

Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.willardswater.com ♦ June/July 2007

Kids & Dust, Dogs, Apples, Bananas, and Fish...

We've run across some interesting findings regarding kids' chances of developing respiratory problems including asthma, as well as allergies, in view of their exposure to dogs, dust, apples and apple juice, and bananas.

Also, their risk of getting the skin condition eczema (considered an allergy in this study) was lessened if their mothers ate fish once or more a week when they were pregnant with them, compared to the children of mothers who never ate fish while pregnant.

Another study found children of women who ate apples while pregnant had fewer respiratory problems. This study included 1,212 women

who filled out questionnaires while pregnant and then again when their children were 5, regarding their allergies and respiratory problems.

Yet another study found children who drink apple juice regularly had a 47% reduction in wheezing. The researchers said they found "no association between eating fresh apples and asthma symptoms in this population, but found some evidence to suggest that a higher consumption of apple juice from concentrate, and bananas, may protect against wheezing in children."

Another study found that early antibiotic use appears to increase the risk of a child

developing asthma, while exposure to a dog appears to lessen a child's asthma risk. Researchers from the University of Manitoba and McGill University in Montreal report children who are given antibiotics before their first birthday are significantly more likely to develop asthma by age 7. And that risk of asthma doubled for children given antibiotics if they were not also exposed to a dog. The study authors said they believe the germs brought into a home by a dog help the infant's immune system to develop normally. Children who took more courses of antibiotics increased their risk of asthma even more, with

those who took 4 courses having 1.5-times the risk of developing asthma over those who didn't take antibiotics.

And another study found babies and toddlers exposed to a lot of house dust—endotoxins—are at a decreased risk of developing asthma and allergies by age 3 than children exposed to low endotoxin levels.

Editor: We've received countless user reports over the years of **Willard Water** use seeming to reduce problems with asthma and allergies of the users. Why, we don't know, and we certainly don't know it would prevent them, but it is said to decrease problems with them. ♦

Flaxseed Found to Slow Down Prostate Cancer Growth

A new study funded by the National Institutes of Health found men who received flaxseed supplements prior to undergoing surgery for prostate cancer had slower growing tumors than men who didn't receive the supplements.

The study included three groups of about 40 men each. The first group took 30 grams of flaxseed a day for 30 days before surgery. The flaxseed was ground up into a powder form and sprinkled on food or in drinks. The second group took the supplement and followed a low fat diet. The third group did not receive the supplement and followed their normal diet.

All of the tumors were analyzed for growth rate after they were removed. Both of the supplement-receiving groups had slower growing tumors, which researchers said suggested diet had nothing to do with the effect.

The study author, Wendy Demark-Wahnefried, Ph.D., a researcher in the Duke University School of Nursing, said "We are excited that this study showed that flaxseed is safe and associated with a protective effect on prostate cancer". Investigators now plan to do more studies to see if flaxseed supplements can help prevent prostate cancer recurrence or even reduce prostate cancer risk among healthy men without prostate cancer.

Coincidentally, we spotted an article regarding flax in the (Fargo) Forum on June 4, 2007, about "Mr. Flax". Eighty-seven-year-old Jack Carter is known as "Mr. Flax", and has been presi-

dent of the Flax Institute of the United States for many years. He was the former chairman of the Department of Agronomy (now known as Plant Sciences) at North Dakota State University from 1960 to 1987. He retired in 1987 and was named professor emeritus. He taught part-time until 2003. Now, he continues to work as the volunteer president of the Flax Institute, which is based in his Fargo office. He and one secretary are its only staff, however, they receive information requests from around the world.

The Forum article asked "Mr. Flax" about what it called "extravagant claims" for the health benefits of flax. Carter said the Flax Institute will not say anything that can't be supported by research results, and hopefully clinical results if it's about food. He said "there are a lot of clinical trials going on. It's not fake science". The article ended by asking him for his advice for staying well, since he's doing remarkably well at 87. Carter said, "Well, I keep busy physically and mentally. Pretty good genes. And I eat flax. I have to get that plug in."

Editor: We offer high quality, high lignin, **Flaxseed Oil Capsules** in our **Item J-77**. They are 1,000 mg. capsules. Keep in mind, flaxseed is known as a very good source of Omega 3's. So for anyone allergic to fish, or who is a vegetarian, it's a very good option to have, especially since they're in vegetarian capsules as well. ♦

Food Source vs Supplement Source...

