

Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ WillardsWater.com ♦ June/July, 2018

You'll Be Surprised to Learn What's Worse for Your Health Than Obesity or Smoking

Most people know that loneliness can be difficult to deal with, but did you know research has found it is worse for your health than obesity or smoking?

.. It can raise your risk of premature death by as much as 50%...

According to two meta analyses type studies that were presented at the 2017 Annual Convention of the American Psychological Association, loneliness and social isolation (similar but not the same) now create a greater public health threat than obesity, raising your risk for premature death by as much as 50%, and compares to the risk of smoking 15 cigarettes a day.



Social isolation is defined as a lack of contact with other people, while loneliness is the feeling of being emotionally disconnected from other people. It is possible to be with other people and still feel lonely — still feel emotionally disconnected from those people.

And recent research has found that brain-related changes linked to feelings of loneliness can begin in as little as 24 hours of isolation.

Loneliness is associated with:

- ♦ higher blood pressure and
- ♦ higher risks of diseases such as:
- ♦ heart disease,
- ♦ stroke,
- ♦ dementia,
- ♦ Alzheimer's,
- ♦ depression, and
- ♦ Lower breast cancer survival rates

Studies have also linked loneliness to:

- ♦ Higher Levels of Stress
- ♦ Poor Sleep
- ♦ Increased Inflammation
- ♦ Reduced Immune Function

Common causes for chronic loneliness:

- ♦ Long work hours
- ♦ Frequent travel for work
- ♦ Living far from family
- ♦ Delaying or forgoing marriage

There are ways to counter social isolation and chronic loneliness... a few suggestions:

- ♦ Join a club
- ♦ Enroll in a class or educational course
- ♦ Exercise with others
- ♦ Establish regular connections — weekly gathering with friends or family for instance
- ♦ Take a break from all things digital and make a point of contacting people in person
- ♦ But also make good use of digital media— use it to stay in touch with people who are lonely but don't live near you; those who are lonely can reach out to distant friends and relatives digitally
- ♦ Shop locally — become a regular at a coffee shop or restaurant, or farmers markets, or other places where people gather and often become friends.



- ♦ Volunteer
- ♦ Move or change jobs — to a place or job you identify as fitting your personality best, and keep in mind proximity to longtime friends and family.
- ♦ Adopt a companion pet — having a cat or dog can protect against loneliness, depression, and anxiety and has been found to add years to one's life.

Studies have found that owning a dog played a significant role on survival rates in heart attach victims.



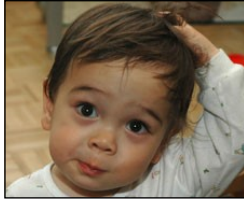
Studies have also revealed that people on Medicaid or Medicare who own a pet make fewer visits to the doctor. The unconditional acceptance and love a dog gives its owner positively affects the owner's emotional health in such ways as:

- Boosting self-confidence & esteem
- Helping to meet new friends and increasing communication between elderly residents and neighbors.
- Helping cope with illness, loss and depression
- Reducing stress levels
- Providing a source of touch and affiliation.

And there are many other ways to fight loneliness but these are some good starters.

Maybe Nature Has a Good Reason for Young Ones Asking “Why” So Much...

If you’ve spent much time around a 3 or 4-year-old, you’ve likely experienced the “why phase”... you know, when they spend hours asking why... Why is the sky blue? Why is our dog brown? Why are hot dogs pink? Etc. Etc.



Etc.. And when you give them an answer, they likely come back with something like “But why?” We were reminded of that when we read about a study being conducted to find methods that may help children learn more effectively.

Surprisingly, there is one word that seems to have a real positive impact on learning.... asking the young students “why”.



The researchers at the University of California at San Diego (UCSD), gave children a set of blocks with different features. Some of the blocks played music when set on a box, and some didn’t. The children were asked why they thought each block did or did not play music. The researchers say that just asking the children why causes them to focus on abstract information like cause and effect.

