

# POSSIBILITIES. ♦ ♦ ♦

From NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 (218-236-9783) ♦ www.willardswater.com ♦ June/July, 2006

## Natural Help Reported for ADHD and Autism

In a randomized, double-blind placebo-controlled study, researchers from Germany found a plant extract from the French maritime pine tree (an antioxidant called Pycnogenol) significantly reduces Attention Deficit/Hyperactivity Disorder (ADHD) symptoms in children when used daily for one month. It improved attention, concentration, and motor-visual coordination in the children with ADHD.

"These findings are especially notable for parents who are concerned about over-medicating children diagnosed with ADHD. Many families are seeking natural options to avoid the potentially dangerous side effects of prescription drugs," said senior study author Peter Rohdewald, Ph.D., at the University of Munster in Germany.

Study participants underwent a basic psychiatric examination by teachers and parent one month after the study began and one month after the end of the study. Results revealed a decrease in hyperactivity compared to psychiatric examination scores at the start of the study. Participants who took a placebo showed no significant improvement in these scores. The researchers

also found one month after the treatment ended, symptoms returned to their levels as measured before the study started in the Pycnogenol group.

The investigators say these results strongly suggest the antioxidant's effect on reducing ADHD symptoms. They reported, "The results of this study show Pycnogenol may serve as a safe effective treatment for children diagnosed with ADHD."

Editor: We carry this antioxidant in two different forms. One is Item No. **PY-3** which is a combination of **Grape Seed & Pinebark Extracts**—this is the original product developed by Professor Masquelier (OPC-85). Both grape seed and pine bark are very rich in OPC but have other phytochemicals that distinguish them from each other and may offer benefits in addition to the OPC. Our other version is Item No. **PY-4, Grape Seed Antioxidant**. Most customers, and many natural health experts, have come to believe PY-4 is preferable, and it is the only one currently listed on our order form (both are on our web site). You can order the PY-3 by writing it in on your

order form.

In another development, there is a product called **Natural Cellular Defense (NCD)** which has many reported benefits, but one that caught our attention recently is its reported benefits on autism. A medical doctor reported the benefits after using it on 40 different children with autism and seeing quite significant improvement in them.

We were told of this by a friend who has a grandson with autism who began taking this product about 3 or 4 months ago and has made tremendous improvement—from not talking at all and running away from people, to running toward people to greet them and mastering quite a number of words and phrases, even pointing to animal pictures and naming the animals.

The product is made from zeolite and is in a liquid form. Normal daily intake is 3 drops three times a day. (Some start with more and then reduce it.) It isn't on our order form or web site yet, just ask us for it by phone, on your order form, or your online form (in "Additional Comments"). Ask for "NCD" — it's \$49.95 a bottle, which is a month's supply for most users. ♦

## Fibromyalgia Treatment

A Mayo Clinic study found acupuncture can help ease the painful symptoms associated with fibromyalgia.

Fibromyalgia is a chronic musculoskeletal condition characterized by fatigue, stiffness in the joints, and sleep problems.

The study compared outcomes among 25 patients who received active acupuncture and 25 similar patients who received a simulated acupuncture treatment (as a placebo group).

All patients were assessed for symptoms using the standard Fibromyalgia Impact Questionnaire (FIQ) both before receiving the treatment and then

again one month and seven months later. Results were most significant from the symptoms of fatigue and anxiety.

Neither group of patients knew which treatment they were getting.

The study authors said the acupuncture reduced the FIQ scores by seven points.

The benefit seen with acupuncture also mirrored benefits derived from treatment with antidepressants, acetaminophen, and other drugs, according to the researchers.

The study was published in *Mayo Clinic Proceedings*, 2006; 81:749-757. ♦

## Folic Acid Prevents Cancer?

... that's what Italian researchers concluded in a recent study. They used it on 43 patients with untreated pre-cancerous lesions in their throats, giving them five milligrams of folic acid three times a day for six months. At the end of the study, 28% (12 patients) no longer had precancerous lesions, and 19 of the patients had their lesions reduced to half the size or less than at the beginning of the study. Another 12 patients had no change in the size of the lesion.

