

# Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.WillardsWater.com ♦ March/April 2016

## What Did You Choose? Are You In Control?

By Ben

An issue that's perpetually fascinated me is something the psychologists call "locus of control." Quite simply, locus of control refers to an attitude towards your life and your role in it: do you believe things happen TO you, or do you believe things happen BECAUSE of you?

If you believe, consciously or unconsciously, that your life is out of your hands, that's called an "external" locus, while if you believe you're in charge of your life and happiness, that's an "internal" locus, because it centers inside you. Obviously, most people are somewhere in the middle, occasionally blaming other people (or God) for things that happen to them, while accepting responsibility for other things.

What's so interesting about that? To me, it's that both positions are equally true, and also equally false. The externally-focused have a very convincing case: you're born into a particular family in a given country with your own set of genes you didn't pick, we're all at the mercy of decisions made by people that have more power than us, a war half a world away can affect economic disruptions here and leave us all jobless. I could go on but I think the point's been made.

The internally-focused, of course, have an equally strong case to make: for every event that happens to you, you decide whether you see it as crisis or opportunity, you got into your position not just because of a roll of the dice, but because you worked towards what you have, you control your mind and thus your actions. In short, you can make lemonade of lemons if you choose to, and other people's actions don't mean more than you let them.

I'm obviously sympathetic to both viewpoints. So why choose one over the other, if they're both true or false? Because research has always pointed quite strongly to the fact that those who feel in control of their fates are happier and healthier. It makes a lot of sense: if setbacks seem random and arbitrary, and you can't do anything about them, why bother trying? Why declare yourself responsible for outcomes you can't control? Which leads, naturally, to a certain learned pessimism and a lack of doing what you

CAN do, which leads to not trying, which leads to... remaining in whatever state one finds themselves in (nothing ventured, nothing gained, as they say). It's a far more powerful feeling to take ownership of a situation, even if you didn't create it. Feeling like you're just an audience member of your life, rather than the director, is an inherently passive position. I've never achieved anything just watching.

So how does this apply to you? How can you choose one delusion (things happen because of me) over the other (things happen to me) and be healthier and happier? I could write a book on that, and others have, but I think a very obvious starting point, and one relevant to this newsletter, is something you're already doing: taking charge of your own health and well-being. If you're reading this, it means you've struck out on your own and decided to make decisions about your own health, rather than just relying on authorities as so many do. You've decided to decide what makes sense FOR YOU to do. That's a great beginning.

Let's expand on that. Something I've always noticed about people who regularly exercise, no matter what condition they're in, or what kind of exercise they do, is that they're often very chipper people. They're happy. Furthermore, they won't shut up about how awesome their workouts are. Some of them even write newsletters about this fact. Now, a lot has been written about exercise as a cure for depression, and I don't doubt any of it, but I think the research might be missing part of the "why" of that effect: it's not just the activity making people happier (again, every form of exercise works for this), it's also (likely) the fact that those people are making choices for themselves to improve their lives. They are taking control over something they often think of as being just a matter of luck: their health.

Furthermore, that one first step in establishing a new locus of control often builds to other things: they quit smoking or drinking. They start eating more consciously. And the effect snowballs. You begin to feel like the director of your movie: the director may not decide how much money they have to work with or who will star, but they decide what to do with what they're given. They make a movie as they see fit.

And that's a very powerful thing, and again, you're ALREADY doing this, to a greater or lesser degree. Obviously, this applies to a lot of things beyond health, but it's the most relevant to our interests, and it's something literally everybody can take greater control of. And then experience the benefits of a new view on their lives.

On a final, related note, I was recently reading about a theory that was apparently quite popular among psychologists recently, until it was debunked: the idea that willpower is controlled by blood glucose, because that's the brain's fuel, and that if your blood sugar is low, you can't control yourself. This led to waves of people being advised to eat more often to have better control, or even snacking on sweets.

Then somebody pointed out that the research "showing" people made better choices and were more self-controlled after drinking something sugary only worked on people who had been told that "sugar=control." The people with no such belief, who had been told beforehand that willpower was something internal and without limits, had no response to sugary drinks. Instead, they demonstrated performance on "willpower" laboratory tests that was as good as the people given sugar after being told sugar kept them sharper and more resolved!

