

Possibilities

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Often Ignored, or Laughed At, But It Has Serious & Potentially Damaging Health Consequences

It's estimated that between 15% and 20% of the population has chronic constipation. Chronic constipation is characterized by having less than three bowel movements a week, and/or having hard, dry and difficult to pass stools.

Keep in mind, that temporary constipation that can result simply from poor or wrong eating choices for a day or two, is not what we're talking about in this article.

We are talking about Chronic Constipation as described in the first paragraph. [Chronic Constipation has been linked to serious health problems, including:](#)

- ♦ Diverticulitis
- ♦ Kidney Disease
- ♦ Colorectal and Gastric Cancer
- ♦ Ischemic colitis
- ♦ Parkinson's Disease
- ♦ And more

Besides actual illnesses as mentioned above, and the pain of being chronically constipated, [chronic constipation can also](#)

- ♦ predispose you to develop large hemorrhoids;
- ♦ and increased volume of stool in your colon can also stretch your colon and irritate its lining and produce toxins while waiting to be eliminated;
- ♦ result in the tearing of the anus, called an anal fissure, and to
- ♦ rectal prolapse (intestines protruding from the anus)

Instead of reaching for a laxative to relieve constipation, natural experts (and many mainstream experts as well), suggest changing what you eat instead. [Laxatives can cause dependency](#) and make matters worse. So try to resist the temptation or hope of a quick fix and try some foods instead.

That's right — there are [some foods that can help relieve constipation](#).

Here's a list of some of those foods that may help:

- ♦ Water and/or warm beverages like tea or warm water with lemon
- ♦ Leafy green vegetables such as spinach, Swiss chard, and kale
- ♦ Avocado
- ♦ Fermented vegetables
- ♦ Yogurt (preferably from organic grass-fed milk — but if that's not available use whatever yogurt is available to you)
- ♦ Prunes
- ♦ Radishes
- ♦ Flax seeds (freshly ground)
- ♦ Organic psyllium
- ♦ Beans
- ♦ Dark chocolate (cacao)
- ♦ Figs and fig paste
- ♦ Magnesium supplement

We would be remiss if we didn't point out that we long ago quit counting how many people have told us [Willard's Water helped their chronic constipation as nothing else ever did](#). In fact, ["becoming regular" is one of the most common reports](#) we get from users.

Oddly enough, [one of the other most common reports](#) we get from users is how it [helps their chronic diarrhea](#).

That's right. Willard's Water has been reported to help both chronic constipation and chronic diarrhea. And, to be totally candid, many such people say it not only helped to relieve those long-standing chronic problems, it ended the problems. And a good share of those reports came from people who had dealt with those chronic conditions for decades.

The only thing we can think of that might explain this reported benefit is that Willard's Water is known to greatly improve digestion... [resulting in foods being more fully and completely broken down and digested](#).

Whatever the reason, we've had so many reports on WW use being linked to a reduction or end of chronic constipation and

chronic diarrhea that we've often thought it could be a huge benefit to mankind if it did nothing more than those two things.

And though we do suggest trying diet changes &/or WW to help with such problems, we do offer [Vega-Lax](#) (Item J-34) which is a very gentle natural aid for constipation which people love and given its gentleness we've never heard of it causing dependency. So it's available if you want a laxative-type option.

[Back to some other help for chronic constipation.](#)

[Regular exercise](#) can help reduce it. The physical movement of exercising can stimulate the urge to have a bowel movement... and when you do feel the urge Do NOT Wait... the longer the stool stays in the colon, the more water is removed from it, and the harder it will be to pass it.

Another way to help with constipation is to use the squatting position when going to the bathroom. This position can significantly ease elimination.

Modern toilets are designed to have your knees at a 90-degree angle to your abdomen but the natural squat position places your knees much closer to your torso, and this position actually optimizes the forces involved in elimination.

In non-western societies where people typically squat while going to the bathroom the prevalence of bowel disease is far lower and in some places nearly non-existent.

There are special toilets and stools to get your body into a squat position, but if you don't have them, simply placing a stool near your toilet and moving it in place to put your feet on that stool will raise your knees enough to simulate a squat position.

We admit this is a strange topic for page 1 but the seriousness of the problem requires we bring as much focus as possible to it. It is a serious health issue. ♦

Free Help for Sedentary Lifestyle?