Caren Walker, PhD, and a professor of psychology at UCSD, said “You’re just asking them to elaborate on something they’ve already observed, and just that process seems to support learning.”

Walker said children who were asked to explain what they had just seen and did explain it, were more likely to build on previous knowledge than children who weren’t asked. Many studies show that including “why prompts” in teaching children in elementary school improves their learning. Walker wanted to see what would happen if that technique — the why prompts — were used with younger children.

Walker said that in the studies with younger kids “What we find is that sort of regardless of the explanations they actually generate, just that process of engaging the explanations they’re trying to come up with, seems to be the thing that’s doing the bulk of the work.”

Walker said that asking “why” while reading to children seems to have a similar effect. Walker cautioned however that asking why does not work across the board...sometimes you want children to learn exactly what is in front of them... such as shapes and colors.

Walker said there is no date on long-term effects of having preschool-aged kids explain while learning yet, but she expects it will have positive effects on their learning as time goes on.



So, maybe we should all start asking little ones why they think this-or-that happened in the books we read them, or about any number of things. Why not? ♣

Great Idea for COPD!

Thirty million people in the U.S. live with COPD (chronic obstructive pulmonary disease). It’s a very difficult thing to live with to say the least. But there’s a new therapy program designed to improve their lives as it improves their lungs.

After you hear what the therapy is, it makes sense, but we bet not many people would have thought of it. “It” is a harmonica.

That’s right. The musical instrument called a harmonica. When blowing and drawing in on a harmonica, patients are exercising muscles needed to pull air in, and push air out of their lungs. It also strengthens abdominal muscles which helps patients to be able to cough better, which helps them clear their lungs better.

Mary Hart, project manager and COPD Educator at Baylor University Center said “We haven’t finished the study yet. But we are seeing significant improvements in muscle strength and the six-minute test. That’s how far they can walk in six minutes.”

There is no cure for COPD, but where there is this music therapy there may be better breathing and better health for those who have COPD.

The patients doing this are in a class where a therapist teaches them the correct way to breathe. So don’t just try this on your own if you have COPD.

You can find info online about Harmonicas for Health which is the organization doing the therapy we read about. But always do your research to verify any group you find online.

Happy Harmonic Times! ♣



Trivia & Tidbits . . .

1. What was the year and model of Jack Benny’s car?
2. What did Bob Hope do before becoming a comedian?
3. Who invented the first hideaway bed patented in the United States?
4. What was Lindbergh’s average speed on his historic 1927 cross-Atlantic flight?
5. Who designed the original 1936 Volkswagen?
6. How long did Edison’s first incandescent light bulb burn in his 1st test in 1879?
7. The wild pomegranate is said to have as many seeds as there are commandments in the Old Testament. How many is that?
8. What is a diadromous fish?

AND THE ANSWER IS...

1. A 1924 Maxwell.
2. He boxed, under the name Packy East.
3. Thomas Jefferson. It was hoisted and secured to the ceiling when not in use.
4. About 108 mph.
5. Ferdinand Porsche, who later went on to design sports cars bearing his name.
6. Forty hours.
7. 613.
8. A fish — such as salmon or sturgeon — that can exist in both salt water and fresh water.

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

Surprisingly Extreme Health Risks of Poor Sleep, And Tips to Help Promote Better Sleep

More and more studies on sleep come out with more and more findings indicating the extreme importance of a good night's sleep.

For instance, a recent study reported that just one night of sleeping only 4 hours, lowers the amount of natural killer cells in the body by 70%. Those killer cells are powerful immune fighters that target malignant cells. Studies show people who don't get enough quality sleep have a **higher risk of cancer**.

Besides cancer, they also have a higher risk of other chronic diseases such as **dementia, diabetes, heart disease and obesity**.

The World Health Organization has even declared **shift work to be a "probable cause of cancer"**, because it causes disruption to one's circadian rhythm.

Extreme sleep deprivation can result in **delusions, hallucinations, and irrational or psychotic behavior**, caused by the surprising fact that **your brain goes to sleep and you begin to dream while awake (!)**, if you are too sleep deprived. WOW.