The researchers say the results suggest folic acid, either alone or with other cancer-preventing drugs, could prevent cancer from forming in patients with pre-cancerous lesions of the larynx.

Folic acid supplements are a form of the water-soluble B vitamin called Folate. This vitamin is found in fruits and vegetables. It is one of the most commonly reported vitamin deficiencies in the U.S. population. Previous studies revealed smokers with high folate intake have a lower risk of developing lung cancer than those without high folate intake.

Numerous studies have reported that folic acid supplementation in pregnant women has been found to reduce birth defects.

Editor: We provide **Folic Acid** in **Item No. J-113** (800 mcg tablets). It is also present in lesser amounts in **Item J-2 Activated B Complex** and in **Item J-56 Multi-Vim**. ♦

## Mineral May Boost Your Memory

It's been reported that as many as half of all Americans don't get the recommended daily amount of magnesium (400 mg). Magnesium helps build strong bones, make proteins, release energy that is stored in muscles and regulate body temperature. Also, researchers found that helping maintain memory function in middle age and beyond may also be another of magnesium's benefits.

Magnesium, a trace mineral, can be found in dark green, leafy vegetables.

Researchers have reported that not getting the optimal daily amount of magnesium can be associated with:

- ◆ Allergies
- ◆ Asthma
- ◆ Attention Deficit Disorder (ADD)
- ◆ Anxiety
- ◆ Heart disease
- ◆ Muscle cramps

But studies have also found magnesium is also important in synaptic function, which is associated with the connections among brain cells. Researchers discovered that sustaining a proper amount of magnesium in the cerebrospinal fluid is crucial for maintaining plasticity of synapses, and plasticity (the ability to change) is vital to the brain's ability to learn and remember. Therefore, a loss of plasticity in the area of the brain where short-term memories are stored, may be

one of the reasons for the development of forgetfulness which is common as people age.

It's also been concluded that magnesium may improve cognitive function due to its role in neurotransmitter activity in our bodies. The study was reported in Medical News Today, December 1, 2004.

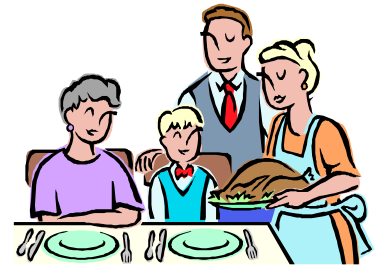
Editor: We provide **Magnesium** in our **Item No. J-54**. This is magnesium citrate, the form of magnesium most easily absorbed by most people. It comes to us from Daily Mfg., the company known to our long-term customers as having extremely high quality standards, and which is also known for its integrity and ethics — never exaggerating the amount of any ingredients in any of its products (even though allowed by law), and never stockpiling ingredients to cut costs, but then winding up with old ingredients going into their products. If it comes from Daily's, it's fresh, in easily assimilated forms, in high quality vegetarian capsules, and it is what it says it is.

Maybe those are some of the reason customers often say the products they get from us that come from Daily's work so much better than other brands of the same product they've tried before. ♦

**Customers say this brand works better than others they've had...**

## The Importance of the Family Dinner...

that was the topic of a 2005 study from the National Center on Addiction and Substance Abuse (CASA) at Columbia University. After nearly 10 years of gathering data, researchers found that family dinners get better with practice. Or so it seems, since among families that don't eat together often, the food tends to be less healthy, the conversation more sparse and the TV on more of the time.



The study found that among families who do eat together regularly:

- ◆ They tend to spend more time reading for pleasure and on homework
- ◆ They experience less tension among family members
- ◆ Children are more likely to feel their parents are proud of them
- ◆ Children are 40% more likely to get mainly A's and B's in school

Although it may seem like everyone is busier than ever, the study found that 23% more adolescents are eating dinner with their families on most nights than they did in 1998.

And, interestingly, the study found that teens who ate with their family three times or less each week, wished their family ate together more often. This study was reported on in Time Magazine's June 4, 2006, issue.