Do you spend eight to ten hours a day seated? If so, you're "normal" in that regard. Studies show most of us spend that much time every day, seated.

You've probably read or heard that such a "sedentary" lifestyle is most definitely not good for you. And that's true. It is bad for you.

But a recent studies have confirmed that there's an easy way to counter at least some of the negative effects of too much sitting.

Remember being told to "stop fidgeting" as a child? Remember being told it was disruptive by a teacher?

We're sure it's true that fidgeting can indeed be disruptive in some settings, so you may want to keep that in mind if you decide to implement the obvious behavior suggested by recent studies conducted by British researchers, and by researchers at the University of Missouri and at the Mayo Clinic.

British researchers found women who didn't fidget much and sat for seven hours a day or longer, had an increased risk of dying. However women who sat that long but fidgeted at a moderate to high level amount, had NO increased risk of dying from that much sitting.

University of Missouri researchers found that fidgeting helps to fight the reduced blood flow that's linked to lengthy time

spent sitting. Those Missouri ("show me" state) researchers had volunteers sit for three hours. The participants kept one of their legs perfectly still, but fidgeted with their other leg.

The result: there was less reduction in blood flow in the fidgeted legs.

And, get this — Mayo Clinic researchers found fidgeting can actually help you burn as much as 350 calories a day.

True, 350 calories doesn't sound like much of an impact, but they say that could add up to 10 to 30 pounds a year!

So it would seem it's time to give everyone permission to fidget! Go ahead and squirm, tap, and move while you sit!

Actually, earlier studies showed obese people fidget much less than lean people. To get the most out of fidgeting, experts say to move as many parts of your body as you can.

Twiddling your thumbs, tapping your toes, and squeezing your abdominal muscles while sitting still, are some of the ways to burn more calories.

And, if you read (or already read) the article on page 3 about drinking more water (especially Willard's Water) ... why not keep a glass of it handy while you sit and fidget.. Just don't fidget while drinking it, as you and everything on your desk may end up wet! ♦

"Old Sounding Voice" May Be Warning Sign, Not Aging

When reading a young child the tale of "Little Red Riding Hood" the reader often deliberately changes their voice when reading Grandmother's part to sound "old"... weak, shaky, etc.

But experts say aging does not necessarily cause one's voice to weaken or "sound old" if you are otherwise healthy.

In a study of 420 "seniors" (average age 72) who had been diagnosed with dysphonia (decreased ability to produce a normal voice) the South Korean researchers conducting the study found such people were —compared to statistical averages — 300% more likely to have another specific medical condition ... low thyroid function.

Low thyroid function (called hypothyroidism) is easy to overlook because many of its symptoms — such constipation, fatigue and sensitivity to cold — are also symptoms often suffered by elderly people.

This new study doesn't prove causation, but it certainly suggests that a weakening voice in an otherwise healthy 60-plus aged person could point to a possible underactive thyroid.

So if you, or someone you know, has a real "grandmotherly" or "grandfatherly" voice but seems pretty healthy otherwise, it might make sense to have their thyroid check function checked. After all, knowing about a problem is the first step toward solving it. ♦



Trivia & Tidbits . . .

1. Flying due east from Cape Horn what land do you fly over next?
2. How many trunks & suitcases did England's ex-king Edward XIII's wife take with them on their honeymoon?
3. What daily exercise routine did 17th century French statesman Cardinal Richelieu perform to stay in shape?
4. What was the first continental European city to build a subway?
5. When was coffee first sold in sealed tin cans in the United States?
6. What part of the poison hemlock plant is deadly?
7. By definition, what is the lifting capacity of one unit of horsepower?

AND THE ANSWER IS...

1. Cape Horn—there's no other land at the same latitude, 56°00'S.
2. 186 trunks and 83 suitcases.
3. He jumped over furniture.
4. Budapest, Hungary—in the 1890's.
5. In 1879—by Chase & Sanborn.
6. All parts—the flowers, seeds, leaves, stem and roots.
7. The ability to raise 33,000 pounds one foot high in one minute.

ON "THE WEB"!

www.willardswater.com

Or

www.nutritioncoalition.com

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PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

Hiding in Plain Sight... A Major Key to Weight Loss Help Usually Ignored by Most People

Have you noticed that nearly every “diet program” you check out tells you to be sure to drink “enough” water, or “more” water, or some variation of these instructions. The point is, nearly every diet expert recognizes that drinking water can (and does) help the body to lose weight. And it also helps the body to NOT gain weight — especially important to those fortunate people who don’t have to diet.

