

# Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.WillardsWater.com ♦ May, 2013

## What IS Arthritis? The Most Common Cause of Disability in the U.S. for One Thing. What Helps It?

By Ben

A recent study by the Center for Disease Control found that **49.9 million adults** in the United States had been diagnosed with **arthritis**, with 21 million of those having had to limit their activities based on arthritic pain. This means that there's a very good chance that either you or somebody you know and care about is currently afflicted with this ailment, and if you don't, you eventually will know someone.

It is the most common cause of disability in the U.S.

What is it anyway? Arthritis is actually the name of the symptom: inflammation of the joints, in Greek.

There are over 100 types of arthritis with different causes, with **Osteoarthritis** being most common, resulting from any kind of damage to the joints.

What the various arthritic versions have in common is the swelling in the joints and associated pain, with most featuring degradation of the cartilage (hard, flexible tissue between the bones) leading to bones scraping together and eroding.

So what can you do for this? We have at least some answers to discuss here.

Before getting into the details of specific nutritional items known to benefit arthritis sufferers, let us answer one of the **Most Frequently Asked Questions** we get here.: Yes, MANY people have reported **relief from arthritis pain and stiffness and swollen knuckles, etc.**, coincident with their regular use of

**Willard's Water**. In fact, that is one of the **most** common reports we get on Willard's Water, and is honestly our "try first" product for any friends or family looking for arthritis relief. Many users have said it reduced their **inflammation/swelling** like nothing else they'd ever tried.

As will be mentioned later, free radicals in one's body can damage joints, and WW is an exceptional **scavenger of free radicals**, so may be another way it may be of assistance.

Another well established way WW may be helping arthritis sufferers is that it very significantly **increases the absorption of nutrients** taken in, so all other supplements or natural treatments you may use, should work better in combination with Willard's Water ("WW").

Now, let's look at specific nutritional items that have been reported to help.

Of course, the gold standards for treatment of joint problems in the alternative world have always been **Glucosamine, Chondroitin**, and, especially, **MSM** (Methylsulfonylmethane).

We have these available in Items:  
J-91 **Glucosamine-Chondroitin** Blend;  
J-92 **MSM Capsules**;  
J-94 **MSM Blend**;  
J-99 **MSM Crystals**, and  
J-98 **MSM-Glucosamine Sulfate** Blend.

What about other nutritional help?

Anytime the **bones** are involved, experts recommend **Calcium, Magnesium**, and **Vitamin D3**. You need all of

these to keep bones healthy, and those whose bones are weakening will especially need them. **Vitamin D** has the added advantage of seeming to help in **production of collagen**.

On that note, **Vitamin C** is *absolutely necessary* for the body to **build collagen**. If you're suffering from joint damage, many consider Vitamin C a no-brainer. Furthermore, Vitamin C is an excellent **scavenger of free radicals**, which can themselves damage joints.

**Vitamins B6** (our Activated B6 is Item J-1) and **B9 (Folic Acid)** (Item J-113) are also essential for **building proteins, including collagen**. Both the Activated B-6 and Folic Acid are also included in our **Activated B-Complex** (Item J-2).

What about managing the **symptoms**? What can you do to **reduce the inflammation**? For that, many say **Omega-3 fatty acids**, especially in our **Fish Oil Softgels** (Items J-391 & J-392) and **Flaxseed Oil Softgels** (Items J-77).

Many studies have concluded that the Omega-3 fatty acids help reduce the symptoms of arthritis, in addition to being good for many other aspects of health, chiefly the **heart and brain**.

**Cat's Claw** (Item J-28) seems to help with **reducing swelling**, as do both **Ginger** and **Curcumin**. Curcumin can be found in our **Ener-Cell** (Item J-135). Note: It's suggested that you do not take ginger if you have heart or bleeding problems or diabetes, and abstain from curcumin should you have gallstones. ♦

# Dry Eyes? Tearing Eyes? Itchy Eyes? Tired Eyes? And Nothing Works? Hang on for a Minute...

A lot of users might suggest you try spraying them with Willard's Water ("WW"). We were reminded of this lately when we got an ecstatic call from "Roger" just two days after he put WW to the test on his excessively watering eyes, to tell us his problem was GONE.