Editor: Doesn't it seem sad that it takes a study to remind us of the importance of the family dinner? ♦

## Trivia & Tidbits . . .

1. What's the origin of the phrase "United we stand, divided we fall"?
2. What American baseball team introduced the "high five" and when?
3. What life-saving device was built with 2 vacuum cleaners at Harvard in 1927?
4. What singing commercial became a Top 10 hit in 1972?
5. Where in the world is Spa, the resort that gave its name to mineral springs everywhere?
6. What does a mellivorous bird eat?
7. What is the main food of mosquitoes?
8. In what direction do most cyclones whirl?

1. Aesop's Fables, from "The Four Oxen and the Lion" written in the 6th Century B.C.
2. Los Angeles Dodgers. Outfielder Glenn Burke is credited with starting it in 1977.
3. The iron lung, built by Philip Drinker & Louis Agassiz Shaw.
4. The New Seekers' "I'd Love to Teach the World to Sing" originally a Coca-Cola ad.
- 5 In Belgium.
6. Honey. Mell comes from a Greek word for "honey".
7. Nectar from flowers, not our blood. Blood lost to them—females only—is needed for protein to help them lay their eggs.
8. Clockwise in the Southern Hemisphere; counterclockwise in the Northern.

## ON "THE WEB"!

[www.willardswater.com](http://www.willardswater.com)

(Note: "willardswater" is all one word, all lower case with an "s" between "willard" and "water"—that's how people usually ask for it!) *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

### It took body aches and a 102.7 temp to remind her of this old favorite! Also: Back Pain Relief!

Taking things that work well for granted is easy to do... after all, once a problem is gone, most of us forget we ever had it, until and unless someone or something reminds us of it. It was **body aches and fever** that reminded "E.R." of the product she'd run out of and hadn't reordered.

Here's what she told us in a recent email after getting re-supplied with our **Alpha-Whey Colostrum Plus** (Item H-2):

"Thank you! After all these years of taking Colostrum Plus every morning before breakfast, I started taking it for granted. I ran out... and actually got sick, **achy all over with a fever of 102.7**. I called you to reorder on Friday, my order arrived on Saturday! Now that is what I call service up and beyond anything I've ever seen. I began taking a tablespoon right then and continued that evening and the next morning, Father's Day. I felt better and was even able to go ahead with our Father's Day cookout. Thank you so very much."

We're even surprised that she got that package that fast—we shipped it the day she called but even Priority Mail doesn't usually get from Fargo to Delaware that fast! Must have had some extra help from somewhere!

And, frankly, we're not even surprised to hear how fast E.R. got relief. We've seen episodes like that in our own family, and heard about similar cases from lots of customers over the years—where someone takes a very large amount of the colostrum when feeling really rotten and seeing their "rotten-ness" reduce greatly MUCH faster than anyone would expect. And we've heard from LOTS of people who say that as long as they keep taking a small amount every day, they just don't seem to get the **flu, or sore throats, or colds, or whatever**, like they "always used to".

We've been using our liquid colostrum ourselves, and providing it to others, since 1983, and we're convinced of the benefits we've seen ourselves.

And it's not just for colds, flu, etc. People have used it on skin problems, or

cuts, or other topical problems. They've also used it in any situation where it would seem beneficial to give their **immune systems some extra help**. Whether for **allergies, stomach ulcers, various diseases, etc.**

There are lots of companies selling colostrum now. It became "the big new thing" in natural health about 7 or 8 years ago (that's about 18 or 19 years after we started telling people about it!). We know there are some quality colostrum products out there. We also know some of them aren't—we had a number of them tested when various companies were approaching us to sell their colostrum products. Based on the lab reports we can tell you this: some were pretty good, some weren't so good, one didn't have ANY colostrum in it at all!, but NONE were as good as what we've had all these years. So we know there are no better options out there.

We can also tell you this: our **Colostrum Capsules** (Item H-5) are very high quality, as capsules go. Better than any others we've found. But we still regard our two liquids as the premier colostrum products—simply because they've never been heated at all and they are already liquid so your body doesn't have to break them down. But we've had some amazing reports regarding our Colostrum Capsules over the years, so we know if you're someone who just can't stand liquid products, you will still get a great product from our capsules.

