

POSSIBILITIES. ♦ ♦ ♦

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

Stopping Liver Cancer & Cutting 2nd Heart Attack Risk

Omega-3 fatty acids could prevent or inhibit the growth of liver cancer cells, according to researchers at the University of Pittsburgh. They presented their findings on March 24, 2006, at the annual meeting of the American Association for Cancer Research.

Omega-3 fatty acids have been linked to a large number of health benefits, including cardiovascular disease (CVD), good development of a baby during pregnancy, joint health, behavior and mood, and certain cancers.

Liver cancer is quite rare, accounting for only 1% of all cancers. The Pittsburgh researchers reported that the Omega-3 fatty acids EPA and DHA both had a dose-dependent inhibitory effect on the liver cancer cells, but the Omega-6 fatty acid AA had no effect on them.

The researchers found that DHA induced apoptosis, which is programmed cell death of the cancer cells. They also found that both DHA and EPA indirectly decreased the levels of a protein, beta-catein, which has been linked to tumor develop-

ment.

Another recent study of Omega-3 fatty acids found this supplement could reduce the risk of having a second heart attack.

“To our knowledge, this is the first study to document an improved post-exercise heart rate with omega-3 supplementation”, said James O’Keefe from the Mid America Heart Institute and the University of Missouri.

The randomized, double-blind, placebo-controlled crossover trial, published in *The American Journal of Cardiology* (Vol. 97, pp. 1127-1130) looked at the effects of a daily supplement of DHA and EPA on the heart rate, heart rate variability, and heart rate recovery after exercise of 18 white males, average age 68, who had suffered a heart attack three months to five years before the start of the study.

The omega-3 supplement contained 75 mg of EPA and 195 mg of DHA. The subjects took three tablets a day, giving them a daily omega-3 intake of 810 mg. The placebo contained a 50:50 ratio of olive and corn oil.

After four months of the supplement or placebo, the researchers reported that “the omega-3 fatty acids significantly decreased heart rate at rest, accelerated the return to a normal heart rate after standing and exercise, and increased heart rate variability.”

After omega-3 supplementation the researchers reported a 19% decrease in heart rate one minute after exercising. Men with high heart rates when resting have increased risks of cardiovascular events, including heart attacks and even death, according to the researchers.

Since the study size was small, the researchers said larger, longer-term, studies are needed before any solid conclusions can be drawn.

The risk of pollutants from oily fish, such as mercury and dioxins, have led some to advocate a reduction in fresh fish intake, and led some to consumers to use omega-3 supplements instead of eating fish.

Editor: Our high quality Omega-3 product, called **EPA**, contains 180 mg of EPA and 120 mg DHA per capsule. It is **Item No. J-39.** ♦

Lower IQ Linked to Chronic Pesticide Exposure

Researchers at the University of North Dakota (UND), Grand Forks, studied children in the northern Red River Valley to look for any effect of living near pesticide use. The children were from two groups: those living on or near an active farm or field, and those living at least one mile away from such areas.

Those children who lived on or near farms had IQs five points lower, on average, than those who didn’t, according to Patricia Moulton, an experimental psychologist at UND.

Moulton said that 5 points is a significant difference. She said the average IQ score of the children living on farms was 98, which is still within the normal range of 85-115, but the average IQ score of those children not living with chronic exposures to pesticides was 103. Each group in the study was made up of 64 children, ages 7 to 12.

Children living on farms also scored lower in verbal comprehension, visual perceptual reasoning, memory and mental processing speed, the study found.

The study was funded by a branch of the National Institutes of

... an average IQ score 5 points lower than those without chronic exposure...

Health, and it will go on to determine whether there is a correlation between the level of exposure to pesticides and performance on memory, intelligence and other mental functions. Two earlier studies also found children living near active pesticide use had lower scores in mental performance tests.

But those studies did not take into account the level of exposure.

