

# Possibilities

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## Military Considers Omega-3 Supplements for All Members; More Omega-3 News: Metastasized Breast Cancer; Liver; Aging

It's been reported that the US Department of Defense is considering ordering its troops to take Omega-3 Fatty Acids. The Department is considering either supplementing or fortifying the rations of all active service personnel in order to

- **enhance stress resilience** and
- **general wellness** leading to improved military performance,
- **cut hospital bills** and
- **speed recovery from traumatic brain injuries** (TBI).

It's said that, of particular concern to the military, are the high rates of depression and suicide together with physical/mental stress associated with combat in Iraq and Afghanistan.

A spokesperson for the Defense Department said "there are discussions at many levels about the addition of the omega-3, especially in combat-feeding and/or clinical setting (eg TBI) but they are discussions at this point in time". However, the military application of Omega-3s was the subject of a conference entitled "Nutritional armor for the warfighter: can omega-3 fatty acids enhance stress resilience, wellness, and military performance?" which was held last December. The most logical delivery form would be simply fortifying foods, not supplementation, but a US military directive that prohibits providing any pharmaceutical or supplement pill via the food supply would have to be rescinded to allow fortification. The article on this story published by NutraIngredients-USA.com also reported that the change may be led by the increasing numbers of individual soldiers who have been making their own personal decision to take omega-3 supplements.

Another story out this week reported on a study that found (again) that omega-3s are helpful in **memory function improvements** in healthy older adults

with a decline in cognitive function that occurs naturally with age, and also known to precede some diseases, including Alzheimer's.

We're encouraged to know that the US Military is apparently "open" to the benefits that some nutrients may provide to its members... that they "Get It". We also believe that the fact the Military is considering this certainly gives even more validation of the value of Omega-3s to probably just about everyone--between the benefits the Military is interested in and the other benefits reported in numerous studies in recent years.

Take a look at just the basic headlines and a little more on three more studies that have been reported regarding Omega-3s in just the last several weeks:

### Review Supports Omega-3 for Liver Health

— that's the headline on a study that reviewed four other human studies. It found that higher intakes of omega-3 fatty acids from marine sources "may benefit people with non-alcoholic fatty liver disease (NAFLD). The article on this study also pointed out that previous studies have implicated omega-3 in protective benefits against obesity-related conditions, and that a considerable number of studies already support the benefits of omega-3 fatty acids for:

- ♦ **Cardiovascular health**
  - ♦ **Cognitive health**
- With other areas of potential benefits found for
- ♦ **Mood and Behavior**
  - ♦ **Eye Health**
  - ♦ **Cancer Risk Reduction**

### DHA Omega-3 May Improve

Chemo Outcomes — This article reported on a study that found in women with **metastatic breast cancer**. In the study, women with the highest DHA levels in their blood had an overall sur-

vival of 34 months, whereas the overall survival of women was 22 months. Additionally, the women in this study who received the DHA "had a particularly poor prognosis as 68% had liver metastases in addition to other sites of metastases" and the median overall survival of patients having liver metastases was reported to be just 14 months.

### Omega-3 Fatty Acids Slow Aging

— this headline was for a study that found people with coronary heart disease, show less cellular aging than people with lower levels of marine omega-3 fatty acids in their blood.

We offer what we feel are as high quality Omega-3s as are available anywhere, in both fish-source (marine) forms, and non-fish forms (flaxseed source).

Most studies of omega-3s use the marine form, but there are people who are allergic to fish, and also vegetarians who don't want to use the fish source, and the Flaxseed form is said to be equally as good a source of omega-3s as that obtained from fish oil sources.

Our **Fish Oil** Omega-3 products are Items **J-391** (60 Softgels) and **J-392** (120 Softgels). The 120 count size is a two months supply, and the 60 count is a one month supply. Our **Flaxseed Oil** Omega-3 product is Item No. **J-77** (120 softgel capsules—depending on use, a bottle could last 20 days to a 4 months).