Maybe it’s just too simple... if we’re tackling what for most of us is real difficult problem... trying to lose weight... it doesn’t make sense to us that drinking water could be all that important. But a lot of studies say that’s simply wrong. We’ve gathered up some interesting study results and tips for incorporating more water more easily into your routine, so here we go.

◆ Burn more calories by drinking water cold — ice cold. It turns out when water is ice cold, your body has to warm it to get it to body temperature so it can be digested. Since water has 0 calories to begin with, and your body has to burn calories to warm it up, it winds up being a “negative calorie” beverage.

How many calories can that burn? Studies say enough to cause you to lose weight over time... specifically the experts say if you drink two liters of water every day you can increase your body’s daily calorie burning count by 400 calories. If 400 calories doesn’t sound like enough to bother with... even if you change nothing else, that 400 calorie increase means you could lose a pound in less than 2 weeks.

◆ Drinking water hot also has benefits! In a 2008 study conducted at Penn State, people who drank hot drinks before meals consumed 134 fewer calories than those who skipped the pre-meal hot drink. And it doesn’t have to be hot water alone ...decaf tea or coffee worked too.

◆ Drink water all day! You’ve probably heard being dehydrated hurts weight

loss. Believe it. Researchers at the University of Utah found that when your body is dehydrated it burns 2% fewer calories at rest.

On top of that, your mind often sends “hungry signals” when you’re actually just thirsty. So sipping water all day can hold those “I’m hungry—feed me” signals at bay. And all those little sips throughout the day can make a significant difference... German researchers found that drinking 6 cups of water throughout the day increased resting calorie burn by 50 calories a day.

◆ Drink water before your meals. You will eat less if you do, and scientists have proven it. A study at Virginia Tech found that study participants who drank two 8-oz glasses of water before meals lost more weight over a 12-week period. How much more? Thirty-six percent more... 36%.

If you’re someone who finds drinking that much water makes you uncomfortable or bloated, etc., consider this: “Roger” told us he had tried this water-before-meals idea to lose weight a few years before he discovered Willard’s Water and it didn’t work for him, because of how bloated all that water made him. After he discovered WW he decided to try the water-before-meals-diet-plan again, but this time with Willard’s Water instead of regular water. He had no problems with bloating etc, and he DID have very successful weight loss.

◆ If water by itself is too boring to you, add lemon, or cucumber, or berries. You can add any of those (and more) to your water and still get its benefits. Lemon and cucumber slices can be added to the water glass or pitcher, and berries can be added to ice cubes when you make them, to flavor your drink as the ice melts in it. And those berries will give you healthy antioxidants as well. And, if you’re a Willard’s Water drinker, you can make your coffee, tea, juices, whatever with your WW and not just drink it as water all the time.

I’m sure if you’ve read this far, you’re also thinking “if regular water helps that much, I bet Willard’s Water would help even more”... we agree. We don’t have any studies to prove that specific benefit of WW in these specific uses, but as you likely recall, we do have studies that prove Willard’s Water (or WW for short) does increase the absorption of nutrients into the cells, and reports of WW re-hydrated a dehydrated person or animal faster than the amount of the WW taken in would usually have that much impact if it was regular water.

And, WW has also been proven to increase digestion and the removal of toxins. Both those things are pretty important when trying to lose weight.

Another thing about Willard’s Water while dieting... a lot of people have told us that when they’re dieting, if they are using any weight loss supplement, drink, or whatever, they found that if they switched from Clear WW to Ultimate Dark WW, the Ultimate Dark WW boosted their results more than the Clear did.

We can’t tell you exactly why Ultimate Dark WW is better in such weight loss efforts, but we suspect it may have something to do with these other things people have noted about the Ultimate WW’s differences from Clear or Dark XXX Willard’s Water:

Ultimate WW gives them more energy... if they’re more energetic they are almost certainly burning more calories. And, people say they think of drinking Ultimate WW more often ... some even say they crave it, but they all say they drink it more often because they really LIKE the Ultimate and find themselves WANTING it... which certainly has to make it easier to add more water to your daily routine, like these researchers’ results discussed here indicate are helpful in the struggle to lose weight.