However, the people with the belief that "sugar=willpower" did WORSE when tested under conditions in which they hadn't eaten recently. And therein lies an important lesson on the value of belief: those who are taught to think something like "willpower" can be found in an external source rely on that external source. Those who make no such connection experience no penalty, AND they don't have to rely on external consumer goods to feel in control.

Tell yourself "I am strong" and "I am in control" and "Whatever happens to me I can improve" until you believe it. We might not be the end authority of our lives, but studies tell us for sure that one philosophy is a happier place to be than the other. Even the audience, who think they have no power, ultimately controls whether a movie succeeds or fails. Whichever choice a person makes, it seems worth knowing the choice IS one YOU make, intentionally or not. ♦

# Going Barefoot Fights Free Radicals & Much More!

The biggest reason many people don't go barefoot is the fear of stepping on something sharp, or both sharp and dirty — rusty nail comes to mind. That's clearly a valid concern, but nature has made feet to develop tougher skin the more you go barefoot. And here's another less widely known benefit of going barefoot which also offers some protection from the potential of injury from stepping on a sharp object, as reported by The Washington Post:

*“Both children and adults who go barefoot frequently also have a heightened sense of their surroundings and can easily spot a sharp object they need to avoid.”*

Did you know your feet have more than 200,000 nerve endings? As you can imagine, that results in feet being extremely sensitive, which also helps prevent injuries due to a lack of awareness of objects that could be harmful if stepped on.

It's been reported that children, in particular, may benefit from going barefoot... it helps to strengthen their feet and lower legs while boosting one's **proprioception**, which is the **unconscious perception of movement and spatial orientation** provided by stimuli within your own body itself. Dr. Kacie Flegel, a pediatric specialist, was quoted by The Washington Post as saying:

*“One of the simplest ways to motivate proprioceptive and vestibular development is to let our babies be barefoot as much as possible ... Another benefit to keeping babies barefoot is the encourage-*

*ment of presence of mind and conscious awareness. As the little pads of babies' feet feel, move, and balance on the surface that they are exploring, the information sent to the brain from tactile, proprioceptive, and vestibular pathways quiet, or inhibit, other extraneous sensory input.*

*“This creates focus and awareness of walking and moving through space; babies get more tuned in to their surroundings.”*

Walking barefoot, gives your body electrically conductive contact with the surface of the Earth, a phenomenon known as **grounding or earthing**. The earth carries an enormous negative charge. It's electron-rich and can be a powerful and abundant supply of antioxidants and free-radical-scavenging electrons. Your body is said to be finely tuned to work with the earth through the constant flow of energy between your body and the earth. When you put your feet on the ground, you absorb large amounts of negative electrons through the soles of your feet. It's said you can absorb enough of these negative electrons through the soles of your feet to keep your body at the same negatively charged electrical potential the earth has.

This simple process of grounding is said to be one of the most potent **antioxidants** known. Grounding has been shown to **relieve pain, reduce inflammation, improve sleep, enhance well being, and much more**. In fact, more than a dozen studies have been published in peer-reviewed publications that

have said grounding's benefits include: **fighting inflammation, improving the immune response, wound healing, and the prevention and treatment of chronic inflammatory and autoimmune diseases.**

Many people — probably the vast majority — spend all their time walking around in **shoes with rubber or plastic soles**. Such soles are very good insulators and result in **disconnecting you from the earth's electrons** available to your feet if you walk barefoot. **Leather soles** on your shoes will allow the transfer of those electrons through, and therefore **leather-soled shoes allow you to stay grounded with the earth.**

As we've mentioned before, **free radicals from everyday exposure to pollution, cigarettes, insecticides, pesticides, trans fats, and radiation** — to name only a few — **are continually depleting your body of electrons**. Going barefoot outside, touching the earth, lets your body's excess charge discharge into the Earth, and thereby to reduce some of the stress your system is constantly under.