A new study, published in the *American Journal of Clinical Nutrition*, followed 168 healthy postmenopausal Caucasian women, to see if there was more benefit for bones from food sources of calcium, or supplement sources, or a combination of food and supplement sources. Not surprising, at least to us, was the conclusion that the group of women who had the highest bone mineral density, was the group that got their calcium from a combination of food sources and supplement sources.

Another interesting note from the researchers who conducted the study, was their feeling that “consumers may not be aware that calcium carbonate, for example, should be taken with meals to improve calcium absorption. Calcium citrate tablets don’t have this limitation.”

The researchers made that comment because apparently even though calcium supplements are the biggest seller in the U.S. supplement industry, many consumers are not aware of the differences between the various types of calcium supplements on the market.

Editor: We offer **Calcium Citrate** in **Item No. J-25**. Before Coral Calcium came around, we only offered calcium in the calcium citrate form, on the advice of Dr. Jim Daily III, of Daily Mfg. who told us that almost nobody absorbs calcium carbonate well at all, even though calcium carbonate is what you will find most calcium supplements to be made of. Dr. Daily told us “way back when” that calcium citrate, on the other hand, is absorbed well by just about anybody.

So, we only offered calcium in the Calcium Citrate form.

Then Coral Calcium came along, along with some pretty hard-to-believe infomercials about it. We didn’t jump on that bandwagon very quickly either. We waited until the good people at Daily Mfg. had found a high quality source of it and then made their Coral Calcium products available to us. We have learned that Daily Mfg. just never puts out any product that is “second rate” in any way, and **ONLY** puts out products that the research shows can actually be of benefit to one’s health.

We started getting calls from very happy customers very soon after shipping our first bottles of **Daily’s Coral Calcium** to them. Those people reported seeing tangible benefits from Daily’s Coral Calcium that they had not seen from the “infomercial brand of Coral Calcium”. There ARE always quality differences possible between “brands” of nutritional supplements...age, type of fillers, freshness, and actual dosage levels in the product as claimed on the labels, are some of the factors that make a difference.

Coral Calcium IS a form of calcium carbonate, but for whatever reason it seems to be readily absorbed by most people, unlike other calcium carbonate sources. At least when that Coral Calcium comes from a reliable and ethical source. The Daily Coral Calcium products are **Item Nos. J-201 and J-203**.

Carb Fighter

A product called “Phase 2” is a non-stimulant, all-natural white bean extract that is used as an ingredient in a variety of nutritional supplements.

It has been clinically shown in multiple studies to delay the digestion and absorption of carbohydrates. This, in turn, reduces the caloric impact of starchy foods, and also lowers the glycemic index. The U.S. Food & Drug Administration (FDA) will permit both weight control and starch reduction claims for Phase 2 and dietary supplements containing the ingredient.

Editor: We have undoubtedly erred in not saying more about our **Item No. J-79 Starch Blocker**. It contains “Phase 2” and one 500 mg capsule of Starch Blocker can block the absorption of over 1,000 starch calories. It needs to be taken before a meal containing carbohydrates, and for some people that’s a problem because they just don’t remember to take it. However, customers who have ordered Starch Blocker and gotten into the routine of taking it, have continued to re-order it, which indicates to us that they feel the product has been helpful.

As stated above, it has no stimulant effect, does not increase metabolism, so isn’t a “dramatic” type product, but may well be helpful in fighting carbs.

Trivia & Tidbits . . .

1. How often did the spark plugs in the Model T Ford need cleaning?
2. How many crayons does an average American child wear out between ages 2 and 8?
3. What does “koala” mean in Australia’s Aborigine language?
4. What do you fear if you have nephophobia?
5. What are coiffes?
6. In political slang, what does a “drab” candidate mean?
7. What does “o.g.” mean to a stamp collector?
8. A “hairbreadth” away—just how close is that?

AND THE ANSWER IS...

1. Every 200 miles.
2. 730, according to the people at Crayola.
3. “No drink”. The koala bear gets all the liquid it needs by eating eucalyptus leaves.
4. Clouds.
5. The metal wire contraption that holds the champagne cork in place on the bottle.
6. Don’t rock any boats.
7. “Original gum”, meaning the gum on the stamp when it was issued is still there.
8. Exactly 1/48 inch.



