

# Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ WillardsWater.com ♦ MAY, 2018

## Go NUTS—Help Memory, Healing, Weight Control, More



It's pretty common to see nuts listed as healthy additions to one's diet.

What's possibly a little different info to some people is that nuts can be especially good for your brain.

And the most “news-like” element of this article is that certain nuts have certain and distinct types of benefits for cognition, and weight control.

First, why are nuts generally considered healthy? Because they are a great high-fat snack to use as an alternative to carbohydrates which many (most?) people get too much of in their diet — too many carbohydrates, not nuts, that is.

Some people even say they can eat a couple ounces of nuts to keep them going when they don't have time for a sit-down meal.

Since extremes in any direction don't seem advisable to us, we wouldn't suggest a person make a habit of that, but if it's a choice between eating a lot of nuts, or not eating at all, the nuts would seem like a good decision on an occasional basis.

Studies have provided enough positive findings on nuts and their impact on one's brain to allow some experts to say they believe adding nuts to your everyday diet may lower your risk of Alzheimer's Disease and also improve your brain's ability to cope with the mental challenges we all deal with every day.

But experts also say you should add a variety of nuts to your every day diet. Because studies have found that *different types of nuts have different kinds of benefits for your brain.*

Research at Loma Linda University found that various types of brainwaves linked to a range of mental processes are influenced by eating nuts.

In that research, scientists found that **Pistachios** were most effective at stimulating Gamma waves. So what are gamma waves good at? Here's the list:

- ◆ Improve the brain's ability to process information,
- ◆ Maintain accessible memories,
- ◆ Perceive sensory inputs, and
- ◆ Enhance sleep.

The researchers in the study found that **Peanuts** most significantly increase Delta waves, which are linked to:

- ◆ Immune responses,
- ◆ Healing, and
- ◆ Like pistachios, Deep Sleep

Researchers at Tufts University found that **Walnuts** are especially good at reducing harmful inflammation in the brain. These researchers said that walnuts contain natural compounds that improve the “behavior” of the brain's microglia. Microglia are immune cells that are intended to protect the brain from infection while eliminating harmful debris from brain tissue. Some people describe the microglia's function as gathering and getting rid of the brain's trash.

But, when microglia don't function properly or malfunction, they can make inflammatory changes that cause immune cells to harm neurons, and that can result in brain function and memory suffering.

But... in lab tests conducted by the Tufts' researchers, found that nutrients in walnuts affect the movement of calcium along brain cells and that keeps the microglia functioning properly — under proper control, in other words.

Other tests have also found that walnuts are anti-amnesiac (meaning they prevent memory from disappearing) by keeping acetylcholine, an important neurotransmitter, from breaking down too fast.

And that's not all walnuts do. A study at Beth Israel Deaconess Medical Center in Boston found walnuts impact a part of the brain known as the right insula. Most people have probably never even

And then there's the nut that helps prevent overeating, as well as overdoing snacks....

heard of the right insula part of the brain, but most people would regard it as pretty important if they did know what it was and what it does... because it is especially important to people who want to keep their weight down.

That's because when the right insula is “more engaged” as the researchers say, it helps people to make healthier choices in what they eat, and they are also less likely to keep eating when they are already full.

The tests in Boston showed that people who consume a diet that “emphasizes” walnuts, have right insulas that help to prevent them from overeating or overdoing their snacking.

Interestingly, these studies actually confirm the merit of what traditional healers have done for thousands of years in the way they have used these nuts and the plants they grow on. For instance, Middle Eastern researchers say that pistachio nuts and the plants they grow on have been used for various brain problems for a very long time. Pistachios, of course, are the nuts found to benefit the brain's information processing and memory, etc.

We'd be remiss if we didn't remind you that if you are making dietary choices for particular health benefits, you will always get more “bang for your buck”, if you wash down those foods (or nuts) with Willard's Water.

As we've written about before, tests have confirmed that Willard's Water is one of the best ways to increase your body's actual absorption and assimilation of nutrients... assimilation right into the cells.

So if you're eating nuts, or carrots, or anything you really want your body to get the “good out of it”, don't forget your Willard's Water! In other words, Willard's Water should be your “partner” with every good thing you eat or drink. ♦



# 6 Things Dogs Sense Before they Happen + 1 More

A lot of people have told us stories about their dogs seeming to know things were going to happen before they did. We've probably all heard or read reports of dogs that can sense certain health issues of their owners... but there's more they sense.

**1. Natural Disasters.** There are stories of dogs running away from areas just before earthquakes, tornadoes, and tsunamis have hit. In fact some of those reports date back centuries ago... like the earthquake that hit the Greek city of Helice in 373 BC. And dogs also seemed to know before it hit that the tsunami that hit and devastated Sri Lanka and India in 2004, was coming.

