

Possibilities

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Do You Know Heart Attack Warnings?

Do you also know as many women in the under-55 age group die from heart problems as from breast cancer?

That fact makes it clear

that heart attacks are actually a leading cause of death among young women, but a new study found many women under age 55 do not even recognize the symptoms of a heart attack.

The number of young women in this age group who

Symptoms include, but may not be limited to:

- ♦ Chest pain
- ♦ Jaw pain
- ♦ Shoulder pain
- ♦ Sweating
- ♦ Nausea
- ♦ Shortness of breath
- ♦ Indigestion
- ♦ Tightening or Grabbing sensation in the throat

women with heart disease are twice as likely as similarly aged men to die in the hospital.

The study that looked at young women's knowledge of heart attack symptoms was conducted on 24 women by researchers at Yale School of

die from heart disease, as stated, is roughly the same as the number of women in the same age group who die from breast cancer. Other studies have found young

women with heart disease are twice as likely as similarly aged men to die in the hospital.

The study that looked at young women's knowledge of heart attack symptoms was conducted on 24 women by researchers at Yale School of

Medicine. The researchers asked the women about their symptoms before their heart attack and if they recognized the symptoms and knew they were at risk for heart disease.

The study found that nearly 90% of the women had typical chest pain, but only 42% of the women thought something was wrong with their heart. The women also reported less common symptoms including jaw pain, shoulder pain, sweating, nausea, shortness of breath and indigestion.

The study also found that only half of the women went to the emergency room within the first hour of the start of their symptoms. They say it

seems many young women are just not connecting their symptoms to heart disease.

Editor: An apparently even less common symptom than those listed, but according to a cardiologist we talked to is quite common among women, is a tightening or grabbing-feeling in the throat.

It's also important to recognize how common it is to think one's symptoms are "really nothing"... if you have one or more of these symptoms, get help immediately! Some people say they'd feel silly if it was nothing... bet they'd feel worse if it was a heart attack and the damage could have been less if they'd had help sooner. ♦

Avoiding COPD How? First Study To Find This Link

Researchers have found what they say is a strange risk factor for chronic obstructive pulmonary disease (COPD): cured meat.

COPD is the fourth leading cause of death in the United States. To date, no other human studies have been done to look at the link between consumption of cured meats and COPD.

The study that was done, was conducted by researchers from Columbia University Medical Center as a cohort study of 7,352 people who participated in the Third National Health and Nutrition Examination Survey, which was conducted from 1988 to 1994. They found people who consumed 14 or more cured meats in a month (such as bacon, sausage, lunch meat, cured hams) had lower lung function test scores and were more likely to develop COPD.

Rui Jiang, M.C., Dr. P.H., from Columbia University, was quoted as saying "Cured meats... are high in nitrites, which are added to meat products as a preservative, an anti-microbial agent, and a color fixative. Nitrates generate reactive nitrogen species that may cause damage to the lungs, producing structural changes resembling emphysema."

Dr. Jiang says frequent cured meat consumers were more likely to be male, tobacco users, have a lower socioeconomic

Research on 7,352 people may indicate a link between the 4th leading cause of death in the U.S. — COPD — and cured meats like bacon, sausage, lunch meat and cured hams ...

status and less likely to report having been diagnosed with asthma than those who never consumed cured meats. He added that they "had lower intakes of vitamin C, beta-carotene, fish, fruits, vegetables, and vitamin or mineral supplements.

They also had higher intakes of vitamin E and total energy."

But even after researchers adjusted for multiple dietary and other risk factors, the link between cured meats and COPD remained the same. They say high nitrite consumption should be evaluated further in prospective studies as a risk factor for COPD.

The study was published in the *American Journal of Respiratory and Critical Care Medicine*, 2007;175:798-804.

Editor: The study didn't indicate whether or not taking quality supplements such as **EPA Fish Oil** (Item J-39) or **Flaxseed Oil** (Item J-77) or **Vitamin C** (Item J-68 or J-69) or **Multi-Vim** (Item J-56) or drinking a super antioxidant type product like **Real Willard Water**, would be of any benefit for this, but we believe it couldn't hurt! We've had people tell us drinking Willard Water has helped their COPD—and a lot of people have said it's helped other respiratory problems such as **asthma**, **emphysema** and **chronic bronchitis**—no proof, but clearly it doesn't hurt! ♦

Aspirin Risk Compares to What?