ON “THE WEB”!

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Please Note: We are not health authorities of any kind. This newsletter represents our own views—presenting information we believe to be true and correct, but is “opinion”, nonetheless. We also have a vested interest in most of these topics, so don’t claim to be impartial. This newsletter, or anything else we publish, is no substitute for a competent health professional. User reports, though published here, don’t prove anything—we pass them along because they certainly are of interest to others using the same products, or who have an interest in them.

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PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

Progesterone Use By Young Women; Incontinence Tip; *Thinking Your Way to Health Or Illness?*; Fish to Fight Dementia?

Should My Daughter Use Natural Progesterone Cream? We sometimes get calls from customers wondering if their daughters—in their teens—can or should use Natural Progesterone Cream.

We put that question to the people at Heartland Products, the source of our much-loved Progesterone Cream products, and this is what they told us:

It's okay for young women, under 18 to use it. Generally, they have found that girls in that age group usually only use it for a few months, and at that point, they often say their problem that prompted them to use it is gone, so they quit using it. Heartland told us it would be okay for a young woman to use it for up to two years.

One caution: Progesterone is NOT for birth control, contrary to what some people have thought. In fact, the use of Natural Progesterone can in fact, enhance the change of getting pregnant. So, if sexually active, and not protected, progesterone should definitely NOT be used.

Young women usually use 1/4 teaspoon twice a day for the first 2 or 3 months, and after that they are still using it, they reduce it to 1/8 teaspoon twice a day. They should start using it right after their menstrual period ends, and stop using it when their period starts again.

Heartland says it has had numerous reports of Natural Progesterone use helping young users with irregular periods and PMS problems, "etc".

Tip to "Cure" Incontinence... at least in some situations — "D.A." called in one day to order and told us that she was told by a retired Judge that having a chiropractor "set the third lumbar" cures incontinence, at least if that's the cause of that particular person's incontinence, we assume.

She said this Judge had actually retired from the bench, due to his problem with incontinence, and when he later told his chiropractor about it, the chiropractor told him his problem was that third lumbar...the chiropractor adjusted it, and the Judge's problem was history. We don't know if this will work for anyone else, but if in

that situation, it might be worth a try.

Or Is It More "As A Man Thinketh?"... That's what I wondered when I read a report of a study that found people who expect to get cancer, have a higher incidence of getting it.

The study said those people who believed there was nothing they could do to keep from getting it, and/or that just about everything causes cancer, also did less to stay healthy, than people who didn't believe such things. Those who believed cancer was inevitable, were less likely to exercise weekly and to eat five daily servings of fruits and vegetables, for example.

Such lifestyle choices certainly are known to affect one's chances of getting cancer, or other health problems. So perhaps it's a case of "self-fulfilling prophecies"... such as banks going insolvent during the depression because people were afraid the bank was going under and then all withdrew all their money at once, and the bank did indeed go under!

People who believe in theories like "creating one's own reality" would likely say that the fact that people who believed they would get cancer, got it more often, proves their point, whether it's because of their belief, or because their belief prompts certain lifestyle choices. The fact is, their belief was still what caused them to get cancer.

That being the case, perhaps this IS a bit of evidence we should all consider in reviewing how we think. My guess is that most of the readers of this newsletter are likely in the group more likely to believe you don't have to get cancer, and you can do some things to prevent it. After all, people who are taking responsibility for their own health, are often the ones who are interested in natural health, and seeking out such companies and products as ours.

Somehow it reminded me of a phrase/slogan/piece of advice my wife Kolleen read once and really likes... think of any issue you deal with as a "Project, NOT a Problem"... and your mind will open up to all kinds of possible solutions. Actually does seem like good advice!



Catch Of The Day To Keep Your Mind Sharp?

That would seem to be the conclusion from a nine-year

study looking at the association between docosahexaenoic acid (DHA) levels in the blood and dementia.

DHA is an omega-3 polyunsaturated fatty acid found in fish, and also in flax.

Researchers from the U.S. Department of Agriculture Human Nutrition Research Center on Aging at Tufts University in Boston studied participants from the Framingham Heart Study to see if there is a connection between DHA and dementia.