We are not experts but with study after study finding more and more benefits from omega-3s, it makes us think just about everyone should consider taking them.

And if you also use Real Willard's Water, you'll probably get even more benefit as like seemingly all nutrients, the omega-3s will likely be better absorbed by your body with the RWW helping to break them down and absorb them better. ♦

## Dog Fights... Also Healthier Dogs and More... Message for People In This Too?

Years ago, an article on using Real Willard's Water ("RWW") on some of the greyhound dogs competing at the Greyhound Race Track in Rapid City, SD, included some details on how dogs that had been "fighters", quit fighting and raced much better, after being put on RWW.

We were reminded of that article today, when we received this report from a customer in Hawaii:

"Had been giving my dogs, 1 Labrador Retriever & 2 Tibetan Spaniels, the dark WW on their food. Didn't notice any difference until I ran out of the WW. Chickens become less aggressive with the WW, you said, but I really didn't believe it until we ran out. It's been months & the dogs, previously very loving & tolerant of each other, a real family pack, are now growling at each other. No bites or wounds, just the aggressive growling & barking. Took me awhile before I realized it was the WW that made the difference.

"AND poured WW on plants newly transplanted and as bad as they looked, they rooted & grew.

"Charlie, I'm a true believer. WW really works!"

We've also received countless reports over the years of other benefits dog owners have noticed when giving RWW to their dogs. Including, but not limited to, improvements in:

- ◆ Coat Appearance
- Arthritis
- Energy
- Skin Conditions
- Variety of other health conditions
- Eye Sparkle
- Nervousness

We thought other dog owners and lovers would appreciate the report from Hawaii, and might have some use for the information themselves.

And, yes, a lot of people who don't even have a dog or any other pet, are often interested in such reports because it does seem to validate what a lot of people report about RWW... and it doesn't seem like it's a subjective opinion, or imagined benefit, when it happens to a dog or other animals! Besides, who doesn't like a good pet story? ♠

## Acupuncture for Pregnancy Depression

A study that included 150 participants found that acupuncture may be an effective treatment for depression during pregnancy which would be safer for the unborn baby than drug treatments.

Medication risks are said to make treatment of depression during pregnancy more difficult due to the risks those medications can pose to the unborn child.

The study participants were given eight weeks of treatment of either acupuncture specific for depression (SPEC), control acupuncture, or massage therapy. The women who received the acupuncture for depression experienced the greatest decrease in the severity of their depression.

The study was presented at the Society for Maternal-Fetal Medicine's Annual Meeting which was held Feb. 4, 2010 in Chicago.

The article didn't say if researchers felt this might indicate acupuncture might work for depression in people who are not pregnant, but it certainly makes one wonder if it might not. Given the known safety of acupuncture it would seem it could be worth a try. ♠



## Trivia & Tidbits . . .

1. What is Donald Duck's middle name?
2. What do arctophiles collect?
3. The 30th U.S. President was born on July 4, 1872. Who was he?
4. How many curves are there on a standard paperclip?
5. What painting did Francis I of France buy in 1517 to hang in his bathroom?
6. Which 20th Century U.S. President's middle name was Gamaliel?
7. What is a scarpologist?
8. Where might you find a kazatsky?

*AND THE ANSWER IS...*

1. Fauntleroy.
2. Teddy bears.
3. Calvin Coolidge.
4. Three.
5. The Mona Lisa.
6. Warren G. Harding.
7. Someone in the science of determining a person's characteristics from their shoes.
8. In Russia—it's the folk dance done with arms folded and knees bent.

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# PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

## More Energy? A Better Mood? Less Anger? Less Confusion? Fewer Asthma Episodes? Less Pain?

A new study found that slight dehydration can zap your energy, and participants in the study were found to have more **fatigue, anger, depression, and confusion** than the study participants who were well-hydrated. All that from simply getting enough water? That's right.