We'd be remiss if we didn't remind you that **Willard's Water** has been said to **contain a “seemingly endless supply of electrons” so it is able to function as a free radical scavenger far, far longer than most scavengers**, since nearly all of them deplete their own supply of electrons FAR sooner than WW ever will and once depleted, they can no longer knock out free radicals. **Willard's Water, on the other hand, just keeps plodding along, taking out free radical after free radical, after free radical...** ♦



## Trivia & Tidbits . . .

1. What novel contains the longest sentence in literature?
2. Who are Dr. B.H. McKeeby and Nan Wood and why are their faces very familiar to millions?
3. What city was featured in National Geographic's first photo story in 1905?
4. What is the only major sport created in the U.S. with no roots in another sport?
5. Who was married at the Byram River Beagle Club in Greenwich CT in real life and in a TV script?
6. In what state was the November 1811 Battle of Tippecanoe fought?
7. Who were Robert Leroy Parker and Henry Longbaugh?

**AND THE ANSWER IS...**

1. Les Miserables, by Victor Hugo, with 823 words.
2. They are the farmer and his wife in Grant Wood's classic painting, “American Gothic”.
3. Lhasa, Tibet.
4. Basketball.
5. Lucille Ball and Desi Arnaz.
6. Indiana.
7. The inspiration for “Butch Cassidy and the Sundance Kid”.

ON “THE WEB”!

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## PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

### Foods that Reduce Chronic Pain?

Most people who have chronic pain end up taking pain pills. Most people also don't know that there are some changes they can make in their eating habits, and particular foods they can eat, to help deal with chronic pain... especially joint pain, back and neck pain, headaches, and abdominal pain.

The first place to start, experts say, is to add more **cherries and berries** to your diet. All fruits contain antioxidants which can be pretty important in **reducing inflammation and pain**. Inflammation often leads to swelling, pressure on nerves, and poorer circulation. All those things play a part in creating pain.

**Cherries blueberries, cranberries, and blackberries** are especially helpful in this regard because they contain goodly amounts of **anthocyanins**. Anthocyanins are chemicals that have been found to relieve pain better than aspirin. Cherries aren't available for very long during the year, but frozen cherries and 100% cherry juice do provide the same benefits. Fresh juice is always better, but when that isn't available don't forget you can substitute frozen.

A study at the University of California, Davis, found there was a **25% reduction in C-reactive protein** in men and women who ate a little more than 8-oz of cherries a day. C-reactive protein is a chemical marker of inflammation in the body.

Besides the impact on inflammation and pain, cherries and other berries also bring Vitamin C "to the table". The body uses **Vitamin C to build cartilage and to repair cartilage**. And, of course, Vitamin C is also a very good antioxidant.

Another food choice to help fight pain is to give up sugar. You're probably aware of the studies that have found sugar linked to weight gain and cardiovascular problems, but not many people are yet aware that **sugar actually increases pain levels**.

How and why does sugar increase pain? It **increases the body's production of advanced glycation end products (AGEs, for short)**. AGEs set off "massive amounts" of inflammation.

And, according to the American College of Clinical Nutrition, **high glycemic index foods — white bread, white rice, and other simple carbohydrates** which convert quickly and easily to glucose during the digestive

process, **increase inflammation** even in healthy, and young, adults. People with arthritis or other chronic pain conditions, can have their pain levels significantly increased with even just a slight increase in their levels of inflammation. So people with chronic pain generally do better if they give up sugar altogether, but if you can't eliminate it, reducing it should still help.

**Avoid grilling — try cooler cooking methods** instead. Meats and other foods cooked by **high heat** on the grill, broiled, or pan or deep-fried, end up with **high levels of AGEs** which as already stated, increase inflammation levels and therefore increase pain.

Besides increasing pain levels, **AGEs**, it should be noted, have also been linked to **heart disease, diabetes, and possibly even to Alzheimer's Disease**.

So, those with chronic pain will suffer less if they use cooler cooking methods.... Simmering or sautéing at moderate heat levels (somewhere around 350 degrees F). Slow cookers are also a good method.

If you don't want to give up those higher heat cooking methods entirely, try doing them less often. And if you do switch to cooler cooking methods but do some grilling, broiling etc. at times, take note of your pain level... if it increases after you've eaten more grilled, broiled, or fried foods, try resuming cooler cooking methods and see if your pain levels go down again.