Cheers!

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CARRIED ABOVE THE RAIN-SOAKED HIGHWAY...

"My husband, of course, couldn't see why we should pull off to the shoulder and wait out the storm...even though that's what everyone else seemed to be doing.

"Compounding my fear of the slippery road, was the blackness of that night—it just seemed like we were enclosed in total darkness, and the rain just kept getting worse.

"I was anxious to get home. But I wanted to be sure we got there in one piece, too. But, it was obvious he just wasn't going to give up. No matter what.

"So I decided to pray. I asked God to see us safely home, and if He was too busy to personally handle it, maybe He could send some angels to watch over us?...

"It wasn't long after that, I thought I 'saw' something out of the corner of my eye...very large, gray, 'beings/forms'. It seemed to me they had their arms (wings?) outstretched, beneath our car, and they were sort of holding it above the rain-soaked highway, just carrying it along. It reminded me of how the "stork" carries

the baby in a bundle—it was like we were held in a bundle (made out of their 'arms'), safe above the road. I wondered if I was out of my mind, hallucinating, or what. I'd never seen such a thing before, and had never thought of angels as being large gray forms. So I asked for a 'sign' if there really was someone, or something, helping us along.

"Right after that, the radio that had been nothing but static came through loud and clear, with a beautiful gospel song. 'Angel Band'... the lyrics talking of a band of angels 'carrying me home'. I couldn't believe it! I'd never heard that song before, and was amazed when a friend later told me that it was an 'old gospel standard'...

"I can tell you this, it certainly wasn't a 'standard' at the radio station that 'happened' to play it at that moment...the station turned out to be a hard rock station, with a disc jockey who sounded sort of confused when he said he guessed he'd included some unusual variety that night. I wonder if he ever knew why he'd done that?" — *Originally Published in our April '99 Possibilities*

Editor: We invite you to send your own "unexplained help" stories for sharing in this column—anonously if you choose.



E-Mails, Mailbag & Phone Calls. . .



Teen and Adult Acne Reports —

D.R. told us his teen-age son's acne cleared up after made **Willard's Water** a routine part of his day. And "the stuff from the doctor" hadn't worked. Also, his son wouldn't drink water before, but liked the Willard Water. And for adult acne, A.H. told us hers cleared up with her use of our **Aqua Gel** (Item AG-4). She thinks her acne was caused from some medication she was on, but whatever the cause, Aqua Gel seemed to be the solution. We've had countless reports of both the Willard Water and the Aqua Gel reducing or eliminating acne over the years—teen-age or adult.

Can Opener Index. . . J.M.. tells us her arthritis is greatly improved since she's been using Willard Water. Before, she couldn't even use an electric can opener because of her arthritis and now she can use a manual one with no problem.

She also couldn't sleep before and now, after Willard Water, that's no problem, either... "Praise the Lord and Willard Water," she says.

The Cat's Meow — S.C.. says her cats never wanted to drink much water. She had to encourage them to get them to drink it.. Then she started drinking **Willard Water** and discovered the cats drinking out of her glass! So she started them on Willard Water and they now drink twice as much as before. Maybe those cats know something!?

Dry Eye Syndrome Relief — that's what J.P. says she gets from taking **Fish Oil capsules**. Her eye doctor suggested them saying eye strain creates heat inside the eye and dries them out, but fish oil would help. **Fish Oil** is available in 2 sizes... Item J-391 & J-392



MORE PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

Down the Allergy Road... More & More People Seem to be Developing Allergies — Any Help?

By Ben

Okay, a word of warning: this is going to be a very long article. I haven't popped up in this newsletter in some time, but I think all of you will agree it's been worth the wait. Where have I been? The short answer is "solving allergies."

It seems more and more people are developing allergies...me included. I'll explain. Sometime in the middle of January, I was eating a big bowl of Frosted Mini-Wheats (one of my favorite cereals), when I suddenly started coughing violently. Like I was gagging on it. Then I realized this had happened every time that I had eaten them recently.

I looked at the ingredients, which are rather simple for a cereal, mostly sugar and wheat. So I got to thinking: had I developed a wheat allergy? The airway closing is a common sign of allergy. I got to thinking, and remembered something peculiar from a decade back: when I worked at a pizza parlor, my arms would be covered in hives whenever I was near the flour used in the bread dough. Then the hives would go away. I never thought much about it, nor did it occur to me that if it did that to my skin, I may not want to eat it. So I decided to try cutting out wheat, and schedule some allergy testing.