But, anyone familiar with Dr. F. Batmanghelidj's book "Your Body's Many Cries for Water", wouldn't be surprised by any of this.

In fact, to conserve space here, just check out the "reviews" on that book on Amazon.com ... Just go to amazon.com and search for "Your Body's Many Cries for Water" by Dr. Batmanghelidj and then click on the reviews.

Reading those reviews might "make a believer" in even the greatest skeptic -- even the one rated "most helpful critical review" praises Dr. Batmanghelidj's system for making that reviewer's **asthma "SOOO much better"!**

The "most helpful positive review" cited the good doctor's recommendations for how much water to drink, which, we admit, is a lot.

It would mean a 150 lb. person who drinks one cup of coffee a day and has a 32-oz soda, would need to drink 135 ounces of water a day--which, of course, is 7 ounces more than a gallon.

Putting it another way, it takes SIXTEEN 8-oz glasses to equal a gallon, so this would be just an ounce shy of SEVENTEEN glasses a day.

But, the reviewers who followed that system, DID rave about the results.

### Can't Imagine Drinking That

### Much Water?

All of this made us (of course) think about the rave reviews Real Willard's Water ("RWW") has always received for all those same health problems. BUT people drinking RWW, don't seem to drink nearly that much. In fact, the most typical report of daily consumption is about 32 ounces from their "mixed up gallon". And you can even drink it as tea, or coffee, or cook or bake with it to get some of your daily intake. You can't hurt it by heating it or cooling it.

We have had body builders tell us that RWW hydrates them much better than regular water, and we've had veterinarians tell us that sick animals who were seriously dehydrated got re-hydrated MUCH faster than they should have for the amount of water they drank, WHEN that water was RWW.

Prove anything? NO. And we're just lay people, not experts at all. But we do know we've been hearing from people AND natural health experts for years who have told us that RWW definitely seems to hydrate better than regular water.

### Want Even "More For Your Money"?

RWW has been reported to have a number of additional benefits... like

- being a tremendous **antioxidant** and **free radical scavenger**,
- raising one's **alkalinity** which natural health experts say helps prevent and fight off numerous health problems, and
- it **reduces inflammation & swelling**, and
- helps you to **absorb a higher percentage** of the **nutrients** you take in, and
- **eliminate more** of the **toxins** and

**wastes** that you need to get rid of.

So, given how great water itself is for people (if you believe Dr. Batmanghelidj's book, and all those reviewers of it, and the study mentioned above which was published in Perceptual and Motor Skills, August 2009) is it really so amazing that RWW which may well hydrate even more effectively than regular water, and which has all those other additional beneficial characteristics, would be even more amazing?

We've often pointed out that one reason RWW "sounds like snake oil" to people who are not familiar with it, is that it seems to do too many different things. But, the fact is, it only does a few things... but those few things (mentioned above in that list) have such a broad range of impacts on health, that it SEEMS like it does a lot of different things.

For instance, if someone isn't absorbing Vitamin C very well, they may bruise quite easily. If they start drinking RWW and stop bruising, they may think RWW stops bruising, when it really just helped their body to start absorbing enough Vitamin C to do the job. Someone else might say their arthritic knuckles went back down to normal size, so they'd think RWW helps arthritis. No, it probably just took down that swelling—another one of the items on that list. And so on.

The "unusual" characteristics of RWW pretty much explain anything it ever does, or has done. Explaining it that way also makes it sound much simpler and probably more credible to anyone you're discussing it with. Add all that to the benefits of regular water that are now being recognized, and it's no wonder RWW seems like such a marvel to so many people!

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It is used for address information in the mailed version.



## Keys & Hearts

"M.A.B." has a unique way of finding her keys any time she loses them. Her husband, "Keith", who passed away over 22 years ago (as of January 2010), was always able to find her keys when he was "still here".