In summary it's been said that **getting enough quality sleep is the single most important thing you can do for your health — including your brain**.

That's all a very brief summary of the evidence of the importance of enough sleep, but hopefully it's enough to convince you to commit to getting better sleep if you aren't, or getting more sleep if you rarely get 7 hours of sleep a night. Some people need 8 hours but more and more we see 7 hours as the most common amount needed. **Try keeping track of how you feel after 8 hours of sleep or after 7 or after 9...** try to write notes during the day of how you feel — notably more alert or more focused after X hours of sleep? Everyone's different, so it seems to us laypeople that noting how you feel after various amounts of sleep would be helpful in deciding what your nightly sleep goal will be. And it's important to determine that because all of the **Tips for Better Sleep** we've seen always include this one:

Stick to a Sleep Schedule — go to bed and wake up at the same time every day. It's difficult to adjust to different sleep schedules and since sleeping later on weekends won't make up for lost sleep during the week, you are better off just trying to get yourself on a sleep schedule you can keep most nights — ideally all nights. Creating a struggle to adjust to different bedtimes seems counter-productive.

Do Not Exercise too Late in the day or night — try not to exercise within 2 to 3 hours of going to bed. But **DO** exercise daily if at all possible, as it's good for the body in many ways and some say exercise can also help improve one's sleep—just not close to going to bed.

Avoid Caffeine and Nicotine — they are stimulants and can take up to 8 hours to wear off. So a cup of coffee late in the afternoon may cost some people a good night's sleep. And Nicotine, being a stimulant, can cause smokers to sleep very lightly — and also to wake up early due to nicotine withdrawal.

Avoid Alcoholic Drinks Before Bed — a "nightcap" or alcoholic drink before bed may help relax you but it can also rob you of deep sleep and REM sleep. Heavy alcohol intake may also impair breathing. Also when the alcohol's effects wear off it tends to make people wake up in the night.

Avoid large meals and beverages late at night — snack are okay, but large meals close to bedtime can cause indigestion and interfere with sleep. Too many fluids can cause waking during the night to go to the bathroom.

If possible, **avoid medicines that can delay or disrupt your sleep**. Some prescription medicines and even over-the-counter ones can interfere with sleep so if you are having problems sleeping, ask your doctor or pharmacist if anything you are taking could be involved in your sleep problems. And if so, ask if you could take them at an earlier time so they might not interfere with your sleep.

Don't take naps after 3 p.m. — they can interfere with sleep.

Take a hot bath or shower before bed — the drop in body temperature after it can make you feel sleepy and the bath can help you relax to be ready to sleep.

Have a good sleeping environment — **eliminate bright lights, noises**, or anything else that might distract you. Have a **comfortable mattress and pillow — and even sheets...** scratchy sheets can be a distraction. Again **keep the temperature in the room on the cool side — 60 to 68 degrees**. If you're a **clock watcher** some suggest turning it so you can't see it — if that just makes you want to get up to check the time, consider



purchasing a clock that projects the time on to the ceiling, so it is easier to see the time and you don't stress wondering what time it is if you can't see the clock.

Get the right Sunlight Exposure — Daylight is

said to be key to regulating sleep patterns. Try to get outside in natural light for 30 minutes a day at least. If possible wake up with the sun or use very bright lights in the morning. Sleep experts say anyone with problems falling asleep should get an hour of **exposure to morning sunlight and turn down the lights before bedtime**.

It is often recommended to avoid computers (for their blue light) but also for the stimulation of what you are reading or viewing while on the computer. Avoid TV watching for the same reason — though TV watching puts some people to sleep and from people we've talked to it doesn't seem to get people as wide awake as computer use does. But, in any case, turn off bright lights for at least an hour — or more — before you go to bed. The body doesn't start producing melatonin to help you sleep until it's dark.. So using low wattage lamps, or little light at all, before you go to bed has helped a lot of people to sleep easier when they do go to bed.

