

# Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.willardswater.com ♦ March/April, 2008

## Possible Reason For The Increases In ADD & Autism?

We're guessing there are a lot of fluoride opponents reading this. We've written before about this controversial substance added to public drinking water to allegedly prevent tooth decay. We won't go into all the arguments raised against that theory over the years now. But we do think people should be made aware of a new study that says there is a possible link between too much fluoride — available not only in drinking water, but in most toothpastes, other dental products, and virtually all foods and beverages (according to the researchers) — to brain abnormalities and deficits in IQ.

The researchers say this excessive consumption of fluoride can lead to decreased thyroid hormone levels. In pregnant women, those decreased thyroid levels may have a negative effect on the neurodevelopment of the fetus, which could lead to problems like Attention Deficit Disorder (ADD) and Autism.

The researchers wrote that "The

question is, what level of exposure results in harmful effects to children?" They went on to explain that "the primary concern is that multiple routes of exposure, from drinking water, food and dental care products, may result in a high enough cumulative exposure to fluoride to cause developmental effects".

Paul Beeber, an attorney and president of the New York State Coalition Opposed to Fluoridation, believes the time has come to end the fluoridation of public water supplies. "With many neurological diseases, such as autism and ADD, afflicting too many American children, fluoride's dubious promises of less cavities no longer outweigh fluoride's serious health risks", Beeber was quoted as saying.

Currently, it is said that about two-thirds of the nation's public water supplies have been "fortified" with fluoride.

Editor: This study was publicized by the coalition of which Beeber is presi-

## New Way to Get Kids to Cut Down On Soda Pop?

A study done in England found kids who eat less salt, also drink fewer sugar-sweetened soft drinks. The study authors said reducing kids' intake of sugar-sweetened drinks could significantly lower their risks for obesity and high blood pressure, as well as heart attacks and strokes as they get older. Sounds like a worthwhile payoff, doesn't it? ♦

dent, but it was reported on by Ivanhoe Medical Breakthroughs. Furthermore, we, like thousands of other people, have wondered what effects might be discovered after long-term use of fluoride. And, also like thousands of others, we've been astonished at the rise in autism rates (now affecting about 1 in 150-160 children) and the seemingly rampant spread of ADD.

When you realize that fluoride is really the toxic waste from the aluminum industry, is it really any wonder that it might have some pretty nasty effects over the long haul? ♦

## Cancer & HRT – Worse Than First Learned

There have been so many "bad news reports" on Hormone Replacement Therapy (HRT) over the last few years, that we've almost felt it was redundant to keep publishing articles on them. However, three recent reports seem too important to ignore. The first one reported that a new study has found the increased risk for developing breast cancer caused by taking HRT for 5 years, actually occurs after a woman uses HRT for just 3 years. By 3 years of HRT, a woman's risk for breast cancer is increased by fourfold. That was the conclusion was reached in a study conducted by researchers from Fred Hutchinson Cancer Research Center. The study included over 1,500 postmenopausal women.

Two other studies in the news lately were follow-up studies on women who took part in the controversial Women's Health Initiative to see if HRT would have *beneficial* effects on their health. Contrary to finding beneficial effects, the study was halted in 2002, due to the negative effects the HRT was having on the women in the study. These two follow-up studies have round that the increased cancer risk from taking HRT for 5 years continues for several years *after* the women stop the HRT. The other follow-up study found that the HRT may make it harder to find breast cancer in women. It seems the HRT increase the risk

of women having abnormal mammograms and breast biopsies and may decrease both methods' effectiveness in detecting breast cancer, according to the research.

Editor: We cannot report all of this without mentioning that countless women have told us over the years that our Natural Progesterone Cream, now called **Uber Balance** (Item Nos. HP-J and HP-1P), has greatly reduced, and in many cases eliminated, many/most of the problems they'd been having with menopausal symptoms. Younger women say it has helped with irregular periods, PMS, depression, painful periods, and much more. None of that would be any surprise to the late John Lee, M.D. who wrote books and made numerous public appearances to increase public awareness of the benefits of natural progesterone. Dr. Lee even cited a study that reported women with adequate levels of progesterone had a **90% less chance of getting cancer of ANY kind** than women with inadequate levels of progesterone. Dr. Lee said the key was the proper balance between estrogen and progesterone and due to cultural and environmental factors nearly everyone today has too much estrogen. ♦

...adequate levels of *this* led to **90% LESS risk of ANY kind of cancer ...**

# Info: Alzheimer's, Depression, Weight Issues, Coordination & Parkinson's; Plus Liver Info

If it seems impossible to go even a couple weeks without new research coming out on the benefits of the Omega-3 essential fatty acids, that may be because such research does appear to be coming at ever-increasing rates.

