

Possibilities

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70% or More of Americans Are Deficient in Nutrient Essential for: **Steady Heart Rhythm, Blood Pressure, Muscle & Nerve Function, Blood Sugar, Immune System, Memory & More**

Ben mentioned in his article that starts on page 2 of this issue that this mineral is essential to every living cell, and he's not kidding. This nutrient is involved in over 300 known biochemical reactions in the human body. And, recent research from the human genome product found that 3,751 human proteins have binding sites for magnesium.

This nutrient supports "harmonious flow" with various body systems. In other words, without it, things get stuck. When things get stuck, problems like constipation and other digestive issues, irregularities in menstrual flow and other reproductive health issues, muscle spasms, night time leg cramps, migraine headaches are some of the known results.

What is the key nutrient we're talking about? Magnesium. And 70% or more of all Americans are deficient in it... only 20% are said to be getting their recommended daily intake of 420 mg for men, or 320 mg for women. Given the little we've said so far, it's still easy to see why it's been said that a magnesium deficiency can be debilitating.

And recent epidemiological studies have found that low magnesium levels may be associated with higher rates of colorectal cancer. A meta-analysis found

that higher magnesium intakes are linked to lower risk of colorectal cancer, especially colon cancer.

Researchers from Soochow University in China analyzed 8 prospective studies covering 838,979 participants. The results were published in the European Journal of Clinical Nutrition, and showed the highest intakes of magnesium were associated with an 11% lower risk of colorectal cancer compared to the lowest average intake.

In addition, the researchers found that for every 50 mg per day increase in magnesium, colon cancer was reduced by 7%. Those results were consistent with an earlier meta-analysis study by Imperial College London and Wageningen University which found a colorectal cancer decrease of 13% for every 100 mg per day increase in Magnesium.

As alluded to in the headline on this article, the known health benefits of Magnesium include:

- ♦ Keeping heart rhythm steady
- ♦ Promoting normal blood pressure
- ♦ Help maintaining normal muscle and nerve function
- ♦ Supporting a healthy immune system
- ♦ Regulating blood sugar, and
- ♦ Keeping your memory strong.

Magnesium can be found in a number of foods. One of the "foods" that's an outstanding source is Dark Chocolate which has 176 mg in a 3.5 oz bar. That's not a reason to gorge on all the chocolate you might want, or even all the Dark Chocolate you could want... remember the need for a healthy weight! But it is a pleasant source of Magnesium.

Other food sources include: dried seaweeds, dark leafy greens (especially spinach and Swiss chard); broccoli; beans; whole grains (especially brown rice and quinoa); almonds, cashews, and filberts; sesame seeds; lentils; avocados; spirulina and chlorella.

We also offer high quality **Magnesium Citrate** (about the easiest to absorb form of magnesium) in Item J-54. And, our "multiple" called **Multi-Vim** (Item J-56) also contains Magnesium along with the other minerals and vitamins in it — although as a combination product it contains much less of each ingredient than a single item supplement does.

Whether getting magnesium from food or supplements, Willard Water has been found to very significantly increase absorption of any food or supplement, so for best results, take them with Willard's Water routinely. ♦

Want to Prevent Possibility of Brain Damage from Fluoride?

Fluoride isn't just in drinking water, but also in antibiotics, non-stick pans, toothpaste, and nearly countless other items. In other words, fluoride is extremely difficult to avoid.

Controversy over its neurotoxicity or lack of such, has been swirling for decades. But recent studies have established the fact that fluoride does lower IQs, and also enhances the calcification of the pineal gland. And we can probably all recall many other suspected or established health risks of fluoride.

A very encouraging recent study found that an ingredient derived from a spice can actually protect the brain from at least some of the damage fluoride may cause it.

The ingredient found to offer such protection was Curcumin, derived from the spice turmeric. A recent study was conducted by researchers at the Department of Zoology, at M.L. Sukhadia Uni-

versity in India. They tested mice for 30 days in 4 groups: a control group which received no fluoride and no Curcumin; a 2nd group got fluoride in their drinking water; 3rd group got fluoride plus Curcumin; the last group got just Curcumin. Results showed The fluoride only group had significant elevated MDA brain levels, and the fluoride + Curcumin saw reduced MDA levels vs fluoride only group, demonstrating Curcumin's neuroprotective activity against fluoride neurotoxicity.