Another lifestyle change that can help reduce chronic pain is to **reduce or eliminate alcohol consumption**. Alcohol can irritate the tissue of the intestines and allow bacteria to pass into the blood easier. Bacteria in the blood increases inflammation even if you don't develop any symptoms of an infection.

As with cooler cooking methods, when it comes to alcohol consumption, watch your body's signals. Some people can have a glass of wine now and then and not see any increase in their pain. If that works for you, go ahead. But if you notice more pain when you drink alcohol, you might want to just give up alcohol at least most of the time.

Another option... **switch to olive oil** from other cooking oils. Olive oil contains oleocanthal — a substance that interferes with the inflammatory COX-1 and COX-2 enzymes. It's been found that people who

consume olive oil have lower levels of prostaglandins. Prostaglandins are the same neurotransmitters that are blocked by aspirin.

**Eat seafood twice a week**. The **omega-3 fatty acids** in fatty fish (**salmon, sardines, and trout** for popular examples), are among the best of the anti-inflammatory agents around. People who have **stiffness in the morning and joint tenderness** have been found in studies to be better when they increase the amount of omega-3s in their systems. If you don't want to eat fish, we offer great Omega-3 supplements in our **Fish Oil Capsules** (Items J-391 and J-392), or for a **Non-Fish source** of Omega-3s our **Flax Seed Oil Capsules** (Item J-77) is a great choice.

Lastly, it's been found that **drinking plenty of water** (8 to 10 glasses a day) helps to **reduce toxins and resulting inflammation** that, as noted, increases pain. The liver is said to break down 95% of the toxins you consume, however, the by-products produced can linger in your blood and other tissues. Water dilutes the concentration of those and therefore reduces the inflammation they cause.

Of course, **Willard's Water** ("WW") is known for its impressive track record in **reducing inflammation**, and for improving the body's **elimination of toxins**.

And "WW" is also recognized for its ability to **increase the absorption and assimilation of nutrients by the body**, which would mean that drinking WW will help you to absorb more of the helpful pain-fighting ingredients in the foods cited here.

And, one last suggested "food" is **Green Tea** which contains **catechins** — antioxidants that reduce inflammation and pain. You might want to make that Green Tea with Willard's Water to make it even more effective.

With its **inflammation-reducing, nutrient absorption-increasing, and toxin-elimination-boosting abilities**, Willard's Water seems to be a ready-made addition to all these suggested foods to help reduce one's chronic pain.

And, obviously, given the established superiority of Willard's Water over regular water, it's the obvious choice for your increased water drinking as well!

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### Message for Caring...

“When my uncle was facing what turned out to be his last chapter on this earth, his doctor was telling me about his condition and what the doctor felt my uncle would want for care, but he said it was ‘hard to read your uncle... he’s not very talkative’. It was as if I heard someone tell me to “tell him what he’s really like”... so without thinking I found myself telling the doctor that ‘Art’ wasn’t like the person he seemed to be now... I told him how clever and humorous my uncle was, and a lot of detail on the things he liked and didn’t like. Afterwards I started worrying the doctor may have felt I’d really wasted a lot of his time on non-medical history details.

But a funny thing happened... my uncle’s doctor, nurses and all who cared for him, started telling him jokes... and it broke the ice! My uncle had truly enjoyable times with all those caring for him through the end of his life. I was so glad I’d somehow gotten the message to convey to those caring for him who he really was, when he just couldn’t do it any more.

So a few years after that, when my mother wound up in a

nursing home for what my family and I were told was likely going to be her last home, I remembered my experience with my uncle. I started buying Mom very colorful clothes with “fun” embroidery or embellishments that kind of “said” this lady loves life and fun and people... and I told her nurse and aids about her love of people and her many funny stories to tell. It worked again... the staff armed with those details, asked her about things she’d done and what she liked, and Mom had a whole new batch of friends and endless enjoyment as they got to know her and she them.

It was such a blessing to see my mom so appreciated and so appreciative of her good care and good friends.

I’ve mentioned that “piece of advice” I got from “nowhere” when my uncle was nearing his last days, and how it seemed to reap such benefits for him, and again for my mom to numerous people since. It seems to always be helpful so if anyone who reads this, could benefit from it, please share it with them... I’m still grateful for the joy it brought Mom and my uncle.” — K.S.