We've written lengthy articles on this very important nutrient in this newsletter many times, so hesitate to do it again. But it did seem appropriate to at least pass along some of the most recent headlines we've collected here on a number of research studies recently published on this substance.

Here's a handful of the newest headlines:

- ◆ Late Onset Alzheimer's Slowed by DHA Omega-3
  - ◆ Can Omega-3 Fatty Acids Help Depression? (studies have said yes)
  - ◆ Maternal Omega-3 Consumption Boosts Offspring's Coordination
  - ◆ More Support for Omega-3 & Weight Management (study found it boosts fat metabolism in mice)
  - ◆ Omega-3 Shows Benefits for Fat Loss in Diabetics (reduced diabetics' fat mass & blood lipid levels linked to formation of arterial plaque)
  - ◆ Scientists Connect DHA (an omega-3 fatty acid) to Warding Off Symptoms of Parkinson's
- As we said, this is just a sampling of

recent research on the Omega-3s. And as we've reported before, there are natural health providers who say they rarely suggest nutritional supplements, but they tell basically all their patients to take an Omega-3 supplement due to its very broad range of potential benefits.

We offer two high quality Omega-3 supplements ... **Item J-39 "EPA"** which is Omega-3 from Fish Oil, and **Item J-77 Flaxseed Oil Capsules** which is a great vegetarian source of omega-3, and also great for those allergic to fish.

One other headline that may seem to a lot of people to be a "one more time" type thing... **"Milk Thistle Compound May Protect Against Liver Cancer"**. The compound, of course, is silibinin. The University of California at Irvine, study found it may stop the growth and spread of liver cancer.

Milk Thistle and liver health has been so widely promoted by natural health experts for so long, that reports of studies indicating it's good for the liver may seem like "what else is new?". Many people already take this herb routinely due to their conviction that it will protect their liver long-term. However, studies like this certainly do seem worth mentioning to us.

Our high quality **Milk Thistle** is our **Item J-100**.

## FREE Activity = 60% Stroke Improvement!

Researchers from Finland found listening to music in the early stages after a stroke can improve patients' verbal memory, attention and even mood. It doesn't matter what type of music. What does matter is that it is music combined with lyrics.

The study found that 3 months after the stroke, verbal memory improved by 60% in music listeners; 18% in audio book listeners, and 29% in non-listeners.

Music can be an inexpensive addition to other forms of stroke treatment. Prior studies found that in the first weeks or months after a stroke, patients spend 3/4 of the day alone, doing non-therapeutic activities, which could be replaced with listening to music—preferably with lyrics. ♦

## Here's The Link...

To the "60 Minutes" broadcast on Willard Water from back in 1980.

<http://video.google.com/videoplay?docid=-1554935996026794049>

We published this link back in our January 2008 issue, but a number of people have asked us to run it again. This link was still working as of March 28, 2008, so hopefully will continue to work.

One note: the Willards did move to a modern manufacturing facility shortly after the "60 Minutes" program was taped. And they have been in an even more up-to-date facility for many years now. ♦

## Trivia & Tidbits . . .

1. What is the standard width of a bowling alley—not including gutters?
2. What was the only U.S. battleship to be present at both the attack on Pearl Harbor on Dec. 7, 1941, and at the D-Day invasion on June 6, 1944?
3. What was the Allies' password on D-Day?
4. What rank did Russian czar Peter the Great give himself in the Russian Army?
5. How many bones are there in the human wrist?
6. What is the literal meaning of the Italian word *linguine*?
7. What is *pogonology* the study of?
8. What is *poliosis*?

**AND THE ANSWER IS...**

1. Forty-one-and-a-half inches, with a tolerance of plus or minus a half-inch.
2. The U.S.S. Nevada.
3. Mickey Mouse.
4. None. He served as a common soldier in the artillery.
5. Eight.
6. Little tongues.
7. Beards.
8. The graying of hair. From the Greek word *polios*, meaning "gray".