By the way, have you ever tried cutting out wheat? I HADN'T! I had no idea whatsoever how many things wheat was in: bread, obviously, but every baked good. Everything breaded and fried. And then the really surprising things: Soy sauce! Licorice! Cornbread! "Corn" dogs!

My point is this: if, like me, you've always made fun of people for trying to avoid gluten when they didn't need to and considered them hypochondriacs, you're really mocking somebody for having an incredible level of dedication to avoiding something that may or may not be bad for them. The fact that I

found myself avoiding it is called "irony." Also, a "lesson in humility." We all need those.

Back to the story. I [started avoiding anything with wheat \(or gluten, which is also found in rye and barley, just to be safe\)](#). And I noticed something weird: [I wasn't getting heartburn anymore](#). Which was odd, because I was continuing to eat plenty of fatty and fried things, and eating really large meals, all of which are associated with heartburn. Then I realized: my heartburn medication (ranitidine, also known as "Zantac") is an H2 blocker. The "H" is "histamine." It's an anti-histamine, though a different type than the kind generally associated with combatting allergies (triggered by histamines), but my doctor confirmed to me that H2 blockers can also help with allergic reactions. What I had always thought of as heartburn may in fact have been cramping and bloating from food allergies!

Another odd thing happened: [I was no longer getting into depressive moods](#), which for me have always been around, but usually for a few hours a day, then gone (hence, I've always resisted being labeled "depressed," which implies a much more constant state of depression). In fact, after cutting wheat etc. from my diet, I felt great most of the time, despite having to go without so many foods I've always loved. It really didn't bother me.

Then I got my blood tested to confirm what foods I'm allergic to. And I got my results, which indicated that I was possibly allergic to like 32 of 49 common allergens tested. Including wheat, but here was the weird thing: I only showed a "2" out of possible "10" on the level of antibodies to wheat. It was one of my lower scores! (However since I hadn't been eating wheat for some time before the allergy tests were done, that may have also lowered my "score" on wheat, but no way to know that for sure.)

Now, the presence of antibodies does not itself guarantee a reaction. It turns out

that allergy testing is a very complex and imperfect science. For instance, it indicated I have a "6" out of 10 score on milk, but I take in a LOT of dairy with (seemingly) no problem. The only way to know is to eat, then pay very close attention to reactions. In other words, the blood test raised far more questions than it answered, as I've realized often happens with medical science: when it comes to the body, there's much theory, and very few ways anything ever goes according to theory.

To be on the safe side, I eliminated all nuts and legumes from my diet, since they all showed high antibody counts, and they're particularly notorious allergies in terms of being potent and unpredictable in responsiveness. Going without peanut butter has been terrible, but avoiding soybeans is almost as hard as avoiding wheat. Soy is in everything, including quite a few gluten-free products.

But there remained the question about my seeming wheat allergy: my response to it shouldn't be that strong, based on the blood test results (unless as I said my having been "off wheat" for some time before the blood test could explain it). I asked my doctor if the fact actually is that I'm not all that allergic to wheat, but avoiding wheat has made such an impact on a number of symptoms I didn't know I had, [might that point instead to Celiac disease?](#)

His reply? Basically that it was impossible to know. To diagnose Celiac (which is NOT an allergy to gluten, involving a different class of immune cells than allergies do), you first need to go back to eating gluten for weeks, then be subjected to expensive (and painful) tests that may still prove inconclusive.

I don't like expense, and I don't like cameras being shoved down my throat, and I definitely don't like when those two things are inconclusive. So I passed, and decided to just remain wheat-free. So
(Continued on other side)

Allergies; Continued —

where am I going with all of this rambling? I know none of you are that fascinated by my diet.

The point is this: allergies are a very complicated (and inconclusive) subject, and they're a lot more common than you might think. Chances are, you have a couple. Now, what can you do about them?

From what I've read, [allergies can in fact be caused by incomplete digestion](#). If the proteins in food aren't broken down fully, and they get out of the intestine partially (or wholly) intact, those same proteins can be recognized as foreign bodies, resulting in your immune system developing antibodies to combat them.