Taking an aspirin a day may help prevent heart disease and stroke but, for a middle-aged man, it is nearly as risky as driving a car or working as a firefighter, researchers from Tufts-New England Medical Center concluded.

The researchers said people are poor at assessing true risks, and are often willing to take on those risks in exchange for the benefits, which can include simply having fun.

Joshua Cohen and Peter Neumann of the Center wrote in the journal "Health Affairs" that federal regulators must take the true risks into account, and balance them against the benefits, when deciding whether to approve or withdraw drugs.

Cohen and Neumann calculated the risks of various voluntary actions, starting with deaths associated with taking drugs. They said they included "selected drugs for which we could develop a reasonable annual mortality risk estimate".

For 50-year-old men, taking an aspirin every day to prevent heart disease and stroke carries a risk of 10.4 deaths per 100,000 men per year over and above their overall death risk. In comparison, firefighters have a risk of 10.6 deaths per 100,000 people per year, compared to 3.9 for all occupations and 0.4 for office workers. Car and light truck travel has a 0.7 fatality risk per 100 million miles or 11 per 100,000 people per year, compared to 450 for motorcycle travel and 1.3 for using a cell phone while driving.

The riskiest profession was being a tree-feller, with 55 deaths per year or a risk of 357 deaths per 100,000 people a year.

Being a truck driver is riskier than being a firefighter, with 44.8 deaths per 100,000 people per year.

Bicycling is more dangerous than skiing—bicyclists face a death rate of 2.1 per 100,000 people per years, compared to 0.49 for skiers.

Swimming has a death risk of 0.88 per 100,000 people a year, but climbing mountains in the Himalayas carries a 13,000 per 100,000 climbers per year risk.

Traveling by commercial airliner carries a risk of 0.03 deaths per 100 million miles or 0.15 deaths per 100,000 people per year.

Editor: We are NOT suggesting anyone ignore medical advice telling them to take an aspirin a day!!! We do suggest that anyone deciding to take an aspirin a day for their health discuss it with their health care provider first. We are all different and therefore getting the input of a professional who is aware of one's particular situation is always advisable in terms of assessing the risk-to-benefit ratio in one's own case. We also simply found this information on various types of risks interesting, and thought our readers would, too!

Weight Loss Tip

Most often we think of appetizers as those scrumptious items that simply add more



calories to our meal, and inches to our hips! But a recent study found if that appetizer is a bowl of soup, it can actually reduce the total number of calories consumed in that meal.

Researchers from Penn State University in University Park looked at men and women who consumed 1.5 cups of soup at 129 calories and men who consumed 2 cups at 172 calories. After 15 minutes, study participants were given pasta and were allowed to eat as much or as little food as they wanted. At a different time, participants were not given soup before the meal. Researchers found participants consumed 20% fewer calories when they had soup before a meal.

Four different types of soup were used in the study—all containing potato, broccoli, chicken broth, butter and carrots. But they all had different consistencies.

Researchers concluded adding this type of soup, or a large low-calorie salad, to a meal is a good way to help reduce total caloric intake. They also said not to wait too long for the meal after eating the soup, or the soup could be considered a snack or even a meal itself. ♦

Trivia & Tidbits . . .



1. What was the very first contestant's job on TV's *What's My Line*?
2. What actor appeared on but wasn't chosen, on *The Dating Game*?
3. What was Kleenex tissue first marketed for when introduced in 1924?
4. Whose red hand-knitted sweater was given to the Smithsonian in 1984?
5. On average, how many peas are there in a pod?
6. How much does an adult giraffe's heart weigh?
7. What is the gestation period for an elephant?
8. Exactly how long is one year?

AND THE ANSWER IS...

1. Hat check girl at the Stork Club.
2. Tom Selleck, of "Magnum, P.I."
3. A cold-cream remover.
4. Fred Rogers' of public TV's *Mister Rogers' Neighborhood*.
5. Seven to nine.
6. About 25 lbs. Is 2 feet long, has walls up to 3 inches thick—has to pump blood from heart to brain, which can be up to 12 feet in some giraffes.
7. 20 to 22 months. Baby weighs in at about 200 pounds.
8. 365 days, 5 hours, 48 minutes and 46 seconds.

