

# POSSIBILITIES. ♦ ♦ ♦

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

## Weight Loss “Secrets”... You ARE What You Drink?

A new “intervention” to limit their consumption of sugary drinks was shown to help teen-agers lose weight.

Researchers at Children’s Hospital Boston say having non-caloric beverages delivered to teen-agers’ homes, led to weight loss. They followed 103 teens between the ages of 13 and 18 for six months.

Half the teens got weekly deliveries of non-caloric beverages of their choice, such as bottled waters and artificially sweetened drinks. There were also told to avoid sugar-sweetened beverages. The other half (the control group) continued their usual eating and drinking patterns.

At the end of the six month study, those who received the delivered beverages drank 82% less sugary drinks. Those in the control group did not change their consumption. The more the teen-ager weighed when the study began, the greater the effect on body weight. Among the heaviest one-

**A 12-oz sugary drink a day adds about a pound of weight gain in 3 to 4 weeks...**

third of the teens, the beverage-delivery group had a significant decrease in body mass index (BMI), while the control group had a slight increase in BMI.

Researchers say one 12-ounce sugar-sweetened drink per day adds up to about one pound of weight gain over 3 to 4 weeks. They said focusing on one type of high calorie item such as these high calorie beverages may be more effective than a more comprehensive weigh-loss program, which can sometimes be overwhelming, just due to the massive amount of information, and cause the person to just give up.

In a related finding, it was reported recently that instead of the 10% of calories per day that should come from beverages, experts say Americans are getting about 20% of their daily calories from beverages.

In an attempt to reverse this trend, a professor of nutrition at the University of North Carolina at Chapel Hill has started an initiative. Dr. Barry M. Popkin has developed guidelines for beverage consumption.

He, and the Beverage Guidance Panel, say people should drink more water and limit or eliminate drinks high in calories with no nutritional value.

They say you can actually have one serving of your favorite sugary drink a day (like Coke, Pepsi, or sweetened iced tea), as long as you’re not trying to lose weight.

Water is at the top of the list for what you should drink. They say men need six servings of water per day, while women need four. If you need caffeine, the panel recommends getting it from unsweetened tea or coffee. They say you can have up to 8 servings of tea or 4 servings of coffee in a day. Only 1 serving of one of the following is recommended per day: fruit drinks, whole milk, or sports drinks. Up to 2 servings a day of nonfat or 1% fat milks and fortified soy drinks were also recommended. The panel said fruit juice and whole milk have important nutrients, but the high calories of them outweigh their benefits in the panel’s view. More details at [www.beverageguidancepanel.org](http://www.beverageguidancepanel.org). ♦

## Lower Stroke Mortality

Since the U.S. and Canada began requiring certain foods to be fortified with folic acid in 1998, deaths from strokes have significantly declined. Researchers say the decline in such deaths is likely due to the folic acid fortification in bread and other enriched grain products.

There have been about 13,000 fewer stroke deaths each year in the U.S., and about 2,800 fewer in Canada.

Study authors said they believe the folic acid impacts stroke because it is believed to reduce the risk for stroke by lowering levels of homocysteine in the body. Higher homocysteine levels have been linked to a higher incidence

of stroke and heart disease.

Folic acid fortification was initially done to try to prevent neural tube birth defects, like spina bifida, which can be caused by a deficiency of folic acid.

The authors stopped short of saying folic acid caused the drop in stroke mortality rate, but did say “If folic acid fortification is responsible for even a fraction of the accelerated improvement we observed, this public health benefit is an important bonus to the reduction in neural tube defect rates previously demonstrated.”

High quality folic acid is our Item No. J-113, and is also in our Activated B-Complex, Item No. J-2, and in Multi-Vim, Item J-56. ♦

## SAVE MONEY! Find that Story You Can’t Quite Remember...

We’ve just begun sending out Special Offers by e-mail... and these are **REALLY GOOD offers**, well worth your time to read! If you haven’t yet received an e-mail offer from us, it likely means we don’t have your e-mail address, so either e-mail it to us, phone it in, or give it to us on your next order. Also, make SURE to check your “spam” or “junk” folder to see if e-mails we’ve sent you wound up there... and remember to “mark us” as not junk or spam so your mail server will let our e-mails get through to you. We’re sorry we can’t mail these offers to those who don’t have e-mail, but the printing and mailing expenses are just too high.