It's hard for science to back up the "fact" that dogs know when to head to higher ground (literally)... since how do you duplicate it in a controlled setting.

It's believed that dogs' fine-tuned senses can detect atmospheric changes long before people can. It's possible they feel subtle vibrations, or smell changes in the air, or hear rumblings of distant thunder or possibly even movement below ground, before the storm's close enough for people to detect.

**2. Storms.** We doubt this one surprises any dog lover. Dogs do seem to know when there's a storm coming... dogs that are afraid of such events may even go to their favorite hiding place or "shelter" before the storm starts... be it under a bed or in a particular corner... they know when to prepare. They may sense changes in barometric pressure and shifts in the electric field that tips them off. Whatever it is, they often seem more reliable storm predictors than local weather forecasters to those who love them.

**3. When There's a Baby Coming!** Dogs can usually tell when their human mom is pregnant. Even if they don't understand it's a baby human on the way, they do

seem to know something's up. Besides physical changes like the increasing size of "mom's belly", and differences in her walk and movements, dogs can also smell changes in her hormones, and have even been known to get very anxious right before she goes into labor. Some people even say their dog knew they were pregnant before they did!

**4. When You've Been Gone but You're Almost Home.** Is your dog always waiting for you as soon as you come through the door? According to North Carolina State University your dog picks up on cues... they've learned the sound of a car pulling into the driveway, perhaps followed by the shutting of a door, and that it means you're about to walk in and greet them. And though they likely can't tell time by checking the clock on the wall, they are creatures of habit and may be used to the time we come home every day.

However, how does our dog know when we're coming home when it's a different time every day? How does he know it's our car and not the neighbor's in the driveways that are so close together? Why does he get excited 5 to 10 minutes BEFORE we get in the driveway when we're coming home at a totally different time than usual? We've had dogs do all these things, so we think there's something more to the bond than just a daily routine... but that's just us.

**5. Medical Conditions.** You've probably heard of dogs who can sense medical conditions. Dogs have sensed diabetes, seizures, and even sniffed out cancer. But how? Often, it's all in their incredible noses.

Former vet tech and writer Dina Fantegrossi explains how dogs can sense blood sugar changes in their humans: "Scientists have discovered that what (dogs) are detecting in a hypoglycemic episode is isoprene, a common natural chemical found in human breath

that rises significantly as blood sugar plummets." Additionally, their noses can also sniff out cancer cells which give off a different scent than healthy cells. Scientists aren't quite sure how dogs detect seizures, but they think it might be some change in scents or behavior just before a seizure, or just after the episodes are in progress.



**6. An altercation with an ill-intentioned person.** Many dog owners have said their dog has alerted them to a "bad" person and saved them from trouble. Former groomer and writer Jennifer Nelson says "The leading theory is that dogs can sniff out changes in pheromones that people emit that would indicate bad intentions... a person acting aggressively has brain chemistry changes that a dog can smell, and causing them to react before their human has perceived the threat."

We (Charlie & Kolleen) recall an incident over 30 years ago when our dog let us know he no longer liked the babysitter we'd had for some time and who he'd always liked. He growled at her and wouldn't go to her when we got home one night after she'd been with the kids. We asked the kids about her and they said all was well... but "Rufus" convinced us something was very wrong, so we quit having her "sit" for us. About 20 years later did we find out from our "kids" that she'd left the baby unattended and he fell down a flight of stairs, fortunately he wasn't injured, but she scared the kids out of telling us. She silenced them, but not Rufus. God bless Rufus.

**7. Dogs often refuse other water** after having Willard's Water. They know what's best!



## Trivia & Tidbits . . .

1. Gulliver's 1st name in Jonathan Swift's Gulliver's Travels was \_\_\_?
2. What 2 great writers both died on April 23, 1616?
3. What teams were in the first football Super Bowl in 1967? Who won?
4. The only words Clarabell the Clown ever spoke on the Howdy Doody Show: \_\_\_
5. What planet has the largest known mountain in the solar system?
6. How many bee trips from flower to hive are needed to make a pound of honey?
7. If you traveled at a snail's pace how far would you go in an hour?
8. The Nobel Prize in Medicine in 1949 went to Antonio de Egas Moniz of Portugal for \_\_\_?

**AND THE ANSWER IS...**

1. Lemuel.
2. Shakespeare and Cervantes.
3. Green Bay Packers & Kansas City Chiefs. Green Bay won 35 - 10.
4. "Good bye kids" on the 2,343rd, and final, episode of the show.
5. Mars' Olympus Mons is a volcano more than 3 times the height of Mt. Everest.
6. Forty thousand(!).
7. Twenty-five feet, for a great many species.
8. The now discredited prefrontal lobotomy surgical procedure.

ON "THE WEB"!

