

# Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.WillardWater.com ♦ May, 2012

## Tips on a Not Very Exciting, But VERY Common Problem... And the Problems in Getting Rid of It

According to the American College of Gastroenterology close to 40% of all Americans suffer from heartburn at least once a month, and nearly 50% of pregnant women suffer with it in their third trimester.

Other estimates we've seen put the number of Americans who experience heartburn on a DAILY basis at between 7% and 10%. No wonder the use of various drugs to treat heartburn have more than doubled in the last decade. Unfortunately, recent research turns up one problem after another that those same drugs cause.

The worst offenders, as far as we can tell, among the various heartburn drugs, are the ones known as proton pump inhibitors (PPIs). That class of drugs includes esomeprazole (Nexium), lansoprazole (Prevacid), omeprazole (Prilosec) and pantoprazole (Protonix). That class of drugs is the **3rd-best selling class of drugs in the U.S.**

Recent studies found that PPI drugs are linked to an **increased risk for another heart attack** in patients who have already had a heart attack... the risk in patients taking PPIs within 30 days of discharge after the first heart attack was **increased by 30%**!

Another study found a link between PPIs and higher risk of intestinal infections caused by a dangerous bacterium known as C. difficile. The risk of such an infection in hospital patients taking **MILD acid-suppressing drugs** known as H2RA drugs — such as Pepcid, Tagamet or Zantac—was **increased by 53%**! And the risk of such infections in patients taking the **stronger PPI** type drugs was **increased by 74%**!

Research has also found a link for increased risk of fractures in postmenopausal women using PPIs. A study that followed 130,000 postmenopausal women (age 50 to 79) with no history of hip fracture for more than 7 years, found that those regularly taking PPIs experienced:

- ◆ 47% increased risk of spine fractures
- ◆ 26% increased risk for forearm & wrist fractures

- ◆ 25% increased risk of total fractures

Researchers said the possible cause for the increased risk of fractures may be that suppressing stomach acid over sustained periods may impair the body's ability to absorb calcium.

Another irony is that every natural health expert we've found that has written about heartburn has said that most heartburn cases (up to 95% of them in fact) are caused by too LITTLE stomach acid, not too much. So consider that in analyzing all of this.

All of the dangers from the acid-reducing drugs can be life threatening, so this is not a small problem. So what can anyone suffering heartburn problems do?

Some "home remedies" cited as often helping include taking a walk, which reduces the amount of time stomach acid stays in contact with the esophagus. However, the relief from walking is said to last only as long as the walking did. Another suggestion is to chew gum. People who chewed gum for an hour after eating had relief for about 4 hours. Drinking a small amount of milk every 1 to 2 hours helped wash acid back down into the stomach.

Other tips include reducing the amount of soda one drinks, avoiding coffee, or if even small amounts of coffee are a problem, switching to a darker roast. Research suggests darker roasted coffee beans may have higher levels of a compound that hinders stomach-acid production. Another thing to avoid is eating dinner too close to bedtime. It's suggested you eat your last meal of the day at least 4 hours before you go to bed.

A finding of one recent study that was surprising to many people we're sure was that drinking a glass of **water may be more effective than acid-inhibiting drugs in its effect on gastric pH**. Study participants were given either water, antacid, ranitidine (Zantac), omeprazole (Prilosec, Zegerid), esomeprazole (Nexium), or rabeprazole (Asiphex). Their gastric pH was recorded

for 6 hours after each drug was taken.

Those results showed that water increased gastric pH by **more than 4 after just one minute**. In contrast, antacid took 2 minutes, and most of the other drugs took more than two HOURS. The researchers said "water and antacid immediately increased gastric pH, while the PPIs showed a delayed but prolonged effect compared to ranitidine.

We can't say we were surprised that water could be of benefit. **One of the most common reports** we get from regular **Willard's Water** users is that it has been a huge help in reducing or eliminating their bouts with heartburn, acid indigestion, etc. The amazing thing to us isn't that it relieves it (apparently even regular water can do that), but what we hear time and again is that the person who had routinely suffered heartburn on a daily and multiple-daily basis, no longer has it, or has it only on rare occasions. So if regular water relieves it, we suspect Willard's Water has a more far-reaching effect—but we're not experts, remember.

Besides **Willard's Water**, other natural substances suggested for heartburn include:

**Betaine HCL** — to increase stomach acid, which makes sense for the estimated 95% of cases caused by too little such acid! Ours is Item No. J-35.