He said before WW nothing had helped, and his eyes watered so excessively, his eyeglasses were "splattered" more often than not. Frankly, Roger was far more amazed than we were, because we've heard this so often over the years.

And we've received as many reports on **Dry Eyes, Itchy Eyes, and Tired Eyes**, as we have on Tearing Eyes.

We've also had a number of reports on **Cataracts** improving with such spraying. Dr. Willard speculated that perhaps since WW is known to break down protein so it can be used better by the body, perhaps it was actually breaking down cataracts in the same manner.

We remind you that you cannot be careful enough with your eye health, or your overall health, and that's why we always caution that you should seek the advice of a professional for any eye or other health problems. Don't just "try this or that" on your own.

But when people ask us if we've ever heard of anything that's ever helped, we'd be lying if we said no, and unfair if

we didn't tell them what we knew.

**Special Notes on Use:** Dr. Willard always said that the ideal version to use on the eyes would be the **Clear** because some of the nutrients in the Dark versions might be a larger size particle than you may want in your eyes if they ever came out of solution (more of a theoretical problem than anything). However, many people have used the Ultimate Dark or XXX in their eyes with no problem, particularly when dispersed with a Mist bottle, where the sprayer should theoretically work as a screen against any overly large particles.

We believe Dr. Willard may have been addressing WW being used in an eyewash cup rather than a spray bottle when he made that statement, but since we never specifically asked him, we can't be certain. So even though a lot of people have sprayed their eyes with the Ultimate Dark, keep in mind the Clear is the one Dr. Willard recommended if being used in the eyes.

An interesting report on using it in the eyes can be found on pages 12 - 14 in the **Congressional Hearing Report on Willard's Water**, in the testimony of Dr. Leland Michael, an Optometrist in Rapid City, SD, at the time of that hearing. If you don't have a copy of that report we will make a copy of the part of

that Report that includes Dr. Michael's testimony and enclose it with your order at no charge, **IF you request it** (online note it in your Order's Comment area).

If using Willard's Water ("WW") in the eyes, it is to be **DILUTED in water** as usual. The **Concentrate is NOT for use in one's eyes**. It is the "mixed-for-use" solution that has been used by people in their eyes. Tests have not found any harm even if the concentrate was to get into one's eyes -- it's suggested that the eye be **flushed with water** as a precaution if that occurred -- but still, we believe the Concentrate should not be used in one's eyes, and we aren't aware of anyone ever having done so.

The amount of Willard's Water Concentrate you add to water depends on the amount of water you're adding it to. It is mixed in the following ratios for drinking, if used as an eye spray, and for nearly all other human uses:

**1-oz** (that's **2 TABLESPOONS**) of **Concentrate** to **1 Gallon** of water  
**1/2 TEASPOON** to **8-oz** of water  
**1/4 TEASPOON** to **4-oz** of water  
**1/8 TEASPOON** to **2-oz** of water

As we said, many people say problems with dry, or tearing, or itchy, or tired eyes, and cataracts, have been significantly reduced when the diluted-for-use WW has been used in their eyes. ♦



## Trivia & Tidbits . . .

1. How fast do flying fish "fly"?
2. Who first suggested contact lenses to improve vision?
3. What planet has the greatest number of known satellites?
4. What planet weighs over twice as much as all other known planets combined?
5. How fast per second does the Earth travel in its orbit around the sun?
6. What animal has the largest eyes—each a foot or more in diameter?
7. What is a group of owls called?
8. What are baby beavers called?