## ON "THE WEB"!

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## PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

# Econ 101; Rare Strauss Sale; More!

We keep hearing about the “bad economic news” day after day lately. TV is full of “talking heads” advising us all of ways to “survive tough economic times”. To this day, I think my prudent-Iowa-farmer-father taught me one key to such “survival”... he always said “grease and oil are a lot cheaper than iron and steel”, meaning it was much less expensive to keep equipment well-maintained with regular oil changes and greasing than to have to pay for repairs, or entirely new machinery. That also applied to the variety of livestock we had on the farm when I was growing up... far better to feed them well, and provide a healthy environment for them, than to have to pay a vet to come out and deal with problems. And, obviously, that applied to people, too. Better to eat right — and my mother’s cooking sure made that enjoyable!— than to have to run to expensive doctors all the time. Fruits and vegetables were plentiful and were in fact, “required eating”.

So, when a friend commented the other day that he really had to keep up his supplement-taking now, because with all his other increasing costs of living, he sure didn’t want the expense of him or his family getting sick, I could just see my father nodding agreement... “grease and oil...”

All of this got me thinking that it might just be a good thought to pass along in this newsletter... since I have talked to more than a few customers who have noted they hope they can maintain their supplement routines, as costs of living keep rising. When I ask them if it would cost more to get sick, the response has been unanimous... it’s MUCH cheaper to stay healthy than to deal with “health care costs” of being sick!

So I guess we should all remember that the next time we start wondering if we should just eliminate the things we know keep us healthier to save money... looking at it this way, it sort of amounts to the proverbial cutting off your nose to spite your face! I can also tell you that we will continue to do all we can to bring you the best possible prices on quality supplements.

Speaking of prices... we have a RARE

Offer for you... it’ll also be detailed in the monthly special enclosed... but let me explain a bit about what’s behind it here. As those “talking heads” on TV I mentioned earlier keep reminding us, the value of the U.S. dollar continues to slide. (Another part of the bad economic news lately.) And as many of you will remember, our extremely popular line of Strauss Herbal Products has had fairly significant price increases across the board, twice, because as the U.S. dollar’s value was losing ground to the Canadian dollar, it meant the Strauss Company which is a Canadian-based firm, was getting less and less for its products when sold to U.S. customers and paid for with U.S. dollars. Well, the situation is even worse now, of course, since the Canadian dollar has risen so much against ours, that it has even passed it. As a result, we’ve been expecting to hear of another price increase from the Strauss people for quite some time. We haven’t gotten word of any increase yet, but we don’t see how they’ll hold off forever.

We also know how much many of our customers depend on those incredible Strauss products. So, in this very rare move, we’re going to offer you a chance to do at least a little stocking up on those Strauss items (or stock up a lot — it’s up to you since we’re not setting any quantity limits).

For the duration of this sale, if you **buy ANY 2 or more Strauss products**, you can Take **10% OFF** all the Strauss Items you order (you know the Strauss products—the ones that are NEVER discounted)! We know 10% doesn’t sound like much, but look at it this way, that would **save you \$17.39** on two of the 100 ml bottles of Heartdrops, or **\$9.00** on two of the smaller bottles of Heartdrops.

Like I said, we’re doing all we can to make staying healthier an even easier “investment”!

Given what I’ve already mentioned about my own early years and the “required eating of fruits and vegetables” that was the rule at our house, you can imagine my reaction to the following headline I read recently: “Fruit and veg

linked to kids’ **school performance**”.

How about that? Not only can fruits and vegetables help keep us healthy, it turns out that researchers at the University of Alberta in Canada, have found that eating a healthy diet, including fruits and vegetables, grains, dietary fiber, protein, iron, calcium, and vitamin C, has a positive impact on kids’ school academic performance.

So, not only can you save money by keeping your kids healthy with proper nutrition, but you can also save money on tutors perhaps! Maybe even on college, if their academic performance got them a scholarship! Might as well think positive.

Besides all this, another research report out recently says Vitamin D supplements are supported by “overwhelming body of science” indicating such supplements protect against the development of type-1 diabetes. The report said that of the 5 studies analyzed, it was found that there was a 30% reduced risk in developing type-1 diabetes with Vitamin D, and some indications that those using higher amounts of the vitamin were at a lower risk. One test found if vitamin-D was given via cod liver oil, timing was important— finding infants given vitamin D-rich cod liver oil between the ages of 7 and 12 months had a 45% lower risk of developing type 1 diabetes than infants given cod liver oil between 0 and 6 months of age.