Just to clarify, in testing colostrum quality, the lab checks the "IGg" level of the product. IGg is the factor in colostrum that contains 80% of the antibodies and is considered to be the benchmark to check to get a very good analysis of just how good the colostrum is. Our liquids, our bulk powder, and our capsules' IGg levels have tested out higher than any others we've found and tested. That's why we can say we don't believe there are any better colostrum products on the market. We know there are a lot of colostrum products on the market that are much lower quality than ours. We imagine there could be others on

the market that are as good as ours, but we don't believe there are any better colostrum products available.

One more thing, as far as the taste of the liquids... they don't taste like anything else I can think of, but you take such a small amount (1/3 tsp. up to 1 teaspoon) and can mix that with water or juice (best if mixed in Willard Water to increase absorption), so the taste isn't a problem for most people. I will say you sort of "develop a taste for it" since the first time it's taken it is often considered a worse taste by the user than they think of it later on. Oddly enough, young children seem to love the taste—our youngest son (who is now nearly 23!) loved it as a youngster... would sneak it out of the refrigerator as soon as he was able to open the door of it and guzzle it down! Our 5-year-old granddaughter will do the same thing, and customers have told me of youngsters in their families that also love it.

Another thing we're hearing lots of people love is the **Relaxo-Bak** comfort seat we introduced here only a couple of months ago. We'd used them ourselves over 20 years ago but lost track of where to get them, and were delighted when we found them again now on the internet. Here's what one of our customers ("D.G.") wrote to us about the one he got from us recently:

"When I received the last order I put the Relaxo-Bak in the living room closet and to be honest with you, I forgot they were there until one especially stressful day at work. I came home exhausted and remembered they were in the closet. I put it on the chair and sat down and fell asleep. When I got awake, the stress and back pain were gone. It stays on the chair all the time and **my back feels great**."

That's what we keep hearing from those who have tried them, who call in to order extras for use in both cars, their office, their favorite chairs on both levels of their house, or for gifts for other people.

I'll tell you this for certain... Kolleen and I will NEVER again lose track of where to get those wonderful Relaxo-Baks since we both just love ours!



POSSIBILITIES...from NUTRITION COALITION, INC.  
**For Real Willard Water & "No Nonsense Nutrition"**  
 PO Box 3001 ♦ Fargo, ND ♦ 58108-3001  
[www.willardswater.com](http://www.willardswater.com)

Note: This space is left blank deliberately — it is used for address information in the mail version.



### Teaching of a Dog Named Dog

A friend relayed a conversation she'd had with an old family friend... an older man she described as a tough old cowboy... hard as nails. But boy what an idea he passed on to her.

He was talking about probably being near the end of his life, and how he only fairly recently came to believe there really would be a better life ahead of him, and everyone.

And, he told her, it wasn't the preacher that got him to convert from his old way of thinking. Nor had his wife of some 60 years ever really convinced him. No, he said, it was "Dog".

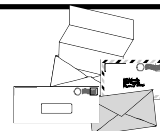
She said his dog (named "Dog") has been an incredibly important friend to him for years, but especially now that his "bride" is gone. He told her it dawned on him one day that Dog just never judges him or complains or points out anything "stupid I do". He said his wife was an angel of a woman, who never nagged or harped at him and she never babbled on about mistakes he'd made either... saying she was always good about it and told him he shouldn't be so hard on himself, but, he said,

she still knew he had made the stupid mistake or whatever... but in Dog's case, he said, Dog just seems not to notice at all... Dog just acts like he's the greatest thing on this planet. He says he knows he's not, but adds it's kind of nice to know that Dog thinks that— "makes a person feel pretty good. Really loved, even though you really ain't worth lovin'", as he puts it. And that's what made him think of it — that "such a totally loving creature must have been made by another creature just as loving. Someone who would love you no matter what." That's when he realized that's the kind of love the preacher and his wife were always telling him was there for him from God. He said that's how he finally knew, really knew, "with no questions asked" that there really is a God who really does love us for whatever we are. He said it's "mighty nice to know that. Makes me really know I will see my bride again. And I'll bet they'll let Dog in, too, when his time comes. Makes me feel pretty good." Our friend said she was reminded of the teaching that "God speaks to each of us in the way we'll best understand"... in this case, through a dog named Dog. ♦

*(Editor: You're invited to send your own inspiring stories, for sharing.)*



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



**Bedsore Relief** — That's what actually prompted "J.G." to call in and order **Willard Water** for the first time. Seems she was convinced there was something to it because of a friend of hers who is a nurse and told J.G. that she has never seen anything work on bedsore like Willard Water did. Didn't surprise us since we've heard that many times before from people who have either sprayed the water on the bedsore, or soaked sterile gauze with the water and kept it in contact with the sores for extended periods, or used our Willard Water Aqua Gel on the bedsore.