But ever since he's been gone, when she can't find her keys, she "asks God to lend me Keith for a few minutes" and then she asks Keith to find her keys... and within minutes they always appear—even in places she'd already looked!


She even "got Keith" to find her friend's missing keys over the phone one time!

Another thing Keith always does for her is to leave her hearts... designs of them in different things. Sometimes when she's taken the last paper towel roll off the roll, there's been an impression of a heart on the backside of the last paper towel.

And, most recently, following a snowfall, when M.A.B. was clearing her steps and sidewalk of snow, she swept the snow off and then went with a shovel over the whole area.

She then came back to go between the back of the car and the sidewalk and there was a heart shape carved into the snow — the snow had been cleared away in one area which left the perfect shape of a heart in the dry pavement, which was surrounded by undisturbed snow!

Now that's not something that would seem to have happened "by accident" as a person swept and then shoveled an area!

No, that is one more example of the kinds of hearts that M.A. B. has been finding ever since Keith passed away. Really makes it seem like he isn't very far away, doesn't it? 

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*Editor: We invite you to share your miraculous/unexplained help/fork-in-the-road stories with us, for sharing with others in this column (anonymously, if you choose).*



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




### **Quicker-Than-Expected** —

That's how "K.M." would say his recovery from his fall has gone. He told us, when he placed another order recently, that he'd very recently slipped on the ice, and fell, banging his knee rather severely. Thought of the **Chinota Gel** (Item HG-4 and/or HG-8) which he was already a big fan of, from prior experiences. Applied it several times over about a day or two. Was already pretty much back to normal . . . which, given how hard he'd fallen on it, he did not expect.

**Easier Breastfeeding?** — "F.L." told us a lady was at her house one night and complained of having trouble breastfeeding as she was running low on milk. F.L. gave her a few glasses of Real Willard's Water and the next day she said she had lots of milk! We sure don't know why—maybe

more relaxed, maybe some sort of getting things more balanced... we're sure not experts, but it was an interesting coincidence.

**Bicycling Enjoyment** — At least it must be more enjoyable for "S.S." when he's drinking Real Willard's Water for his rides, since he told us he uses it (RWW) "during my 35 mile bicycle rides which are a nightmare if I am not using your RWW as I ride. The ride is much harder at the beginning before my RWW has a chance to take affect but by the time I get through the first bottle (with 5 cc's of RWW added) my legs stop burning as I am pedaling to a point of almost feeling I feel completely normal." That's gotta feel good when you're biking that far! And it's great for us to hear about it! Thanks, S.S.! 



# More Product Highlights & Updates from Charlie

## FOODS to Cut CHOLESTEROL & CANCER RISK, AID JOINTS, MORE!

Harvard Medical School published a list of **11**

may be an additional benefit of orange juice.... reducing the risk of **polyarthritis**.

Polyarthritis is a type of joint condition which is most often triggered by the autoimmune system. The study authors said that orange juice has a lot of beta-cryptoxanthin which has been found to help reduce the risk of developing polyarthritis.

Orange juice also contains plenty of Vitamin C, which is another nutrient that's good for joint health.

More food tips:

Oranges and grapefruit also contain Vitamin C and Vitamin C can **stop cartilage loss** and slow **osteoarthritis** progression.

Some other foods that have been found to be of particular benefit to joints include **Green Tea, Coleslaw, Ginger and Avocado.**

Here are a few more tidbits on foods that have been found to have specific health benefits:

**Chocolate to reduce stroke risk.** Eating it in moderation could also reduce the risk of death following a stroke. One study found people who ate one serving of chocolate a week **were 22% less apt to have a stroke** than those who ate no chocolate. And people who ate 50 grams of chocolate once a week were **46% less apt to die** after having a stroke than those who did not eat

**SMILE...** "I know my teeth are whiter because they now match my fake tooth (capped one) from 1981—and the rest haven't matched that in at least 15 years!" This happy user told us that after her dentist warned her that her next cleaning should be scheduled for a "debridement" rather than a regular cleaning—as we understand it a regular cleaning removes light to moderate plaque/tartar build-up, whereas a debridement involves the removal of more build-up and may involve scaling and root planning—she went home and decided to add Real Willard's Water to her tooth brushing routine.

