

# Possibilities

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## Thyroid Cancer Epidemic May Be Caused by Item in Your Home Meant to Make Homes Safer?

A recent study found cases of thyroid cancer have tripled over the last 30 years. Researchers studying it believe the culprit may be lurking in places that might be the last places you'd suspect it.

Julie Ann Sosa, Professor of Surgery & Medicine, and Chief of Endocrine Surgery at Duke Cancer Institute, Duke University Medical Center, said "There's a virtual epidemic of thyroid cancer that is being seen in the United States"

The Duke University researchers wanted to know what might be behind the spike so they conducted a study to look at possible causes.

Dr. Sosa said "The one that sort of fascinated us was potential exposures in the environment."

They believe the culprit may be lurking inside our homes.... in the form of flame retardant chemicals. Dr. Sosa said those chemicals "are located in many different things in the home — in your sofa, in drapes, curtains" and more.

Dr. Sosa and her team of researchers wondered if those chemicals might act as endocrine disruptors; possibly altering the way

the thyroid works.

But first they had to measure these exposures. Researchers used a special vacuum in patients' homes, collecting dust to be tested in the lab.

The results confirmed their suspicions. Dr. Sosa said "the levels were significantly higher in the patients with papillary thyroid cancer."

The study also found the higher the level of exposure the patient had to flame retardants, the more aggressive the cancer.

Dr. Sosa said the hope is that research like this will someday spark industry-wide change, and companies will be compelled to use less harmful chemicals.

We should add that even many items of clothing are treated with flame retardants, including sleepwear for adults, children and infants. Less toxic forms of flame retardants have been developed so you might look for items indicating they are treated with non-toxic flame retardants... clothing, drapes, etc. ♦



## Reduces Colon & Bladder Cancer Risk by 40%, Reduces Brain Fog, Prevents Headaches & Crankiness, Makes Skin Glow & MUCH More

You might be surprised to know that the substance that has been found to do all of the things in the above headline — reducing the risk of colon and bladder cancer; prevent headaches; prevent crankiness, make skin glow, it has also been found to decrease joint pain, improve "executive function" like planning and strategy development, reduce foggy thinking, and even more is not some brand new high tech discovery, or supplement... it's water.

Drinking 16 oz of water can raise your metabolic rate by as much as 30%.

When you're not sufficiently hydrated your brain shrinks in volume. This shrinking is what causes "dehydration headache". Even mild dehydration can alter brain function and mood. But within 20 minutes of drinking water, those effects were reversed.

Cold water hydrates faster than warm or room temperature water., so for fastest results, drink ice cold water, unless there is

some medical reason not to drink it cold.

A Harvard study found more than half of American children are dehydrated. About a quarter of American children don't drink water on a daily basis. It's said a good part of the reason children are dehydrated is due to their being more likely to drink sweet drinks like soda or fruit juice than water.

Your entire body suffers when you're dehydrated. Even mild dehydration can produce an imbalance in the body's equilibrium. Long-term or more severe dehydration can lead to increased cholesterol levels, rapid heart rate and/or breathing, low blood pressure and signs of premature aging, such as dry "parched" skin. Other signs/symptoms of dehydration include:

- Fatigue or dizziness
- Headache
- Foggy thinking & poor concentration
- Chills
- Muscle cramps
- Back or Joint Pain

- Dry or Sticky Mouth
- Constipation
- Mood Swings
- Increased tension or anxiety
- Sugar Cravings
- Infrequent urination & dark urine

And yes, Willard's Water is a great way to hydrate yourself. Body builders, marathon runners and other athletes have reported it hydrates them better and keeps them hydrated longer than the normal drinks one thinks of for that purpose. Also veterinarians have reported the animals so sick they were "off water" not only were willing to drink Willard's Water but they rehydrated faster than would have been possible with "regular water" for the amount of Willard's Water they drank.

And another big plus... kids tend to love Willard's Water and even kids who would never drink water have come asking for more Willard's Water. And adults who "never drank water" find a love for it too. ♦

# Foods Found to Help Fight Colds and Flu



We've all been told "chicken soup" when we're under the weather, but there are other foods that are known to help your immune system fight off those nasty cold and flu bugs, too.