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# PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

## 36 Years 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 36 years) involved in the marketing of it.

We reprinted an updated version of an earlier article detailing her initial WW experience as the "insert page" (page 5 and 6) of this issue. There's a shorter version of her story on our site [www.WillardWater.com](http://www.WillardWater.com) — here's the direct link to the story on our site: <https://www.willardswater.com/content/12-one-person-s-story>.

That article on the insert page in this issue and on our site, focuses on the main benefits she saw when she first started using "WW" back in 1982 and the fact that not only did she have some amazing benefits in our opinions, but 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. And she wasn't alone — numerous other people also saw benefits from it which stopped when they had an imitation product they didn't know was an imitation, and then returned when they were 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—**45 years ago** this past April 13, 2018. And her initial back problems began even earlier — in the summer of 1961— so we're going on **57 years ago** that her problems began (she's 67 now). And **36 years of her daily drinking** of Willard's Water since starting on back in early 1982. Her story didn't end in 1982.

We believe she experienced many other benefits over these years from WW... consider the changes she saw that we can't attribute to any change but WW:

◆ **ARTHRITIS** — Neurologists, orthopedists and chiropractors all told her to expect to be bedridden with arthritis at a young age from her injuries. X-rays taken before she started on WW showed arthritis had begun in her spine. A few years after WW, X-rays showed no arthritis, and haven't to this day.

◆ **HAIR** — her **overly color-treated hair** became and stayed much healthier — no

longer "mushy" and hairdressers have always been amazed at the health of her hair given "all that's been done to it".

◆ **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** — "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 arrangements 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 2018) 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 cramping.

◆ Her journey through **MENOPAUSE** was

much easier for her than for her mother, sisters and aunts, and she believes it's because of the WW and our Progesterone Cream that she used. When she switched to a different brand of Progesterone cream her "family history" type menopause problems (heavy bleeding) did begin and stopped when she went back on our Progesterone. And, the other typical symptoms of menopause were never an issue for her simply with WW use.

◆ **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 67 on March 30, 2018, and has never developed diabetes. She was told to expect it because of her family history (on both sides) and because of her blood sugar issues 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. However, in that last month she switched from Clear to Dark WW, and her blood sugar went down instead of up— instead of needing to take the baby a month early by C-section, she went full-term and had a healthy baby boy named Ben...the Ben who writes many of our articles now. :)

And, yes, I've seen **benefits myself...** from **sleeping better**, to **no more cold hands and feet (better circulation?)**, to **dealing with stress better**, to **not having any ongoing health problems**. And there are no obvious cognitive problems in me...our son Ben mentioned above (who is highly intelligent himself), commented to Kolleen recently, "Dad is still smarter than about anyone I've known and is still the best conversationalist on complex topics or any topic — sorry Mom!"

Back to Kolleen... I suspect she's avoided other problems we don't know of. What **toxins** may **WW** have eliminated and what problems it prevented for her? No way to know, but 36 years of use sure didn't hurt! ♦

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in the printed version.



### **“NURSES JUST DIDN’T DO SUCH THINGS BACK THEN” ...**

“I was thinking the other day about your writing in this column that sometimes decisions we make when we come to ‘forks in the road’ are seen by some people as angelic or divine intervention—helping us to decide the right choice to make.

“It reminded me of the action a nurse took while attending my mother through labor when I was born in 1951. Mom had been in labor for 72 hours when the nurse by her bed suddenly left her and ran out the door of her room.

“The next thing my mom heard was a loud banging on the wall—turned out it was my father beating his fist into the wall because that nurse had just told him something he couldn’t believe. She told him his wife had a very fine doctor, one of the best, but that the doctor’s belief was to save the baby, not the mother’s, if a choice had to be made.

“The nurse told my father she believed the doctor had

made that choice for my dad, and she thought it should be made by my father, not by the doctor. With not only himself, but two other daughters awaiting my mom’s return home, it was an easy decision. The nurse told him he’d need a different doctor.

“A second doctor agreed to take over. He gave my mother a shot and I was born a short time later.

“My Dad had signed a release stating he knew I would likely not survive, or survive with very severe problems. I believe, however, that it was Divine Intervention that got that nurse to take action, and the Divine plan had a different ending in mind... my mom and I went home together, both in perfect health.

“In 1951, I just think it must have been ‘an act of God’ that made it all happen... nurses really did not take such actions like that back then.”

*Editor: Reprinted from March/April 08 Editor's Note: You are invited to send your own “unexplained help/ fork-in-the-road/inspirational stories” for sharing in this column, anonymously, if you choose.*



## **Emails, Mailbag & Phone Calls. . .**



### **Ultimate Dark WW Better for Her Knees? —**

“C.G.” called to find out if there’s any problem in drinking the Ultimate Dark if some “settling “ occurs and some of its nutrients come out of solution and settle on the bottom. No problem, we explained. It can happen and if it does, just shake it and it should go back into solution.