**14-year-old cat can jump again** — "T.V." says, in fact, that the 14-year-old cat is now back on Willard Water and can now jump up on the bed all by herself again. This is the first

time in a year the cat has been able to do that. Makes T.V. and the cat both feel better, we're sure!

**Discerning Cat** — We've heard of many dogs, horses, and cats over the years who will refuse "regular water" after they've had Willard Water, choosing to insist on **Willard Water** regularly. But recently we heard from a cat owner who had purchased some alleged "pure Willard Water" in a health food store and her cat wouldn't drink it. Then she got some Real Willard Water from us (the one made AND bottled in the final container right at the Willard plant) and the cat loved it! Too bad people don't have such built-in testing systems! Let me emphasize, as always, the health food stores that sell the less-than-the-best Willard Water are not at fault—they've bought what appears to be Willard Water and sell it in good faith. ♦



## More Product Highlights & Updates from Charlie

### Calmer Chickens; Smart Deer; Revived “Dead” Fish; And Much More!

Many of the readers of this newsletter who have been with us for a while, probably wondered what happened to your June issue... well, what happened was the “busy-ness” that resulted here after a magazine called “Whole Dog Journal” ran an excellent, and lengthy, and very positive, article on Willard Water. We were nearly snowed under in orders from new customers. So much so, that everyone here had to simply focus on getting those orders all invoiced, packaged and shipped, and the newsletter schedule “slipped” accordingly.

Let me take this opportunity right now to say “Welcome!” to all the new people who have joined us recently, whether finding us via Whole Dog Journal, or Hallelujah Acres, or some helpful friend or relative. We’ve been growing like crazy, and we appreciate all of you new people. And we certainly appreciate all of our old customers. Some of you newer people might not believe this, but we have customers who go back as far as the very early 1980’s with us. We appreciate all of you — new and old, alike!

But as we were dealing with all those new customer calls and e-mails, my wife, Kolleen, and I were struck by the way in which talking to new people would remind us of some of the more amazing, and memorable, reports from Willard Water users over the years since we got involved with this back in 1982.

One of Kolleen’s all-time favorites had to do with “**calmed down chickens**”. This was back in the 80’s... a large poultry producer decided to test the Willard Water on his broiler chickens. This operation had tens of thousands of broilers, housed in numerous “hen houses”. They tested the water in just one of the “houses”.

A little background: this was a sophisticated operation. It had alarm sys-

tems in the houses which would go off if the chickens got too quiet. The reason for this is that chickens are normally extremely edgy.. pecking at themselves and each other and other nervous movements all the time. If a chicken doesn’t act in this manner, it usually is because of some problem... either they’re sick, or suffocating or something.

Well... the alarm system in the Willard Water “test house” kept going off, despite the fact that the birds were actually healthier in there than in the other houses... but the chickens were CALM!

Many people have told us that they feel less nervous and deal with stress better when drinking Willard Water, but we always figured that would be such a subjective thing, it could easily be in their heads... but we’re quite certain the calm these chickens displayed wasn’t in their heads! Nor do we think anyone had looked those chickens in the eye and told them “now you’re going to feel calmer because we’re giving you Willard Water”!

Certainly does make a person wonder, doesn’t it?

And then there were those **smart deer** that destroyed Norma’s garden. Norma had one huge vegetable garden on her farm. And the first year she was introduced to Willard Water, she told her husband she was going to use it in the garden, but she was going to leave some of the vegetables untreated, so she could see if it actually made a difference.

Well, she certainly got the proof she was looking for, but NOT in the way she would have liked.