Coming soon... you’ll be able to retrieve information we’ve published in our newsletter, Possibilities, by searching a new Newsletter section of our web site. It’s not there quite yet, but will be soon. Just check now and then and one day soon, you’ll find it. Only Newsletters from 2005 and 2006 will be there to begin with, but ultimately, they will all be there, from 1997 on, and will be “searchable”.  
**www.willardswater.com 1-800-447-4793** ♦

## Mineral Reduces Major Pregnancy Complications

Preeclampsia is a fairly well known condition which pregnant women can develop, marked by high blood pressure and protein in their urine. It's more severe complication is called eclampsia and that can be fatal for both the mother and her baby. It's said nothing can prevent preeclampsia's development, however, past research has shown a link to calcium deficiency.

In a new worldwide study, more than 8,300 women with low calcium intake were placed in two groups. Half were given 1.5 grams of a calcium supplement each day, and half were given a daily placebo.

The rate of preeclampsia was not significantly different between the two groups. However, women taking the calcium had a significantly lower rate of eclampsia and other severe complications.

Among younger women taking the calcium supplement, their risk for preterm delivery was reduced.

The researchers involved said, "This large randomized trial in populations with low calcium intake demonstrates that,

while supplementation with 1.5 grams calcium/day did not result in a statistically significant decrease in the overall incidence of preeclampsia, calcium significantly decreased the risk of its more serious complications, including maternal and severe neonatal morbidity and mortality, as well as preterm delivery, the latter among young women."

The study was published in *American Journal of Obstetrics and Gynecology*, 2006; 194:639-649.

We provide calcium in **Calcium Citrate** (Item No. J-25), and in **Coral Calcium Powder** with Vitamin D & Magnesium (Item No. J-201), and in **Coral Calcium Capsules** with Vitamin D & Magnesium (Item No. J-203).

This article reminded us of the nutritional expert who once told Kolleen Sunde here that he believes some of the benefits she received when she began using **Real Willard Water** may well have been due to its improving her absorption of calcium. Real Willard Water has been said to boost nutrient absorption by many natural health experts. ♦

## Migraine, Toothache, Muscle Pain Home Remedies...

It's nice to see "old home remedies" validated. Science has done that on some which were reported in Aarp Magazine's March & April '06 issue. Some of them may surprise you.

Did you know up to half of all the people who suffer from **migraines** have a magnesium deficiency? That's according to a review in *Clinical Neuroscience*. It is said such a deficiency can lead to blood vessel constriction. Taking 400 milligrams a day of magnesium can cut migraine frequency and severity in many migraine sufferers.

Since so many people have told us over many years that drinking Real Willard Water has reduced both the frequency and severity of their migraines, it makes us wonder if perhaps that might be due to "the water's" abilities to increase nutrient absorption, perhaps causing them to absorb enough more magnesium to have this effect. We don't know, but it does seem like a plausible explanation. Also, we not only offer **Real Willard Water**, but also high quality **Magnesium Citrate** (the form of magnesium best absorbed by most people) in **Item No. J-54**.

For **toothaches**, rub an ice cube in the V-shaped area where the bones of your thumb and forefinger come together, to temporarily dull the pain. A professor from McGill University in Canada said doing so for 5 to 7 minutes eased the pain 60-90% of the time. The cold sends signals to the brain to block pain impulses from the mouth.

**Muscle pain** can be relieved by ginger tea. Jacob Teitelbaum, M.D., author of Pain Free 1-2-3, says compounds in ginger inhibit enzymes involved in pain and inflammation. Grate a 2 inch piece of gingerroot, steep it for 3 to 5 minutes in a cup of boiling water, and then sip the strained broth. Lots of folks love **Chinota Gel (Items HG-4 & HG-8)** for muscle pain, if we do say so ourselves! Come to think of it, one trucker even swore Chinota helped his toothache! We don't suggest internal use, of Chinota however! ♦

## Trivia & Tidbits . . .

1. What name did Merv Griffin originally use for the game show "Jeopardy"?
2. Who was Johnny Carson's first guest when he took over the *Tonight Show*?
3. Where was the world's first successful oil well drilled?
4. What is the word "laser" an acronym for?
5. What is a neuroblast?
6. What is the chief symptom of someone suffering from oniomania?
7. What are you studying if you're into oology?
8. What planet has the strongest winds in the solar system, at 1500 m.p.h.?

AND THE ANSWER IS...

1. "What's the Question?"
2. Groucho Marx, on October 1, 1962.
3. Titusville, Pennsylvania, in 1859.
4. Light amplification by stimulated emission of radiation.
5. A newly formed nerve cell.
6. An uncontrollable desire to buy things.
7. Birds' eggs.
8. Neptune.