**Garlic** — Garlic contains allicin which is said to be the ingredient in garlic that's responsible for its antimicrobial and antibacterial properties.

Research studies have reported that people taking garlic supplements have fewer and less severe colds than those taking placebos. Garlic is also said to promote healthy gut flora which helps the body to rid itself of toxins, bacteria, and viruses.

**Beef** — Beef is said to boost the immune system. Beef is a good source of zinc, and zinc is important to the body's development of white blood cells that help defend the body against unfriendly intruders. (Our high quality [Zinc](#) is [Item J-96](#).)

People with zinc deficiencies have been found to have decreased immune function and response. Additionally, the protein in beef supports the body in building antibodies and fighting off infection.

**Sweet Potatoes** — Though sweet potatoes aren't usually on one's list of traditional cold-fighting foods, they're an excellent source of Vitamin A, which has an important role in maintaining the health of your mucosal surfaces — including those inside your nose, your gastrointestinal tract, and skin.

Most of us don't think of our skin as a part of our immune system but it's actually your body's first line of defense against infections, as it keeps infections from entering your body.

**Turmeric** — Turmeric seems to have risen to an almost "super food status", given all the studies that have found so many benefits from it. Turmeric is high in antioxidants and has such well established anti-inflammatory properties it's no wonder it's helpful to the body in many ways. Studies have found people who consume turmeric are less susceptible to colds, coughs and congestion.

Researchers have concluded that most of the benefits from turmeric result from the Curcumin in it. So if you don't have a taste for turmeric, or can't eat enough of it to be helpful, Curcumin supplements are available. We offer it in [Curcumin Capsules \(Item J-398\)](#), and also in a super combination supplement called [Ener-Cell \(Item J-135\)](#) which contains [Curcumin plus Alpha-Lipoic Acid, L-Carnitine, and CoQ-10](#).

**Dark Leafy Greens** — It's usually citrus fruits we think of for Vitamin C and in this context, for Vitamin C's reputation for fighting colds. But dark leafy greens like spinach, kale, Swiss chard and arugula, are also very good sources of Vitamin C. Studies have found regularly taking in sufficient Vitamin C can reduce a cold's length.

**Wild Salmon** — With shorter days (and hours of sunlight) in the fall and winter, our Vitamin D levels fall. Vitamin D is said to be critical for the body to fend off colds and flu, so it's important to eat foods that provide it. Wild Salmon is one such food.

Research has found people with healthy levels of Vitamin D suffer fewer respiratory tract infections compared to people who are deficient in Vitamin D. Those with good levels of Vitamin D also felt better faster after getting sick. (We have [Vitamin D in 1,000 IU capsules in Item J-24](#), and in [5,000](#)

[IU in J-24A](#).)

And, yes, **Chicken Soup!**

— It's true— you should eat chicken soup when you're sick. The warm broth soothes most sore throats, and helps hydrate you. Also hot liquids like soup help loosen mucus secretions, to help speed recovery.

**Willard's Water** — All these discussions of foods and the nutrients in them that are particularly helpful in fighting colds and flu, certainly reminds us we should remind you, to always "wash down" your food, and food supplements with **Willard's Water** because of its well-established ability to help the body better break down & absorb nutrients into the cells.

As an example of WW's abilities in that regard, Curcumin which is the key ingredient in turmeric believed to provide the majority of its benefits, is extremely difficult for the body to break down and absorb. So a study put Willard's Water to the ultimate test of its abilities to do so by testing it on Curcumin. It found that Willard's Water works better at breaking them down than the previously best known substance for doing so. For the details: <https://www.willardswater.com/img/cms/newsletters/MayJune15FinalWebVersionPDF.pdf>

Not only do tests like that prove it, but countless people have learned from their own use that they can take lower doses of when they take them with Willard's Water and have them work as well for them as they did at higher doses without Willard's Water.