The study arose out of a large epidemiological study that UND researchers are conducting on chronic pesticide exposure and degenerative brain diseases including Parkinson’s Alzheimer’s and multiple sclerosis.

Moulton said she’s not proposing we “get rid of pesticides” but that we reach a “happy medium” by using non-toxic pesticides when possible and taking additional steps to decrease peoples’ exposure to pesticides.

The study was presented at the Dakota Conference on Rural and Public Health in March, 2006, and reported on in *The (Fargo) Forum*, March 24, 2006. ♦

Antibiotics May Double Asthma Risk

A study from the University of British Columbia found children under one year of age who are treated with an antibiotic are twice as likely to develop asthma in childhood. The more antibiotics they take, the greater their risk of asthma.

Researchers reviewed seven studies that included 12,082 children. They say the link between antibiotic use in the first year of life and asthma, in retrospective studies had an odds ratio of 2.82.

And, after analyzing data from 27,167 children in five studies, they found for each additional prescription of antibiotics taken during the first year of life a significant overall ratio of 1.16. This suggests additional courses of antibiotics increase the risk of asthma even more.

"In children, antibiotics are commonly used to treat ear infections, upper respiratory tract infections, and bronchitis, but not every childhood infection requires an antibiotic," says the study's co-author Fawziah Marra, M.D., University of British Columbia. "Current guidelines recommend that children under age 2 receive an antibiotic for diagnosed ear infection. However, the majority of upper respiratory tract infections and bronchitis is viral for which antibiotics are ineffective."

The study was published in *CHEST*, 2006;129:610-618.

Editor: We're often asked if Colostrum and/or Colloidal Silver can be given to children under age 1. Our answer is that we're not medically qualified, but we can tell you we gave Colostrum to our youngest son when he was less than 2 months old, and our granddaughter also took colostrum and colloidal silver at a few months of age. So, we certainly don't believe there's any harm.

We're also often asked about these two products' effect on viruses. It's our understanding that they are known to work on viruses. We've used them in our own family on "viral infections" and seen the affected people get better. That doesn't prove anything, but we and thousands of others are convinced of the merit of these two products.

Colloidal Silver is, of course, a liquid, which makes it easy to give to infants. The 32-oz size of it is **Item No. CS-32**; the 8-oz size is **Item No. CS-1**. For colostrum, we'd assume anyone would use the liquid for infants. There are two liquids: **Item H-1** and **Item H-2**. H-2 has some of the water removed, so it's more cost-effective—you can take less and get the same "active" amount. One H-2 more than equals 3 of the H-1. You could also add it to baby formula, or give it to the baby on a spoon—many babies like it. You could use the powder, **Item H-6**, mixed in other things also. ♦

Fluoride In Drinking Water

Damages Bones & Teeth...

and federal standards fail to guard against this. That was the message from the National Academy of Sciences in a report issued in March, 2006.

The academy's expert panel said some 200,000 people in the U.S. may consume water that is at or above the government's standard because of naturally occurring fluoride. Children exposed to the government's current maximum fluoride limit "risk developing severe tooth enamel fluorosis, a condition characterized by discoloration, enamel loss and pitting of the teeth, the academy said.

Earlier reviews of health issues associated with fluoride didn't consider enamel fluorosis to be a health hazard, even though it's "ugly". New reviews consider it a health hazard since one function of tooth enamel is to protect the teeth and underlying dental tissue from decay and infection.

A majority of the panel concluded that over a lifetime, people who drink water with the fluoride level at or near the federal limit probably have a higher risk for bone fractures.

Additionally, a study conducted by researchers from the University of Iowa in Iowa City followed a group of children for 10 to 13 years from birth. They analyzed well waters and purchased beverages for fluoride concentrations and then examined the teeth of the study participants when they were between 7 and 12 years old. About 35% of the children had some evidence of dental fluorosis.