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.

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PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

Benefits for Heart, Joint Health, Behavior & Mood, ADHD, Learning & Memory, Certain Cancers, Fetal Development, Alzheimer's...

Sometimes we feel foolish mentioning one more story, one more study, one more positive finding about the benefits of Omega-3 Fatty Acids. But it just seems that at least a few times a month we find articles about yet another study that has found yet another benefit, or confirmation of a benefit already known, for Omega-3.

For instance, in articles gathered over the last few months, here are three headlines:

- ◆ **Omega-3 Fatty Acid Slows Alzheimer's**
- ◆ **Omega-3 EPA linked to heart disease protection**
- ◆ **Fish Oil Supplements Ease ADHD Symptoms**

Is it any wonder why so many experts in natural health suggest everyone should be taking an Omega-3 supplement?

First the Alzheimer's report: Researchers at The University of California, Irvine, found a specific type of Omega-3 fatty acid called DHA effectively slows the progression of the brain tangles associated with Alzheimer's disease, while reducing levels of a protein responsible for producing brain plaque buildup. DHA is an Omega-3 fatty acid that can be found in a wide variety of foods, which is why researchers said they believe people can probably delay the onset of Alzheimer's by making a few simple dietary changes, or by taking DHA supplements.

This discussion about the brain tangles and memory, reminds me of information we wrote about in our November, 2006 issue regarding the differences between DHA and trans-fats (hydrogenated

oils). We referenced an article by Theresa Gallagher in which she stated that the trans-fats in children's systems results in learning and memory problems for those children. Makes me wonder if all the trans-fats in all our systems may somehow be a part of the "Alzheimer's problem". That's just me, Charlie Sunde, layman, talking. I'm no expert, but I do wonder... You can review the article I'm talking about on our website www.willardswater.com. Just click on Information, and then Newsletters, and then go to the November 2006 issue. It's the article on pages 5 and 6 that I'm talking about.

Back to the discussion at hand... DHA is present in fish, eggs, organ meats, micro-algae, fortified foods and in nutritional supplements.

Next, the article regarding Omega-3 EPA and heart disease protection. In this article, it was reported that people with high cholesterol who were taking statin drugs for that cholesterol problem, reduced their "frequency of major cardiac events by about 20% when supplemented with the omega-3" EPA. The study was conducted over a period of four-and-a-half years on Japanese patients.

This article also pointed out that other studies have found benefits from Omega-3s for cardiovascular disease, good development of a baby during pregnancy, joint health, behavior and mood, and certain cancers.

Finally, the article headlined "Fish oil supplements ease ADHD symptoms", reported on research that found fish oil could be as effective at treating hyperactive children as conventional medicines.

A University of South Australia study gave more than 130 children with

ADHD a combination of fish oil and Evening Primrose Oil for up to seven months. (Our Evening Primrose Oil is Item No. J-9.) At the end of the trial almost half the children showed a reduction in their symptoms. The head scientist, Natalie Sinn, said the results suggest that an inadequate diet could cause ADHD. "It could be deficient diet, could be an inherited metabolic problem that is making them deficient in the omega-3 fatty acids and hence creating a greater requirement for supplementation," she said. Makes me wonder, again, about the comments in that November 2006 issue of this newsletter—could it be that at least some of the "deficiency in omega-3" that the researcher above is noting, might be related to the trans-fats in our diets? Again, I'm no expert, but I do wish the experts would look into this possibility.

And in a fourth story, which I didn't even include in the headlines at the start of this article, it was reported that a "daily dose of fish oil is better at treating hyperactivity than Ritalin". This article was in the British journal the Daily Mail. That article went on to say that "just six capsules a day ...can vastly improve children's behavior without any of the side-effects of Ritalin and related drugs".