**Digestive Enzymes** — aimed at improving digestive problems that are often a part of the cause of the problem. **Digestine** Item J-33, and the vegetarian version **Vega-Zyme** Item J-29, are in this category.

A quality **Probiotic**, to help restore the balance of good bacteria in the digestive tract. Our Item J-61, **L-Salivarius** is especially good because it provides both Prebiotics and Probiotics. Many natural health experts say they believe everyone should take a probiotic daily, for a number of reasons.

Hopefully this information may help some people to avoid the need and the risks and problems of acid reducing drugs. ♦

## PLACEBO VS “NOCEBO” EFFECT

We’ve all heard of the placebo effect — the effect of one’s expectations on how well a medication or other medical or health treatment works for them. For instance, this sometimes occurs when someone hears that a particular treatment or medication has worked well for others, so they expect it to work for them, and it does, even if what they’re taking is a “fake” version of what they thought it was. That’s why people often think of the placebo effect as the term for something that “is working in someone’s head”.

Researchers have now found that the opposite also occurs. Instead of reacting to the positive expectation that a particular treatment is going to work, people can react to the negative suggestions about it... those who expect nasty side effects, for instance, are said to tend to experience them more, etc.

We found it interesting that something like a “nocebo effect” has been documented, because we’ve often wondered about the possibility that something like that might occur in people...but not that people would expect side

effects, but that if skeptical enough, they might actually impact the effectiveness of something and make it not work, when it otherwise might have. Or maybe just slow down how quickly it works.

We’ve thought of that possibility through the years because of the many times we’ve received reports that make it clear to us that Willard’s Water seems to work even faster or more dramatically on dogs, and cats, and horses, and other animals than it does on people. It’s made us wonder if people who are totally convinced something cannot possibly work, can indeed make it not work, or at least make it take longer to work. In other words, instead of the power of their mind, making a “sugar pill” work for them, their negative thinking about the product being used, reduces its effectiveness to some extent.

Willard’s Water’s impact on animals often impresses people because when it works on animals or plants, it’s obviously NOT a placebo. Maybe animals and plants also don’t cause a “nocebo effect”!

## Natural Item Reduces Damage From Smoking

It seems like almost every week, or every day, there are new reports on the benefits of Omega-3 Fatty Acids. Fact is, it’s been found helpful in so many ways that some natural health care practitioners say everyone should be taking it.

The latest study we’ve seen found that Omega-3s help to reduce the physical harm done by smoking. The study analyzed the effect of a 4-week oral treatment with 2 g/day of omega-3 fatty acids in the arterial walls of cigarette smokers.

The results showed that even such short-term treatment with omega-3 improved arterial stiffness and moderated the acute smoking-caused damage of vascular elastic properties in smokers.

Researchers said the study findings indicate that omega-3s inhibit the detrimental effects of smoking on arterial function, which is a marker for cardiovascular risk.

Though omega-3 supplementation shows signs of reducing the damage of smoking, the researchers still said the best way to protect one’s lungs from smoking, is to stop smoking. They also encouraged everyone, smokers and non-smokers to eat healthy diets, which include omega-3 fatty acids.

We provide Omega-3 in our **Omega-3 Fish Oil Capsules** (Items J-391 and J-392) and in a non-fish source, our **Flaxseed Oil Capsules** (Item J-77). ♦



### Trivia & Tidbits . . .

1. How many times a minute does an adult elephant’s heart beat?
2. How many pairs of legs does a shrimp have?
3. How many legs does a spider have?
4. What point did Scottish mathematician John Napier create in the 17th Century?
5. Who first recorded that the rings in a tree’s trunk reveal its age?
6. Robert Mitchum’s career began with bad guy bit parts in whose cowboy movies?
7. What was the original name of the Girl Scouts?
8. Who was Pablo Ruiz?

*AND THE ANSWER IS...*

1. Only 25. On average a person’s heart beats 70 to 80 times a minute.
2. Five.
3. Eight—4 pairs which distinguishes it from insects, which have three pairs of legs.
4. The decimal point.
5. Leonardo da Vinci. He also discovered the space between rings shows annual moisture.
6. Hopalong Cassidy’s.
7. The Girl Guides.
8. Pablo Picasso—Born Ruiz, but chose to go by his mother’s less common last name.

ON “THE WEB”!