We offer a supplement containing only **Curcumin** in Item J-398, and a combination product providing **Curcumin** along with **Alpha-Lipoic Acid, L-Carnitine, and CoQ10**, in Item J-135. Turmeric and Curcumin are about the toughest of all nutrients to absorb but testing recently found **Willard's Water boosted absorption of them "better than any other known delivery system"**. ♦

Diet Tips... Continued from Page 3

This also presents you with a chance to reward yourself for your hard work on diet and exercise: after your workout, you can eat whatever sweet thing you've been holding back on (unless, of course, you're diabetic). Seriously. I am not the only one who has learned the best thing to do after a workout is to get protein and sugar.

The sugar will induce insulin release and get it transported preferentially to your muscle cells instead of your fat cells (because you need to make glycogen), and, even better, it takes protein along for the ride. After working out is the best possible time to absorb protein, especially paired with sugar. I usually have a protein shake and then reward myself with candy.

5) When you do eat carbs in a non-workout related situation, you can significantly **slow the digestion and spiking of blood sugar by pairing them with fat and protein.** There's a reason why spaghetti and meatballs is such a classic dish. **Ultra-cheesy pizza**, while being high in calories, **has less of an impact on blood sugar than bread by itself**, or a **mostly vegetable sandwich**.

For that matter, pairing bread with one of your day's doses of **Fish Oil** (Items J-391 is 60 ct bottle, J-392 is 120 ct bottle), and/or your **Flaxseed Oil** (Item J-77) can't hurt and might help.

6) Keep your metabolism guessing by switching your calorie intakes from day to day. You don't want your body getting used to starving, and also the surest way to make a diet impossible to maintain is to not treat yourself.

I, personally, tend to go in 3 day cycles of normal calories on workout days, then, since I take 2 days off after every workout, I eat slightly less the next day, then slightly less again the 3rd day. Then back to normal on gym day.

7) Keep exercise-induced inflammation under control with any of the following supplements: **Fish Oil, Ginger, Curcumin, L-Carnitine, Melatonin** and/or **Alpha Lipoic Acid** (as mentioned previously, **Curcumin, Alpha Lipoic and L-Carnitine** can all be found in our very popular **Ener-Cell**, Item J-135).

All these supplements offer a host of benefits, but all have some evidence indicating they do have a role to play in helping fight inflammation. Controlling inflammation will help you recover from exercise, and that recovery will be harder than normal on diets as you're reducing calories (hunger = harder recovery and often greater weakness). So, reduce inflammation and reduce the problem.

8) Get a good night's sleep. Sleep deprived people get hungrier, don't re-

cover from workouts as well, and lack of sleep wreaks havoc on the metabolism. **Melatonin** (Item N-102) mentioned above, is quite helpful for getting to sleep, but both **Valerian** (Item J-72) and **Melatonin** help many people to relax, in addition to **Magnesium** (Item J-54) which is known as a nutrient essential to every living cell, and also known to help people relax—some call Magnesium “nature’s tranquilizer”.

9) Drink lots of cold water. Not only will it help you feel full and keep your body working properly (keep in mind muscles, like most cells, are 70% water), but it helps burn calories, because your body has to work to keep itself at 98.6 degrees. Cold water makes it work more.

Since **Willard's Water** is known to boost absorption of nutrients and supplements, and also to help reduce inflammation (as discussed in point 7), it would seem a good idea to make your cold glass of water, Willard's Water.

Finally, **10) If something isn't working for you, change it.** I am not an authority or any sort of expert, and we're learning this together. But even most of experts on diet & exercise still learn new things each and every day, I'd bet/hope.

Happy losing! ♦



Trivia & Tidbits . . .