Consuming fluoridated beverages seemed to affect teeth that had not come in yet. The researchers said the results imply fluoride intake from beverages during infancy and early childhood have an effect on permanent incisors. They suggested parents consider how much fluoride is in their water supply when deciding which purchased beverages to give their children. The study was presented at the American Dental Education Association's annual meeting held March 8-11, 2006, in Orlando, FL. ♦

Trivia & Tidbits . . .

1. What did the Wrigley Company do to promote its chewing gum in 1914?
2. George Washington and 1 other U.S. President candidate ran unopposed—who?
3. To what plant family do the radish and turnip belong?
4. How many toes does a rhinoceros have on each foot?
5. How long does it take a whole fingernail to replace itself?
6. Before electricity, how did theatrical companies put their stars in the spotlight?
7. From where do we get quinine, the medicine used to treat malaria?
8. What is a group of owls called?

AND THE ANSWER IS...

1. It mailed Doublemint gum to everyone listed in U.S. phone books.
2. James Monroe, for his second term in 1820, during the "Era of Good Feeling".
3. The mustard family.
4. Three—encased in a hoof.
5. About three months. Nails grow about 0.1 mm (.004 inch) per day.
6. Lime was burned in a lamp, creating an intense white light that was directed at featured performers—giving us the word limelight.
7. From the bark of the cinchona tree, a South American evergreen.
8. A Parliament.

ON "THE WEB"!

www.willardswater.com

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

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

Reach Us At: 1-800-447-4793 (218-236-9783)
NUTRITION COALITION, INC.
P.O. Box 3001 Fargo, ND 58108-3001



PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

YES! After 20 Years We've Found It Again... Back Relief & Comfort on Trips, in Chairs, Etc.

It's hard to believe it's been 20 years since we "lost track" of the source of one of the most amazing products we've ever used. Kolleen and I still remember when our friend Karl first "presented" us with this item, we both thought it looked like it couldn't possibly do any good, and would probably actually be very uncomfortable.

Boy we were wrong! This simple device reduces discomfort on long car trips so much, you find yourself not believing yourself!

It's also said to work equally well on office chairs and at home, in chairs or on your couch, or wherever.

What "it" is, is a simple plastic seat that you put on top of your car seat, chair, whatever. It looks hard and uncomfortable. But, like I said, "boy is that wrong"!

I've told you before about Kolleen's back problems that resulted from a couple of accidents she was in. I may even have mentioned that in addition to those accidents and their damage, she also has another "wrinkle" to her situation... she was born with an extra vertebra at the base of her spine that isn't fused properly to the rest of her spine. That certainly creates its own instability problems and low-back problems. And it may be why so many car seats just don't "fit" her. She can wind up in real pain in just minutes if she's forced to sit in a lot of car seats that just "hit her wrong".

But, here's an amazing fact, putting this molded plastic seat on the ill-fitting car seat has made all such seats to date, work fine for her. No back pain any more in those seats. I don't know that it would work on every car seat in the world for her, but it HAS worked on all that she has tried it on.

To illustrate how minor a problem this ISN'T, let me tell you what happened to us following a new car purchase back in about 1981. I was really proud of myself for how well I'd "worked" the two car dealerships against each other and wound up with a really great deal. Problem was, the car Kolleen test-drove had leather seats, and the one we bought didn't. Same car, same model, same everything. But, it turned out that those leather seats she'd "test driven" were actually constructed differently than the fabric seats in

**...back & neck pain,
jet lag, fatigue, low
back problems, re-
turning to work faster
after injuries, cere-
bral palsy, even bet-
ter concentration,
memory, energy, and
more...**

the car we got. The difference was disastrous for her. She'd get out of that car barely able to walk... just in tremendous pain. You can imagine just how sorry the car dealer felt about the beating we took when we went back to return it for a car with leather seats. Talk about depreciation! Talk about learning your lesson!