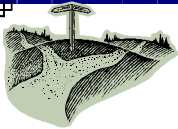
Vitamin D, of course, has also been heralded lately for the myriad of other health benefits it has now been proven to provide.

Since people have been avoiding sun exposure in recent decades in order to avoid skin cancer, more and more people are actually deficient in this critical vitamin. Studies we’ve written about have talked about everything from reducing falls in the elderly, to cancer prevention. Given Vitamin D’s now recognized broad benefits, coupled with its low cost, it would be a real shame for people NOT to get adequate amounts of it.

Our high quality **Vitamin D<sub>3</sub>** is **Item No. J-24**—\$6.95 for 100 capsules. Can’t beat that deal with a stick, to be sure! ♦



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### **“NURSES JUST DIDN’T DO SUCH THINGS BACK THEN” ...**

“I was thinking the other day about your writing in this column that sometimes decisions we make when we come to ‘forks in the road’ are seen by some people as angelic or divine intervention—helping us to decide the right choice to make.

“It reminded me of the action a nurse took while attending my mother through labor when I was born in 1951. Mom had been in labor for 72 hours when she recalls the nurse by her bedside suddenly leaving her and running out the door of her room.

“The next thing my mom heard was a loud banging on the wall—turned out it was my father beating his fist into the wall because that nurse had just told him something he couldn’t believe. She told him that his wife had a very fine doctor, one of the best, but that the doctor’s belief was to

save the baby instead of the mother’s, if a choice had to be made. The nurse told my father she believed the doctor had made that choice for my dad, and she thought it should be made by my father, not by the doctor. With not only himself, but two other daughters awaiting my mom’s return home, it was an easy decision. The nurse told him he’d need a different doctor.

“A second doctor agreed to take over. He gave my mother a shot and I was born a short time later.

“My Dad had signed a release stating he knew I would likely not survive, or survive with very severe problems. I believe, however, that it was our Father in heaven who intervened and got that nurse to take action, and HE had a different ending in mind... my mom and I went home together, both in perfect health. But in 1951, I just think it must have been ‘an act of God’ that made it all happen.” ♦

*Editor: We invite you to send your own stories of unexplained help, Forks in the Road, or other inspiring stories, for this column.*



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



**WOW!** — That’s what we said after “A.L.” told us about her experience with our REAL: Willard Water. She’s 77 years old and told us excitedly that she can feel her “toes are toasty warm again”. She’s only been a customer since February of ‘07, and told us she has had constant **Fibromyalgia** pain for years, but now she has very little pain left.

She noted that she can swing her arms over her head now, “without any pain whatsoever”. Before, she told us, she was “a bundle of pain”... “since 1967 or so” she has been in “constant excruciating pain”. Until now, that is.

Like I said, “WOW”. Not only is it great to hear a report like that on Willard Water, it’s just great to hear of anyone anywhere who has been suffering so long getting relief like that from anything!

**Not What She Expected** — someone had given her a little “sample” out of their jar of our **Premier Eye Gel with Willard Water (Item No. R-103)**, she told us when she called to order a jar for herself.

She’d been very skeptical about the likely merit of the product from the time the person had given her the sample, she said.

In fact, she’d applied it to just one side of her face and not the other when she went to bed the first night she tried it. What she REALLY couldn’t believe was the difference she could feel on the “treated” side by the NEXT morning.

She told us she’d been completely unprepared to be so impressed! But impressed she was, as many others have been, too. ♦



# More Product Highlights & Updates from Charlie

*Ala Carte Menu for this Article:*

**Carpal Tunnel Tips; Eat These Foods at *These Times of Day* to Reduce Pain; Benefits of Other Foods; Lower Stroke Risk**

This seems to be the issue of “headlines”. My wife, Kolleen, showed me one the other day that said “**Vitamin B-6 May Slash Colorectal Cancer Risk**”.

That headline had not only served to tell us about the study it was reporting on, but to remind Kolleen that she’d told a customer recently that we’d try to repeat the details of Kolleen’s experience with carpal tunnel syndrome and our product known as **Activated B-6 (Item No. J-1)** in an upcoming newsletter.