Keep Your Feet Warm — as we've said, the bedroom should be cool but most people's extremities need to be warm for them to sleep well (we say "most people's" because we know a lot of people who say they have to stick their foot out of the covers in order to sleep because they feel too warm otherwise). So, if you do like your feet warm as most people apparently do — wear socks to bed if having the room temperature at 60 to 68 degrees leaves your feet too cold to sleep.

One other thing — sleeping naked can help people sleep better. It helps keep the body cool enough to sleep well. Some people told us they thought they'd never sleep well naked but in desperation to get some sleep they tried it and found it did work for them. So, even if skeptical, you might give it a try.

People often ask us if anyone says drinking **Willard's Water** has helped their sleep. The answer is yes, but it is certainly not a sleep aid per se, so we laypeople assume it has to do with how the WW seems to help the body work more like it's supposed to, and that's why better sleep may result with its use.

Here's wishing you a good night's sleep! ♦

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information in the mailed version.



“But He Never Makes Cold Calls & NEVER Works Mornings!”

By Kolleen Sunde


This newsletter, “POSSIBILITIES”, would likely not exist if it wasn't for an amazing series of events that led to our acquisition of the machine we first printed it on. Granted, this little newsletter isn't very important in the whole global picture, but many of our readers have told us time and again how much they look forward to it. Some even put all their issues in binders to preserve them, and some even index them!

Well, back in 1996, we were looking to replace the highly capable copier we had which let us do very limited color copying, collated, etc., but which *always* seemed to need the serviceman.

We'd had so many frustrations with it, and with trying to find a replacement that might work better, that we all felt “at the end of our rope” in even making a final decision on which new machine to choose. I finally decided we couldn't wait any longer, said a simple prayer like “God if we should do anything else let me know real fast”, and then reached for the phone to

place the call to order the copier we'd decided on.

But as I placed my hand on the phone, I had an irresistible urge to get a cup of coffee...when I entered the main reception area on my way to get the coffee, Sandy said to me “You already committed on a new copier didn't you?”...she was asking because a salesman from another firm we'd never talked to had “been driving by and wondered if anyone here would be looking for a copier”...I said maybe I should talk to him. When he heard of the large runs of print jobs we did he said we shouldn't have a copier at all...we should have a machine designed for larger runs. He sent up a “demo” unit that afternoon. It never left. And it could print 11 x 17 inch paper...and that gave me the idea for this type of newsletter... “POSSIBILITIES” was born.

The salesman's supervisor was stunned, telling us with his jaw dropping, “Mike refuses to make cold calls, and he absolutely refuses to work mornings”. But “for some reason” Mike worked that morning, and after leaving one of his established accounts, he said he got an “irresistible urge” as he drove by our office to see if we had any copier needs! 

Editor: Reprinted from June 2001 issue. Editor's Note: You are invited to send your own “unexplained help/fork-in-the-road/inspirational stories” for sharing in this column, anonymously, if you choose.



Emails, Mailbag & Phone Calls. . .




Ahhh! Allergy Relief – No Drug Needed

— “R.P.” visited a friend and was hit with a severe allergic reaction to the cat dander in the house... it started almost instantly when she arrived and her allergy relief pills didn't seem to do any good, nor did anything else she tried.

Then her host borrowed an **AirRestore** unit from a friend and plugged it in. Both he and RP noticed a change pretty quickly. In the beginning what they noticed was that her allergies let up first in the room where they had set up the AirRestore, and after it ran longer, she was also doing better in the other rooms.

They weren't sure that would prove anything scientifically (it wouldn't) but it was certainly convincing to them... and most importantly, it “convinced” those allergies to just settle down it seemed!

Lesson Learned — Lots of people have told us how much they love our soaps and lotions... the ones formerly called Willard's Water _____ Soap, and Willard's Water _____ Lotion, and now called Ultimate Naturals _____ Soap with Ultimate Catalyst Altered Water, and Ultimate Naturals Goat's Milk Lotion with Ultimate Catalyst Altered Water (see page 5 in this issue for the details).