As I said, I'm not an expert. But I do know that when as many experts as there have been reporting on this-or-that benefit of a particular substance, at some point, perhaps we should figure "enough". Enough evidence. Maybe the natural health doctors who suggest everyone takes this, just might be right. Our **EPA** product, Item No. J-39 contains both the EPA and DHA Omega 3's. Our **Flaxseed Oil Capsules** are Item No. J-77. If you decide to take the advice of the natural experts who say everyone should take Omega 3's, these products are great quality sources. ♣

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It is used for mailing information in the printed version.

Unlikely Angel?



“I know a lot of people who say they don’t know where they’d be if they hadn’t found ‘Dr. Rob’— a chiropractor who is not like any other chiropractor I have ever found. He’s done more for me than any other chiropractor, and a lot of other people say the same thing.

“Anyway, I asked him one time how he happened to go into chiropractic practice. I always assumed it was a family sort of thing—turns out that was totally wrong. In fact his parents objected to his decision. Picture this: he was majoring in mechanical engineering, when one Saturday he decided to go visit some friends of his parents. It ‘happened’ that their son was home for the week-end from college. Chiropractic College.

“Their son was convinced Rob was in the wrong field... he was adamant that Rob ought to be a chiropractor. Somehow

it ‘rang true’ to Rob, and despite Rob’s parents objections (they’d never known *anyone* who was a chiropractor, or who even thought chiropractic was worthwhile!), Rob drove himself to Iowa *the following Monday* to enroll in Chiropractic College. Rob said he just knew it was right.

“I know a lot of people who go to ‘Dr. Rob’ have said they feel like he has a gift for healing. I think that’s true. And I wonder how *many* Guardian Angels it took to get him to go visit those people when their son was home and to get that son to urge Rob to become a chiropractor, and most of all to get Rob to act on the idea. I wonder how many times a ‘wild idea’ presented from some unlikely source has had such far-reaching consequences?

“I guess God can use anyone as His messenger. And, if angels really are just God’s messengers, I guess we never do know when we might be in the company of an angel or someone carrying God’s message!”

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



E-Mails, Mailbag & Phone Calls. . .



Like a Puppy Again? — “K.N.” told us recently that since she’s started her two dogs on **Willard Water**, she’s noticed the 7-year-old dog, Max, is now so **lively**, he will play with the younger one, who is only 2. We’ve certainly heard of similar results on other dogs, but always nice to hear it again!

Speaking of Energy & More — “Donna” told us that as a new user of **Willard Water** she’s discovered she shouldn’t drink it in the evening, because drinking it gives her such an **energy increase** that drinking it too close to bedtime, keeps her awake. This is actually fairly common... but so are reports from people who drink Willard Water right before bedtime because it **helps them sleep!** We’re all different,

and Willard Water just seems to work with every person’s own system, which is why it often seems to work in opposite ways on different people... some say it helps with **high blood pressure**, and for others with **low blood pressure**; some say it brought an end to their **chronic constipation**, while others say it ended their **chronic diarrhea**... maybe it just helps things balance?

Less Brushing Needed — That’s what “D.M.” has noticed about her standard poodle, since she started her on **Willard Water**. She says her dog “loves this water and her curly coat feels and looks wonderful... and I brush her less when she drinks this”. **Beautiful coats** on dogs and horses and other animals are commonly reported when WW is given to them, maybe that’s why it’s popular for show dogs!



More Product Highlights & Updates from Charlie

One Choice Found To Cause Cancers & Heart Problems, The Other One Doesn't, And Helps Hot Flashes, PMS, Headaches, Prostate Problems, Osteoporosis, More... Which to Choose?

By now most people have seen the reports about the drop in breast cancer rates which has been attributed to the reduction in the use of Hormone Replacement Therapy (HRT) in women, explaining that **HRT** is believed by many researchers now to **cause** at least certain types of **breast cancer**.

Drug Hormone Replacement Therapy (HRT) has now been linked to heart disease, breast, ovarian and endometrial cancers...

Obviously, this is great news. At least for women, if not for the drug companies that market the estrogen product for HRT.

Besides that good news, an article published in *The Lancet* in April of 2007, reported on a British study that found a link between ovarian cancer and HRT. The British researchers who conducted the Million Women Study in their country, use of the therapy may have contributed to an additional 1,000 ovarian cancer deaths between 1991 and 2005, and an additional 1,300 ovarian cancer diagnoses. That, they said, translates into about a **20% increased risk of ovarian cancer for women taking HRT** compared to women not taking it.

