some sense that the kidneys would be so particular: everything you take in has to be screened by them. Therefore, most things are just going to add some amount of stress to those very important kidneys.

I did, however, find one seemingly surefire way to improve the function of the kidneys and reduce stress on them… water. Lots of water. The more water you drink, the more the kidneys can toss out toxins into it. Since our chief product is Willard's Water — a more effective version of water — I found this to be a great relief. If more water is good for your kidneys, then, presumably, more Willard's Water must be even better, as it seems to help the body detoxify in the first place.

This got me thinking about a different aspect altogether: occasionally, very thoughtful customers will bring up the question of "couldn't it be that the benefits of WW are mostly in the fact that it gets people drinking water?" This is an interesting point.

Most people don't often drink straight water. They drink soda, or alcoholic drinks, or coffee, or milk, or juice. All of these things contain water (the most necessary substance on Earth), but they also contain other compounds that can have all sorts of negative effects on one's health, thereby diminishing some of the benefit of the water they get.

All of these compounds have to be screened by the kidneys, but even more than that, constant consumption will usually have some negative impact on your health, if not your waistline (not many of the alternatives are calorie-free).

Water is the only thing you actually need to hydrate with, there's very little to screen (whatever minerals and salts are in it, mostly), and there's no drawback. No calories, no effects of constant caffeine intake, no increased risk of diabetes from sugar, no toxicity from alcohol, no fat gain. Just refreshment, and hydration.

So oftentimes, people do feel better when they start drinking water consistently. But what about plants and animals? They're almost always fed a steady diet of plain old water. So why do plants tend to do better… producing greater yield of vegetables or corn or whatever when given Willard's Water? Why do animals seem to age more gracefully, and if they're already dealing with health issues when they start on WW, see those issues reduce or depart?

Furthermore, regular water isn't an antioxidant and doesn't increase absorption of nutrients. Willard's Water does. So, my best health advice to everybody I know is: drink water. As much as you thirst for.

But why not make your water Willard's? At a price as low as 29 cents per day, it's a fraction of the cost of a cup of coffee. And surely a very worthwhile helper for your essential kidneys.

Ways to Drink — or Eat — WW

By Ben

In the story to the left of this I mentioned drinking water.. Lots of water, and if you do, making it Willard's Water. If you're reading this, I'm sure you already know about Willard's Water's numerous health benefits (and that it's a better tasting water to boot). What you may not know or have thought about is that Willard's Water is great for things beyond just drinking the diluted solution. There are more ways to "get WW into you" than just drinking it.

Back when I still drank sugary things constantly, I would always mix my Kool-Aid or Lemonade with Willard's Water. This is a great way to get children to drink it, who might otherwise be put off by the color of the mixed product or who hem & haw at the idea of drinking something that isn't sweet.

But perhaps your tastes are more adult. Are you a coffee drinker? Thankfully, the concentrate is incredibly heat stable and can survive being boiled in your coffee maker. Many think that the resulting coffee is much smoother and less acidic than what they formerly made for themselves, and easier on their stomachs as a result.

Similarly, the CAW micelle ((the active ingredient in WW) is very resistant to damage from cold, and making ice cubes with it isn't a half bad idea. Pretty much anytime you're adding water to anything, Willard's Water will probably offer some benefit, or at least do no harm. Making a protein shake? Add Willard's.

Let's talk beyond just drinks. What about baking? You usually use water for that. Many report that their bread comes out lighter and better tasting when the water they use has the concentrate added. And it, and other baked goods made with WW, stay fresh longer and have a "fuller flavor".. Not a different taste just fuller. Ditto for everything from white sauce, to your favorite cake, cookies, and more… WW doesn't change the taste it just enhances it, while, as I said, keeping all those goodies fresh longer. Ditto for salads.. People tell us the items in their salads stay fresh longer, if they wash them in WW, and/or spray the salad with WW after making it.

Truly, the uses for WW are endless. It does what water does. Only better.

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Divine Intervention... How Else To Explain It?

"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 we went back to take another look at that clearing later, we couldn't find it… and we 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 by request from earlier issue. Editor: You're invited to send your own "unexplained help/ fork-in-the-road/inspirational stories for this column,

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

Why Shouldn't the French Be Healthy?

By Ben

As we've pointed out before, much has been made of the alleged "French Paradox." If you haven't heard of it, I'll summarize: the French eat far and away more saturated fat of animal origin (butter, whole milk, goose liver, pork, eggs, etc) than Americans do. This should result in a higher rate of heart disease in the French, but it's lower.

Why is this? Much has been made for the last twenty years that the French drink lots of red wine, often a glass with each meal, and that this may indicate a coronary benefit to red wines. One hypothesized benefit from red wine is that it contains minute amounts of Resveratrol, a compound that itself seems to have some benefit for the heart. However, red wine contains so little of it that there couldn't possibly be a significant benefit: many commercially available formulations of Resveratrol contain the equivalent of several dozen bottles in each pill, if not more so.
Another possible benefit of the wine is that alcohol reduces blood pressure (though chronic, heavy consumption will often cause high blood pressure). If you do not wish to drink alcohol, this same effect can likely be arrived at with many supplements: Magnesium, L-Arginine (found in Vitality 4 Men), Vinpocetine, Ginkgo Biloba, and, of course, Fish Oil.