Well, fast forward several years. We got the molded plastic seat I've told you about, called a "Relaxo-Bak", and found that a car Kolleen couldn't sit in at all, was suddenly fine for her. And she rode in it on a 600+ mile round trip, without a problem!

Now, we've found Relaxo-Bak again, and couldn't be happier.

We suspect a lot folks reading this will be happy we found them too, if you give them a try. They sell for **\$19.95**, and if they're not on the order form you have, just write it in or mention it when you phone in your order—or add it to the Comments section of your online order. It comes in a number of colors: **Black is Item No. RX-101B, Tan is RX-101T, Gray is RX-101G, Burgundy is RX-101BR, White is RX-101W, and Sky Blue is RX-101SB.**

How does this amazing Relaxo-Bak do what it does? According to the manufacturer, it "allows the body weight to be carried on the lowest part of the pelvis, [the Ischium bones]. Pressure is taken off the tailbone (the coccyx) to prevent switching and tightening of the back muscles. IT'S JUST THAT SIMPLE."

And it's not just us who love this thing! A friend of ours saw one of the Relaxo-Baks in our car and tried it—she immediately wanted it. We sent one to another friend who was having a lot of back and hip pain and was going to be driving a few hundred miles to get to a clinic for some tests. She sat on it and said it was wonderful and she knew it would make that long drive a lot better.

That's the amazing thing to me about this item... you can tell very quickly, when you first sit on it, that you're much more comfortable.

The manufacturer cites a number of testimonials... far too many to print here, but we'll give you a few examples:

"I am delighted with this product and wouldn't be without it!!! As an individual with **artificial hips** and **arthritis of the spine**, I have been using this cushion in my personal vehicle and at home since October, 2002. Please send me two cushions at once."

From a holistic physician: "... in both the car and plane the **fatigue of a long journey or jet lag** is minimized. One of my patients with an acute episode of a **chronic low back problem** found rapid and dramatic relief with Relaxo-Bak. He's a postal carrier and uses his Relaxo-Bak in his mail vehicle and car. Others have had similar results. I recommend Relaxo-Bak to about all my patients as part of a holistic approach to health."

From another health care provider: "In 1967 our clinic began using the Relaxo-Bak on our low back cases. It proved to be a valuable addition to our regular methods of treatment. Patients who used the Relaxo-Bak were able to **get back on their jobs in a much shorter time**. After making these convincing tests, we began insisting that all low back patients use the Relaxo-Bak during the treatment period. Nearly all of them continued to use it as a preventive measure after going back to work. I do believe that by using the support as a part of the regular therapy, much time and money can be saved."

And from another professional: "The idea is so basic and yet so effective for the support necessary to aid in the relief of lower **back and even neck discomfort**. By reducing the stress on the tailbone and allowing for free motion to the sacroiliac joint (S-1 joint) this product places the pressure on the area which is made for sitting... **People of all ages and body conditions** have benefited by the use of this revolutionary product. I even have my **cerebral palsy** patients use this device."

I think you get the picture. One professional even said it helps one's **concentration, memory, energy, and more** to have the body in better balance. ♦



POSSIBILITIES...from NUTRITION COALITION, INC.
For Real Willard Water & "No Nonsense Nutrition"
 PO Box 3001 ♦ Fargo, ND ♦ 58108-3001
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Proof of the Hereafter?

"I remember reading once something to the effect that 'God speaks to each of us in the way we will most likely understand', and I think that's what my uncle's story proved to me. My uncle is a highly intelligent, analytical engineer-by-training. He's not one to easily 'believe'. But it seemed to me his story indicated he did, because of the experience relayed in his story.

"It was back in the 1940's and his sister (I'll call her 'Margaret') had just gotten word that her husband's brother (we'll call him 'Fred') had been in a terrible accident. Her husband took off immediately on the 40+ mile trip to be with Fred at the hospital. But Margaret had to finish some things and get their children taken care of, so she was going to be taken there later by their brother-in-law 'Leo'. Leo was to pick her up at their parents' house.