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

Or

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

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

### Natural Item that's "New" to Some People Confirmed to Benefit Osteoarthritis Sufferers

I actually had to laugh when I read an article that accompanied this headline: "New Supplement Effective in Relieving Osteoarthritis". I wondered what the new supplement was... turned out to be Chondroitin sulfate.

I laughed because we certainly don't consider Chondroitin sulfate "new". We certainly DO believe it's very helpful for osteoarthritis based on the many user reports we've gotten back on it over the years.

Even though I find it laughable that it's considered new, when we've had customers telling us how much our **Glucosamine—Chondroitin Blend** (it's Item No. J-91) has relieved their problems with osteoarthritis for years now, I AM pleased that there's another study that confirms its benefits for this very painful condition.

The study the article focused on was conducted at University Hospitals of Geneva in Geneva, Switzerland. The trial included 162 patients with OA (osteo-arthritis) of the hand. Participants were checked for various hand functions before and after the trial. Participants received 800 mg of chondroitin sulfate or a placebo once a day for 6 months.

Results showed the patients in the Chondroitin Sulfate group had significant decrease in hand pain, and increase in hand function over the patients in the placebo group.

The researchers said that nonsteroidal anti-inflammatory drugs (NSAIDs) provide similar

pain reducing effects, but with considerably more long-term "toxicities".

Chondroitin sulfate is a naturally occurring molecule and a main component of joint cartilage.

This study didn't look at some other natural products that have a well-established record of people who have reported benefits from them, but there are some others. And, it seems to vary from one person to another, as to which one is more helpful. Not really surprising that that should be the case since everyone is different and everyone's body reacts differently to various things.

Some of our customers have used and loved the Glucosamine-Chondroitin blend for years. Others say they find the **MSM-Glucosamine Blend** (Item J-98) more helpful, and still others say they find the Willard's Water so helpful they don't need anything else.

And, just as different products work best for different people, it's also true that different people take different amounts of time to "see" — or feel — results. All we know is that we have seen extreme customer loyalty in reordering these items again and again for years in many cases. And, generally speaking, people don't continue to buy and use something if it doesn't provide any noticeable benefit!

As I said, I was surprised to hear Chondroitin referred to as "new", but not at all surprised to hear that it helped with OA! ♦

### Clarification of Instructions On New Willard's Water Labels

You may already have noticed some changes on the bottle label of "the Water", and if not, you will soon. The FDA required a change in the labels on the Willard's Water Concentrate to reflect the Agency's emphasis on nutritional information and instructions for single servings of products.

A "single" serving of WW would, of course, not be a Gallon, even though that's how most people "mix up" the water for use... mixing a gallon at a time and pouring individual glasses from that gallon as desired. However, in order to comply with the requirements, it meant changing the label information to simply indicate how to mix one 8-oz glass at a time. So, it now says 1/2 teaspoon of concentrate to an 8-oz glass. (Actually some of the earliest new labels said 1/4 teaspoon for an 8-oz glass due to an error—it should be 1/2 teaspoon to 8-ounces.)

The new label doesn't show the instructions for mixing it a Gallon at a time, but it is still mixed the same as always... 1 Ounce (2 measuring Tablespoons) in a Gallon of water. Or, lesser amounts as shown below, for smaller containers of water. We believe this is still the way most people will choose to mix it—simply means having to do so less frequently.

Also, the new label shows a suggested use of three or four 8-oz glasses a day, which is the most typical amount reported by users, but it isn't intended to mean drinking more or less than that is "wrong". People settle in at the amount that seems best to them.

Here's a more complete list of how to mix various amounts of Willard's Water:

- ◆ **2 Tablespoons** (which is 1 ounce, or 6 Teaspoons) of WW Concentrate to **One Gallon** of water.
- ◆ **3 Teaspoons** of WW Concentrate to **One-HALF Gallon (64 oz)** of water.
- ◆ **One-and-a-Half Teaspoons** of WW Concentrate to **One Quart (32 oz)** of water
- ◆ **One-Half Teaspoon** of WW Concentrate to an **8-oz glass** of water.

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in the online version.

It is used for address  
information in the mailed version.



### ***“That Should Be Impossible”***

“I’m a wedding coordinator at a wedding chapel in a country setting. We have an actual old church that is used as the ceremony location, with the bridal party on the porch of the church, and guests seated on chairs on the ground.

“In the evenings, we have clear lights on (like mini Christmas lights, but mostly larger and better technology) outlining the front of the church and the two front windows. A year ago we had a bride who was particularly fond of the lights around the side windows, and specifically requested that they be on for their ceremony.