The 899 participants each provided blood samples, underwent neuropsychological testing every two years, and were followed for an average of nine years. None of the participants had dementia at the beginning of the study.

Investigators reported 99 of the participants developed dementia, including 71 with Alzheimer's disease.

Researchers divided the participants into four groups based on DHA levels. They found those with the highest DHA levels had a 47% lower risk of developing any type of dementia, and a 39% lower risk of developing Alzheimer's disease compared to the other three groups. The high DHA group reported eating an average of three fish servings a week, which is more than those in the other three groups.

Researchers concluded the correlation between DHA in the blood and fish intake was significant, indicating fish is an important dietary source of DHA.

Editor: We provide DHA in our "EPA" product, **Item No. J-39**. It is a source of omega-3 from fish oil. We also have a vegetarian source of DHA in our **Flaxseed Oil Capsules**, which are also good for anyone allergic to fish. Our Flaxseed Oil Capsules are **Item No. J-77**.

As we've said before, there are so many studies finding so many benefits of Omega-3, we fear our readers will tire of the reports, but given their benefits, neither we, nor anyone, should ignore them! ♦

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DIVINE INSPIRATION?

“Sometimes I wonder if Divine Inspiration shouldn’t qualify for one of your ‘Angel stories’ in your newsletter. If you think this one does, go ahead and use it.

“I was only about 5 years old, when my older sisters sent me to go get some toothpicks for us to use as play cigarettes in our ‘playing house scenario’ that day.

“I never did understand why they always sent me... I was the shortest and could never reach anything. Same was true that day. The toothpicks were up in the cupboard, and even the chair I’d pulled over didn’t get me high enough... but just as I was trying to get on to the counter top, my father came into the kitchen.

“Naturally, he asked me what I was trying to do. I told him I’d been sent for toothpicks, so we could use them as cigarettes.

“I remember his response like it just happened. He said

he’d be glad to get them for me on one condition... I had to promise him I would never smoke real cigarettes when I grew up. I promised. Seemed like a real easy bargain.

“When I reached high school and then college and a lot of my friends started smoking, I never even considered it. I’d made that ‘contract’ long ago.

“When I mentioned this to my Dad many years later, he looked amazed. He couldn’t even remember the episode, and expressed surprise that he would ever have done such a thing. If for no other reason than that he said he’d never want to ask anyone to promise something that might be very hard to keep.

“My guess is he was divinely inspired. And maybe I was divinely inspired to take it so seriously. It just left such an impression, so immediately, and so permanently, that it makes me feel it was one in which the Hand of God played a part.”

Editor: We invite you to send your own inspiring stories, for sharing.



E-Mails, Mailbag & Phone Calls. . .



Just Feeling So Good — That’s how “H.N.” described her and her husband’s states since starting to drink our **Pomegreat Juice Item JF-5**. She said they just have been feeling so good, and that seems to be different than before. She mixes it with water, and her husband mixes it with grape juice for what he calls a “powerful” taste.

Shingles Relief — Nearly everyone has heard how painful shingles are, and how tough it is to get any relief from that pain. But relief from it is what “E.G.” said she got from our **Aqua Gel, Item AG-4**. A friend of hers had told her about Aqua Gel so she’d ordered it, and she said it really helped her with those shingles, so she called and ordered some more of it. Seems like it “made a believer of her”.

Check Out Page 15 of “Dakota

Dialogue” — That’s what “Reverend D” did, and he was reminded of that incredible carrot crop back in about 1985. He has referred a number of his parishioners to us over the years and one of them had recently received our “newspaper on Willard Water” called “Dakota Dialogue”.

He noticed the accounts of the huge carrots that resulted from “one gardener’s” use of Willard Water — they were his carrots, and he says to this day, he always sets out his tomatoes and flowers with Willard Water. He sent us the picture of him with those carrots, to let us see once again how amazing they really were. One thing’s for sure, when people see Willard Water work like it generally does on gardens, they really do see merit in it!



More Product Highlights & Updates from Charlie

We Often Mention Its “Unusual Characteristics”, But In This Series We’ll Look Closer At Each One

We learned years ago that in explaining Willard Water, it works best to explain that it is a catalyst that is patented for changing the molecular arrangement of the water it’s added to. It’s that “changed water” we’re referring to when we mention Willard Water.