But we had a particularly interesting report the other day... it came from “K.S.” who had used our Goat's Milk Lotion for quite some time but after her granddaughters rearranged her vanity that Lotion wasn't left in view, so she just used the Lotion “left handy” which was far more expensive than our Goat's Milk Lotion. “Well...after my face started looking older, I went looking for the Goat's Milk Lotion and put it back to work”... within a week or 10 days at the most she could see the difference — so did her friends. She says she'll never desert her Goat's Milk Lotion again! 



MORE PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

New Names for Some Old Favorites

A lot of you reading this are already undoubtedly fans of our Soaps and Lotions

(and have retained the same Item Numbers) you have been using and loving for several years now. The only difference is the revised names and the Willard's Water in them now being referred to by its actual name... Catalyst Altered Water, and specifically in this case, Ultimate Catalyst Altered Water since it's the Ultimate Dark WW Concentrate that's used in these products.

ingredients, the manufacturer points out that the soap is usable for most people with eczema, psoriasis, allergies, and fragrance sensitivities.



made with Willard's Water... and other great natural ingredients like Goat's Milk, Dead Sea Mud, and many more. I say that because a very high percentage of our customers are fans of these products.

...those ingredients help to delay signs of aging and much more... and people say their skin does look younger, smoother, more supple with regular use of these items.

First of all, don't worry, we're not discontinuing them or anything catastrophic like that! But the next time you order them they will have new labels, and our new "product family name" on them... they will all be in our "Ultimate Naturals family of products". All those products contain Willard's Water as always — specifically the Ultimate Dark (or just Ultimate) Willard's Water. You will notice that instead of saying they are "made with Willard's Water" they say they're made with "Ultimate Catalyst Altered Water".

Catalyst Altered Water is the actual name Dr. Willard gave his product, but when "60 Minutes" did their very positive program on it they gave it the nickname of Willard's Water and it "stuck".

However, it sometimes leads to confusion when people see the name Willard's Water as an ingredient... they wonder if it's the diluted-for-use mixture or the concentrate. It's the concentrate. And given the ever-growing interest in using it as an ingredient in various products, we've decided to refer to it as Catalyst Altered Water when it's used as an ingredient, to help clarify that it's the concentrate and not the diluted mixture.

Currently we have four items with the "Ultimate Naturals" labels:

Ultimate Naturals Very Natural Soap — formerly Willard's Water Very Natural Soap

Ultimate Naturals Dead Sea Mud Soap — formerly Ultimate WW Dead Sea Soap & Bath Bar

Ultimate Naturals Goat's Milk Soap — formerly Ultimate Willard's Water Soap with Goat's Milk

Ultimate Naturals Goat's Milk Lotion — formerly Ultimate Willard's Water Lotion with Goat's Milk.

Again they are exactly the same products

People have loved these products for the lack of what's in them as well as for the great stuff that IS in them. People with serious allergy problems to many soaps and lotions don't have problems with these. That's not to say that nobody could have an allergic reaction to any of these because allergies are very hard to predict and it seems somewhere there is someone who is allergic to just about anything you could think of.

People often say these soaps leave them feeling so clean much longer than others soaps do... it's as if the "squeaky clean feeling of just getting out of the shower" lasts a lot longer. Also people say they've never heard their skin actually squeak, as in "squeaky clean" like their hair will do... but with these soaps, even their skin is literally squeaky clean — with no chemicals.

And the Lotion... well the Lotion is just something people can't say enough about and often say they used to pay much more for expensive "designer type" lotions, but no more -- this far less expensive one has done more for their skin as well as their wallet!

Here are a few more details on each of these items...

Ultimate Naturals Very Natural Soap with Ultimate Catalyst Altered Water Item No. E-101 (formerly, Very Natural Willard's Water Soap) is made the old fashioned way. Each bar is handmade using only three of the purest ingredients: Olive oil, Coconut oil, Ultimate Catalyst Altered Water, Glycerin. Another Big Plus to this Soap is what isn't there: No fragrance, No colors, No preservatives, and No herbs.