*AND THE ANSWER IS...*

1. An average of 35 mph and have been known to go as fast as 45 mph.
2. Leonardo da Vinci, in 1508.
3. Saturn, with 20. After that: Jupiter with 16, and Uranus with 15.
4. Jupiter, the largest planet in our solar system.
5. 18.5 miles per second.
6. Giant squid, the largest creature with no backbone; weighs up to 2.5 tons & up to 55 ft long.
7. A parliament.
8. Kits or kittens.

## ON THE WEB!

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## PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

# 31 YEARS' WORTH OF HINDSIGHT...

By Charlie

When customers are talking to my wife on the phone and ask who they are speaking to, and she says 'Kolleen', they often respond with something like 'Oh, you're the one with the back!' Then they both laugh at how funny that sounds. They're referring to the story about her experiences with Willard's Water that resulted in us spending our lives (for the past 31 years, now) involved in the marketing of it.

We reprinted an earlier write-up detailing her initial WW experience as the "insert page" (page 5 and 6) of this issue. You can also find a slightly shorter version of her story on our web site WillardsWater.com — click on the Information Tab in the top margin, then on the Information tab in the drop down box, and then on "One Person's Story" in the column to the left that appears.

That article focuses on the main benefits she saw when she first started using "WW" back in 1982. Those details are in that insert page. Most interesting to many people is the fact that not only did some very significant and long-standing problems clear up (severe back and neck problems, and her 5+ bouts of bronchitis every year), but even more that those problems came back when she was given imitation WW without knowing it, and got better once more when she was given the real Willard's Water — once again without knowing the product was changed back to the real thing.

We also heard from numerous other people at that time who had the same experience: improvement with the real WW, problems returning with an imitation product they didn't know was an imitation, and then improvement again when back on the real thing — also without knowing they were switched back to the real thing. That sure convinced us it wasn't a placebo.

The muscle spasms that got better with WW resulted from a car accident Kolleen was in on April 13, 1973—**40 years ago** this past April 13, 2013. And her initial back problems began in the summer of 1961—so we're going on **52 years ago** that her problem originated. And **31 years of steady daily drinking** of Willard's Water since she first using it back in early 1982. Kolleen's story didn't end in 1982. We believe she experienced many other benefits over these years from WW. Especially interesting is that she didn't start any nutritional supplement use (other than WW in 1982

and Colostrum in 1983), until she "hit 40" in 1991, when she decided she should start taking supplements to prevent health problems in future years... based on our opinion that it made sense to do so.

So consider the changes she saw that we can't attribute to any change but WW:

◆ **ARTHRITIS** — Told by neurologists, orthopedists and chiropractors to expect to be bedridden with arthritis at a young age due to her injuries. Never developed.

◆ **HAIR** — her **overly color-treated hair** became and stayed much healthier;

◆ **BUNIONS & FLAT FEET** — Pain from two separate foot problems cleared up: **bunions** and **flat feet**.

In January of 1982, just before starting on WW, she had been scheduled for surgery in the spring of that year to remove her **bunions**, but they ceased hurting when she started drinking WW, so she postponed the surgery. Since they've never resumed hurting, she has never had surgery. They're serious bunions that cause her big toes to cover a fair amount of the toes next to them, but they don't hurt, so she's chosen to leave them alone rather than risk surgery that would be for cosmetic purposes only.

She also has incredibly **flat feet**. They're "pancake" flat. "Corrective shoes" and orthotics never did anything for her. Two foot doctors she saw when she was in high school (in the 1960's) told her they were about the flattest feet they'd ever seen, and that she also has bones in her feet that should go straight that angle instead, and bones that should angle that go straight. Put it all together, and foot pain was just something that was always there. But, coincident with her drinking WW, the pain from her flat feet, strange bone arrangement in her feet, and bunions, simply stopped.