The British researchers also said HRT is linked to **endometrial cancer**, as well as **breast and ovarian cancer**.

Whenever I see such reports I think of the late Dr. John Lee. He was a mainstream medical doctor, who noticed after prescribing progesterone cream for one of his patients for help with a skin problem she had, that her bone density tests improved after she'd been using the progesterone for her skin problem.

That caught his attention. So much so that he started looking through vari-

ous research studies he found that had been done on progesterone. He was astonished to find how beneficial, and essential, sufficient levels of progesterone are for women's health. (Turns out to be important for us men, too—but that's a later story.)

Dr. Lee studied hundreds of reports of such research projects. He ended up writing three books on the subject before his death. I have to wonder how many lives he has not only saved, but saved from the misery those women may otherwise have suffered with symptoms of what Dr. Lee came to call the "imbalance of estrogen and progesterone".

You see, it's the *imbalance* between these two hormones that Dr. Lee came to understand, based on those hundreds of studies that he analyzed, which cause the problems which have so often been treated by mainstream medicine via estrogen supplementation. Turns out, as Dr. Lee put it, that giving more estrogen to women with these problems, is simply adding more fuel to the fire.

Women with hot flashes, night sweats, irregular and painful periods, PMS, mood swings, fibroid tumors, and on and on, are suffering from too much estrogen in their bodies, for the amount of progesterone their bodies have. It's having those two hormones out of balance with each other that causes the problems—NOT a lack of estrogen.

Dr. Lee explained that even though the body does reduce the amount of estrogen it produces as it ages, it ultimately quits producing progesterone altogether. But, even women (and men) who don't take HRT or any extra estrogen, **STILL** get extra estrogen in their bodies all the time... via such culprits as the meat and dairy products we consume, and the air

we breathe (certain pollutants ultimately create estrogen that we breathe in). So, we end up with much more estrogen in our bodies than progesterone. And then we, especially women, end up with problems. Dr. Lee found out that by rubbing progesterone cream on one's skin, the body could absorb enough progesterone to bring balance back between these two hormones. When balance returned, the aforementioned problems most often disappeared.

Dr. Lee also pointed out that Osteoporosis (the bone-robbing condition that leaves older people so prone to broken hips and other bones) is not only prevented and delayed by sufficient progesterone supplementation, it can be **REVERSED**. Dr. Lee found that in patient after patient.

The study Dr. Lee discussed that has always really "stuck with" both my wife, Kolleen, and I, is the one that found **women with adequate levels of progesterone in their systems have a 90% less risk of developing any kind of cancer**, than women without sufficient levels of progesterone.

So, here you have a natural substance that has never been found harmful, which study after study has found to be so beneficial... yet no big media blitz is telling people about it. Guess why? You can't patent a natural product. So you can't "corner the market" as big marketing companies like to do.

Well, we don't have a patent on our progesterone cream either. But we have received testimonial after testimonial

...90% less chance of cancer of any kind... And, not only can it prevent and delay osteoporosis, it can **REVERSE** it...

about how helpful it has been for various people. end to their

And we've also heard from an awful lot of women who say they've tried other "brands" of progesterone and never got the help from them that they get from our Natural Progesterone Cream. It's our Item No. HP-J (comes in a jar) or HP-1P (comes in a measuring dispensing pump). Its new name is **Uber Balance**. And it's a truly high quality product.

As I said, we've heard from many women who say their own experience tells them it's superior to other natural progesterone products they've tried.

Kolleen decided a few years back to try another progesterone product that had been sent to us by a company wanting us to carry it. Suddenly she was having a lot of problems with hot flashes. She switched back to our HP-1P and the hot flashes stopped. She never had any more problems.

We're convinced, as was Dr. Lee via all the research studies conducted by mainstream researchers on progesterone that it offers great benefits, and no known harmful side effects.

As I said, when I read reports linking HRT to breast, ovarian, and endometrial cancers, as well as to heart disease, I am grateful all over again for Dr. Lee's work and books.

We do carry his books... and you can probably find them in most bookstores, as well.