She says she began spraying the toothpaste on top of her toothbrush before starting to brush. Then, when finished brushing, she rinses off the toothbrush and sprays it several times with the RWW... and also sprays her teeth (front and back of them) with RWW and brushes again. Then, when she's all done brushing, she sprays her teeth with RWW again, and just lets the RWW stay put.

"In less than two weeks the difference between my fake front tooth and my real teeth was much less noticeable, and less than 2 months later, when I went back for a filling, the dentist commented on the fact that my one tooth was doing well because I keep them nice and clean—didn't seem to remember he thought I needed a 'debridement'.

"Also, I've been brushing my teeth for 2 minutes every time I brush for the last couple of years since the 'whitening' toothpaste system I was using required it. In fact, I'm actually brushing my teeth for a shorter period of time now, than I did all that time on the 'whitening' program. But my teeth are FAR whiter!"

Would this routine work for anyone else? We don't know, but if you try it, we'd sure like to know what you think. Does it make a difference or not? ♦

chocolate.

Researchers speculate it may be the high amounts of antioxidants, called flavonoids, in chocolate that protect against strokes. They say more research is needed to know if chocolate really does lower stroke risk or whether healthier people are just more likely to eat chocolate than other people are. Seems to me more of the health-conscious people I know try to avoid all sweets, but that could just be a false assumption on my part. Guess they need more research!

**Fish for Heart, Kidneys, & Colon.**

Fish is now said to not only reduce

### cholesterol-lowering foods.

The list of 11 foods all lower cholesterol, but they don't all do it in the same way. Some of them do it by delivering soluble fiber, which binds to cholesterol and its precursors in the digestive system and then removes them from the body before they get into circulation. Some others provide polyunsaturated fats, which directly lower LDL and some contain plant sterols and stenols that block cholesterol absorption.

Here are the 11 cholesterol fighting food groups named by Harvard:

1. Oats
2. Barley and other whole grains
3. Beans
4. Eggplant and Okra
5. Nuts
6. Vegetable oils
7. Apples, grapes, strawberries, and citrus fruits
8. Foods fortified with sterols and stenols
9. Soy
10. Fatty fish
11. Fiber supplements

The Harvard information even recommended that people switch to oat-based cereals like Cheerios to boost their consumption of oats to the recommended level of 20 to 35 grams a day. The average American gets FAR less than that amount.

It said eating 2 ounces of nuts a day can reduce LDL by about 5% while eating 25 grams of soy protein (10 ounces of tofu and 2.5 cups of soy milk) can lower LDL by a similar amount. Just two grams of plant sterols or sterols can lower LDL by about 10%. The Harvard researchers suggested people eat a wide variety of the listed foods in order to reduce their risk of heart disease.

Another article we read recently pointed out what other researchers found



your risk of heart disease but also may protect your heart from air-pollution-induced arrhythmias. A study found the omega-3s in fish oil may help alleviate the irregular heartbeats that can result from air pollution.

Another study found that the omega-3s in fatty fish (like salmon) can also help reduce the risk of **kidney cancer**. Women in the study who ate fatty fish on a fairly regular basis lowered their risk of **kidney cancer by 44%**. Besides the omega-3s in fatty fish, there's also a lot of Vitamin D which has been found to be beneficial for your heart (and much more) in numerous recent studies.

Fatty fish has also been found to help protect against colon cancer. In a 22-year study, men who ate fish and shrimp five times a week had a **40% lower risk of colorectal cancer**. Just eat it broiled, not fried, and go easy on the butter.