A natural health doctor told us once that many foot problems will stop hurting if you get the right minerals since minerals help to support the muscles in your feet, and if the muscles in the feet are strong enough, the support they offer can eliminate a lot of foot pain. We asked him about it because a number of other people had told us by then that their feet quit hurting when they drank the **Ultimate Dark WW**—but not with the Clear. So we naturally wondered why. The doctor said that the additional minerals in the **Ultimate Dark** would seem to fit with his experience that proper mineral consumption and absorption was key to the relief.

◆ She's never had another bout of **BRONCHITIS** to date (mid-April 2013) since it cleared up when she got back on the real WW in 1982. She had typically battled it at least 5 times every year for many years before that. None since late in 1982.

◆ Her **PERIODS** became normal. They had always been excessively long (from 7 to 14 days each), with irregular timing and accompanied by severe cramps. After WW, they became extremely regular, shortening to an average of 4 to 5 days, and no more cramping.

◆ **Stopped BRUISING so easily**. She had been one of those people who could look like they'd been run over by a truck, but whatever had caused the bruising was so slight she wouldn't even remember anything happening! That all stopped after she used WW for a while. Perhaps she didn't get enough Vitamin C, and once on WW, it helped her to absorb it better?

◆ Lifelong **COLD HANDS & FEET** stopped being cold. Could that indicate her **circulation** improved? We don't know, but I do know it's a very common report from people who drink WW regularly.

◆ She never developed **DIABETES**, though she was told by numerous M.D.s to absolutely "plan on it" by the time she turned 40. She turned 62 on March 30, 2013, and has never developed diabetes. Not even close. She was told to expect it because of her family history (on both sides) and because of her blood sugar disturbances with all 3 of her pregnancies: low blood sugar with the first 2, and high blood sugar in the last one. During the last one, in which she drank WW throughout, her high blood sugar got down to normal by the end, instead of spiking in the last month as we'd been told it would. They planned to take the baby a month early due to the severe blood sugar problems they expected.

However, in that last month she switched from Clear to Dark WW, and her blood sugar kept going down instead of up—she went full-term and had a healthy baby boy named Ben...the Ben who writes many of our articles now. :) I suspect she's avoided other problems we don't even know of. What **toxins** may **WW** have eliminated and what problems it prevented for her? At least we know 31 years of use didn't hurt!

I can't begin to list the WW benefits others have told us about over these years. ♦

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

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

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

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

she was in the operating room with Lisa, there was a man standing there and observing. She didn't see a face, but described him as wearing a yellow short-sleeved shirt. Lisa had given Gerry a yellow polo for Father's Day!

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

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

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

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

*Editor: We invite you to send your own "unexplained help/inspirational" stories for sharing in this column, anonymously or not. Reprinted from 06/08.*



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



**Liver Detox** — "C.B." from Washington said after many years of trying to eliminate brownish-black lesions on her back, she finally learned from a natural doctor that they were caused by liver toxins, so she needed to detoxify her liver. She had even tried having them burned off, but they would come back, and covered too large an area to safely burn off all of them. She tried many Liver detox items. When we introduced our Liva-Vite (Item J-395) she got some and within just 2 weeks she called to say the lesions were still there but are smooth, not bumpy, and no longer scaly, so obviously seem to be getting better. She developed the condition (called Seborrhea Keratoses) over 30 years ago. Before the natural doctor told her to detoxify her liver, M.D.'s always told her it will not go away, is permanent, and there's nothing that can be for it.

Needless to say, she's happy!