“The day of their wedding was especially hectic because it rained early in the day and put us behind. I noticed shortly before the ceremony that the lights on one side window were out, and asked a couple of the guys working here to fix them.

“As the bride was about to go down the aisle, I noticed

those lights were still out. There was nothing to do about it then. Except, I thought, one thing. I prayed, giving thanks that if possible He would somehow make those lights work. I looked up a couple minutes later, and they were on! I asked the guys if they had fixed them and they’d just gone out momentarily, but they said they’d never touched them.

“Just the other day, the company that maintains the larger lights was out doing their spring maintenance, and the man in charge commented that he couldn’t believe those little lights were still working, adding, “they’re not even the stay-lit technology, but a couple of them are burned out and the rest of the string is still on, and that should be impossible.” I told him then how they’d quit working at one time, came on after my prayer of thanks, and had been working ever since. I told him it must have been some kind of electrician who fixed them, and Someone who takes care of all our needs.” — A Reader ♦

*(Reprinted from 05/04 Edition. Editor: We invite you to send your own “unexplained help” stories for publishing here, anonymously if you choose.)*



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



**POISON IVY** — A health food store manager told us that when a customer came into the store with the worst case of Poison Ivy she’d ever seen — “it looked so awful I nearly fainted when he rolled up his sleeve to show me” — she felt terrible that she was out of stock on the Willard’s Water. But, as usual, she had brought her mixed-up-gallon of **Ultimate Dark Willard’s Water** with her to the store that day, so she filled a spray bottle with that water, and the customer took it home with him. She said she was astonished when he returned just four days later and it was **completely healed**. The difference from the first time she’d seen his horrible case of it was so great, she said it was really just hard to believe. We hear that a lot about Willard’s Water... people saying seeing what it did is hard to believe even when they see it!

**Salad Greens** — “J.B.” from Ohio told us she does a lot of organic gardening, including using **hydroponics** on her salad greens. She said when she adds **Willard’s Water** once a week to the water container, the difference in them is hard to believe. “It’s like you can see the difference overnight... even my husband noticed it overnight, and he doesn’t usually notice such things”.

**Acting a Lot Younger Than His Age** — That’s what many people think of long-time **Willard’s Water** fan “B.G.” who is an avid skier. He turned 70 just recently, and was very happy about that because at 70 he qualified for a Super Senior season pass at the ski lifts at his favorite ski resort. Many people say he acts younger than his age...something we hear about a lot of our long-time Willard’s Water users! ♦



## More Product Highlights & Updates from Charlie

### Blood Pressure Tips; A Vitamin Linked to Lower Risk of Macular Degeneration, & More

One of the most common questions we get is “do you know of anything that will help bring down **blood pressure**?”.

Well, we’ve heard of a lot of things over the years... and a lot of natural products formulated just for that purpose. But, I have to say the best supplement we’ve ever found has to be the one known as “**Blood Pressure Support**” that we’ve now had in our line for a couple of years. It’s Item No. PN-2.

We’ve had feedback from users who say just using this product is all they’ve done for improvement in their blood pressure. And we’ve had others tell us that they’ve been on prescription medications for their high blood pressure for some time, but since adding the Blood Pressure Support to their daily routines, their mainstream doctors have been able to reduce either the dose of those prescription medications, and/or have been able to change to a less potent prescription medication, and they saw improvement in their readings on the lower doses or less potent drugs.

I emphasize that they did this with their doctor’s help because nobody should try to change or reduce their prescription medications for anything without their doctor’s help. That can be downright dangerous and we certainly don’t want anyone to do that.

What got me thinking about the Blood Pressure Support was an article we read recently about a study that found Magnesium supplements can be linked to improvements in blood pressure. Magnesium is one of the ingredients in Blood Pressure Support.

The same article also pointed out that Potassium and Calcium have also been linked to lower blood pressure. Both Potassium and Calcium are also in Blood Pressure Support. As is Vitamin C. Frankly we’ve seen a lot of supplements for blood pressure that include those particular nutrients, but we’ve never received the same kind of reports on any of those. Perhaps the difference is in the “Herbal Blend” that’s also included in the Blood Pressure Support. That blend includes: Buchu Leaf, Cornsilk Stylus, Couchgrass Rhizome, Hydrangea Root, Juni-

per Berry Fruit, and Usa Ursi Leaf.