It seemed that when the deer came through the area, they ate all the vegetables treated with Willard Water and left the rest! Certainly seemed like an endorsement for the Willard Water-treated vegetables! So the next year,

Norma used Willard Water on everything, and wound up with some incredible vegetables. In quantity, quality, and volume. She even succeeded in raising some that she’d never gotten to grow before at all, due to the less-than-great soil she was working with.

Then there was “**Cliff’s dead fish**”. Cliff is a terrific guy from Hawaii who has been getting Willard Water from us since early 1983. We’ll never forget the letter Cliff wrote us back around 1986 or so about the terrible experience he’d had when he changed the water in his fish pond. He kept koi in it — had had the same ones for years and they were well-loved, as all pets get to be.

Well, Cliff had changed the water and then put it all back in and done everything he was supposed to do so he’d then put the fish back in the pond. Something was obviously very wrong. As Cliff put it, “after I’d buried all but one of them, I went back and found that last one floating on the top of the water”. He could only think of getting it out of the water, so he threw it in a container of Willard Water he had nearby.

A few minutes later, the fish that had appeared to be dead, was swimming normally!

When Kolleen told Dr. Willard (Doc) about this, telling him first that she had a story that was going to amaze even him, Doc wasn’t amazed... instead telling her “Well, sure, Kolleen... the Willard Water raised the level of oxygen in the fish, and reduced the stress effect on it”.

That’s what Kolleen and I remember so well about “Doc”. He never just accepted anything anyone said about what the water did as being an attribute of the water... he always went back to the characteristics of the water which he could always point to in explaining the apparent affect it had.

We think of that often when people

call or email us with reports of seeming incredible benefits.

And those reports keep coming:

**82 But Walking Like a 30-Year-Old!** Just a couple weeks ago a new customer from Florida, with the initials D.C. called in and said he wanted to reorder some Willard Water because it really seemed to be a good thing. He told Kolleen he'd gone out that morning to bring in the newspaper and after walking the approximate 400 feet to the gate to get the paper, he realized he was "walking like I'm 30 year old"... in fact, he said, he's 82 and has arthritis. He'd been drinking 2 glasses a day of the Willard Water for just two weeks by that time. He also said his dog has cancer and he'd been giving it to the dog, and noting a marked improvement in the dog's behavior.

**pH Improvement & Better Sleep** — J.C. from Tennessee told us that he's been trying for 5 years to get his pH up. He's tried Microhydron Water ("for over \$100") and other products, but he said, "this Willard Water is working" on his pH. And he's also sleeping better. He'd only been using the Willard Water for a week when he called, but he said even though he isn't quite sleeping through the night yet, he's sleeping much better and wakes up feeling great and like "this is the day the Lord has made let us rejoice and be glad in it". Isn't it great to wake up feeling like that?!

**Sore Throat & Sunburn Turn-around** — That's what "P.K." told us she witnessed in her daughter's use of Willard Water. It seems her daughter had a severe sore throat. They sprayed the Dark Willard Water concentrate on the sore throat and it really, really helped. Note: we don't ever advise using the concentrate because it's meant to be diluted in water, however the concentrate wouldn't hurt anything that we know of, but the benefits of the water occur when the concentrate changes the water it's added to—but, Dr. Willard did tell us he had found the water will make those changes to the water in our own bodies so if it is used "straight" it will make those changes and work like it would mixed with other water. We do caution, however, that since

the concentrate is highly alkaline it might make a person nauseous if they drank the concentrate.

"P.K." told us she also used the dark concentrate on her daughter's severe sunburn. It was a bad enough sunburn she'd been to the hospital emergency room for it. After that, P.K. decided to use an eye dropper to put the concentrate on the sunburn and it really helped—her daughter didn't even end up with any scarring from the sunburn, which the doctor had expected.

Again, we don't suggest using the concentrate straight, and we don't ourselves, but here's another report from another customer who did use the concentrate, "because it was handy" when her husband got a **grease burn on his whole foot**. "G.M.", from Missouri, said she immediately poured that Willard Water concentrate on it and continued to do that for 5 days after the incident, because it was relieving it so much. (Editor: We think the "mixed up ounce to a gallon dilution" would have done the same thing, but that's not what this user did, so we're telling you what she told us.)