### **Cholesterol, Blood Pressure, Nosebleeds** —

"M.G." called to tell us that she and her husband both started drinking Ultimate Dark WW recently, and drink it with their medications. She has been on a Cholesterol lowering med for 4 or 5 years...the only thing that changed was adding WW to their routine. Her recent lab results showed her "bad cholesterol" came down 27 points, and triglycerides dropped 44 points. She'd never before had changes like that. Her husband has been on medication for high blood pressure and his numbers were also better. What he was most excited about was his long-term problem with nosebleeds getting better... he started on WW and quit putting the "stuff" his doctor had him putting in his nose, and had no nosebleeds from January until a few days before she called, and that one was "trivial" compared to his usual that often required cauterization. They're happy too! ♣



## More Product Highlights & Updates from Charlie

# OUR STORY: What WW Did For Kolleen's Health That Made Us Such Believers And Got Us Committed To Its Proper Marketing

How in the world did you two end up involved in this anyway?" A lot of old friends and relatives have asked us that over the years...In the beginning, my wife, Kolleen, and I, were about as skeptical as anyone about this unusual product. Until we tried it and saw what it did for Kolleen. After using Willard's Water ("WW") her 21-year-back problem went away, and her chronic bouts of bronchitis ended. And then, without our knowing it, the company we were buying it from at that time switched to an imitation product — her back got bad again, and her bronchitis returned.

Kolleen didn't know it, but I still had a small bottle from an earlier batch—the real thing. I didn't tell Kolleen, but I mixed that up and put it in the refrigerator, in place of the imitation. Her back got better by the second day! Only after she told me she thought she owed the company selling the imitation an apology because some of their new stuff "must be okay, because my back's better again", did I tell her what I'd done.

And besides her experience, some of our friends and relatives who had been as pleased with "the water" as Kolleen, had also seen the benefits stop, when the company had switched

products. And these folks hadn't known about that product change, either. So after Kolleen got better on the real product (without knowing she had the real product again), we got some more of the real thing and sent it to those friends. They all called us to say it was working again—they figured they had mixed it wrong, or had a bad bottle or something. You bet they'd had a "bad bottle"!

Well, when that many people's own bodies were telling them this stuff worked, it convinced us this was far more than a placebo at work. And we certainly knew the "new product" was nowhere near as good as

the real Willard product.

After that, one thing led to another, and we ended up marketing Willard's Water, and have ever since.

But a lot of people wonder, when they hear this story, if Kolleen's back problem really was significant. Well, her back problems were bad enough by 1964, that the neurologist she'd been seeing, told her parents the only option remaining was to "sever the nerves running into her arms to stop the pain". He admitted, "she won't have any *feeling* in her arms, but she won't have any pain." Fortunately, Kolleen's parents took her to a chiropractor instead.

The chiropractor helped a great deal, but her back was very unstable due to an extra vertebrae at the base of her spine that isn't fused properly, and all the damage

done due to her back and neck having been so severely out of place for so long. So she always had some amount of pain, but she got along quite well.

Several years later, she was in a car accident that caused much more damage. Muscle spasms developed in her back and neck... one doctor described it as like "charley horses up and down your neck and back that just never go away".

The doctors ended up putting her in the hospital and giving her a "potent muscle relaxant" to try to break up those spasms. That muscle relaxant was so potent it "relaxed her heart and lungs" and she was declared dead. According to her chart, she didn't breathe for more than 10 minutes.

Her mother, after receiving the nurses' condolences "for the loss of her daughter", stepped to Kolleen's bedside and prayed. She simply asked that "Thy will be done". His will was obviously that she live, and not as a vegetable, as anyone would expect after her extended oxygen deprivation.. She "came back", lucid from the instant she opened her eyes, and started asking questions. But almost immediately she

*They changed the product, without telling us or anyone else... her back got bad again, and her bronchitis returned.*

*Then, without telling her, I gave her real Willard's Water again...and, once more, her back got better and her bronchitis cleared up.*

realized she didn't know who her mother was, and that she didn't even know who she was herself. It was, she said, like a complete, and terrifying, vacuum. But, within hours, her memory returned, and full mental function.

But those muscle spasms were still there. The drug that had been

potent enough to "relax her heart and lungs", as the doctors explained later, had done nothing for those spasms — they were as tight as ever. And they stayed that way, for years...until Willard's Water came along.