## ON "THE WEB"!

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

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

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

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## PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

### Help in Quitting Smoking? Arthritis Relief? Why Doesn't It Work? Food For Your Moods?

**QUIT SMOKING?** SM (Wisconsin) told us that she's been off cigarettes for a bit over a month. While drinking Willard Water, she was doing fine. Then she forgot to mix some up for a few days and developed a terrible craving for cigarettes. Found herself looking around the garage for half-smoked butts . . . Was going to go out and buy a pack. Then realized that when she was drinking the WW, she wasn't thinking that way. Mixed up another gallon of WW, poured and drank a glass and soon the cigarette craving went away. (Ed. Note: Doesn't surprise us . . . Over the years we've been told by people who ran "get off street drugs" clinics that WW helped significantly with that process. How does it do it? We could only make guesses, but when it is so inexpensive and harmless and so beneficial in other ways, does it really matter?)

**ARTHRITIS** — TB (Pennsylvania) told us by phone that she used to take Vioxx for her arthritic joints. After Vioxx was taken off the market due to heart problems, etc. associated with it, she found WW . . . Says she feels at least as good from drinking that as she did from the Vioxx.

She also mentioned that her dog has cancer, and was doing so much better when he was drinking the WW. He had been without it for two weeks and condition was worsening again. So, for both her and the dog, she called us with an "emergency" order.

Those reports are common enough that they raise no eyebrows here . . . We're just passing them along because those reading this don't have the benefit of talking with other WW users all day long. But what LF (Massachusetts) told us was something we really hadn't heard before. She has **fish** (type of goldfish) which she keeps in a little "aquatic garden" in her backyard. Brings them inside to a tank during the winter.

When they came in this past autumn, she noticed that one had several "growths" on its skin. One was seemingly threatening to close the fish's eye.

She thought to add WW to the fish tank and within a few weeks noticed that the

growths were nearly gone. (Note: proves nothing, of course . . . The fish had been moved to a different environment so perhaps there was something in the pond that was causing the problem, and once inside the growths may have disappeared spontaneously. But given all the amazing reports we continually hear, we, of course, believe it was the Willard Water that made the difference.)

#### **WHY DIDN'T IT WORK ON ALL OF THEM?** —

JM (Illinois) asked us, "I've been drinking Willard Water faithfully for some years and over that time I've gradually gotten a fair number of my relatives and friends, and people I work with, to join me . . . They all drink pretty appropriate amounts of it each day. Two of the group had a lot of arthritis pain . . . One had it go away almost completely after he had been on the WW for a while. But his brother was hurting the same way, and it seemingly did nothing for his arthritis pain. But the brother had had fairly high blood pressure and he seemed to get pretty good improvement after drinking the WW. Same way with at least one other person in the group. But at least two other people also had high blood pressure, and they noticed no benefit from the WW.

EVERYONE agrees that it is great for burns and other skin problems. But why the difference in the other people? (Our answer: We have no idea . . . We can speculate, of course, and we are certain that it helps everyone in many ways. But whether a person will get relief from a particular problem consistent with their faithful use of the Willard Water, is just impossible to predict. But, hey, it's inexpensive and harmless, and certainly is not a "miracle drug". We've known of many people who tried it for a particular reason and found relief on another front. Maybe their arthritis didn't get a whole lot better, but their

**Mood Food?** Yet another benefit has been found for Omega 3's. This time it's that they may influence mood, personality and behavior in positive ways.

Researchers from the University of Pittsburgh School of Medicine presented their findings at the American Psychosomatic Society's 64th Annual Scientific Meeting. They reported that study participants who had lower blood levels of Omega 3's were more likely to be depressed, have a more negative outlook, and also be more impulsive. Those with higher levels were found to be more agreeable. The authors said a number of studies have previously linked low levels of Omega 3's to conditions such as *major depressive disorder, bipolar disorder, schizophrenia, substance abuse and attention deficit disorder*. But few studies before, they said, have shown these relationships also occur in healthy adults.

Omega 3's are found in fatty fish like tuna and salmon as well as in walnuts flaxseeds and canola oil. We offer them in our Item J-39 "**EPA**" (from fish oil), and in Item No. J-77 **Flax Seed Oil** softgel caps. ♣

stomach pains quit, they slept better and had more energy. So they certainly didn't complain, and continue to drink WW daily and have for years.)