The antacid I mentioned earlier as helping my "heartburn" that was likely allergies? Yeah, that's been shown to [increase the development of allergies](#) if used long-term (like me!), because it reduces stomach acid production. Which can lead to food not being broken down properly, which, as stated above, can lead to the development of allergies.

So what I thought was heartburn, that was probably allergies, was being assisted by something that may well have caused additional allergies. Again, they call that "irony." It abounds in this story.

Thankfully, we have a number of products that help with digestion. Like our favorite, [Willard's Water](#), which has been demonstrated repeatedly to increase absorption of nutrients, likely by better breaking them down more fully during digestion in the first place.

Even the FDA has acknowledged there is enough evidence to conclude that WW does indeed improve digestion. (That does NOT mean it is "FDA approved" as a digestive aid — and there is a big difference — WW has not been tested as a treatment for digestion nor should be it be considered one, but it is true that it does help improve digestion. I know — that could seem like splitting hairs but per the letter of the law and regulations, there IS a big difference. Just know WW is not FDA approved for any particular treatment, nor is it approved as any kind of drug — it's not a drug...it's a "more reactive form of wa-

ter" as Dr. Willard put it, and within FDA regulations it is regulated as a beverage. But the FDA has tested it many times to see whether or not it is safe to drink and it has never found any way that WW could hurt anyone.

But I digress. Back to the subject at hand... Many people have found that their allergies, and the inflammation associated with them, have been reduced (in some cases have disappeared entirely), coincident with their drinking WW daily.

But what about **digestive enzymes**? These are a class of supplements used to guarantee that your food is digested.

Oftentimes, people lack sufficient quantities of digestive enzymes for their body to properly and fully digest their food... that's when Digestive Enzyme supplements may help.

We offer two Digestive Enzyme supplements...

- ♦ **Digestine** (Item J-33), preferred by most of our customers, and
- ♦ **VegeZyme** (Item J-29) which helps with the same thing, but is suitable for vegetarians, containing no animal derivatives.
- ♦ Another product of note is **GlutenAce**, (Item J-63), which is another enzymatic product meant to help those with gluten sensitivities to break down **SMALL** amounts of gluten. Translation: If you have Celiac disease, you can't eat a pizza without "paying the price" because you have Gluten Ace to take — it's not going to let you ignore your Celiac disease..

But here's the thing: when I'm in a restaurant, I have no faith in the ability of the staff to ever be able to avoid any and all cross-contamination in the food I order. They do try, but kitchens are very busy, and they're cooking for many people at once. Therefore, it's virtually inevitable that some cross-contamination may (will?) occur, no matter how diligent the staff is...

And that's why I take **GlutenAce before a restaurant meal: it's an insurance policy**. For that matter, I believe it's worth taking GlutenAce before eating any **packaged food that advises you it's made in a facility that handles**

wheat, or "may contain" wheat.

None of these products can reverse an allergy, but, logically, they should help prevent more from developing, and can reduce the likelihood of a reaction to accidental exposures.

Given the large number of people who have told us how much their allergies were reduced or eliminated after they became regular users of WW, it made me wonder why I'd have any allergies at all.. I've been drinking WW all my life... a couple "answers" come to mind.

First... there's no way to know how severe my allergy problems might have been if I hadn't been drinking WW all my life.. Perhaps they would have been far worse, or ,maybe in my case they're the same...impossible to know for sure either way.. It seems logical, given the anecdotal evidence from large numbers of people over many years, that the WW likely did prevent my allergies from getting worse, but there can be no proof of that, because there's only one of me and I can't go back and "do it over without WW"!

Second... given the fact that the heartburn medication I started taking (when I misread one of my allergy symptoms as heartburn instead of as an allergic reaction), may have caused me to develop more allergies than I had to begin with, as I explained earlier, so perhaps the WW was indeed keeping my allergic responses to a minimum.. until I misread that allergic reaction as heartburn and ended up giving up and taking heartburn medication for it and that medication then did indeed increase my number of allergies... Again there's no way to know, but there is certainly a logical case to be made for that scenario.

As I warned you at the beginning, this turned into a long article about my own allergy adventures and I don't expect that my personal health challenges are all that interesting to any of you, but I do hope at least some of you have gained some benefit from whatever my frustrations and experiences of the past few months have to offer in terms of usable information for others.

Yours in health,

- Ben