*Editor: We invite you to share your unexplained help stories with us, to share with others, anonymously, if you choose.*



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



**HAPPY ENDINGS**....“B.A.” has been a big fan of WW for many years . . goes back some 20+ years with us. Her call the other day was one more person who has witnessed NUMEROUS “happy endings” when Willard’s Water has been put to use on some people’s problems. Here are just a couple of her reports:

“B.A.” had a friend or acquaintance (female) who had such **bad fibromyalgia** that she could do nothing but lie in bed and hurt. Had been that way for quite a long time and her husband was in the process of divorcing her because he couldn’t take care of her, and work, and do whatever else he needed to. So she was going to be moving in with her parents who would try to care for her.

Barbara got to her with the WW, which she started drinking, and within at most, two weeks, she was close to normal . . not bed-

ridden . . but up and around and functioning well.

She got to wondering if the WW had done this for her or if it was a coincidence, or what. So she quit drinking it and within three days was back in bed. Needless to say, she resumed the WW... and yes, she got better again. She doesn’t think her improvements have been coincidences.

Also, “B.A.’s” son had a bad case of **poison ivy** and tried a bunch of things to clear it up, but the only thing which helped was tea tree oil. B.A. asked us about it, and then put to use a bottle of WW concentrate she had on hand. . .soaked a cloth with the ounce-to-a-gallon solution of it . . he left it on for three hours . . finally gave up because the wet cloth was so cold. But when he took it off, the redness was gone and it was obviously well along in healing. Sure thing... a happy ending!



# MORE PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

## 34 Years Of Use: Arthritis, Hair, Circulation, Diabetes, Menopause, Bunions & Foot Help

By Charlie

When customers visit with my wife on the phone and ask who they're speaking to, and she says 'Kolleen', they often respond with something like 'Oh, you're the one with the back!' Then they both laugh at how funny that sounds. They're referring to the story about her experiences with Willard's Water that resulted in us spending our lives (for the past 34 years, now) marketing it.

The bottom line of her initial experience with WW is this:

She started using "WW" back in 1982. Most interesting to many people is the fact that not only did some very significant and long-standing problems clear up (**severe back and neck problems, and her 5+ bouts of bronchitis every year**), but even more that **those problems came back when she was given imitation WW without knowing it, and got better once more when she was given the real Willard's Water — once again without knowing** the product was changed back to the real thing.

We also heard from **numerous other people** at that time who **had the same experience: improvement with the real WW, problems returning with an imitation product they didn't know was an imitation, and then improvement again when back on the real thing** — also without knowing they were switched back to the real thing. That sure convinced us it wasn't a placebo.

The **muscle spasms** that got better with WW resulted from a car accident Kolleen was in on April 13, 1973—**43 years ago** this past April 13, 2016. And her initial back problems began in the summer of 1961—so we're going on **55 years ago that her problem originated. And 34 years of steady daily drinking of Willard's Water** since early 1982 when she began using it.

Note: You can read a detailed write-up of her **initial** WW experience and benefits with Willard's Water, on our website. Here's the link to that article: <https://www.willardswater.com/newsletters/May13WebVersionPDF.pdf>

You can also find a shorter version of her story on our web site WillardsWater.com — here's that link: [http://www.willardswater.com/information.php?information\\_num=9](http://www.willardswater.com/information.php?information_num=9).

Kolleen's story didn't end in 1982. We

believe she experienced many other benefits over these years from WW. So, here's "the rest of her story"....

Especially interesting is that she didn't start any nutritional supplement use (other than WW in 1982 and Colostrum in 1983), until she "hit 40" in 1991, when she decided she should start taking supplements to prevent health problems in future years... based on our opinion that it made sense to do so.

So consider the changes she saw that we can't attribute to any change but WW:

◆ **ARTHRITIS** — Told by neurologists, orthopedists and chiropractors to expect to be bedridden with arthritis at a young age due to her injuries. Never developed.