The only other suggestions we can think of would be to try mixing their Willard Water concentrate with a different type of water than they're currently using. . . some people have better results with spring water even, than some filtered waters. And if using distilled water, maybe they should mix it two ounces to the gallon, instead of the usual one ounce, to reduce the acidity of the distilled water, which can be a problem for some people.

They might also try increasing the amount of the mixed-up-Willard-Water they drink in a day — 32 ounces a day is pretty typical, but some people drink a gallon a day. And many people have told us when they increased the amount they drank in a day they noticed some definite increased benefits.

Or maybe it's their own bodies setting the priority for what will happen when. . . we've known some people who just took longer to see certain results than others. Like their body decides to work on blood pressure before arthritis, for instance. Or maybe they never will. But we're glad they've noticed other benefits and we're sure they are too! ♣



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

Note: This area is deliberately left blank in the electronic version. It is used for the recipient's address information in the printed version.



### Angel Signs?

"It was hard to leave the interesting discussion, but I had to go pick-up my 5-year-old daughter from day care, which is always interesting and joyful in itself.

"But discussions of angels do tend to make you want to keep listening and participating. Especially this one. I'd just heard about an apparent 'practice' of angels... sometimes, I was told, they leave signs they've been there. Feathers are said to be a fairly common sign.

"Giggles and hugs brought me out of those thoughts as soon as I picked up my girl and we headed on our way.

"But I suddenly realized I was feeling like my grandfather was right there with us. It's a feeling you can't explain, but it's not unlike the 'knowing' you have when someone close to you enters your house or room or something and you haven't seen them yet, but you know who it is. It just 'felt like Grandpa'. But Grandpa's been gone for nearly 23 years.

"My thoughts were interrupted with questions from the backseat... 'Why did Grandpa Erv have to die?' How in the world

did my daughter know I was thinking of him? Seemed an amazing coincidence that she would start thinking of him right when I was feeling so strongly that he was with us. I remembered reading in this column once a saying that 'a coincidence is a miracle in which God has chosen to remain anonymous', and that sure seemed closer to the truth of what was happening, than just counting it all as coincidence. She kept asking and I kept answering her questions about him. Then we got home and she baled out of the car, in a hurry (of course!) to get to whatever adventure she was planning for herself. Suddenly she stopped in her tracks... "Mommy where did this come from?" Stooping over and pointing to a long (about 6 inches long), white and tan feather in the middle of our driveway!

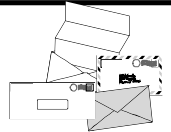
"Think whatever you like. Of course, birds do fly over our driveway, but I've never noticed a feather anywhere on our property before, and certainly not one this big.

"Coincidence? I believe that even less than I did before. I think it IS a sign that the bond of love isn't broken... even between a loving Grandpa and his great-grandchild, born some 18 years after his passing." — A.T.

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



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



**No Colds & More Energy** — "D.H." says since he's been taking our **Beta Glucan** (Item No. J-95) he hasn't caught a single cold... *not even his wife's!* And besides that, he has more energy, too!

**Now None Have Died!** — "D.M." was very enthusiastic in her report to us about the about-face her **houseplants** have done since she started using **Dark Real Willard Water** on them several years ago... bugs, disease, etc. used to kill them all, she said, but "**None** have died since I started them on Dark Willard Water"!

**Just What's Charged Up?** — "E.P." says he just feels better overall when he's drinking Real Willard Water. He noted he understands "the water" has a very small electrical charge and

says he thinks it charges him up! Not "wired", just really feeling good.

**Orphaned Kittens & "Terminal" Dog** — "S.C." took in 4 orphaned kittens, who she says always get **upper respiratory infections**...not this time. She's giving them our **Alpha Whey PLUS** colostrum (Item H-2) and they've been really healthy, almost no nasal discharge even.

And her dog was diagnosed with **lung cancer** 2 years ago in February. They removed the top 1/3 of her lung and found the cancer had spread so closed her up and told S.C. to take her home to let her die. She started the dog on **Real Willard Water and Colostrum** (H-1 or H-2), along with some Chinese herbs, Vitamin C, and "a few other things" and she's doing great. S.C. says "Thank God you had the 60 Minutes report on your website, that's what convinced me to try it."