1. What do bacteria *Lactobacillus bulgaricus* and *Streptococcus thermophilus* have in common?
2. What is the rag in the world of fruit?
3. What are baby beavers called?
4. What is silviculture?
5. What unusual pet did actor John Barrymore have?
6. Who was Fred Astaire's first silver screen dancing partner?
7. What famous Englishman's experiments with freezing meat in 1626 caused his death from exposure?

AND THE ANSWER IS...

1. Both are required to be in a product for it to be called yogurt per U.S. FDA.
2. It's the white fibrous membrane under the skin and between sections of citrus fruits.
3. Kits or kittens.
4. Forestry—the planting of trees to preserve the forest. Silvi means forest in Latin.
5. A vulture named Maloney. It would sit on the actor's knee and hiss.
6. Joan Crawford in 1933's *Dancing Lady*. He teamed up with Ginger Rogers later that year.
7. Sir Francis Bacon, philosopher, courtier, statesman, essayist.

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Reach Us At: 1-800-447-4793 (218-236-9783)
NUTRITION COALITION, INC.
P.O. Box 3001 Fargo, ND 58108-3001
WillardsWater.com or NutritionCoalition.com



PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

Ideas for Anyone Trying to Lose Weight ... One Person's Discoveries May Benefit Others

By Ben

Once again, I'm on a diet and therefore researching the best ways to carve off fat. So I'm here to share my most recent findings of what I think is an ideal diet, one that will help you to lose fat but to preserve muscle.

Obviously, not many of you have the exact goals which I do (I'm effectively bodybuilding), but I believe these principles can easily apply to most people.

We all want to be a little less flabby and nobody wants to just gain weight back after they're done dieting. The most important thing to do, I think, to making sure your metabolism doesn't crash with your weight, is to preserve as much of your muscle as possible when dieting. So here's my current method of doing this:

1) Raise your protein intake. I always aim to get at least half a gram of protein per pound I weigh (I'm currently at 200 lbs, so I aim for a minimum of 100 grams per day). Muscles are made of protein, and without it, they can't maintain or rebuild themselves. Protein shakes are handy for this purpose, such as our own **Brown Rice Protein Powder**. (Item No. J-400).

2) Minimize carbohydrates most of the time, especially refined carbs.

Many will tell you to avoid processed grains and sugar, but they will seldom tell you why.

The answer is that processed grains (such as white bread) and simple starches and sugars (like potatoes and candy) are incredibly easy to break down (digest). It's not actually that they're hard on your stomach; on the contrary, they do damage to you by being too easy to digest.

Whole grains are much harder to

break down because they still contain outer parts of the grain. This means they digest slower, which not only prevents you from feeling hungry as soon as you might with simpler carbs, but it also helps to prevent a sudden spike in blood sugar (glucose).

When blood sugar spikes from fast-digesting foods, the pancreas releases insulin to try to reduce its presence. It does this by transporting glucose into storage, usually into the fat cells, but sometimes the muscle cells (if they're currently depleted of sugars). This itself is an inflammatory response, and, if you've read recent newsletters, you know that inflammation is a bad thing.

Beyond that, you don't want sugar being ADDED to your fat cells if your goal is to starve your fat cells. Hence, controlling blood sugar levels is very important for fat loss, and therefore minimizing carbohydrates (especially refined ones) is super important. In addition, the following items have all been found by different studies to help reduce fasting glucose levels:

- ◆ **Chromium** (Item J-5)
- ◆ **L-Carnitine** (Item J-74)
- ◆ **Magnesium** (Item J-54)
- ◆ **Cayenne Pepper** (Item J-6)
- ◆ **Colostrum** (Liquid Item H-3, Capsules Item J-H5), and
- ◆ **Alpha Lipoic Acid** (Item J-130).

And, the items listed below have all been found to increase insulin sensitivity (how much insulin is needed to successfully move glucose around; in most cases, being more insulin sensitive is better).