As we always remind you, we are NOT health experts or practitioners of any kind. We’re just people who have been very interested in natural health for decades, and who do a lot of reading on the topic! But experts we are NOT. We’re just passing along what seems very interesting to us since we’ve seen so many natural products for blood pressure that never resulted in the same kind of reports we get on this one.

Back to that article that started me on this train of thought. The study involved researchers analyzing data from 22 trials involving 1,173 people. Magnesium supplement doses ranged from 120 to 973 mg, with the various trials having a duration of 3 to 24 weeks. Overall, the study found that magnesium supplementation was associated with a 3 to 4 mmHg reduction in systolic blood pressure, and a 2-3 mmHg reduction in diastolic blood pressure. The best results were seen in doses over 370 mg per day of the Magnesium. Besides Blood Pressure Support, we also have a very high quality **Magnesium Citrate** Supplement in Item J-54.

Results from pharmaceutical trials have found that a reduction in systolic blood pressure of between 0.8 and 2 mmHg was “clinically significant in reducing the incidence of coronary heart disease, heart failure, and stroke.” The researchers in this study concluded that “the clinical significance in reductions found from this meta-analysis is potentially very important.”

I feel compelled to also mention that the same company that brings us Blood Pressure Support, also makes another product called **Cholesterol Health** which has also been getting rave reviews from users over the years. That product is Item No. PN-1. It contains: Niacin, Vitamin B-6, Folate, Vitamin B-12, and also a Vegetable sterol complex (minimum 90% free sterols), Odor-controlled high-allylic garlic (bulb), Trans-Resveratrol and Policosanol.

I must also say that we’ve heard from some people over the years who say simply using Willard’s Water has helped their blood

pressure and some have even reported cholesterol improvement. We don’t know why that is, though we’re pretty sure it would depend on the cause of the problem in each person. We also always think about the huge impact Willard’s Water has on one’s absorption of nutrients, so perhaps for some people the increase the WW may cause in their uptake of nutrients that benefit those problems, might be the reason for their improvement. Again, we don’t know, we’re just passing along what’s been reported by users.

**Age-Related Macular Degeneration (AMD)** — Research has found that in some people, B Vitamins could be key for lowering their risk of AMD.

A 7-year study of middle-aged women who had cardiovascular disease (or had risk factors for it), found that women who took a vitamin B supplement for the study duration were far less likely to develop AMD than the women who didn’t take a B supplement. The three B’s in the study were B-6, B-9 (Folic Acid), and B-12. Researchers said they weren’t sure why the B’s helped to fend off AMD but they feel it’s possible that the antioxidant effect of the B’s lowered homocysteine levels. Homocysteine is a marker of inflammation that can damage small blood vessels in the eyes. B Vitamins have also been found to possibly help fend off **Alzheimer’s**, as well. In fact, one chiropractor we’ve known and trusted for decades once told us it would be hard to think of any body system that isn’t affected by B Vitamins.

We’ve mentioned before how much more effective many people find our **Activated** B vitamins than “regular” B vitamins. The Activated ones we have are already converted to the substance your body has to convert regular B vitamins to, in order to make use of them. My wife, Kolleen, had far more benefit from using ONE Activated B-6 per day on her carpal tunnel type symptoms than 8-10 other natural B vitamins per day had provided. And hers is far from the only report of greater benefits we’ve received on these B’s. Our Vitamin B’s are: **Activated B6** (Item J-1), **Activated B Complex** (Item J-2), **Activated B-12** (Item J-20), & **Folic Acid** is Item J-113. ♣

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# Heart Health and Cancer Tips... And What We've Found Most Impressive Over the Years

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**HEART HEALTH** — We've mentioned many times that people who have used the Strauss Heartdrops (Item S-100 or S-101), have raved about the positive impact they have felt from them, including:

- ◆ reduced **shortness of breath**,
- ◆ reduced bouts of **angina pains**,
- ◆ reduced problems with **irregular heartbeats**,
- ◆ **Rapid heartbeats**, and
- ◆ even some **valve problems** improved.

Just recently we discovered a page of user reports on the Heartdrops. We don't have the space to reprint them, but here's the web address for it: [http://www.hedleys.ca/heartdrops\\_testimonies.htm](http://www.hedleys.ca/heartdrops_testimonies.htm) I might add that it does work with just htm at the end — it looks like it should be html to a lot of people, but it is just htm. Anyone who has ever wondered about the Heartdrops, will find those user reports VERY interesting.