## More Product Highlights & Updates from Charlie

### Narcotic Pain Pills Didn't Help the Pain, But This Simple Remedy Did!

We've received lots of reports over the years of Chinota Gel (Item HG-4 or HG-8) working so well in reducing pain of various kinds for people they say they just can't believe it. Some have even said they wondered if they'd lost their minds... since they "knew" nothing could work that fast... or that well. Often they ask why it does work so well. We don't really know, other than that Real Willard Water, which composes most of the Chinota Gel, has also been seen to work so fast sometimes people have thought they must be crazy about that, too!

In the case of the Willard Water we suspect a lot of it's apparent pain reducing ability comes from its ability to reduce swelling. More than one person has told us of watching a "goose egg" on someone's head appear to deflate like a rubber ball when you let the air out of it. In fact, my wife Kolleen and a friend of ours witnessed that phenomenon on our daughter Abby's head when she was about 5 years old (she's 29 now—makes me feel OLD!) But when you add that ability to the various pain-relieving properties of the herbs also contained in Chinota Gel, you seem to get a real case of "the whole is Much GREATER than the sum of its parts".

Back to reports of pain relief from Chinota Gel. I don't think we've ever received a more interesting, or amazing, report than "B.K.C." from Minnesota sent us recently. We're printing here just as she wrote it.

#### To Charlie & Kolleen: Testimony Regarding Chinota Gel

"I suffered intense, unrelenting pain of my right hand, fingers, thumb, and arm for over a month, after breaking my wrist from a fall on ice. When I broke it, the Urgent Care doctor did not give me any pain medication, so I thought the pain would be ending soon. It got worse, instead.

"The following day, I got a narcotic pain med from my primary doctor, but after only three doses, I had a severe allergic reaction to it and felt 10 times worse. Plus, it only took about one-fourth of the pain away—barely fazed it—so I immediately discontinued taking it the next day. I've become allergic to almost every medicine doctors have tried to give me the past several years. I've also suffered from multiple chemical sensitivity for several years. Besides that, I suffer quite quick and severe allergic reactions to silicon dioxide, which is added to many medicines, foods, and spices.

"To make matters even worse, my liver is compromised, due to liv-

ing on antibiotics for over a decade (that's a whole 'nother medical nightmare story!), so I have to be very careful what I subject my liver to. The nurse recommended I try alternating between Ibuprofen for the swelling and Tylenol for the pain. The pharmacist carefully checked every over-the-counter (OTC) drug he had on his shelves and finally found I could safely take Children's Liquid Ibuprofen.

"However, the pain and swelling did not ease. In fact, every day the pain grew more and more intense. And, after about a week of alternating the OTCs, I began to suffer intense stomach pain, as well. Plus, my urine was cloudy and that freaked me out — I figured my kidneys were being too overworked by the OTCs, so I stopped taking them and simply had to endure the excruciating pain from my thumb and fingers all the way to up above my elbow. I was completely miserable. The pain was waking me up every single hour every single night. I wanted to tell the doctor to just chop my whole arm off.

"Oh, I had cast problems, as well. The first one was way too loose. The second one was way too tight, around my thumb, especially. So three times I had to go into the clinic to have the doctor saw some of the cast away to relieve the pressure it was causing on a tendon — my thumb was swollen three times its normal size. Finally, he recommended a new cast. But I still suffered unrelenting, immense pain after the third cast was put on my hand and arm. But the third cast still wasn't right — it was too loose around my wrist and way too tight in the middle of my arm. My thumb was only swollen twice its normal size, my fingers were still badly swollen, and the pain was still unbearable.

"It was depressing. I was extremely sleep-deprived, stressed-out, and nauseous from living with such severe pain for so many weeks. Kolleen told me she had put Chinota Gel, an ancient herbal formula combined with Real Willard Water, on Charlie's hand to reduce the swelling and pain when he

broke his wrist. I was very skeptical, since the narcotic had failed, but desperate. Kolleen put it in the mail and I received it the next day. Afraid of having an allergic reaction to the smell, I cautiously sniffed the gel. I was relieved that I didn't react badly to it. I liked the smell, a minty, refreshing smell. So then I cautiously rubbed some of the gel into my hand's knuckles, fingers, thumb, and around my elbow.

"It worked so subtly that I didn't realize, until a few hours later, that the pain and swelling were both significantly reduced. It struck me all of a sudden, like, hey — my thumb, fingers, wrist, arm, and elbow aren't throbbing excruciatingly — what's up? I was baffled. Then I remembered that I'd used the Chinota Gel about three hours earlier. I was totally amazed, yet baffled. I had just sobbed to the doctor, the day before, that I wished he could just cut my arm off because I was at my wit's end with all of the pain for so long — I really couldn't take it, any more. Finally, I felt significant relief from intolerable, excruciating pain for the first time in over a month!