That's one of the reasons lots of people will never drop WW from their routine -to get all the good from food & supplements. ♣



## Trivia & Tidbits . . .

1. How many times does a sprinter, running at top speed, make contact with the ground during a 100 meter (328-foot) race?
2. What size screen was on the first home TV set demonstrated in 1928?
3. What crime led to Billy the Kid's first run-in with the law?
4. What is the term of a dilemma that involves 3 choices instead of 2?
5. What is cat ice?
6. What bird has the longest nesting life—taking up to 9 months to fly?
7. What are baby beavers called?

*AND THE ANSWER IS...*

1. Approximately 40.
2. 3 inches by 4 inches.
3. The theft of some butter. The 2nd was receiving stolen property—clothes taken from a commercial laundry.
4. A trilemma.
5. Very thin ice from which the water below has receded, making it unable to support any weight—even that of a cat.
6. The wandering albatross.
7. Kits or kittens.

ON "THE WEB"!

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

Or

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

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# PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

## Babies with Pets... Seniors with Dogs...

It's no news to dog lovers and lovers of other pets that there are real benefits to such "ownerships". But some of the actual research studies done on such "ownership" has turned up some benefits I bet many people haven't thought of before.



For instance, would you have bet that babies and children raised with furry family members have improved physical health from it? Well the studies have found that they do.

Anita Kozyrskij, Ph.D., pediatric epidemiologist at the University of Alberta, and a leading researcher on gut microbes, was co-author of a study that found babies born into families with pets have higher levels of two types of gut microbes linked to a lower incidence of both allergies and obesity.

Those findings were part of a long-running research project using fecal samples from 746 babies registered in the Canadian Healthy Infant Longitudinal Development study that found kids who grow up with dogs have less asthma than those who grow up in homes without pets.

According to Dr. Kozyrskij, their research stems from the theory that exposure early in life to dirt and bacteria, for example, from a dog's paws and fur, can help to create early immunity.

The study identified two types of health boosting gut bacteria in babies exposed to pets. The study looked at infants with mothers who were pregnant between 2009 and 2012.

The researchers found that exposure to pets while in the womb or up to 3 months of age after birth, increased the levels of two types of gut bacteria in the infants. One of the bacteria is *Ruminococcus*, which is linked to a reduction in childhood allergies. The other is *Oscillospira*, which is linked to childhood obesity.

The levels of these two bacteria were twice as high in babies exposed to a pet in their home. The exposure to the gut bacteria is indirect, going from dog to mother to baby during pregnancy, as well as during the first 3 months of the infant's life. Which means that even if the pet is no longer in the home after the baby is born, the baby's microbiome would still benefit from the exchange of the health boosting bacteria.

In addition, the exchange occurred even in higher risk births such as a C-section delivery when the mother was taking antibiotics at the time of the baby's birth, and when the mother did not breastfeed the baby,

Another benefit of pets in the home was the reduced incidence of transmission of vaginal GPS (group B strep) during birth, which causes pneumonia in newborn infants (and is the reason mothers are sometimes given antibiotics during delivery).

As we've reported in this newsletter before, other studies have found that school-age children have a lower incidence of asthma if they grow up with dogs.

Now to some specific benefits of dog ownership to "seniors".

It's no surprise that senior citizens who have dogs get more exercise than their non-dog-owning counterparts. After all, having a dog means walking the dog, and getting up to get the dog's food, to play with him, to bathe or brush him,, etc.

But it might surprise you to know that the seniors with dogs walked an average of 22 minutes more per day — in exercise the researchers described as "marching not just dawdling". The 147 minutes of walking the dog owners did weekly is only 3 minutes under WHO's recommended minimum of 150 minutes of moderate to vigorous weekly physical activity.

And there were some benefits that wouldn't be as obvious to expect....

Dogs provided the seniors with companionship and helped to alleviate loneliness. Also the dogs become a focal point of attention and require their owners to establish a certain amount of structure to their days.

Having a dog around provides "something — or "someone" as most dog lovers would say it — to touch, which can be very beneficial for older people who live alone. Having a dog in their lap, or lying next to them, provides comfort — to their elderly owners, as well as to kids and younger adults.

Dogs also need to be cared for, and nurturing a pet boosts emotional and physical relaxation.

And — as everyone knows — dogs are fun, and funny, which can bring joy and laughter to the lives of elderly people.

Another benefit is that studies have found dog walkers are more likely to interact socially with other people when they are out with their pet.