After those five days, her husband went to see the doctor, because "our kids kept calling and insisting he go to the doctor".

The doctor said he couldn't believe it—there was no scar and it was healing from the inside out... "healing perfectly".

G.M. also used the concentrate when a **rattlesnake bit her dog's nose**. She poured the concentrate on it and went to the vet. The vet expected the dog's whole nose to "slough off", but it healed fine, with no scar. The vet told her what she did saved the dog's life.

But G.M.'s reports don't end there. She also told us about her garden. She said it had been so cold and wet in their area that gardens all around them are lost causes, but not her **Willard Water garden** — it's just beautiful!

And this year she didn't use any potting soil or fertilizer. And even though she planted just a very small row of string beans, she got so many she finally just threw out the last ones because she couldn't use any more and couldn't find any- one else to give them to... and back when

she'd planted them her husband was sure she hadn't planted enough of them! She said she puts 2 Tablespoons of the diluted mix (the one ounce to a gallon mixture) of Dark Willard Water in her watering can and waters her garden with that every morning. Jot that tip down, all you gardeners!

**Surgery Scar and Foot Ulcer** have both benefited from Willard Water. That's what "N.B." from Oklahoma told us when she placed her first order online. She was ordering it because a friend had given her some to "spray on my scar from recent knee replacement surgery and to use on a diabetic foot ulcer I have been battling for several months. Much improvement in both...so I will continue using. Think I will also start drinking it."

**Energy & Cravings** — those are two areas of "B.B.'s" life that were impacted when he ran out of Willard Water, and after the hurricane came through he didn't think he could afford to spend anything on Willard Water, since there were so many other needs to deal with. But after being without it he began to realize that Willard Water had benefited him in some ways he hadn't even recognized before. He said he'd noted some direct benefits, but must have missed the indirect ones.

For instance, "when I had it, I had little craving form junk food; when I didn't have it, I snacked all day and gained weight. When I had it, I had the energy to work out and ride my bicycle; without it I sat and watched TV. What a difference! I hope I never have to be without it again!"

We hope you never do, either. But then, we can't imagine our own lives without it.

Many of you may not know this, but Kolleen and I got involved with Willard Water marketing after we'd seen the health benefits we believe it brought her.

Her story is in the "Dakota Dialogue" newspaper which everyone reading this should have, (headline is "One Person's Story") so if you haven't read it, do so—it's very interesting, since it helped her but quit working when she was given an imitation without knowing it, and worked again when she got the REA:L thing, once more without knowing it! ♦

# **Willard Water for Dogs & Cats and Other Last Minute Thoughts...**

When using Willard Water for Dogs and Cats, the first thing to keep in mind is that there is just about no way you can go wrong, and different people have different theories about how “strong” to mix WW for dogs and cats and other pets. But based on our experience with it over the years, this is what we recommend: For simply “maintenance”, mix it 1/3 oz (two measuring TEAspoons) per gallon of drinking water, and keep that in their water containers all the time. There are kennels and others who are trying to keep costs minimal, who have mixed it even “weaker” than that . . . As little as an ounce to 25 gallons, for example. Benefits still noted. Others have simply given them the same “ounce per gallon” solution they are drinking themselves. No harm in that . . . just seems unnecessary for healthy animals . . . animals obviously respond to it at significantly lower concentrations than we do. If the pet develops a looser stool than normal, that is typically a signal that they are simply getting “too rich a mixture” . . . So switch to a “weaker” dilution. Size of dog (or cat) makes no difference. Big dog drinks a lot; little dog a lot less . . . same mixture appropriate for both. If the pet is dealing with a health challenge, the “regular” ounce to a gallon mixture is generally used.

**HINTS:** You don’t necessarily have to mix up a separate gallon for the pets. If following our recommendation on the 1/3 of an ounce per gallon, you can re-fill their water dishes with 2/3 regular water and 1/3 from your own drinking solution of WW. Also, we know how dog water dishes tend to get befouled with dirt and food particles and the like. Don’t throw away their WW-mixed solution which that has happened to. If you have house plants, shrubs, garden, lawn, etc., give the remainder from the dog’s dish to the plants. They love it. Actually, you can dilute it several-fold before giving it to the plants. They respond at VERY low levels. Here in the office, we give the plants a mix of 1/2 tsp. per gallon, all the time. And plants COULD easily get by with even less than that.