But we're most happy to carry a truly high quality progesterone cream which we are confident provides all the benefits Dr. Lee wrote about with regard to progesterone. We would urge every woman to use progesterone. And if you've tried some other progesterone and weren't impressed... try ours. Maybe you, like so many other women, will find this one may truly make a difference in your life.

We've had women say it brought an

- ◆ Depression
- ◆ Migraines
- ◆ Irregular Periods
- ◆ Painful Periods
- ◆ Hot Flashes
- ◆ Night Sweats
- ◆ Other Menstrual Problems
- ◆ Fibrocystic Breasts
- ◆ Fibroid Tumors
- ◆ Pain in various places
- ◆ Much More

Our supplier of this product says it "facilitates your own body's natural hormones, which is essential to good health and well being. Additional benefits can occur such as: improved brain function, diminished muscular aches and pains, improvement of skin problems including acne, rosacea, seborrhea, psoriasis and keratoses, and improved sleep pattern."

And, as I mentioned, many **men** find Progesterone Cream helpful as well. I know it's helped eliminate my middle-of-the-night-bathroom visits better than any other product I've tried. I know we have a lot of men who have tried this based on my telling them of that experience and they keep re-ordering, too. That tells me they've found it as helpful as I have. Given all the positives of natural progesterone, and the now-recognized problems with estrogen treatment, I just can't understand why anyone wouldn't give natural progesterone a try first, before trying the estrogen/HRT route. Most likely it's because they simply don't know about natural progesterone, or where to get it. So, we're telling everyone again. One more time. Give our natural progesterone, Uber Balance, Item No. HP-J, or HP-1P, a try. You may be amazed by it. ◆

Why One Long-Time Customer Keeps "WW"

On Hand.... "G.T." who has been buying Willard Water from us for many years, told us the other day of a couple of reasons why...

She's been diagnosed with acid reflux and was prescribed Prilosec for it. She got back into her routine of drinking a lot of Willard Water every day and noticed at some point, she really didn't seem to have the acid reflux problem any more. She did some traveling and didn't have any Willard Water with her. You guessed it... all of a sudden her acid reflux was back with a vengeance.

After she was back home for awhile, and back on her generous daily amounts of Willard Water, the acid reflux problem again "disappeared".

But that's not all she had to say. Her mother was taking a 350-degree turkey out of the oven and dropped it. In the course of events, her mother submerged her hand in the 350-degree grease in the pan. G.T.'s daughter brought "Grandma" some Willard Water to put her hand in... she kept it in the Willard Water for hours and hours that first day—like nearly the whole rest of the day it sounds like. The second day the burned area showed only some red flecks, and G.T. says her mother may have soaked it a little more in WW that day, but she's not sure if she did or not.

At any rate, on the third day, her mother's hand was completely healed. No sign of any problem at all.

That is pretty impressive. And we have to say, when people tell us how they saw Willard Water work on a burn they had or someone they knew had, those people are generally pretty convinced that "that water must really be something special".

You can say that again! Not only do people who have used it on a sunburn or other burn recognize that, but thousands of other people, all for their own reasons, agree. Wish we could get every one of them to tell us their favorite story about WW! ◆

Strauss Prices Increase JUNE 1; Colostrum... Its Many Uses!

Last Chance for STRAUSS Products At Their Old Prices

Due to continuing weakness in the US dollar vs. the Canadian dollar, the prices WE pay for Strauss products were increased, across the board, on November 1 of last year. We did get some advance warning, so did do some 'buying ahead', particularly of the **Heartdrops**, but, of course, ran out of that supply well before the end of last year. But we still haven't increased the prices we charge YOU. One reason for that was that the Strauss folks announced the price increase when the Canadian dollar had moved up from about 82cents US to around 90 cents US, and remained there for some time, which meant that since we pay for the products in U.S. dollars, they were continuing to sell to us at an "unintended discount". But, soon after they announced the price increase, the Canadian dollar value started to slide, got down around 85 cents, and stayed there for some time. So we were cautiously optimistic that at least part of that price increase might be rescinded.

But, in recent weeks the Canadian dollar has started to advance again and is now above 90 cents US, so the price increase from last November is certainly going to remain in place. Therefore, we are going to, very belatedly, implement the price increases to you that we really should have put into place last November.

