

Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.willardswater.com ♦ May, 2011

New Category of Nutrients on the Horizon ... Heart Benefits... Joint & Muscle Pain Relief... Metabolic Syndrome... and More

Many of you may not have even heard of this new category of nutritional products. Those classified as “anti-inflammatory nutrients”.

These nutrients have been found to be helpful in reducing or eliminating what’s known as chronic inflammation which is evidenced by certain “biomarkers”. Some of the more common established biomarkers include C-reactive protein (CRP), interleukin-6 (IL-6), IL-10, IL-18, monocyte chemoattractant protein-1 (MCP-1) and tumor necrosis factor-alpha (TNF-alpha).

The link between inflammation and chronic disease has been strengthened by the identification and acceptance of these biomarkers. Even the *New England Journal of Medicine* (2004, Vol. 351, pp 2599-2610) evaluated the role of inflammatory markers risk in women and concluded “Elevated levels of inflammatory markers, particularly C-reactive protein, indicate an increased risk of coronary heart disease.”

There has even been studies that seemingly link obesity with chronic inflammation, however, it appears to us that there is less agreement on this connection (at least at this time) among the experts than inflammation’s link to some other problems.

The problems we’ve seen listed as being accepted as linked to chronic inflammation, include:

- ◆ Heart Disease
- ◆ Osteoporosis,
- ◆ Cognitive Decline
- ◆ Alzheimer’s
- ◆ Type-2 Diabetes, and
- ◆ Arthritis

Some of the nutrients that have become accepted as being anti-inflammatory include:

- ◆ Omega-3 Fatty acids
- ◆ Pycnogenol or Pinebark and Grape Seed Extracts
- ◆ Vitamins C & D
- ◆ Folic Acid
- ◆ CoQ10
- ◆ Resveratrol
- ◆ Chromium, and

◆ L-Carnitine

As always, we ask you to keep in mind that we are NOT experts. We’ve simply been “involved” with natural health and Willard Water for a few decades. At best we are “well read laypeople”. And since we also sell natural products and Willard Water we certainly cannot be seen as free of any vested interest in such topics. But, given the fact that we’ve been in business for over 28 years now, and most of our business comes via customer referrals, we think we can make a case that people see us as responsible and honest. We do “tell it like we see it” and we don’t want to ever exaggerate or misinform anyone about any of our products... we don’t want people to do that to us, so we don’t want to do it to others. In addition, it really doesn’t benefit any marketer, long-term, to do such things... people find out, and business dries up!

Having said all that, take this “possibility that occurs to us” with a grain of salt, but it does occur to us that since Willard Water has always had “anti-inflammatory agent” listed as one of its benefits. And given how many people have told us not only of its action against swollen joints, fingers, etc., but also in the help they believe it’s given them against Arthritis, Diabetes, and Cognition (all of which are listed as impacted by chronic inflammation), it does make us wonder if this particular characteristic of Willard Water has had more to do with its anti-inflammatory abilities than any of us have guessed before this.

Just a thought... we certainly don’t have the hundreds of millions of dollars required to do the testing to prove or disprove Willard Water’s impact on such things, but we do have volumes of reports from users that it has benefitted them in their struggles against these problems.

We also know that simply in reducing swelling, Willard Water has “blown people’s minds” over the years in how fast it has brought down swelling from injuries and swelling of arthritic joints. Swelling is

a type of inflammation, but a different type than the chronic inflammation previously discussed here. But, perhaps, Willard Water works as an anti-inflammatory agent on both acute and chronic inflammation and/or swelling?

Again, that’s just our thought, not a known fact—that’s why we are presenting it as a question, which is what it is in our minds.

However, the another “good thing” about Willard Water is that it is known to be harmless... it can’t hurt anything. So, if besides all its other benefits, it also works against chronic inflammation, that would certainly be a great additional benefit it seems.

We’ve seen reports in recent months that inflammation is also involved in asthma and sinus problems. **Asthma** and **Sinus problems** are a couple more of the most commonly reported reasons people love Willard’s Water... because they say it’s helped them with those problems.

We also provide some of the other nutrients listed earlier in this article that are recognized as helping with chronic inflammation:

Omega-3 Fatty Acids — Items J-391 and J-392 Omega-3 Fish Oil; and Item J-77 Flax Seed Oil capsules (non-fish source of Omega-3s).

Grape Seed and Pinebark Extract — Item J-PY3, and Grape Seed Antioxidant — Item J-PY4.