"Around supper time their mother heard the back door open and heard someone's footsteps walk through the house and go out the front door. She thought it was either Leo or Margaret.

But when she went downstairs, neither were there or outside. A few minutes later Margaret arrived, and said it was the first time she'd been there. So they got hold of Leo to see when he'd be coming. He said he'd been there and pulled up in front of the house, but a young man came out and indicated there was no need for him to stop to get Margaret, so Leo had gone home.

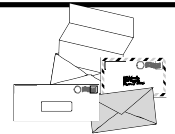
"A few minutes later the phone rang... it was Margaret's husband telling her she didn't need to come, Fred had passed away about a half hour before.

"And when Leo described the young man who had waved him on, it was clearly a description of Fred. One other thing, Leo was a very reserved and analytical man, too. He was an attorney and was always very serious—never making up wild tales and certainly not one to imagine anything. Nor had he ever met Fred before to know what he looked like. It certainly made it clear to everyone there that there is life after death. Even to two analytical types. And whether Fred was 'real' or not, it seems to me that vision was a very good way for God to speak to those analytical types about the hereafter." — B.E.S. ♦

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



E-Mails, Mailbag & Phone Calls. . .



Skin, Cellulite, Migraines, Blood Pressure

— Sounds like some sort of "shopping list", but it's what L.J. included in her e-mail report to us. Check it out: "After drinking Willard Water for about 6—8 months I could really see a difference in my health, skin and it even got rid of the cellulite:) migraines are a thing of the past, unless I don't get in a good daily dose of WW. I have a friend that I recommended WW to because she had blood pressure that was dangerously high even on strong medication. She has been drinking it for almost 6 months now and her blood pressure is WELL within the NORMAL range."

Editor's Note: Do NOT assume blood pressure levels—even if your readings come down while using WW—blood pressure is not something to take lightly. If you find it going down, that's

great, but do NOT ever assume it will always stay down, no matter what you are doing for it. As always, we remind you to get your health professional's guidance in treating blood pressure or any health problem.

No More Leg Cramps — "D.W." said he had such extreme night time leg cramps, he dreaded going to sleep. "Taking the Dark Willard Water has all but eliminated" them. "The doctor could only offer muscle relaxants to ease the problem."

Rheumatoid Arthritis — "M.S" called in to place her first order for Willard Water. She said she wanted the Dark Quart, because a friend had given her some Willard Water to try it out and "it's really, really helped my rheumatoid arthritis". Since we've heard that from a lot of people, we aren't surprised, but still happy to hear it! ♦



More Product Highlights & Updates from Charlie

Sunburns, Skin Problems, Pain, Weight Battles, Dog's Ear Infection & More!

It Isn't SUNBURN Season Up Here, Yet, But It May Be Where You Are. I heard just the other day that it was supposed to be getting up to some very high temp. (100 degrees?) in Dallas, which will probably be associated with some sunburns. The last snow piles up here melted only a week ago, so that sounds strange to us!

...he'd rub it on one side of their sunburned bodies, but not both! The next morning, they'd be lined up to buy it, since the "treated side" would be MUCH better than the other side!

between greatly improved and completely normal, but the untreated would still be very painful. Was a masterful technique for selling. If he'd put it on their entire burn, they'd have no side-by-side comparison . . . they wouldn't know for sure that it was the Aqua Gel that made the one area so much better. This way they KNEW!

Essentially everyone reading this is using Willard Water. But only a large minority have taken advantage of the Aqua Gel and Chinota Gel, particularly among our "newer" customers.

I think of the Aqua Gel as something to apply to basically ANY kind of skin problem . . .