As a result of the ingredients and the NON-

People say they notice a big difference between our Ultimate Naturals Soaps and most brand name soaps because no tallow is used (which is pork, beef, and chicken fat) or sodium lauryl sulfate which is detergent.

Users report noticing softer skin after each shower. Many users have said they also notice a reduction in body odor after using our Ultimate Naturals soaps.

Ultimate Naturals Dead Sea Mud Soap with Ultimate Catalyst Altered Water Item No. E-103 — (formerly Ultimate WW Dead Sea Soap & Bath Bar) -- Just like our Very Natural Soap, this bar was made with eczema, psoriasis and other troublesome skin

problems in mind. Ultimate Naturals Soaps also work better than usual soaps for people living in dryer climates especially during the cold winter months.

The key difference between our Ultimate Naturals Very Natural Soap, and its Ultimate Dead Sea Soap, is simply the added benefits of the Dead Sea Mud.

Information on the [benefits of Dead Sea Mud](#) go back 2,000 years and would take 40 pages to explain. But, a couple of very commonly mentioned benefits of Dead Sea Mud are that it's said to promote collagen production in the skin, and also to slow down the aging process of the skin. along with "calming" skin irritation due to eczema, psoriasis, etc.

So, what have some of the people who have had a chance to try our Ultimate Naturals Dead Sea Mud Soap had to say about it? A number of people have said their skin feels different after using it... smoother, softer, more supple.

Others comment on the fact that their skin feels "just washed" for much longer than it does after being washed with other soap... it seems to grant greater "staying power" to that clean feeling.

Others say their skin starts looking better,

softer, and younger. Many people note that Ultimate Naturals Dead Sea Mud Soap feels much more soothing, relaxing, and luxurious than other soaps have ever felt to them.

Ingredients: Olive oil, Coconut oil, Dead Sea Mud, Ultimate Catalyst Altered Water, Aloe Vera, Glycerin

Ultimate Naturals Goat's Milk Soap with Ultimate Catalyst Altered Water -- formerly Ultimate Willard's Water Soap with Goat's Milk, Item No. E-104.

Just like our other Ultimate Naturals Soaps, this soap is loved by people with eczema, psoriasis and other troublesome skin problems, as well as people with normal skin. Ultimate Naturals Soaps also work better than usual soaps for people living in dryer climates especially during the cold winter months.

The key difference between our Ultimate Naturals Very Natural Soap, Dead Sea Soap, and Goat's Milk Soap, is the added benefits of the Goat's Milk, and it also contains Dead Sea Mud, so it will also provide the Dead Sea Mud benefits already mentioned, such as promoting collagen production in the skin, and also to slow down the aging process of the skin, along with "calming" skin irritation due to eczema, psoriasis, etc. Then add some of the reported [benefits of Goat's Milk](#) including:

Delaying signs of skin aging due to its high alpha-hydroxy acids levels such as lactic acid, which help to break down dead skin cells and leave new cells in their place making skin appear smoother and more youthful.

Working as a moisturizer, smoothing dry and damaged skin due to its anti-inflammatory properties. And the Ultimate Catalyst Altered Water in this also has anti-inflammatory properties.

It is said to "feed" the skin with its array of various essential vitamins which are absorbed into the skin. Ultimate Catalyst Altered Water also boosts the absorption of vitamins into the skin.

Its effectiveness against Acne and other skin conditions is primarily because of its anti-bacterial properties that delay the growth of microbial organisms that spur the spread of acne. Ultimate Catalyst Altered Water is also known to work against acne and other skin problems though isn't anti-bacterial but it likely helps the body's own systems to work against such things.

People often say their skin feels different after using any of our soaps... skin feels

smoother, softer, more supple. Others comment on the fact that their skin feels "just washed" for much longer than it does after being washed with other soap... the Ultimate Naturals soaps seem to grant greater "staying power" to that clean feeling. Others say their skin starts looking better, softer, and younger. Many people note that the Ultimate Naturals Soaps feel much more soothing, relaxing, and luxurious than other soaps have ever felt to them.