Vitamin C — Items J-68, J-69, and J-71

Vitamin D — Item J-24 (1,000 IU capsules) and Item J-24A (5,000 IU capsules)

Folic Acid — Item J-113

CoQ10 — Items J-13 & J-23, and the new more bioactive form of CoQ10 called **Ubiquinol**—Item J-393

Chromium Picolinate — Item J-5

L-Carnitine — Item J-74, and also in Item J-135 Ener-Cell which is a combination of Alpha-Lipoic Acid, L-carnitine, CoQ10, and Curcumin). ♦

Heart, Energy, Aging, Blood Pressure, Immune System, Nervous System, Fight Free Radicals...

That headline covers a lot of territory. So does the impact of CoQ10 and its more bioactive form, Ubiquinol. In fact, it impacts all those things listed in that headline.

Coenzyme Q-10 (CoQ10) is an essential part of the body's electron transport system that shuttles electrons from food to form the major energy molecule in the body...known as ATP. In its electron-transporting activity, CoQ10 is continuously switching between what is known as its oxidized and reduced states, therefore both forms (oxidized and reduced) are essential for energy production.

However, a number of studies have shown that the reduced form (the Ubiquinol form) is more efficiently absorbed in the intestinal tract than the oxidized form (known as Ubiquinone or CoQ10).

It's also been said to be easier for people over the age of 25 to absorb the Ubiquinol form. Both forms are said to be best absorbed if taken with meals containing dietary fat.

As stated above, CoQ10 is known as Ubiquinone. To benefit from the form of it needed to produce cellular energy and help reduce the common signs of aging, your body must convert the Ubiquinone to Ubiquinol.

But, as we age, our bodies levels of CoQ10 diminish. In addition, our body's

ability to convert CoQ10 to Ubiquinol also worsens with age. Some say the body's CoQ10 levels start to decline as early as the early 20s. That's why many natural health experts suggest people as young as 25 might want to consider using Ubiquinol.

Our Ubiquinol product comes to us from Daily Mfg... the family-owned operation we've often talked about through the years. Their conscientiousness and integrity is unsurpassed, as is the quality of their products, in our opinion, and based on feedback from our customers over the years. We can't even guess how many people have told us they can't believe how much better the Magnesium, or Coral Calcium, or St. John's Wort, or B Vitamins, or whatever that they got from us has worked than other "brands" they had tried. That's what happens when a firm just refuses to put out anything less than the best.

That's why we're so happy to be getting our Ubiquinol from Daily Mfg, which says of this product that it is the **highest quality reduced CoQ10 (reduced CoQ10 is Ubiquinol) available**. We know from many years' experience with Dailys that if they say so, it is so!

Our Ubiquinol is Item No. J-393. A bottle of 30 softgels of 100 mg each is \$31.95. ♦

Bad Cholesterol Down 23% Good Cholesterol Up 4%...

Did you ever think "an apple a day keeps the doctor away" might also keep your Cholesterol levels far healthier?

Turns out, it's true. A study conducted at Florida State University found that women who were given dried apples daily (75 g/day for 1 year) experienced a 23% decrease in LDL (bad) cholesterol and their "good" cholesterol (HDL) went up by 4%, compared to women who received dried prunes every day for a year.

Blood was drawn at three, six and 12 months to check these levels.

Additionally, the women who received the 240-calorie per day apple snack, didn't gain weight from it... in fact, they lost 3.3 lbs on average. Researchers said they thought it might be due to the fruit's pectin which is known to have an effect of making a person feel full.

30% Less Risk of Ischemic Strokes...

That's what men who had the highest folate intake were found to have... a 30% less chance of such a stroke. Researchers said both Folate and Vitamin B-12 lower levels of homocysteine and that may be the key to their stroke-preventing abilities.

Our **Activated Vitamin B-12** is Item No. J-20, and our **Folic Acid** (for folate) is Item No. J-113. Both come from Daily Mfg...the firm we told you about in the article on Ubiquinol to the left of this...and yes, we've heard many people say no other B vitamin brands have ever compared to Daily's activated forms. ♦



Trivia & Tidbits . . .

1. Where is the world's highest railway?
2. What South American country is named for an Italian city?
3. What are you afraid of if you have peccatophobia?
4. How long is a day on Mars?
5. What animal is believed to have the best hearing?
6. What is the human body's largest organ by weight?
7. What does the chemical symbol Fe₂O₃ represent?
8. The name of what flower means "fleshlike"?

AND THE ANSWER IS...