**FOR TOPICAL USE ON YOUR PET:** For dealing with “hot spots” and other skin problems, it makes sense to mix up a spray bottle with a stronger than normal solution . . . e.g., two or three teaspoons per 8-oz of water, and spray that on the problem area “whenever you think of it” . . . at least several times a day. Nothing incredibly scientific about that recommendation. People have used full-strength concentrate with good results . . . Others, the same solution they drink themselves, which would be 1/2 tsp. per 8-oz of water. But mixing it somewhat stronger than that makes sense, it is still very inexpensive and there is no “downside” to it.

**WHOLE DOG JOURNAL:** More about this at a later time . . . This entire page is being written very hastily to simply get some useful information quickly added to this mailing. If you are seriously “into nutrition and natural health” and want to “do right” by your dog, we strongly recommend WHOLE DOG JOURNAL. VERY credible . . . it takes no advertising so is “ beholden to no one”, except its subscribers, so it is a very valuable source of information. It ran a long article on Willard Water in its June issue and we’ve heard from thousands of its readers since the issue appeared. THAT is credibility. Typical comment by a caller is, “I’ve never heard of Willard Water, but I’ve read the ‘Journal’ for several years and everything I ever tried that they recommended has worked at least as well as they said. So I’d like to buy a quart of it!” Their website is whole-dog-journal.com/cs. Call them at 800-829-9165 for subscriptions, which are \$20 per year . . . 13 issues. I believe you can subscribe to their online issue only, for about \$16 per year.

**DON’T OVERLOOK OUR COFFEES** . . . Fair-trade certified, organic, whole bean . . . Certainly not low-priced, but well under what you would normally pay for the equivalent. Listed in Section F of the order form. Do note that you DO have to grind them yourself. You get bags of whole beans from us.

**THE RELAXO-BAKS** . . . Our customers have already purchased many hundreds of these. They are useful to anyone who drives a car, or sits in an office chair, or a recliner, or whatever. Very simple-looking molded plastic shell, but they certainly work to make sitting much more comfortable. Kolleen has one in her car, I have one in mine, I’m sitting in one right now, so is she, and there’s one in the recliner she uses at home. We’re told that more than a million have been sold via chiropractors’ prescriptions. Is very common for a person to buy one from us, then call back wanting several more . . . “one for each of my daughters and my husband wants one, too”.

**POISON IVY** . . . No, we’re not selling it!! But a customer told us very recently that she often has problems with it. Her dogs go out and run through the brush and come back with it in their fur . . . doesn’t seem to bother them, but when she comes into contact with THEM, SHE has problems. Typically takes weeks to get rid of the lesions. This time, she had recently acquired Willard Water, and had the thought to try it on the poison ivy lesions. She put full-strength concentrate on a cotton pad and swabbed the affected area with it. **Said the problem was completely gone in 24 hours!**

**SPECIAL WELCOME TO WHOLE DOG JOURNAL READERS, HALLELUJAH ACRES & OTHER NEW PEOPLE.** . . . we’ve always noted that typically, only “good, honest, intelligent, open-minded people”, were led to Willard Water. And that has been at least 95% true, in our experience. Well, Whole Dog Journal readers, Hallelujah Acres people, and the other new people who have recently found us, fit right in. We’ve had wonderful conversations with wonderful people. We know we’ve met a large number of “new friends” who are going to be with us for MANY years—because the performance of WW keeps people coming back.

**APOLOGIES TO THOSE WHO HAVE BEEN WONDERING IF THEY’VE DROPPED OFF OUR MAILING LIST!!** This newsletter is getting out over a month late, by our normal schedule. We’ve been so swamped with dealing with new customers’ orders that no one has had time to write a newsletter, until now. Hopefully, we’ll now be back on our “about once a month” schedule, which we’ve maintained for the past nine years. ♣