She was VERY happy to hear that, as she had switched to the Clear WW due to her uncertainty about the settling of the Ultimate Dark WW, but she noticed after being on the Clear for awhile that her **knees** seemed to be **more swollen and giving her more problems** than they did when she was routinely drinking the **Ultimate Dark WW**.

So, back to the Ultimate, she decided. We should note that Ultimate Dark has always been found to work better for people with **Gout**, which is a type of arthritis, and other **arthritis sufferers** have also seemed to usually prefer the **Ultimate Dark**. It seems to work very well bringing down swelling. So

some feel it would also be better where any **inflammation** is the problem... from **asthma, to sinus problems, to gout, etc.** They may be on to something. The Ultimate has been reported to work better on blood sugar issues (high OR low), energy, gout (and other inflammatory problems as mentioned) and to be easier to get into one’s daily routine as many people find themselves “wanting it” more than the Clear — almost like a craving. Some say this may be due to the additional minerals in the Ultimate since cravings for anything often result when mineral deficiencies exist.

**Burn on His Chest** — “L.J.” told us he had spilled a cup of hot coffee on his chest while sitting on his couch. He said he expected it to be real bad based on how much it hurt and how hot the coffee was... but he put **Willard’s Water** on it and no more pain, “no nothing” as he said. And to his surprise by the next day it was healed up. He said it was really impressive to him.



# MORE PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

## An Event 45 Years Ago May Have Impacted Your Life in a Positive Way, Whether You Know It or Not...

“Who’d a thought” a car accident

in Fargo, ND, back on April 13, 1973 (yes a Friday-the-13th, 45 years ago), could possibly have any impact on your life? Well it has had an impact on thousands of people... whether as little impact as simply getting health info from us, or as great an impact as changing your life as you experienced changes in your health, or your pet’s health, or your plants and other animals’ benefits.

You see it was the injuries from that car accident that my wife, Kolleen, was in back on that fateful day, that ultimately led her and me to get involved in marketing the product that finally helped her — after all else had failed and some of those attempts had “left her for dead”, literally... but obviously she came back (details follow).

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’s long-standing back problems — one from 21 years “before WW” plus the problems from that car accident 9 years “before WW”.

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.

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 to say it was working again—they figured they had mixed it wrong, or had a bad bottle or something when it had quit working, since

*They changed the product, without telling us... her back got bad again & her bronchitis returned.*

*Then, without knowing it she got real WW again... her back got better & her*

it worked again now. Only then did we tell them of the switch and it did indeed seem “they’d had a bad bottle”!

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 pain, but got along okay.

Several years later, she was in the 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 a neurologist told her it had “relaxed her heart and lungs” and that’s what caused her to “die” the time she was declared dead. Per her chart, she didn’t breathe in excess of 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 the neurologist said would be expected after her extended oxygen deprivation.. She “came back”, lucid from the instant she opened her eyes, and started asking questions. But almost immediately she 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 total, and terrifying, vacuum. But miraculously, within hours, her memory returned, along with 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.

*Was her back problem sserious? Well, one doctor said the only option left was to “sever the nerves to stop the pain”(!).*

*And one time she was given such a potent muscle relaxant it stopped her heart and lungs 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 faze them! But those spasms later went away with Willard’s Water use.*

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.

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 WW 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 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 explained to him that not only did she not smoke 3 packs a day, but she'd never even had a cigarette in her mouth. When he finally believed her, he suggested she come in for some tests because "if you don't already have emphysema, you're well on your way. Your lungs are some of the worst I've ever 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: "Crystal Clear! I can tell you've never smoked", is one she'll never forget.

Here's another important bit 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, her 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

*X-rays showed arthritis in her spine ... after WW X-rays have no longer showed arthritis... to this day.*

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 told her to take massive amounts of magnesium (to help heal the nerve damage), and calcium, since they said not to 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 at 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, which may have helped reduce the inflammation in those muscles and thereby 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—X-rays showed she was developing arthritis in her spine which would ultimately result in her being bedridden. She'd been told for years to expect it. Chiropractors, orthopedists and neurologists had all agreed on it—that she was destined to wind up bedridden with her spine full of arthritis.

A few years after starting on WW she had X-rays again and there was **NO arthritis**. She's had more X-rays taken by a mainstream medical doctor in recent years which have all been arthritis-free. The doctor said there were a couple spots that might be signs of possible arthritis starting... but he added that even if they are arthritis she has far less than he sees in the average person her age who has never been injured! And there's certainly not enough to warrant any treatment or concern.

I think Kolleen's and my story clarifies why we are so sold on Willard's Water (maybe even that we'd be nuts not to be!) and why we're committed to bringing it to others. ♦