But, given her experience, she had promised herself she'd never try another "alleged back remedy" because they never worked, and she felt so thankful simply to be alive and functioning, that she didn't want to "get on a roller coaster of being all hyped up, thinking this time it's going to take care of it, and then come crashing down when it doesn't work".

So, when Kolleen first got her hands on "the water" and "the man at the store" told her it was great for bad backs, she lost all interest in using it herself. But she'd already bought two cases, so she brought it home and told me to use it—she was sure it was really good for everyone else, but she wouldn't use it...not after "that man" had told her it was good for bad backs. She knew it wouldn't work for hers, and she didn't want to be disappointed.

So, she said, "you use it". Well, there really wasn't anything wrong with me, so I sent some to friends and relatives and told them to let me know if they ever used it and found it to be good for anything... I was curious, and since she'd bought so much of it, I didn't want it to be wasted, if it was good for something.

Within a matter of days we started hearing from people I'd sent it to. One woman's arthritic hand could function again; another friend's long-running rash that had defied diagnosis and all treatments known to medical science, was *gone!* A friend of Kolleen's Dad's used it on a bad burn, with incredible results. I was really impressed, as was Kolleen, but she still wouldn't use it. (over)

*Was her back problem significant? Well, one doctor said the only option left was to "sever the nerves running into her arms to stop the pain"(!).*

*Another time she was given such a potent muscle relaxant it stopped her heart and lungs (which are muscles) and she was declared dead... by the grace of God she came back. But the muscle spasms were still there—that potent drug didn't even faze them! But those are the spasms later eliminated with Willard's Water use.*

But about 6 weeks after she'd bought it, she re-injured her neck. She had really severe pain in it, and was unable to turn her head in either direction. Our family doctor put her on pain medication with a muscle relaxant in it (not the one that had "killed her" before!).

She'd hurt her neck on Sunday, and the doctor had started her on that medication on Monday. By Friday she was absolutely no

better. After 5 days of that drug she still couldn't turn her head, and if anything the pain seemed to be getting worse. She couldn't even get out of bed. She was desperate. "Desperate enough to try anything", as they say.

She asked me to "put some of that crazy water on a washcloth and put it on my

neck". So I did. Within 15 or 20 minutes, she had complete neck movement in both directions, with no pain, and no swelling!

Which "got her attention" and she finally decided "maybe I should drink this stuff". So she did.. One day about two months later, she twisted her neck and it started to hurt; that's when she realized that up until then she'd actually been without pain. But the change had been so gradual, she hadn't realized it until it started to hurt again!

Knowing what we know now, she'd have been drinking more to begin with — she only drank one glass a day, and we're convinced if she'd been drinking more, she might well have seen relief even faster.

A couple other interesting points: when she first started drinking the water she developed a very bad sounding cough, but it didn't hurt. In fact, she said it felt good.

And she knew it wasn't bronchitis — she was very familiar with what bronchitis felt like, and how it acted, and this wasn't it. After several days of that, she coughed up a tremendous amount of phlegm, which she'd *never* done before, despite the fact that she'd had bronchitis several times every year, for years. But after she got rid of that phlegm, she felt better than she had in years. And when the seasons changed, she didn't get bronchitis. Normally, she *always* got it with every change of seasons—sometimes a couple of times per change. Not any more.

At least not until the "switch" to the phony product occurred. That's right, by the time we found out what was really going on, not only had her back gotten bad again, but she had bronchitis again. After she got back on the genuine Willard's Water, she developed a bad cough, got rid of some more phlegm, and has never had bronchitis since. And that was in December of 1982.

Another funny thing about all that, is that every doctor she ever saw who didn't know her very well, would always tell her to quit smoking after listening to her breathe. But she'd never smoked.

One doctor in Minneapolis actually got mad at her when she told him she didn't smoke, saying, "Lady, you can lie to your family if you want to, but I'm a doctor, I know what I hear; you do 3 packs a day."