**Rashes,
acne,
psoriasis,
eczema,
burns,
sunburns,
spider bites,
insect bites,
poison ivy,
etc. etc.**

Some people massage it into their face as **complexion care** . . . Also rub it into their **hair**. My wife, Kolleen, gave a tube of it once to the guy who did her hair, just as a gift of appreciation for his good work. She forgot that he knew nothing about its use. Of course, being a "hair person", he applied a "gel" to his hair. Told her how wonderful it was on his hair. She was surprised; that was one use she had never tried! But she did, then, and still does because she loves it. It tends to make **hair more manageable** and to **appear**, at least, to be **thicker**. We don't know that it actually thickens it, but it sure looks thicker.

The **Chinota Gel** (Item HG-4 or HG-8) contains the same Willard Water, Vitamin E and aloe vera that

Aqua-Gel does, with some added herbal ingredients that Kolleen and I (and a great many other people) find VERY useful in dealing with **stiff or painful necks and backs, and muscle and joint aches and pains**. In fact, those herbs have been used for pain relief in China for centuries! The Chinota relief is temporary relief, of course, but we have been told by a lot of people, and have found ourselves, that it is "longer-term temporary" than what would seem possible. And not just for joints and muscles . . . we've heard from people who say it relieved their **fibromyalgia**, and others' **carpal tunnel pain** like nothing else ever has. Ditto **bursitis** and all kinds of **other painful problems**. We've heard from people who say after applying Chinota Gel for the first time, they got their first full night's sleep in literally years, because pain of some type had always kept them from sleeping through the night before.

... got their first good night's sleep in years, because pain had kept them awake before...

In The BATTLE OF THE BULGE? Yes, We Have CLA! In fact we've offered it with very little fanfare for a couple of years, from another source.

Now, Daily's are providing it, so we've switched to them . . . Costs somewhat less, per 1000 mg capsule, and, of course, if it's from Daily's, we know it's the best. It's listed in the Weight Management section of our Order Form. It's **Item No. J-120** (was incorrectly listed on an earlier version of the order form as J-116—should be J-120).

"JD", a very long-time customer reminded me in a phone call just yesterday that we should tell our customers about "the Cliff story". "Which Cliff story?", I asked. We could tell a lot of great stories about Cliff!

"The one about the sunburned tourists", he said.

Cliff M. is, if not our longest-time customer, certainly in the top five. He goes back to fairly early 1983. At that time, he operated a health food store, close to the beach on Maui. He sold Willard Water and Aqua-Gel at a terrific rate. We were mailing him a big parcel every second or third business day.

He sold the gel by going out and finding sunburned fair-skinned tourists (like I would be, if I ever got to Hawaii), and he would volunteer to put **Aqua Gel, (Item No. AG-4)** free, on either the right side or the left side of their sunburned bodies. But not both! And he'd point out where his shop was.

The next morning, when he opened up, they'd be lined up waiting to buy some. The treated area would be somewhere

Quoting from an online review a customer sent us, "CLA, otherwise known as conjugated linoleic acid, may be a supplement you want to consider for help in your weight loss efforts. CLA has become popular because of its reported benefits of fat loss, cancer fighting, improving cholesterol, immune system improvement, and possible prevention of atherosclerosis. On fat loss, studies that have shown promise were done using dosages of 3 to 4 grams of CLA per day. (That would be 3 to 4 capsules of the Daily product) It does not contain stimulants and one probably will not 'feel' any immediate effect from taking it" . . . saying one should expect to stay on it 4 to 6 weeks to see any weight loss benefits.

Bodybuilders are interested in it because it has shown promise in helping to maintain lean muscle tissue.

We became interested in it because information about it seems to be coming at us from "everywhere". There is a radio station I listen to that runs 15-30 minute health-product-oriented "infomercials" and CLA is frequently the subject. The fact that there is a lot of propaganda about it does not, of course, guarantee that it is as big a deal as it is represented. However, it is also true that competent people rarely spend good money promoting something that does NOT perform, because unless it is hugely profitable, the company will not make much money selling it ONE time to a lot of people. They are normally looking to make something a staple of one's supplemental routine, so people buy it again and again, for many years. And if it doesn't perform, people certainly aren't going to do that!