Another not-so-obvious benefit of having a dog is that it provides someone to think about other than just yourself. Focusing on something other than yourself is one of the best ways to reduce stress, and increase optimism. Those two things — reducing stress and being optimistic — can be hard for older people who are perhaps dealing with physical limitations of their aging body, and also sensing their independence possibly slipping away or worrying that it might.



A smaller study conducted in California years ago clarified some of the ways a pet impacts several aspects of life for people who are aging. The researchers in that study recorded casual conversations they had with seniors out walking their dogs in a mobile home park.

They found that all the dog owners talked to and about their dogs. They gave their dogs directions and mentioned their names and nicknames often. As those researchers put it, the dogs caused their owners to "stay in the present moment". Staying in the present is often difficult for seniors who tend to think more about the past or worry obsessively about their future.

The dog owners talked about things happening in the here and now, while non-dog owners tended to talk about past events.

Dog owners also reported much less dissatisfaction with their social, physical, and emotional states, than the non-dog owners did. That shows a healthy lack of self-absorption and a happier, healthier, more hopeful outlook. ♠





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### *"The Doctor Described a Man Observing During Surgery ..."*

The following e-mail was sent to us from a mutual friend of the writer, who had no objection (obviously) to her story being shared with others.

"I wish to share a story with you that has made a big impact on our family. As you all know, we recently lost the best husband, dad, grandpa and friend that anyone ever could have. My daughter, Lisa, had foot surgery 3 months ago which did not heal, and she had a second surgery last week. This, after 3 months of no weight bearing and totally on crutches. As you can imagine, this has been a difficult time for her.

"Yesterday, I went to the doctor with her, and as we were leaving, the surgeon said she wanted to ask us a question, but didn't want to upset us. She asked us if Lisa's father was a well-built, rather stocky man. She went on to say that when she was in the operating room with Lisa, there was a man standing there and observing. She didn't see a face, but described him as

wearing a yellow short-sleeved shirt. Lisa had given Gerry a yellow polo for Father's Day!

"The doctor was very moved and emotional with this experience. I will add that she is not a religious person, which makes this even more meaningful to us.

"I am so comforted by this, as I always feel he is right beside me, and this only confirms that. So... my message to you is, how can one not believe in life after death? I know we will all be reunited one day, we just don't know when.

"Treasure each day, love, have faith and believe. God bless you all." — B.T.

Editor: We believe it was Lisa's father watching her surgery, but present this as food for thought for those who believe in a hereafter, and for those who don't... intriguing either way. ♠

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



## Emails, Mailbag & Phone Calls. . .



**No More Ticks, Fleas or Ear Mites for His Dogs** — "P.G." called us one day and said he'd noticed something that was missing... and sometimes it's easy to miss problems that don't exist any more, so he thought he'd pass it along.

He had realized that none of his dogs had had any more ticks, fleas, or ear mites, since he started them drinking **Willard's Water** regularly about 3 years before this recognition came to him.

He wasn't using anything else to attribute the change to, and his dogs had all had such problems before Willard's Water came into their lives. Given the harmless nature of Willard's Water, it sure seems preferable to "P.G." to use it instead of the various flea and tick remedies on the market. As you might guess, we agree with him!

**Best Sunburn Relief** — We've lost count of how many people have told us over the years that they either sprayed **Willard's Water** on their sunburns, or applied our Willard's Water **Aqua Gel** to their sunburn, and couldn't believe the relief they received from them.

Way back in the mid-1980s we heard from "C.M." in Hawaii that he'd found out if he went down to the beach and let sunburned tourists apply Aqua Gel to one of their sunburned arms, but told them they'd have to come and buy it at his Health Food Store if they wanted to use it on their other arm, or elsewhere, "they always come get it ... 100% of the time!"

We've also heard about as many reports of "the water" or the Aqua Gel bringing fast and fantastic relief to various other kinds of burns. We suggest if your burn or sunburn is really hurting to first spray it with the water, to relieve it enough that touching it to apply Aqua Gel won't hurt. And, for any bad burn, please see a professional! ♠



# MORE PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

## A Breath of Fresh Air Seems Harder & Harder To Get, But Many People Say This is Their Solution

It seems like a fond memory sometimes... that breath of fresh air following a rain, or just floating through an open window on a beautiful spring or summer night.