Before I go into those carpal tunnel details, I don’t want to leave you hanging on the study about colorectal cancer. It concluded B-6 from food and supplements may reduce the risk of colorectal cancer by over 20 per cent. Study was done in Scotland and published in *Cancer Epidemiology Biomarkers & Prevention*, January 2008.

Back to the carpal tunnel details. Kolleen had problems with it back in the early ‘90s. Her long-time chiropractor told her “you can’t have carpal tunnel syndrome without first having a B-6 deficiency”.

So she was taking large amounts of a quality natural B-6 supplement. She found if she took 8-10 of those capsules per day, she could stand to use a computer keyboard. Without it she could no longer use keyboards. And, even with that much B-6 supplementation, she couldn’t stand to use a computer mouse. Just clicking a mouse a couple of times was excruciating. And this is a woman who has been told she has too high a pain tolerance for her own good.

Long story short... Jim Daily, Jr.

**Before this came along, she couldn’t use a computer mouse at all, and a keyboard only with a lot of discomfort despite taking 8 to 10 a day of the other product...**

from Daily Mfg., called us one day about Willard Water. I took the call. Somehow I ended up mentioning Kolleen’s carpal tunnel problem and Jim asked if she was taking B-6. I told him “lots”. He said he’d send us some of his company’s for her to try. I told him that was certainly kind of him, but since she was already taking B-6, what was the point? He explained that his firm’s was an “activated” form of B-6, meaning it is already converted to what the body has to convert normal, natural, B-6 supplements to, in order to make use of it. He sent us a bottle.

Kolleen took it. She couldn’t believe she should only take ONE, but since Jim had cautioned me about taking any more than that, she went along with it. She was AMAZED. The very first day, she was able to use the keyboard with far less pain than she’d been having while taking 8-10 of the other B-6!

Jim called a few days later and I told him how amazed we both were. Told him yes, she still had some discomfort, but nothing like it had been. He said since she still had even that small amount of discomfort, she could take 2 of them a day for a few days, but no longer, since if you get too much B-6, you end up with the same symptoms as you do if you have a deficiency of it. And, since this B-6 is so far better utilized than normal B-6, you have to keep that in mind, he told me.

Kolleen then took 2 of those Activated B-6 capsules a day for about 3 days. She and I COULDN’T BELIEVE IT... she now had NO PAIN at all when using her computer keyboard, and she could now even use her computer

mouse! She did go back down to just 1 of those Activated B-6 capsules a day, and the results were maintained.

She, of course, was drinking Willard Water along with this, but she’d also been doing that with the “other B-6”.

We decided we ought to add that product to our line. That was, in fact, the first product we ever added from Daily Mfg. The rest is history, as they say. (We now offer about 75 Daily products!)

As we’ve told our customers countless times since, we have learned to trust completely in the quality of all the products from Daily Mfg. They just won’t put their family’s name on a product they can’t be proud of. And given the compliments we always hear from customers after they try our Daily items and can’t believe how much better they perform than other “brands” they’ve used before of the “alleged same thing”, the Dailys can certainly be proud of everything they put out!

Kolleen isn’t the only one who has benefited from their B-6 for carpal tunnel problems, by the way. We’ve had numerous customers tell us it has also helped them immensely with the same problem.

All this talk about how much better the Daily line of products perform than many other brands on the market, reminds me of the discussion on page 3 of this issue regarding the increased need to stay healthy in tough economic times... this is no time to waste money on inferior products! Not when the known-to-be-high-quality Daily supplements are so competitively priced.

You can tell which of our supplements come from Daily’s very easily—

any Item Number that starts with the letter “J” comes from them. In addition to all those, our Colloidal Silver, Colostrum Capsules, and Grape Seed and Pine Bark products (PY-3 and PY-4) all come from Daily’s, as well.

Just to tell you the complete story... Kolleen ultimately switched to just taking the **Activated B-Complex** from Daily’s (**Item J-2**), and did fine without the additional Activated B-6. Ended up just taking the Activated B-6 if she’d really overdone things and could “feel it” in her wrist. Never has had any more significant problems with it since getting the Daily products.

Now, to that interesting tidbit about **EATING CERTAIN FOODS AT CERTAIN TIMES OF THE DAY FOR PAIN REDUCTION** ... got this from a story Walgreen’s Pharmacy put out. According to Dr. John La Puma, “physician, nutritionist, chef, and author”, “Eating certain foods at specific times can reduce the pain of osteoarthritis. When you eat is as important as what you eat”, he says.