Dr. Willard (“Doc” to all of us who knew and loved him), who invented/discovered this amazing product, never called it Willard Water. He called it Catalyst Altered Water... and it’s the “altered water” that is known as Willard Water.

Doc, who was a well-respected chemist who served on the Manhattan Project and later did some work for the Atomic Energy Commission, also explained that when you change a substance’s molecular arrangement, you change its characteristics. Hence, when you change “regular” water’s arrangement by adding the Willard Water Catalyst to it, you change that water’s characteristics... hence, you end up with “Altered Water” or “Willard Water”, as it’s come to be known.

Doc would make his point about changing the characteristics of something by changing its molecular arrangement, by noting that both diamonds and graphite (which is known to most of us as the stuff we write with called pencils) are carbon—ALL their differences result from changing the arrangement of the carbon molecule. And what different characteristics they end up with... diamonds are extremely hard and extremely valuable, whereas graphite is extremely soft and of little monetary value. All of which does make it clear, that apparently molecular rearrangement can produce some pretty startling differences from the substance you started with!

In this case, it means you have water that has characteristics quite different from regular water, or the water you “started with”.

One of those first differences, is that

you end up with water that helps to **break down nutrients and wastes much better** than the regular water in the human body normally does.

Which then results in this new water, the Willard Water, causing the body to **ABSORB NUTRIENTS** much better than it otherwise does, and to **ELIMINATE WASTES AND TOXINS** much better than it usually does.

At first glance, that doesn’t sound like that big a deal, but if you think it over, you’ll probably conclude that it’s a **VERY BIG DEAL!**

That’s because an awful lot of health problems are the direct or indirect result of either not having enough of a particular nutrient in our system, or having too much of something we shouldn’t have in it. So, if Willard Water does, in fact, help us out in both those areas, why wouldn’t it seem to help an awful lot of people with a lot of different problems?

For example, if one person’s body isn’t very good at absorbing vitamin C, that person may bruise easily, which is one of the many symptoms of a vitamin C deficiency. If another person’s body does real well at breaking down and absorbing vitamin C, they’ll probably not bruise real easily, but if their body isn’t very good at breaking down and absorbing vitamin A, they may well have “night blindness”.

Now, if both these people start drinking Willard Water, and it helps their bodies to break down and absorb nutrients better, then the person who used to bruise easily, may not do so any more, and the person with night blindness may gradually see that improve. So does that mean Willard Water is a cure for bruising and for night blindness? Not at all! Both of these improvements resulted from an improvement in the person’s body breaking down and absorbing a particular vitamin better than it had. So Willard Water did ONE thing, not two. And that is often the ONE thing

that Willard Water may have done in hundreds of different reports of different benefits... it didn’t do hundreds of different things—it did one thing, and that one thing, may have affected hundreds of different things in the hundreds of different people involved.

And the same holds true, for the impact of improving the elimination of wastes and toxins from the body. In fact, toxins in the body can prevent the “good things” taken in by the body, such as vitamins and minerals, being able to work as they’re supposed to, so in that case, getting rid of toxins has an obvious benefit—it lets the “good guys” in our bodies do their jobs!

And, we’ve likely all read reports of the problems that the lack of elimination of the wastes in our systems can cause, along with the obvious problems of having toxins in our systems.

If you don’t believe Willard Water helps to improve “elimination” just ask someone who was “constipated all their life”, or had “chronic diarrhea all their life”, and then “got regular” after starting to drink Willard Water. They’ll tell you it certainly improves elimination!

And, if you make of point of observing how much corn you eat continues to pass on into your “stool”, after starting on Willard Water for a while, you’ll probably be amazed like most folks, who say they used to see the corn kernels in their stool the next day every time they had corn for supper, but after being on Willard Water for not very long, they see almost no corn kernels passing through. That’s because “the water” helped break down the corn (which is a very hard-to-digest food) and therefore, it doesn’t remain as recognizable kernels after it passes through the digestive system.

So, Willard Water’s characteristic of improving nutrient breakdown and absorption, and of improving the elimination of wastes and toxins is important, and “explains a lot”!

Strauss “Thyroid” and “Bladder/Prostate” Are BACK!

High Quality Aloe Drink Also Back;

Some Liquid Supplements Now Offered!