Air pollution is certainly a part of the less frequent “breath of fresh air moments”, but so is the fact that most homes are so air-tight and temperature controlled that nobody even opens their windows any more even when the outside air is in an appealing state.



And of course we have the same odor type problems that have always been a part of life.... pets (from litter boxes to “accidents” and more), cooking odors, burned cooking odors, gym shoes, skunk, fish odors, garbage cans, bathrooms, diaper pails, etc. etc.

Air pollution and its negative effect on health has been recognized for a long time now. But “air pollution” may also be a part of your indoor environment... in your home, your office, where you shop, in your vehicle, etc.

There have been a lot of air filters, air fresheners and even mechanical units to “clean” or freshen the air. But we’ve never seen anything like AireRestore.

We told you about these units some time ago when we first made them available to our customers. Those who bought them from us were uniformly pleased with them. Now the company that makes them has given them an update, making them 20% more efficient and much simpler to clean when necessary. So we’re re-introducing them.

**No Bad “Ozone-Like” Smell** — My wife, Kolleen, and I were very impressed with them from the time she commented that our house seemed “fresher” than usual and wondered why... forgetting that I plugged them in

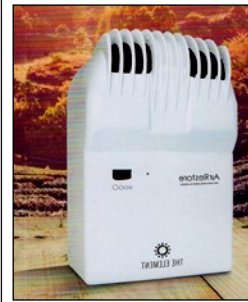
a few days before that. Every other air filter type unit we’d ever tried always gave Kolleen a headache... doctors have told her she has a very highly developed sense of smell so she is more sensitive to smells than most people and every other air purifier we ever had, had smelled “ozone-like” to her, and would eventually give her a headache. This time, she had noticed a faint smell but not ozone-like as she put it, just “like some scent noticed but not an offensive one when we first plugged them in”, but that “first scent” had apparently disappeared pretty early on because she’d forgotten about it and therefore wasn’t even thinking about the units being there or being “on”. She only noticed how fresh it seemed inside... but she never did notice any bothersome odor... ozone-like or otherwise.

If anyone is very sensitive to smells, they might want to start out with the system set on “low”, to get through any break-in time even the most sensitive-to-smells person might have.

So we did some more checking on them, and decided we ought to make them available to our customers. And we were further sold when we learned what other users said about them...

**Cigar Shop Odor** — Keith O noted that a new cook-to-order Mexican restaurant where he lives was in a building next door to a cigar shop. The previous 2 or 3 businesses had moved to other locations because of the odors from the cigar shop they couldn’t get rid of.

This restaurant tried a couple AirRestore units for about a week and found out the two AirRestore units were



### How AirRestore Differs from Other Air Filters/Purifiers

It differs in some pretty important ways from other types of air filters and purifiers in our opinion... though other air filters or purifiers will filter your air, they don’t add any of the elements to make your air as good as it can be.

As the manufacturer puts it, “Filtered air purifiers are reactive and only able to improve your indoor environment by lessening the pollutants passing through the system. The air may be cleaner, but the environment is still missing the essential energy for healthy living.

“AirRestore Naturalizers produce the energized elements your indoor environment is thirsty for. This technology proactively attacks germs bacteria, dander, dust, and mold without chemicals or perfumes.”

So that’s why so many users say these units make their homes smell so fresh, but not “chemically”!

What the manufacturer says is AirRestore units are “proactive”... which they define as making things happen in a situation to prevent future problems. By contrast other air treatment systems are reactive, meaning they simply react to problems when they occur but do nothing to prevent problems from happening.

That sounds like a good plan! And we know from our own experience that these units sure seem to give us far better results than any other air systems we’ve tried. And if you’ve read or do read the user reports we’ve included in the article alongside this info box you may get a “feel” for what people love about these units. ♣

enough to eliminate the cigar odors! You can imagine how happy they were!

**Wildfires’ Smoke Odor** — William G from Colorado —, In the spring of 2013 Colorado dealt with a string of wildfires. He and his wife lived at a high elevation in a log home. Because of the high elevation, they didn’t need air conditioning and just kept their windows open for ventilation.