Another food for a healthier colon is bananas. The B-6 in bananas has been found to reduce the **risk of colon and rectal cancer**. You can also get a good amount of B-6 in corn, eggs, salmon, and spinach.

One of the largest studies ever on B-6 and colon health, found that people with the highest intake of B-6 — from food or food supplements — reduced their risk of **colorectal cancer by 20% to 30%**.

If you don't think you'll get enough B-6 from foods, there's our extremely high quality **Activated B-6** Item No. J-1, which has been a customer favorite for years. It's already converted to the substance other natural B-6 supplements have to be converted to by the body before they can be used, so it's simply more easily available and it seems effective.

And another study found that apples could also help reduce colon cancer. In this case, researchers think the reason may be quercetin—a cancer-fighting flavonoid which is abundant in apples. In a lab study, it seemed this compound stopped precancerous cells from

dividing, and even “encouraged them to die off”. Researchers said loading up on quercetin-rich produce could lower **colon cancer risk anywhere from 6% to 35%**.

It's great to see more and more mainstream scientific studies confirming what many people have known for a long time... we do benefit from the foods we eat, or hurt ourselves by not eating healthy foods.

But when we see such studies, we're always reminded of how many natural health experts have commented on Real Willard's Water's (RWW) abilities to **increase the absorption of nutrients** we take in—whether **from food or food supplements**.

So if you plan to start really trying to get more of the “good stuff” you need from your food, it might work even better for you if you also make sure to drink your RWW very regularly. This is a hard thing for most people to actually know, because you don't FEEL your body assimilating nutrients better, but... there's always that “corn test”.

We started calling it the “corn test”, since we heard so many people comment on the same thing. They said they “used to always see corn kernels in their stool” by the day after eating corn, but once on RWW for a while, they'd see almost no corn in their stool after eating it.

Dr. Willard (“Doc”) told us that's because the body, with RWW in it, breaks down food better than it does without the RWW, so the body can absorb and utilize that food and its nutrients better. So, if you haven't paid attention to this before, think about it... does it appear from your stool, that you're breaking down and absorbing corn better than you did before starting on RWW? If yes, it would seem like a good idea to make sure you stick to your RWW routine to get the most out of the food you eat and any nutritional supplements you take.

Additionally, RWW also helps to **break down toxins and waste materials** in your system to get rid of those things you certainly don't need. Which, given the amount of “bad,

unhealthy food” many of us often find ourselves eating, no matter how good our intentions are, it's nice to know that the RWW may help us get rid of the worst of such things.

Natural health experts have also said RWW helps to **eliminate even heavy metals** from the body and other **environmental pollutants and factors**. So, since our health depends not only on getting the “right” things into it, but also getting the “wrong” things out of it, this ability of RWW to eliminate toxins and wastes would seem to be a real key benefit.

Another aspect of RWW that a lot of natural health experts say is very important is its **alkalinity**. It is highly alkaline and helps to bring a body that's too acid (which most people are these experts say) to the more desirable alkaline level.

Furthermore, RWW is also known for its **anti-inflammatory properties**. We hear often about swollen joints being reduced, swelling from injuries also being reduced, etc. A lot of our health complaints involve swelling and inflammation. So, it seems logical that RWW's ability to reduce inflammation is another important aspect of its reported benefits.

And, one very key characteristic, is RWW's **antioxidant and free radical scavenging** abilities. Dr. Willard described its outstanding abilities in free radical scavenging by explaining that most such scavengers have a very limited supply of electrons to give up (which is what makes them scavengers) but RWW has “a seemingly almost endless supply” of such electrons, so it can continue to perform as a free radical scavenger many, many more times than the typical scavengers can. So, it seems to us lay people, that anything known to be helped by antioxidants and free radical scavengers (which is a huge list by now), may well benefit from RWW.

So if you're going to concentrate on getting needed nutrients from food or supplements, it seems a good bet to be regularly using RWW, to boost absorption and also get all the other benefits. ♦