◆ **HAIR** — her **overly color- treated hair** became and has stayed much healthier;

◆ **BUNIONS & FLAT FEET** — Pain from two separate foot problems cleared up: **bunions and flat feet.**

In January of 1982, just before starting on WW, **she had been scheduled for surgery** in the spring of that year to **remove her bunions**, but they ceased hurting when she started drinking WW, so she postponed the surgery. Since they've never resumed hurting, she has never had surgery. They're serious bunions that cause her big toes to cover a fair amount of the toes next to them, but they don't hurt, so she's chosen to leave them alone rather than risk surgery that would have been simply for cosmetic purposes only ever since she began using WW daily.

She also has incredibly **flat feet**. They're "pancake" flat. "Corrective shoes" and orthotics never did anything for her. Two foot doctors she saw when she was in high school (in the 1960's) told her they were about the flattest feet they'd ever seen, and that she also has **bones in her feet that should go straight that angle instead, and bones that should angle that go straight.** Put it all together, and foot pain was just something that was always there. But, coincident with her drinking WW, the pain from her flat feet, strange bone arrangement in her feet, and bunions, simply stopped.

A natural health doctor told us once that many **foot problems will stop hurting if you get the right minerals since minerals help to support the muscles in your feet,**

**and if the muscles in the feet are strong enough, the support they offer can eliminate a lot of foot pain.** We asked him about it because a number of other people had told us by then that their **feet quit hurting when they drank the Ultimate Dark WW—but not with the Clear.** So we naturally wondered why. **The doctor said that the additional minerals in the Ultimate Dark** would seem to fit with his experience that proper mineral consumption and absorption was key to the relief.

◆ She's never had problems with **BRONCHITIS** to date (mid-April 2016) since it cleared up when she got back on the real WW in 1982. She had typically battled it at least 5 times every year for many years before that. None since late in 1982 when she began drinking WW daily.

◆ Her **PERIODS** became normal. They had always been excessively long (from 7 to 14 days each), with irregular timing and accompanied by severe cramps. After WW, they became extremely regular, shortening to an average of 4 to 5 days, and no more cramping.

◆ Her journey through **MENOPAUSE** was much easier for her than for her mother, sisters and aunts, and she believes it's because of the WW and our Progesterone Cream that she used. When she switched to a different brand of Progesterone cream her "family history" type menopause problems (heavy bleeding) did begin and stopped when she went back on our Progesterone. And, the other typical symptoms of menopause were never an issue for her simply with WW use.

◆ **Stopped BRUISING so easily.** She had been one of those people who could look like they'd been run over by a truck, but whatever had caused the bruising was so slight she wouldn't even remember anything happening! That all stopped after she used WW for a while. Perhaps she didn't get enough Vitamin C, and once on WW, it helped her to absorb it better — Vitamin C deficiencies can lead to easy bruising.

◆ Lifelong **COLD HANDS & FEET** stopped being cold. Could that indicate her **circulation** improved? We don't know, but I do know it's a very common report from people who drink WW regularly.

*(Please turn to "34 Years" on other side of this page)*

# Dry Eyes? Watering Eyes? Itchy Eyes? Tired Eyes? And Nothing Works? Hang on for a Minute...

A lot of users might suggest you try spraying those eyes with Willard's Water ("WW"). We were reminded of this back when we got an ecstatic call from "Roger" just two days after he put WW to the test on his **excessively watering eyes**, to tell us his problem was GONE.

He said before WW nothing had helped, and his eyes watered so excessively, his eyeglasses were "splattered" more often than not. Frankly, Roger was far more amazed than we were, because we've heard this so often over the years.

And we've received as many reports on **Dry Eyes, Itchy Eyes, and Tired Eyes, as we have on Tearing Eyes**. We've also had a number of reports on **Cataracts** improving with such spraying. Dr. Willard speculated that perhaps since WW is known to break down protein so it can be used better by the body, perhaps it was actually breaking down cataracts in the same manner.

We remind you that **you cannot be careful enough with your eye health, or your overall health, and that's why we always caution that you should seek the advice of a professional for any eye or other health problems.** Don't just "try this or that" on your own.

But when people ask us if we've ever heard of anything that's ever helped, we'd be lying if we said no, and unfair if we didn't tell them what we knew.