Ingredients: Olive oil, Coconut oil, Goats milk, Ultimate Catalyst Altered Water, Dead Sea Mud, Aloe Vera, Titanium dioxide*, Glycerin (unscented) (*very safe form of titanium dioxide, not milled) .

Ultimate Naturals Goat's Milk Lotion with Ultimate Catalyst Altered Water -- formerly Ultimate Willard's Water Lotion with Goat's Milk Item No. E-105

People who have used this Lotion have loved how smooth it is with no greasiness to it, and no fragrance but also no "hospital like" or "cleaner chemicals" type smell. And, they love how it seems to instantly soften the skin.

If you're reading this, you're probably aware of Ultimate Catalyst Altered Water's legendarily positive impact on skin. Well, imagine that legendary-for-the-skin product, combined with Goat's Milk, and some other amazing items, and you may get an inkling of how great this is. We're going to detail some of the ingredients in the Lotion to give you that "glimpse" of the goodness of this product.

First, there's nothing harmful in it. Even eating it wouldn't hurt a person. Though as always tell children NOT to eat lotions, soaps, etc. — especially since many of them could be harmful.

Some of the reported benefits of Goat's Milk are already mentioned in the column to the left in its discussion of the Goat's Milk soap — obviously all those apply to the Goat's Milk Lotion as well.

This lotion also contains Meadowfoam, which gets its name due to its resemblance, when in bloom, to the white foam on the oceans' whitecaps. Meadowfoam is said to have amazing moisturizing and rejuvenating capabilities, and is very stable. When applied to the skin, it forms a moisture barrier that helps to prevent moisture loss. When in lotions, it remoisturizes dry or cracked skin.

The Lotion also contains organic soybean oil. Organic soybean oil is rich in vitamins and linolenic acid which help the skin to

absorb nutrients.

One of the major benefits of soy oil is that it's very good for protecting skin from UV rays and is a very effective oil for treating skin damage from strong sun &/or air pollution, and gives skin back a healthy glow.

Strong antioxidant properties of soy oil from the vitamins it contains are great for improving skin health. These anti-oxidant properties help to protect skin cells from free radical damage and keep the skin healthy and young. Soy oil is an effective anti-wrinkle and anti-aging oil. Ultimate Catalyst Altered Water (UCAW) is also an antioxidant, so this product has those benefits from both the UCAW & soy oil.

Organic soybean oil is a useful oil for moisturizing the skin. Vitamin E in soybean oil keeps skin smooth and healthy.

One Caution: apply only pure or organic soy oil (not commercially made soy oil) such as that in this Lotion on face as facial moisturizer. Organic soy oil is mild and doesn't cause any skin irritation.

Soy oil is very effective at removing skin blemishes including acne. Ultimate Catalyst Altered Water is also widely known for its amazing benefits in the fight against acne.

Mosquitoes don't like soy oil and are reported to stay away from it. One woman who was having a terrible time with mosquitoes and seemed to be covered in bites, said when she began using this lotion, she had no more bites!

Whether it will do that for most people we don't know, but it's very nice to know that unlike many skin products it doesn't attract mosquitoes and may ward them off.

Ingredients: Ultimate Catalyst Altered Water, Aloe Vera, Sunflower oil, Jojoba oil, Meadowfoam oil, Stearic acid, Soya oil, Cetyl alcohol, Emulsifying wax, Veg. Glycerin, Palmitic acid, Tocopherol, Potassium Sorbate, Goats Milk, Vitamin C, Citric acid, Germall Plus.

We've told you what people say about our Ultimate Naturals soaps and lotion... they make their skin look and feel better... younger and more supple, helps fight acne and other skin issues, and is great for people with a lot of allergy issues. And also that it "works better for them" than other soaps and lotions — many of them far more expensive and more of a "designer" category. But all those users agree you can't begin to appreciate the difference until you experience it yourself—so why not treat yourself to Ultimate Naturals? ♦