1. Peru. Central Railway climbs to 15,694 feet in the Galera Tunnel, 108 miles from Lima.
2. Venezuela which means "Little Venice".
3. Snoring.
4. 24 hours, 37 minutes, and 22 seconds.
5. The barn owl—its disc-shaped face enables it to receive sound like sonar.
6. The lungs, which together weigh 42 ounces.
7. Rust.
8. The carnation, due to its rosy pink color.

ON "THE WEB"!

www.willardswater.com

Or

www.nutritioncoalition.com

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

Now for Reader Favorites... User Reports!

I've got a collection of some very interesting reports from users of Willard's Water on their experiences with it. I know people love to hear such stories, so I decided to include some here.

First off, our long-time friend and customer, "Roy". Roy's had a number of surgeries over the years, due to injuries, and recently he had **knee surgery**. He dropped me a note about this most recent experience and his surgeon's reaction to Roy's healing speed...

"My daughter asked the surgeon (who had also done my shoulder surgery last October, and who was amazed when I went in 5 days later and shook his hand and had all my movement), Angie said to him, 'I have had three knee operations and always walked weeks on crutches, did you tell Dad he could walk without them any time he was ready?' Dr. Lawley said "the way he heals he will probably walk out of here".

Roy continued that when he was discharged from the hospital after this knee surgery, "I got through the door going to the car and asked the nurse to stop, I got up and walked to the car. Went back three days later and he just laughed, he said 'I don't know why you get operated on and heal overnight'. He had to take the stitches out at what was really 2-1/2 days...he called another doctor in and told him about me, saying there has to be something special about me.

"He is friends with my family doctor and he had called me after surgery to see how I was doing. He said the next time they (my family doctor and the surgeon) are together he will have to tell him about the Willard Water...he has it listed on my drug sheet in his computer."

Please note, the doctor listing Willard Water on his "drug sheet" does NOT mean Willard Water should ever be considered a drug or treatment, but just reflects the doctor's knowledge that it's something "Roy" routinely uses.

Then there was a note from "H.O." who wanted us to know about her experience when she recently received a **dental**

implant.

"I had a dental implant two weeks ago and had my first follow-up exam yesterday. My dentist said with surprise that I healed like a high school student. But I graduated from high school thirty years ago. When I had my daughter seven years ago, it took me more than eight weeks to feel better so I didn't feel like a high school girl at all then.

"The difference is that I used high concentration of Willard's Water to rinse the implant site every day for several days after the surgery. Ever since I learned that WW helps promote healing, I use it on cuts for myself and my daughter and we're really happy with the results."

And then a report from a mother ("L.M.") about her daughter's **alarming looking rash**...

"My 15-year-old daughter had welts under her arm...puffy and size of a caterpillar.... the next day they were all the way down to her elbow, so we went to the doctor. He prescribed a cream and said if it wasn't better in 3 weeks to call back. The pharmacy was closed so my daughter put Aqua Gel (Item AG-4 or AG-8) on like crazy that night... by the next morning it was WAY better and now, 4 days later, it's no problem at all."

And then there's this "**Sneeze Report**" from "A.H."....

"I just now stopped a sneezing fit by inhaling as I sprayed Willard Water up my nose. Everything is in bloom and suddenly a dozen plus sneezes started up. Nose-blowing didn't help—kept sneezing, anyway. The WW burns a bit but I sprayed and sniffed hard to get it in as far back as possible. Sneezes stopped-period. Nose is running a bit — but better than sneezing!"

And, now an **Amazing Cat Survival Story** from "P.D."....

"My daughter lost her cat when moved from China back to Colorado. They found

...from **fast healing after knee surgery & dental implants**, to the quick **eradication of an alarming rash**, to abruptly **ending a sneezing fit**...to a **cat surviving a month in a box with nothing but Willard Water in it**, to a not-very good gardener growing **amazing tomatoes** out of two plants her dogs had badly chewed before planting!

her after a MONTH... in a large metal shipping box that had come all the way from China! The only 'food' type thing in that box was a gallon of the Clear Willard Water Concentrate... the cat had somehow gotten it open

and drank it. And the cat didn't even look real bad!"

And that wasn't P.D.' only report. She also told us that her son has been using Willard Water and Colostrum (Item H-3 Alpha Whey III liquid or Item J-H5 Colostrum Capsules).

"He was supposed to be dead years ago... has had Hepatitis C, Diabetes, and Leukemia. He was exposed to Agent Orange in Viet Nam." But P.D. was happy to tell us he's still doing well.

And here is a very interesting and humorous story for **Gardeners** and **NON-Gardeners** alike...