I began on it just within the past 7 to 10 days, so, of course, have nothing to report yet. But it comes with such a reputation that you might want to join us in trying it out. Daily's version is \$18.95 for a 60-capsule bottle. At three a day, that's a 20-day supply.

I'm hopeful it will help me take some weight off. I've added about 20 pounds in the last seven or eight years. By typical standards for my age and height, I'm

not overweight, but nearly all that 20 pounds has landed right beneath my belt buckle and I don't like that at all. Been trying a number of things without any success except that I'm not gaining anything additional. Maybe the CLA will help.

"BUD", Called Us And Told Us About His Dog, "ROVER". He rather apologized for the name . . . "He was a stray that I took in and he was such an ordinary-looking dog that my neighbor said I should give him an ordinary name, like Rover. So I did. But he's turned out to be such a good friend for me. My wife died just a few months after Rover found me, and I think it was meant to be. Don't know how I'd have made it through those next few months without him.

"He seemed like he had an ear infection for a while. He'd shake his head and scratch his left ear all the time. I got a spray bottle and filled it about halfway with a 50-50 mix of diluted **Willard Water** and your **colloidal silver (Item CS-32 or CS-1)** and I'd grab him and spray it in his ear two or three times a day, whenever I thought of it. But I sure didn't do it many times because I'd only think of it when he was scratching his ear and he quit doing that pretty soon after I started doing this spraying.

"I didn't take him to a vet because I don't have much more confidence in modern vets than I do in modern doctors, and that's not much — not because I have anything against them personally, just because I just don't buy the idea that every problem needs a drug to fix it. But I finally did wind up taking him in to get a rabies shot because my neighbor said that if Rover bit someone they'd kill him and check his brain for rabies, but if he'd had his rabies shot they probably wouldn't. He said they'd do that even if Rover only bit someone who really provoked him, because he's such a gentle dog I know he'd never bite anybody for no reason. But, based on what my neighbor said, I figured I better get the shot. So while I was there I asked the vet to check his ears. He cleaned out that left ear . . . said there was some debris in there and dried blood and most certainly had been

an infection, but it was cleared up now. Which was good to hear for sure. Maybe he shucked it off just because he always gets Willard Water to drink, or maybe it was the mix that I put in his ear. Either way, I'm grateful to you guys.

"I've had him for going on seven years now and he really hasn't ever been sick and I sure think the Willard Water has a lot to do with that."

Magazine Article Coming Out On Willard Water — "WHOLE DOG JOURNAL". . . . We've heard, for years, about this publication . . . Apparently people have written letters to the editor of it that have been published recommending Willard Water, so over the years, we've accumulated dozens of customers who came from that source.

Now, an eminent health writer, C.J. Puotinen, is doing an article on Willard Water and dogs, for the publication. C.J. is also the author of "The Encyclopedia of Natural Pet Care" book which we've heard lots of compliments on from customers of ours. We've found that book very helpful ourselves in finding usable information in dealing with our own cats and dogs. C.J. has also authored a number of books on herbs for the Keats Good Herb Guides.

Last we knew the magazine article is supposed to be in the June issue, which would be coming out some time in May. Based on all that we've heard about the publication, we'd recommend it without hesitation. The magazine is, of course, for people who are interested in "natural" food and "medicine" for their dogs. If that "turns your crank", you may want to consider getting a copy of the magazine to see if you'd like to subscribe. It has a web site, www.whole-dog-journal.com, which has sample articles and other information on it that may help you decide if you'd like the publication. You can subscribe online, for the online version, at a discount over the printed version, or you can call their 800 number to subscribe—1-800-829-9165. We're not obligated to the magazine in any way—we've had no contact with it at all, but based on what some of its readers have told us, we do think a lot of people would enjoy it. ♣