That page of user reports reminds me that we were recently told the FDA accepts user reports that are “posted” online if they are posted by the users themselves, from their own computers as allowed under their regulations... even those posted on the product's site or Facebook page. So, at least at this time, if you have an interesting product report or experience you think would be helpful for others, you can apparently feel free to share it on places like Facebook—product's page or yours, etc.

Strauss Heartdrops are not cheap... but we've had more than one “fan” tell us they are a lot cheaper than most heart medications or treatments, and also come without fears of “side effects”. Hard for anyone to disagree with that.

Now for a piece of **Breaking News** on the Heartdrops. The Strauss Company has finally succeeded in getting an approval from Health Canada for a nutritional number... according to a report on youtube, they (the Strauss Company) spent 6 years and millions of dollars getting that. Here's the link to that youtube video: <http://www.youtube.com/watch?v=A0xbtnPQNQ0> .

As long as I'm talking about items that we probably don't ever say enough about... let me delve into another one. This is one that anyone concerned with **CANCER Options** may want to note.

We first learned of a product now called **Protocol** back in the early 1990's when it was called **Cancell**. The man who was producing it then was Ed Sopcak. He actually GAVE the product away, and wouldn't even let people pay for the shipping, in a failed attempt to avoid problems with regulators. Eventually a Court in Michigan forced it “off the market” even though it wasn't being sold, and it was not available for a few years.

Fortunately it came back. Actually came back in two “versions”... Protocol, and one called Cantron. Almost all our experience has been with the one called Protocol so we really can't comment on the differences between them.

We've had such amazing reports from users of Protocol (f/k/a Cancell) over the years that my wife Kolleen and I have often said if we had cancer we think the first thing we'd use would be Protocol. I say we “think” because nobody ever knows for sure what they'd do if faced with a frightening diagnosis like cancer. But we both feel pretty certain that's what we'd choose, based on the amazing reports we've had from people who have used it.

Also, let me make it clear that we have no vested interest in it. We don't sell it and never have, and we don't have any financial interest or position in it. It is true that users of it are told to use the Clear Willard Water along with it because according to Ed Sopcak it was the best — and only real— solution he ever found to the “problem” of getting all the dead cancer cells out of the person's body once the Cancell/Protocol/Cantron killed off the cancer cells.

He suggested the Clear rather than the Ultimate Dark because of the amount of nutrients in the Ultimate... Cancell/Protocol/Cantron is working by lowering the energy of the cells, and nutrients tend to raise those energies... which is why when using that product, users can't take very many nutritional supplements at all. So I guess you could say we have a financial interest only in the fact that users will likely also use Clear Willard's Water. However, that's certainly not a direct benefit, or a very large one... sort of like a gas station owner having a “vested” interest in restaurants, churches, malls, etc, because people use up gas getting to those places!

Another tool I'd like to mention is a book we used to carry called “**Outsmart Your Cancer, Alternative Treatments that Work**”. It is a very good guide to not just Protocol, but also other alternative cancer treatments. And as one person put it she wanted to get that book and have everyone she cared about read it, because she'd learned from experience it isn't good to wait until you're in the hospital and they tell you “it's cancer” and start suggesting you immediately start chemo or radiation, to find out what other options there are.

Her point was that the pressure is so great to do something instantly that it's very hard to resist if you don't have an awareness before that point in time that there are other options out there.

We're NOT saying that chemo and radiation are never the right choice... but we do believe being aware of one's options would seem to be only positive.

I can't resist relaying a telling conversation my wife Kolleen had with one of her relatives one time. Her relative was crying as she talked about a young man with a young family who she had just learned had brain cancer. Kolleen told her that “not everyone dies from cancer, some people beat it”. Her relative said “nobody I know. Everyone I've ever known with cancer has died.” Kolleen said that was one of those Eureka moments for her in which she realized what a stark difference in experiences she and her relative had had. Kolleen and I have known many people over the years who have had cancer, and of those who have used natural treatments, it's an impressive “score card” for the natural treatments used. Again, that doesn't mean there's never a time for the chemo and radiation route... it all depends on the situation.

If you'd like information on Protocol and other natural treatments you can go to **www.OutsmartYourCancer.com** and buy that book, or find it in many bookstores. Another good online source is the web site **www.cancertutor.com** .

We honestly do NOT suggest “natural is always the best treatment”, because there ARE differences in situations and in the track records of various treatments in different situations. But we do believe in being aware of all of one's options. ♦