His suggested schedule:

“In the morning, analgesics are needed. Berries are good. Anything that is whole grain, such as high fiber cereals and legumes are other good sources. Analgesics have aspirin-like properties.

“Afternoon pain needs anti-inflammatory foods. Pineapples, avocados and soy foods like tofu and soy burgers are anti-inflammatory. So are green teas. Some good spices to cook with are curry, ginger, tumeric and rosemary.

“For dessert, the flavinoids in dark chocolate are a great antioxidant and anti-inflammatory. All fruit and vegetables are antioxidants and should be eaten throughout the day.

“For dinner, you need omega-3 rich foods. A wide variety of fish are omega-3 rich. So are eggs, flax meal and walnuts. Eating specifically like this can dramatically relieve pain. People are getting pain relief when they didn’t expect to get it. Food can be your best

medicine.”

If anyone reading this, puts this schedule to the test, we’d sure like to hear if it seems to have any benefits for you.

Now for the rundown I promised in the headline about particular benefits of particular foods. Again, here’s the summary via the relevant headlines:

- ◆ Broccoli Compound Boost for Immune Health
- ◆ Protecting Your Heart with Broccoli
- ◆ Green Leafy Vegetables May Halve Lung Cancer Risk
- ◆ White Bread May Bring Greater Disease Risk
- ◆ Blueberries May Cut Osteoporosis Link, For Rats At Least
- ◆ Diet May Help Rheumatoid Arthritis (study found gluten-free vegan diet full of nuts, sunflower seeds, fruit and vegetables seems to protect against heart attacks and strokes for people with rheumatoid arthritis)
- ◆ Pomegranates Beat Apples for Antioxidant Boost
- ◆ Pomegranate Juice Boosts Sperm Quality
- ◆ Polyphenol-rich Fruit Protect Against Alzheimer’s (like apples, oranges and bananas)

Now, I know most of our readers already knew those foods were good for a person. But it’s nice to see it’s now been *proven*, right?

I think I’d be remiss if I didn’t mention that we do offer a couple of “pomegranate” products, since that’s a food item many people don’t stock up on, and it’s been touted by many studies in recent years for a variety of health benefits.

We have two such items: **Item JF-5 Pomegreat Juice** and **Item JF-5A Pomegranate Juice**. Customers who have tried them have indeed had good things to say about them.

Guess I could almost have included this next piece of information in my headline list, except it’s about a particular vitamin, instead of a particular food, so technically it didn’t “fit” in that dis-

cussion! What “it” is, is Vitamin C. This time it’s being lauded for its ability to lower the risk of having a stroke.

In a study of 20,649 men and women conducted in Europe, it was found that increased levels of Vitamin C in the blood “may reduce the risk of stroke by 42 per cent”.

The authors, led by Phyto Myint from the University of Cambridge, said that blood levels of the vitamin could be used as a biological marker of lifestyle used to identify people at high risk of strokes.

Strokes occur when blood clots or an artery bursts in the brain and interrupts the blood supply to a part of the brain. In the U.S. every 45 seconds someone will experience a stroke, according to the American Stroke Association.

The study authors said that the “take-home message” of the study was that people should eat between five and nine servings of fruit and vegetables per day and to consume a wide variety of such foods.

Well, we know researchers never want to say that supplements can be as good as foods, but it seems logical to us that if you aren’t going to eat 5 to 9 servings a day of such foods, then a supplement of Vitamin C would seem like a good idea to us. But we are NOT experts, remember. We offer four great choices of Vitamin C supplements. **Item J-68** is a 500 mg tablet of C along with some essential minerals for absorption of it; This same product is available in a powder—**Item J-70**. The powder, as usual, is much less expensive than the tablets. **Item J-69** is a timed release tablet of 1,000 mg of Vitamin C along with those minerals, and **Item J-71** is a *chewable* Acerola Cherry Vitamin C (60 mg). All 4 come from the Daily’s firm.

There you have it... my “ala carte offering” (as my clever headline promised) on these interesting items related to food and nutrients. Isn’t it amazing how those of us labeled “health nuts” back in the 1960’s may have turned out not to be so nutty after all? ♦