"I wondered if maybe the fading pain was because my break was healing or if it was because of the gel. So, I didn't put any more gel on the rest of the day. By late evening, my thumb, fingers, and arm around my elbow were throbbing, again, badly. I rubbed a little more Chinota Gel on my skin above and below the cast, watched TV for a couple of hours, noticed the pain was subtly fading, again, so then went to bed, hoping not to wake up every hours from pain. I slept my first good night's sleep in over a month! What a godsend!

"When I woke, the pain was back, throbbing. But I relished in the fact that I had finally started to catch up on missed sleep. It also proved to me that it was, indeed, the Chinota Gel that had reduced my pain and swelling, not the healing aspect of my fracture. I used the gel three or four more times that day — each time, as

the day progressed, the pain and swelling faded. The day after that, I was feeling so much better! Even my long-standing nausea, headache, and depression, due to the immense pain I had suffered with for over a month, had finally lifted! I'm so thankful to Kolleen for telling me about Chinota Gel.

"Now, one week after starting to use the gel, my fingers and arm around my elbow are pain-free. My thumb's tendon — which had actually been throbbing worse than my fracture because my second cast was too tight in that area and it had pressed against the tendon for so long — still constantly aches (the doctor said it may hurt for about six more months), but the Chinota Gel always eases the pain down to a tolerable mild level. If only I could rub the gel on my wrist beneath my cast! The fracture still hurts, but it's now just a mild throbbing with occasional flare-ups of pain under my cast. When it flares up, I rub on some gel above and below my cast. I've only been using the gel twice a day for the past three days!

"I don't understand how it works, but it miraculously does! It's also helped to reduce the chronic pain of my entire spine — my neck, tailbone, and back — because I also suffer from disabling pain from spinal cord injuries, due to several accidents, as well as from scoliosis, arthritis, and fibromyalgia. It helped me to put-off going to the chiropractor for a whole week! I don't think I'll ever be able to live without Chinota Gel, now that I've experienced first-hand just how

## Two Breaks — With & Without Gel

"B.K.C." mentioned that Kolleen used the Chinota Gel on my (Charlie) broken wrist to help with the pain and swelling. Here's "the rest of the story". The sad (and embarrassing!) fact is that back in December of 2003, I not only broke my wrist... I broke both wrists in less than 6 weeks. I was just a few days away from getting the first cast off, when I broke my other wrist.

Kolleen has said ever since that she's really kicked herself in her immediate reaction to my second break. You see, when I broke the first one, she wasn't totally convinced it WAS broken when we headed to the emergency room, so she took time to very gently rub some Chinota Gel on it, to relieve the pain and swelling. When the second break happened, she was so sure it was broken, (and in such shock probably in realizing I was about to have BOTH wrists in casts!) that she didn't even put any Chinota Gel on it before we took off for the emergency room.

Well... I had a lot more pain with the second break, and the swelling lasted much longer. It was so uncomfortable after the first few days we actually ended up returning to the emergency room that week-end to make sure there wasn't something really wrong. The doctor said it just was a LOT more swollen than the first one. He said he figured for "some reason" I got "really lucky with that first one" because it had actually been a worse fracture, but for some unexplainable (to him) reason, it hadn't stayed swollen as long, or been as painful.

Kolleen's convinced the Chinota Gel applied immediately may have made the difference. However, I would remind anyone reading this, DO NOT move or do much of anything to what may be a broken bone, unless you're qualified to do so. It's just not usually advisable and could make things worse. ♦

amazing it is.

"I've already decided to buy my son a jar of Chinota Gel for his 30th birthday in April. He sometimes suffers from severe neck pain, due to a car accident, and arm pain, due to torqueing his arm too much at work as a mechanic. I know he will appreciate the pain relief he will get from it. And I feel confident that it's safe enough for him to rub onto my grandchildren's skin, should they ever have pain or swelling, as well.

"I now muse that I was so skeptical when Kolleen was telling me how great this gel is, since the narcotic the doctor gave me only took one-fourth of the pain away, not fazing my intense pain at all — I figured if that didn't work, then nothing would. But believe me, she was right. Chinota Gel, a natural product, did what a toxic modern narcotic medicine couldn't do. It works amazingly well for reducing both pain and swelling... and I haven't suffered any allergic reactions to it, either. You really do have to try it to believe it!" — B.K.C.