"L.R." told us that she has never gardened, but she loves tomatoes so this year she had bought a square of 4 tomatoes. She had gone out of town and when she got back she found her dogs and gotten to them and chewed two of them pretty badly. Well, she had already promised her sister that she would give her two of her four tomato plants, so she gave the two good ones to her sister and decided she would still plant the two badly-chewed ones. She said "I just put Willard Water on them and it looks like the beanstalk going to heaven! So healthy and amazing! There's' already some small tomatoes on them. I will have to take some Willard Water to my sister because it feels unfair. And my sister now thinks I'm some sort of a great gardener!"

Hope you enjoyed this smattering of various Willard's Water reports! ♦

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It is used for address information in the printed version.



“Why’d He Send It?”

“I could not understand why Charlie would put that article from the *Whole Dog Journal* in with my order. Charlie knows I have a cat, not a dog.

“But later I heard about a friend-of-a-friend who had a dog with a tennis ball sized growth on its paw.

“She had taken her dog to the vet, but the vet said the only treatment would be surgery and the cost of that was way beyond her means. The vet then told her she should put the dog down.

“After I heard this, I remembered that article in with my order... the one from *Whole Dog Journal* on Willard Water and dogs. So I gave that article to my friend to give to their friend with the sick dog.

“Well they started the dog on Willard Water and the growth is going down and the dog just loves the Willard Water and is doing really well.” — R.G.

First off, do NOT assume from this report that Willard Water is any sort of treatment for anything like this. But it has been known to seemingly bring about amazing benefits to animals of all kinds, including dogs.

What we think is so amazing about this story is that angels have been defined many times as “messengers of God”. In this case the “messenger” seems to have been first, the article from *Whole Dog Journal* enclosed in R.G.’s order, and next, R.G. himself... he acted as a messenger, it seems to us.

And, through the years, it has also seemed to us that all the animals who have responded so favorably to Willard Water have also been messengers of sorts... giving many people the idea that Willard Water might not just be working in people’s heads, if it works on animals!

If you’d like a copy that article, just ask us...or read it online in the Information area regarding Willard Water. ♦

Editor: You’re invited to share your own miraculous/unexplained help, or forks-in-the-road stories with us, for sharing, anonymously, if you choose.



E-Mails, Mailbag & Phone Calls. . .



Not Even a Scar — “S.A.” told us she had burned her thumb with the hot steam from her canner..

As soon as she burned it, she grabbed the **ULTIMATE Dark Willard’s Water** and soaked a paper towel with it and then wrapped that paper towel around her thumb.

She said she kept it on for a couple of hours... re-wetting it when it dried out. She had also put some honey on it. She was amazed to report that “it didn’t even leave a scar”!

We were pleased to hear that, and wish we’d kept track through all these years of the number of burns we’ve been told about that were treated with Willard Water and never left a scar!

But, as we always tell everyone, be sure to see a professional for any serious burns, however.

Diabetic Neuropathy — “S.F.” told us she shouldn’t run out of any of her products before our estimated date that they would get to her... adding “I am anxious not to run out of the **Chinota** (Gel—Item HG-4 & HG-8) having used it on the diabetic neuropathy in my finger tips—it’s marvelous. I am so glad I found y’all.”

Apparently Good Results in the Garden — “L.R.” apologized for wanting us to now rush her order, after earlier requesting we hold off shipping it until that day. But, she said, “the **fig tree, orange tree and veggies** are now confirmed **ULTIMATE Dark Willard Water junkies!**” We’ve heard rave reviews for years of the **ULTIMATE Dark Willard’s Water** on plants, but never before heard those plants called “junkies”! ♦



More Product Highlights & Updates from Charlie

Is it really like "First Aid" for Bad Food, Bad Air, and Bad Times? If so, Why?

Given the quality of the factory-produced food we have available to us, it is very difficult for a busy person of modest means to eat truly healthfully.

I've long thought that maybe the primary reason Willard Water was "given" (and that's a whole 'nother story) to the human race, was to deal with the garbage that most of us are eating in this country, and the bad air many of us are breathing, topped off with the bad water, etc... making it a sort of "First Aid for Bad Food, Bad Air, Bad Times" as one user put it.

I certainly don't think that consuming my quart or two of WW each day will offset all the damage done by the food I eat, but I am convinced that it will indeed counter SOME significant part of it, because of the fact that it has been recognized by various natural health experts as a truly great detoxifier... it helps the body to get rid of toxins and wastes it takes in from food, the environment, etc, much more effectively than the body does without Willard Water.