- ◆ **L-Carnitine** (Item J-74),
- ◆ **Vitamin D** (Items J-24 for 1,000 IU capsules, Item J-24A for 5,000 IU, and
- ◆ **Curcumin** (Item J-398 for **Curcumin** by itself, or Item J-135 which is a combination of **Alpha-Lipoic Acid**, **L-Carnitine**, **CoQ10**, and **Curcumin**).

3) Don't cut your calorie intake by too much at once. You want your weight loss to be gradual. The faster you lose, the more likely you are to be burning muscle at the same time as you're losing fat. **Lost muscle equals a lowered metabolism**, which means you'll have to stay calorie deprived after dieting. Ideally, you lose one or two pounds a week. Anything past that and you're risking a bit much.

Also, if you're cutting calories while increasing protein intake, you'll be reducing calories even more than you thought. That's because protein is the hardest nutrient to break down. Usually **20-35% of the calories you get from protein are used to digest it**, as compared to **only 5-15% of the calories from fat and carbs being used to digest those carbs**.

This means that doubling your protein intake while reducing your other nutrient consumption will have a disproportionately **positive** effect. Personally, I strive to keep my calorie deficit at about 10% of my maintenance and figure the increased protein likely makes the deficit really around 15% (there are calculators all over the web to calculate your maintenance calories).

4) If you exercise (and you really must*), I have found it wise to **keep carbs in my diet on workout days** and you may want to do that too. * **Note:** while exercise is paramount for healthy weight loss, not all exercise is good for all people. Consult your health professional for exercise appropriate for you.

The reason for this is that one of the primary fuels for muscles is glycogen, which is made from glucose. Glycogen gets depleted from working out, and without it, you won't be able to maintain the intensity of your workouts, which can lead to muscle loss. As stated previously, muscle loss will reduce your ability to maintain a loss of weight.

(Continued on Page 2, Diet Tips)

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It is used for address information in the printed/mailed version.



... In a Coma, She “Told Me” She Wanted a Doll to Take With...

“It was so very sad...watching her grow weaker and weaker...struggling to hide her pain ... seeing how confused she was from the ravages of her long struggle with this disease, combined with the impact of the numerous medications. Yet she was such a spirited person, this aunt of mine, it was nearly impossible to believe she could be nearing the end of her long journey.

“I was going back home again that day...wanting to spend as much time as possible with her, and to try to help her family deal with the sadness...and especially to help my mother, her identical twin sister, deal with yet one more loss in her own life.

“She had been so much a part of our lives...and she’d only become moreso in my adult years. We’d really gotten to know each other better than ever as we visited in the hospital. We talked of unexplained things...of miraculous healings she’d never discussed before, and of what we believed the hereafter was like.

“But on this day, as I was driving back to my office before going over there, I suddenly heard a voice coming from the empty front passenger seat, ‘You’ll be going right by Judy’s...we

could look at dolls one more time together. I don’t know if I’ll still be able to talk by the time you get here, but we can go now and look at dolls.’ I was stunned. I could never find “Judy’s Collectibles” when I was *trying* to, so to think I was now going to go right by it, was hard to believe...but, there it was—right there on the right. I pulled into the parking lot.

“Once inside I ‘heard’ that voice again—‘I want a doll to take with me’...and there in front of me was a tiny baby doll, in a blue satin sleeper and hat. I thought I was crazy but I bought it just in case I wasn’t.

“I learned when I got there that she’d slipped into a coma, but she’d told her son she wanted to talk to me once more, and that she’d like a doll to take with her, before her voice had fallen silent... I believe God let her and I have one last conversation, one last ‘shopping spree’ to make it clear to me that she had known I was coming, and one’s spirit is not bound by physical limitations.

“That experience made me believe more than ever that God’s love, and one’s family’s love, knows no bounds, and never dies.”

Reprinted from an earlier issue. 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.



E-Mails, Mailbag & Phone Calls. . .



Child’s Burn & Dog’s Turnaround

Made Him a Believer — “J.B.” sent us a copy of a review he wrote on our **Ultimate Dark Willard’s Water** and how he and his family became believers. He first got some in the mid-80’s but set it aside and forgot about it...until about 2 years later their **2-year-old** son grabbed his mother’s **hot curling iron** and burned his fingers — they were already blistering as he screamed. JB got directions and applied it to his son’s burns and in a few days, “all was healed, no scars, all gone”.