On a Wednesday night the smoke from those fires became thick in their home, but it was too warm to close the windows, so they had a very sleepless night. The next day he bought an AirRestore unit and took it home and plugged it in. In less than an hour their home was (Please turn to other side)

## A Breath of Fresh Air... (Continued from Other Side)

completely free of smoke and smoke odors. They later moved into a townhome in another city. It had been vacant for nearly two years and had a stale odor.

They plugged in their AirRestore and have used it ever since... it got rid of the stale odor and with the unit operating all the time their home always smells fresh.

**Burned Microwave Popcorn** — Unfortunately, many of us — maybe most of us — have probably been exposed to the sort of “burning stench” smell from burned microwave popcorn — at least anyone who has ever smelled it, at the very least has probably never forgotten it.

Rebecca B from Nebraska reported that her husband hates the smell of burned microwave popcorn (*if that means **she doesn't** hate it, I'm betting she's a member of a very small club of non-haters-of-burned-microwave-popcorn! But I digress...*)

Rebecca said she had made microwave popcorn one day while her husband was gone, but she'd had it in the microwave too long, and scorched it.

Well, she had an AirRestore unit... so she moved it into the kitchen and when her husband came home he didn't even know she had made popcorn, much less scorched it...the air was clear and fresh..

**Allergies** — Bob C. reported that he has chronic sinusitis and would wake up nearly every day with pressure in his sinuses and in the middle of his forehead. Sometimes he would get terrible headaches and sometimes even sinus infections. He says it was due to severe allergies and in Florida there were particular mold spores he was allergic to.

He got an AirRestore unit and put it in his bedroom on his dresser. For the next three days after setting it up, he woke up feeling great with no pressure in his sinuses, and he even slept better.

Bob must be something of a skeptic because to make sure it really was the AirRestore that was helping, he unplugged the unit. Lo and behold the next morning he woke up with a headache and pressure in his sinuses. So he plugged it back in and for 6 months at the time of his report, he had not woken up feeling bad and had had no more headaches.

Bob had a friend named Rich S who had two big dogs living in the house with him and his wife. Every morning Mrs. S would wake up sneezing and so did one of the dogs. So Bob gave them two units to try — suggesting they put one in their bedroom and one in the dogs' bedroom.

The first morning after using the units, Mrs. S woke with no sneezing and so did the dog! The dog odors were also gone from the house.

They were one happy family.

**No More Sick Kids in That Classroom!** — An athletic department in a school in Tennessee placed AirRestore units in their area. They removed odors from the locker room and other adjoining rooms.

A few weeks later students in one classroom had a virus going around that was causing the students to have fevers and vomiting.

After sending several students home with those problems, they moved one AirRestore unit from the gym to that classroom. After doing this no other students got sick.

You could argue that maybe the virus just went away on its own, or maybe those other kids would have been unaffected by it anyway... but that would seem like a pretty big coincidence to us. However, as we always say, if something isn't done in a controlled experiment it isn't scientific proof of anything. That's also true in this case. However, it does seem abundantly clear that the AirRestore units sure didn't hurt anything! And to be honest, we have a “sneaky suspicion” there just might have been some cause and effect, especially since there have been other reports of people using them when people have gotten sick and once the units were in place, nobody else in the family or office got sick. Yes, obviously those units sure don't hurt! ♦

## AirRestore Pricing & Ordering Information

### Air Restore Pricing :

One Individual Air Restore Unit (covers 800 square feet)  
\$150, plus Sales Tax and Shipping

Whole House System (4 individual units) \$450 (*that's like getting one unit Free!*), plus Sales Tax and Shipping

**Five Year** Warranty

30 Day Money Back Guarantee

Note: Your order will be processed and shipped Factory Direct from AirRestore, Inc.

### Order Air Restore:

Order Factory Direct Online at our Air Restore Web Site:  
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Or:

Order by phone from us at Nutrition Coalition  
Toll Free at 1-800-447-4793

### Note:

No matter which way you order, your order will be processed and shipped Factory Direct from Air Restore, Inc.