In fact, boosting the body's detoxifying is one of the two things I always mention when someone asks me why I think Willard Water is beneficial. If it helps us get rid of more of those toxins that keep "coming at us" than we can without the Willard Water, that's clearly got to be a big benefit in my opinion.

And, the second thing I always mention is that it's sort of a "nutrient extender" . . . I don't really like that term . . . has to be a better one . . . but we are certainly convinced that the WW helps us better utilize the good things that DO come to us in our supplements and regular food. Dr. Willard found the absorption rate of B vitamins increased from the usual 18% to 20% all the way up to 80% to 85% when those B Vitamins were taken with Willard Water.

And an awful lot of people have commented over the years that once they started drinking Willard Water regularly, they no longer saw many (if any) kernels of corn in their stool any more after eating corn. Corn is very hard to digest but regular users of Willard Water usually don't see much of it (or any of it) in their stools any longer.

Those two effects --

◆ detoxifying and
◆ increased nutrient absorption -- go a long way toward explaining its obvious benefits. People like you and me typically believe that if we are in less than optimal health it may well be mostly because we are either a) short on some things that we SHOULD have, or b) "long" on some things we shouldn't have.

And there are the other key benefits, too, but it has always seemed to me that if it did nothing but those two things, it would be monumentally helpful to us. I guess since I mentioned it has other key benefits, I should at least briefly mention them...

◆ It helps Raise Alkalinity... because it's highly alkaline, and helps the body to become more alkaline... something many (if not most) natural health experts say is a very big step toward better health. And, by the way, Willard Water doesn't "lose its alkalinity"... many new "alkaline waters" on the market become acid again within a few hours or days from being made or treated or whatever. Willard Water never loses its higher pH.

◆ It's a Super Antioxidant and Scavenger of Free Radicals. Free radicals are basically just extra electrons that aren't "paired" with another electron... so they go stealing an electron from a healthy cell in the body, to make themselves stable... but when they steal an electron from a healthy cell, it hurts that healthy cell. Willard Water has what Dr. Willard said was a seemingly nearly endless supply of electrons, so it could keep supplying electrons to free radicals far longer than most scavengers can, because they run out of electrons far sooner than Willard Water does. Since free radicals are linked to a LOT of health problems, getting rid of them is definitely a plus.

◆ It helps Reduce Inflammation. Inflammation plays a big role in Arthritis, pain from injuries and other causes, and even in Asthma and Sinus problems. People who have seen how fast spraying Willard Water on a "goose egg" after hitting their head on something, have often told us they were glad they had a witness to it because otherwise

nobody would believe them when they tell them how fast that swelling came down when Willard Water was applied to it.

◆ It increases hydration... seems to hydrate the cells better. Natural health experts have said this, and people who work out a lot, body builders, etc., have told us if they drink Willard Water, they don't dehydrate as quickly from their workouts.

◆ Seems to be super helpful on skin problems of about any kind, and also seems to speed up healing on the skin and maybe internally as well--if it does, we'd guess it's because the other benefits mentioned here just help the body work better, and that may result in a body that heals faster.

◆ As to the "Bad Times" mentioned in the "First Aid for Bad Food, Bad Air, Bad Times" comment, Willard Water has been said to help the body deal with Stress better. A lot of people have told us this... granted it's a subjective thing, but when people notice tangible differences in themselves when using Willard Water despite still dealing with the same stresses, it's pretty convincing. Things like sleeping better, doing less nervous eating, smiling and laughing more, fidgeting less... all do seem to indicate dealing with stress better in most people's opinions. And, Dr. Willard also discussed in Roy Jacobsen's book "Aqua Vitae" a blood test he'd seen conducted on volunteers. Their blood was drawn and shown under a microscope... there were markers that were accepted as indicative of stress in their blood. Then the volunteers would drink a glass of Willard Water and a while later more blood was drawn from them... the next blood test showed far fewer of those stress markers. Pretty interesting, we think.

As always, keep we mind WE are NOT experts. We've just been drinking WW since 1982, and giving it to our kids, and now our grandkids and all our pets through all those years. And we've received LOTS of information from users all those years... as well as from natural health experts who have passed along their professional opinions on it to us, and to their clients, and in some of their writings... along with results of experiments done with this amazing substance. ♠

User Reports on the Reasons for Their Choice of a Favorite Willard Water Version & How Much To Drink Daily

We recently told you that the ULTIMATE Dark Willard Water is the Willard Water formulation that most people prefer... between the three versions...