STRAUSS PRODUCTS (UPDATE)

The Heartdrops have continued to be available to us, without any regulatory changes and/or problems by government officials, from the Strauss Herb Company in Canada, for the five or six years we’ve been using them and offering them.

However, during the past two years or so there have been regulatory hoops that they have had to jump through on their other products to try to keep some of them available. These have been issues of the language of the labeling of the products, and also some changes in Canadian laws as to the type of equipment to be used in the manufacturing process, and have NOTHING to do with the quality or safety of the products. We’ve tried to keep our website and price lists current, with only some success.

As of very recently, the excellent Thyroid support capsules (S-108; \$28.50) are once again available, and also the Bladder/Prostate support caps (S-103; \$25.95).

However, the Kidney Support caps are once again NOT available until further notice.

I can’t resist passing along my feeling, that, given how helpful the Strauss products are, I’m sure there are no tears shed in some corporate boardrooms when there is a problem getting them into the USA, since these products could certainly seem like a “threat” to companies that might financially benefit from people continuing to have certain health problems. I hate to sound so cynical, but sometimes I just get so frustrated by regulatory technicalities that keep such fine products away from people who have found them to be very helpful, that it just makes me feel pretty cynical.

ALOE VERA . . We don’t have the time to begin to explain the widely believed many benefits of high quality aloe

vera products. We WILL try to get something concise and readable written up sometime soon. However, for those who DO know about and appreciate aloe vera, we HAVE added Coate’s Aloe very recently. Offering quarts in unflavored and kiwi-strawberry . . Product numbers and prices are Unflavored Item AL-1; Kiwi-Strawberry Item AL-2; \$19.95 per bottle, each. These are not on the Price List/Order Form yet—just tell whoever takes your order by phone, or add it in the “Comments” area of online orders and we’ll add the right amount to your order before charging your card..

We did, for a number of years, offer aloe from a network marketing company which we believed was the best aloe on the market. However, it was VERY spendy. We were selling it at our cost and losing money on the shipping, so had to stop that. We believe the Coates product is the equivalent or very close to it, (may even have been THE actual source of it) but, now, direct from Coates it is priced far more reasonably.

The unflavored version is surprisingly “taste-friendly” and the flavored one is downright good, in my opinion.

LIQUID PRODUCTS . . We have access to a significant line of good liquid nutritional products . . For kids or others who have problems with pills and capsules. The “brand name” is Liquid Health. Recently got a supply of quarts of their calcium/magnesium product in here . . Already carried the adult and kids’ vitamin/mineral item. Ask us for prices, and other details if interested. We apologize for not saying more about these liquids in the past. Many adults can’t deal with pills and capsules and probably most young kids have the same problem.

POTASSIUM . . Daily Mfg puts out a very brief, but very valuable, monthly newsletter.

The June issue points out that the May 10th issue of *New England Journal of Medicine* has an excellent article re: how the balance of potassium and sodium affects blood pressure . . “a lot of evidence over the years that potassium sufficiency and the ration of potassium to sodium in the body may be equally or even more important than excess sodium alone”.

Currently, it recommends that adults consume 4700 mg of potassium per day . . about twice the national average.

And, of course, most of us get rather ridiculously large amounts of sodium. I personally drink significant amounts of a very nice organic vegetable juice mix that I find in the cooler of a local supermarket. I use it because I know perfectly well that I don’t get nearly enough vegetables. Eight oz. of this product DOES provide 760 mg of potassium, which is a very good start on the day. Unfortunately it also provides 458 mg. of sodium!! On balance, obviously, it is a beneficial product, but I certainly wish the source would make it less tasty by cutting the sodium by about 80%.

Potassium supplements are limited by regulation to 99mg per capsule, which is rather a “drop in the bucket” compared with what we need on a daily basis. We offer one, (**Item No. J-62**) but unless one restricts sodium intake very greatly, even four or five capsules of the potassium are seemingly not going to make much difference. But if you don’t eat many vegetables or other potassium sources, the capsules are certainly better than nothing. Will certainly HELP make your own sodium/potassium ratio better.

We plan to do some research on this topic and have more to say about it in a future issue. We suspect that potassium/sodium balance is one of the very most important diet considerations, along with getting enough C & B vitamins, and Calcium and Magnesium. ♠