Overall, the evidence for wine's protective effects seems to be that it has a mild effect, at best, and does carry a risk of physiological addiction in many people. So what else could account for the seeming paradox?

What if the issue wasn't that the French were healthy in spite of eating saturated fats (chiefly of animal origin), but they were healthy because of eating saturated fats instead of the fats consumed in America (chiefly from vegetable oils)? Perhaps the theory was flawed in the first place?

An article back on March 17th, 2014, in the New York Times seemed to point strongly to this. In the article, they discuss, at length, the findings of one of the most extensive studies ever done on fat intake and heart disease. The results of this research fly largely in the face of what mainstream health authorities have supported for the past fifty years in America. Chiefly, that high intake of saturated fat doesn't seem to increase heart disease and stroke risk, and that consumption of unsaturated fats doesn't decrease those risks.

Both are contrary to what's been standard wisdom in America, but confirmatory of what certain lone voices in the wilderness of alternative health (including us) have long argued and believed.

Of particular interest is that the research points the finger of mortality more at carbohydrates, in particular sugar, more than anything else. Saturated fat raises Low Density Lipoprotein, or "bad cholesterol" levels, which is why it's been traditionally demonized, but also raises HDL ("good" cholesterol) levels, making it appear to be somewhat of a wash, especially since the LDL raised is usually of a fluffier, less dense variety (pattern A) than the smaller, denser subtype of LDL (pattern B). Pattern B LDL is raised predominantly by sugars and excess carbohydrates, NOT by fat.

It's worth noting that the researchers interviewed who were flummoxed by the finding that saturated fat doesn't increase risk and unsaturated fat doesn't seem to decrease risk defended their views by observing that people who avoid saturated fat are more likely to eat excess carbohydrates, which, as indicated above, increase the very worst form of cholesterol. In other words: if you're avoiding saturated fat, you're probably eating excess carbs, so any good you might get from cutting saturated fat is immediately undone by the fact that you have to eat something other than olive oil, coconuts and avocado, and that something is likely going to do damage of its own.

Furthermore on the issue of all this discussion of fats, our understanding of the complementary and distinct roles Omega 6 and Omega 3 fatty acids play in terms of inflammation and chronic health issues (including cardiac health) continues to expand daily. It's worth noting that, while Omega 3 fatty acids are most famously found in high concentrations in fish, they're also found (at lower concentrations) in most animal products: meat, milk, and cheese, especially from grass-fed (versus grain-fed) cows. Omega 6 acids, of course, are found in highest concentration in vegetable oils, which are usually substituted for butter or lard in cooking, thus destroying any semblance of balance between the fatty acids, allowing Omega 6 acids to cause inflammation.

Unfortunately, I must note that the same group of studies I quoted above found "no effect" regarding the effect of fish oil supplementation in treating heart disease (when they looked at the sub-populations that were supplementing), which the researchers themselves noted may in fact just mean that it's an ineffective treatment, but held out hope that fish oil might help prevent it. The difficulty they had in evaluating preventative benefit was that most people taking fish oil for their hearts already have cardiac problems, at which point the benefit of fish oil may just not be enough to fix it. I would also argue that the real problem with virtually all research on fish oil supplementation is simple: the studies are very poor at making sure people are taking effective doses.

Fish oil is not something that can fix a major heart issue with one pill a day; the problem is math. If you eat 40 grams of Omega 6 fatty acids per day (which are inflammatory), and you pop one 1.5 gram fish oil capsule a day, how can you expect a miracle cure when the problem in the first place was that your ratios were highly skewed in favor of Omega 6? If it takes one gallon of water to put out a three foot flame, do you continue to use one gallon for a thirty foot flame? Fish oil is part of balancing inflammatory and anti-inflammatory nutrients. Which, unfortunately, means you should ideally take a LOT of Omega 3 fatty acids per day (I personally take 4 capsules of Fish Oil and 4 capsules of Flaxseed Oil everyday). This type of methodological error regarding supplementation is a constant. I realize that this sounds like I'm simultaneously praising and damning the same research, but it's not really that: it appears the supplementation research was mostly an afterthought to the researchers, considering they themselves acknowledged flaws in that part of their research.

To bring this back to our initial subject: taken altogether, it would appear that the French paradox appears to be paradoxical only because our worldview is itself wrong. Like, calling it a "Columbus Paradox" when a certain explorer didn't fall off the edge of the Earth believed to be flat* would be wrong since the world being flat was a wrong assumption. Often, the things that fly in the face of what you believe contain the deepest truths of all.

*Hardly anybody at the time of Columbus actually thought the Earth was flat, but that doesn't make the metaphor any less valid. ♦

Acidity, Your Teeth & You: Lower Your Dental Bill?

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, we turn to them 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 toothpaste 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.**

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 one I could easily interview who's done it 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.

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).

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 20ppm
J-CS1—8 oz Colloidal Silver 20 ppm

Calcium—Items:
J-25 Calcium Citrate, and
J-203 Coral Calcium & Magnesium

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

Vitamin C — 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 — a combo of Alpha Lipoic Acid, L-Carnitine, Cur cumin & 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 check-up and be congratulated for great teeth? We don't know these will do that, but we're sure they won't hurt! ♦