...gout, eyelashes, arthritis, energy, feeling better overall, blood sugar, liking it better so drinking more often, etc. etc.

the Clear, the XXX, and the Ultimate Dark. More often than not, the first question people have when they decide to try Willard Water, is "which one's best...between the three versions?" For years we've been reluctant to say one is "best"... since people report incredible benefits from all of them, and since we have always been the ONLY Distributor of the Ultimate Dark we've assumed it wouldn't even seem totally credible for us to label the Ultimate Dark as the best.

However, as we've heard from more and more people who have only recently switched to the Ultimate and are amazed at how much better it is than the other version they used we decided it's only fair to tell people the fact is that the ULTIMATE Dark has been the top seller for decades. And, the fact is, **Dr. Willard concluded the Ultimate Dark was his best as well.** No wonder among Willard Water users, **the Ultimate Dark is the runaway favorite.** The Clear comes in a distant second, and the XXX is a very distant third. Users "votes with their wallets" speak volumes... and the **ULTIMATE DARK** is clearly the **WINNER** of the "People's Choice of Willard Waters Award"!

We recently heard from customers who told us the Ultimate Dark specifically helped them more than the other versions of Willard Water with their **Gout** (a type of arthritis and most people with any type of **Arthritis** have found the Ultimate Dark to be their favorite choice), their **Energy**, their **Feeling Better Overall**, and even with their **Eye-lashes**.... so add those to the list that also includes (but isn't limited to) **Blood Sugar Balancing** working better (high OR

low blood sugar) with the Ultimate Dark, and a **Greater Liking or "Craving"** (for lack of a better word) for the Ultimate Dark than the others...

A lady called in the other day to re-order Ultimate Dark, and said she couldn't believe the difference... she'd been using the "other Willard Water... the cheaper stuff from (a couple other companies)" and she just recently switched to the Ultimate Dark from us and was amazed to see **how much her Gout improved**, and to have her **eyelashes** come back in -- really thick. Not sure what the problem had been with her lashes, but she said she'd tried all kinds of things and been to all kinds of doctors, and never had any success until she started on the Ultimate Dark and "they came back in really thick"!

Another lady told us that she'd used the Ultimate Dark for a number of years and decided to try the XXX "just to see"... well, she said she couldn't wait to get her order of Ultimate Dark, because she just **didn't feel the same on the XXX**... she said she had **less energy** without the Ultimate Dark, but it was beyond that... just **in so many ways**, she was "just not as good".

You can read a lot more on the specific differences between the three versions in our website's Information area...the article "ALL THREE Willard Waters", which you will find by clicking on "Information" in the top tool bar, and then on "Information" again in the drop-down menu that opens, and then on the left click on the article "ALL THREE Willard Waters".

The question that may be the second-most-asked is "How much should I drink in a day?"

Way back in the early 1980's we used to say to drink a glass or two a day (would be about 8 to 16 oz)) of the "mixed-up 1-oz-concentrate-to-a-gallon-of-water mixture". But users started telling us that they noticed a lot **more tangible differences when they drank more** than that in a day... we started keeping track of such reports and it became obvious that the **most typical user** found the optimum amount for them to be about **32-oz a day from that mixed-up-gallon**. At that rate, 8-oz of concentrate would last 32 days, so about a month's supply.

How much to drink in a day? Can you drink too much?

The typical user drinks 32-oz a day from the "mixed-up-gallon".... some drink more, and some less, but that's typical.

There certainly are people who drink less than that a day and report great benefits... there are also a LOT of people who drink much more than that a day... up to a gallon a day for some on a regular basis. Most people sort of naturally find what amount feels best to them, and stick with it.

There is no need to worry about an "overdose".... Dr. Willard said if you drank more than your body could make use of, you might see a looser stool than normal (not diarrhea, just looser than normal). He also clarified that if you saw a looser stool when you **first start** drinking WW, it may be a sign of detoxifying, in which case, he suggested starting out slower... drink less of it in a day and work up to a greater amount... said you would still detoxify but wouldn't have the "hassle" of symptoms.) Doc said if a looser stool occurred after you'd been drinking it for a while and had increased the amount you drink, to reduce the amount you drink in a day and if the stool firmed up again, you'd know you'd just been wasting it—your body had been "sluffing" it off. We've heard from *very few* people who ever reach the looser stool level, so it seems to us laypeople that most people's bodies can "make use" of a fair amount of it! As with all water, just don't go to extremes... you *can* reach water toxicity if you drink gallons in a day for instance!