The new, higher prices, which will take effect the first of June, are as follows:

- ◆ The large size **Heartdrops** (100 ml bottle — Item **S-101**) will increase from the present \$75, to \$86.95.
- ◆ The small Heartdrops (50 ml bottle — Item S-100) will increase from \$40 to \$45.00
- ◆ S-102, Heart Support Capsules will go up to \$25.95
- ◆ S-104, Kidney Support, go to \$28.50
- ◆ S-117, Liver Support go to \$25.95

Unfortunately, S-103 **Bladder/Prostate Support**, and S-108 **Thyroid Support**, still are not available for shipment into the U.S. Therefore we have dropped them from our

line. We will certainly let everyone know when (and if) they become available again.

Through the balance of May, however, **you can stock up on these excellent Strauss products at the OLD prices.** (The order forms we enclose in this mailing will show the NEW prices ... as will our web site listings of these products... if you don't have an older price list handy for reference, just call or email us for the old (existing) prices, or simply request that we re-calculate your order based on the older prices, if your order is submitted before June 1. Remember, if you do that on an online order, the old price will NOT show up on your order or in the immediate e-mail confirmation you receive of it, but the correct pricing WILL be applied before your credit card is charged.)

COLOSTRUM .. Our Long-Time Friend... Colostrum is nature's way of protecting the newborn from infection, and also giving it's own immune system a boost—see our detailed explanation on our web site, or ask us for our printed information on it. Frankly, I was looking for something worthwhile to add to this page and a couple of things made it appear to me that I was MEANT to talk about colostrum.

- 1) I was back in the lunchroom area mixing up some colostrum and colloidal silver for me to drink .. I've been fighting some kind of symptoms for about ten days .. logically, it is simply seasonal allergies, which often hit me at this time of year .. but not positive it is not something of a cold. Anyway, the colloidal silver and colostrum definitely seem to help.
- 2) My wife, Kolleen (who is the actual editor of this publication) asked me if we shouldn't write something about colostrum...since she's talked to a number of customers stocking up on both **Colostrum (Items H1, H-2, H-5, H-6)** and **Colloidal Silver (Items CS-1 and CS-32)** for the summer... because they've found them helpful in years past in fighting "summer colds".
- 3) A shipping guy with an eye for such things pointed out what seemed to be some duplication in the main heading on our primary piece of printed matter on colostrum. It talks about "disease pro-

tection" AND enhancing the immune system, and it seemed to him that that was simply saying the same thing twice. Which I agreed. Although I suspect what's meant by that duplication is that colostrum contains antibodies against certain infections, but it also, additionally, boosts one's own immune system to better protect the body from many other "threats".

But what always impresses us by far the most is what we experience ourselves. And for me that's its apparent strengthening of my immune system. I've taken colostrum in one form or another, almost every day for the past 24 years and in that time I don't recall ever missing a day's work because of a cold or flu. And I wasn't that "cold-proof" in the years before that. So I, personally, despite all the other reports, tend to think of it as simply something to make one's immune system more effective.

Something I BELIEVE, from a great many reports from other users, is that it is beneficial in "focusing" the immune system .. helping with auto-immune problems. To a lay person like myself, auto-immune problems means that some part of the immune system is "running amok" and attacking what it shouldn't .. other parts of the body. For example, in multiple sclerosis, I'm told that what is going on is that something is destroying the outer coverings of the nerves. The person who was initially trying to explain colostrum to me so many years ago, did mention MS .. said that it certainly didn't CURE MS, but that "people who have it who take colostrum tend to do quite a bit better than people who have MS and don't use it.". And feedback from our customers over the years seems to agree. So whenever someone tells me they have a problem that is generally considered to be "auto-immune" .. like Type I diabetes, rheumatoid arthritis, fibromyalgia, lupus, etc., etc., I say, "well, if you were a member of my family, or a friend, I'd suggest you give colostrum a try. It's 'harmless at worst', not very expensive, and just might help."

We've always considered it to be the second most important substance (behind Willard Water, of course) that we use ourselves and provide to others. Users have used colostrum for far more difficult health problems than discussed here—cancer and stomach ulcers come to mind—but I was focused on personal experiences, so didn't get into such reports. ◆