**Special Notes on Use:** Dr. Willard always said that the ideal version to use on the eyes would be the **Clear** simply because **some of the nutrients in the Dark versions might be a larger size particle than you may want in your eyes if they ever came out of solution** (more of a theoretical problem than anything—there's nothing in the Dark that would be harmful, only the size of particles IF they came out of solution). However, many people have used the Ultimate Dark or XXX in their eyes with no problem, particularly when dispersed with a Mist bottle, where the sprayer should theoretically work as a screen against any overly large particles.

We believe Dr. Willard was addressing WW being used in an eyewash cup rather than a spray bottle when he made that statement, since back then that's how many people used it. So even though a lot of people have sprayed their eyes with the Ultimate Dark, keep in mind the Clear is the one Dr. Willard recommended if being used in the eyes (however he also used the Dark in his own eyes with a spray bottle).

An interesting report on using it in the eyes can be found on pages 12 - 14 in the **Congressional Hearing Report on Willard's Water**, in the testimony of Dr. Leland Michael, an Optometrist in Rapid City, SD, at the time of that hearing. If you don't have a copy of that report we will make a copy of the part of that Report that includes Dr. Michael's testimony and enclose it with your order at no charge, **IF you request it** (online note it in your Order's Comment area).

If using Willard's Water ("WW") in the eyes, it is to be **DILUTED in water** as usual. The **Concentrate is NOT for use in one's eyes**. It is the "mixed-for-use" solution that has been used by people in their eyes. Tests have not found any harm even if the concentrate was to get into one's eyes -- it's suggested the eye be **flushed with water** as a precaution if that occurred -- but still we don't believe the Concentrate should be used in one's eyes, and have never heard of it used that way.

The amount of Willard's Water Concentrate you add to water depends on the amount of water you're adding it to. It is mixed in the following ratios for drinking, if used as an eye spray, and for nearly all other human uses:  
**1-oz** (that's **2 TABLESPOONS**) of **Concentrate to 1 Gallon** of water  
**1/2 TEASPOON** to **8-oz** of water  
**1/4 TEASPOON** to **4-oz** of water  
**1/8 TEASPOON** to **2-oz** of water

Many people say problems with dry, tearing, itchy, or tired eyes, & cataracts, have been reduced when the diluted-for-use WW has been used in their eyes. But, again, **do NOT** use this info or WW as a substitute for the advice of your health care professional. ♣

## 34 Years... *(Continued from front side)*

◆ She never developed **DIABETES**, though she was told by numerous M.D.s to absolutely "plan on it" by the time she turned 40... Well, she turned 65 on March 30, 2016, and has never developed diabetes. She had been told to expect it by the time she was 40 due to her family history (on both sides) and because of her blood sugar issues with all 3 of her pregnancies: low blood sugar with the first 2, and high blood sugar in the last one.

During her last pregnancy, in which she drank WW throughout, but switched to the Dark WW in her last month of that pregnancy, her high blood sugar got down to normal by the end, instead of spiking in the last month as we'd been told it would. They had planned to take the baby a month early due to the severe blood sugar problems they expected., based on all that was known in medicine at that time. However, in that last month she switched from Clear to **Dark WW**, and her blood sugar kept going down instead of up—she went full-term and had a healthy baby boy named Ben...the Ben who writes many of our articles now. :)

And, yes, I've seen **benefits myself...** from **sleeping better**, to **no more cold hands and feet (better circulation?)**, to **dealing with stress better**, to **not having any health problems** — only "complaint" I have is that I think I may move slower sometimes (though Kolleen has always laughed that I "walk too fast" for a lot of people a lot younger than I am)... so for 78 that ain't bad! Especially since I'm still active and working in excess of 40 hours a week (NEVER have wanted to "retire"... too interesting a business to do that!) and Kolleen says I'll be the next Galen Hieronymus, the legendary natural health pioneer and inventor of the Radionics devices, who lived to be 93 and was still bouncing on a trampoline when we saw him at a natural health conference, not long before his death— or like some people we've known who lived well over 100 **actively**. And our son Ben who writes in our publications (and is highly intelligent himself), commented to Kolleen recently, "Dad is still smarter than about anyone I've known and is still the best conversationalist on complex topics or any topic you bring up — sorry Mom!" Nice family confidence!

Of course it's impossible to prove WW is the reason for our good health, but since we & our kids have been drinking it for 34+ years, it sure hasn't hurt us! ♣