She proceeded to tell him that not only did she not smoke 3 packs a day, but that she'd never even had a cigarette in her mouth. When he finally believed her, he suggested she come in for some tests because, he said, "if you don't already have emphysema, you're well on your way. Your lungs are some of the worst I've heard."

After she'd been back on "the real water" for several months, she had a physical — from a doctor she'd never seen before — and after listening to her lungs, he made no comment at all. Surprised that he wasn't telling her to quit smoking, she asked how her lungs sounded. His response of "Crystal clear! I can tell you've never smoked", is one she'll never forget.

Finally, another important piece of information that came to us several years after our introduction to Willard's Water. It came from Dr. Darrell Bragg, former chairman of the Department of Poultry Science at the University of British Columbia, in Canada. Dr. Bragg had tested the water on broiler chickens, basically, he told us, to "get those people off his back" : those people who kept asking him to test "the water", which was a product that "clearly made no sense" to Dr. Bragg. But his own tests proved to him that, contrary to his initial prediction, the product did have real merit. We met him when he presented his findings at a meeting of the International Association of Poultry Science held in Iowa.

When Kolleen told him of her experience with "the water", he said he'd bet she'd had a very serious calcium deficiency. He explained that if a person is deficient in calcium, their nerve center can't function properly to send out all the messages it should. Dr. Bragg theorized that when she was injured, the nerve center sent out an alarm to "the system", which resulted in her muscles contracting. After "the danger" was past, the nerve center should have sent the message to the muscles to relax, but without sufficient calcium, the nerve center was never able to "get that message out", so her muscles simply stayed contracted, in spasm. Then, after taking in the Willard's Water, her system began assimilating calcium, until it finally had enough to function as it should, and then her nerve center finally sent the

message to "relax". Not only did Dr. Bragg's theory make a lot of sense on the face of it, but it reminded Kolleen of an episode way back when she was being treated by her long-time

chiropractor, after the episode in the hospital when she'd been declared dead. Her chiropractor, Dr. Thomsen, and the neurologist she'd gone to at a different hospital, Dr. Sawyer, both had told her to take massive amounts of magnesium (to help heal the nerve damage), and calcium, since she shouldn't take magnesium without calcium. So she had been taking a good natural form recommended by her chiropractor. But, one day when Dr. Thomsen decided to do a full spinal X-ray to see what sort of progress was being made, he was astonished to see the magnesium and calcium pills Kolleen had been taking showing up clear as could be on the X-ray! And it wasn't a "G-I series where you drink stuff to make such things show up," it was just an X-ray of her spine, while she was standing up! Dr. Thomsen told her she might as well not take them because clearly "your body isn't absorbing them at all". So, though there's no way to know if she had a calcium deficiency as Dr. Bragg believed "before the water", it is clear her body didn't absorb calcium or magnesium well at all prior to that time. Which is one more reason that Dr. Bragg's theory has a real "ring of truth to it".

Between that theory, and the fact that the water is known to reduce swelling, and therefore might have helped reduce the inflammation in those muscles, which might then have helped eliminate the spasms, it seems there may be a logical explanation for the help it gave her.

The fact is, at the point "the water" came into our lives, she'd been told she was beginning a further deterioration—that she was beginning the process of becoming bedridden which was the ultimate outcome she'd been told for years to expect. Her chiropractor, orthopedists and neurologists had all agreed on that—that she was destined to wind up bedridden. We believe it was "WW" that changed all that.

If you "go way back with us", you're likely familiar with this story; we're telling it now for our newer friends who haven't heard it before, and for some who've asked for it in writing to share with others.

It was an amazing experience, and clarifies why we're dedicated to selling only the REAL thing, properly bottled, never risking it being too diluted by bottling it anywhere but the plant where it's made.

*She was told the process of becoming bedridden... which many doctors had told her to expect... had begun...*

*..her lungs sounded so bad... one doctor insisted he "knew" she smoked 3 packs a day, but she'd never smoked!*