Fast forward to 2002... their 13-year-old Chocolate Lab “Taylor” was having **problems going up and down their 9-step kitchen stairs** to get to the door and go out “to do his biz”. He was getting so bad they were seriously thinking of putting him to sleep. That’s when JB searched for “real Willard Water” and found us... he called and talked to Charlie for directions for Taylor, and in **less than 7 days Taylor was up and down the steps with no pain and no hesitation**. “Since then, all the

water we and our animals drink has one ounce per gallon of Ultimate Willard’s Water” in it.

Reduced Problems from Gluten — “A.T.” told us her 13-year-old daughter has seen significant reduction in the problems Gluten usually creates for her, when she takes **GlutenAce** (Item J-63) whenever she has accidentally ingested gluten containing foods — or when those are the only foods available to her when not at home.

Before GlutenAce, if she had gluten to eat, she would experience **significant stomach problems** and also find it nearly impossible to get out of bed the next morning, due to **extreme fatigue**. Now, after GlutenAce came into their use, she has very little stomach issues following gluten when she takes the GlutenAce in such instances, and she also has greatly reduced fatigue the following morning, making it much easier for her to get up out of bed and get going.

Favorite Remedies Revisited

Updates on the use of and sources for some less-recognized but often effective alternative treatments or supplements.

by CJ Puotinen

Whole Dog Journal readers often try many of the techniques and products

described in its pages. But sometimes years go by before we need something we read about, or it disappears from the market, or we have trouble finding it, or we simply forget all about it. Here are some favorite go-to products featured in previous issues that might now be perfect for you and your dog.

Willard Water



In June 2006, we described Willard Water, a liquid concentrate that is added to water for drinking or topical application. Its manufacturer makes no medical claims beyond reporting that Willard Water may have anti-

inflammatory or analgesic properties and that free-radical scavenger tests show it to be a powerful antioxidant – but its enthusiastic users report much more.

In the 1960s, John Willard, PhD, a professor of chemistry at the South Dakota School of Mines, searched for a way to remove the sludge that plagued oil wells. He found it in a formula he had previously developed to remove soot from Pullman railcars, which he referred to as Catalyst Activated Water, or CAW.

Willard began experimenting with the concentrate after treating himself with a dilute solution for an accidental burn when it was the only water at hand. It immediately eliminated his pain and the burn healed quickly without scarring. Soon friends and relatives were using diluted Willard Water to treat burns,

scrapes, sprains, bruises, and other injuries. Farmers and gardeners discovered that plants treated with Willard Water needed less fertilizer and had better root structure, higher yields, and more foliage, even during drought conditions. Ranchers reported improvements in cattle within three weeks of switching to Willard Water, including improved digestion. Live-stock raised on Willard Water showed greater resistance to shipping fever, caused by the stress of crowded transportation, as well as reduced stress during weaning, branding, dehorning, and castration.

“Real” Willard Water

In 1980 Willard Water was examined by a Congressional subcommittee on health and long-term care, investigated by the “60 Minutes” TV program, and tested by the U.S. Food and Drug Administration; each group found it to be safe and non-toxic. The scrutiny brought attention to the product, but the publicity had a downside: it encouraged so many imitators that Willard spent the rest of his life defending his patents against infringers.

Charlie Sunde and his wife, Kolleen, own Nutrition Coalition in Fargo, North Dakota, a leading retail source for Willard Water. According to Charlie Sunde, Willard first developed what he called the “Clear Formula” of his catalyst-altered water. In an attempt to add nutrients extracted from lignite coal, which contains the fossilized

Possibilities Editor: Whole Dog Journal is an incredibly respected dog periodical. Accepting no advertising assures its readers that its opinions are not bought or influenced by advertising revenues. That’s what makes its decision to write about Willard’s Water — specifically the Ultimate Dark Willard’s Water — so meaningful.

This second article addressed more details on ways to use it, than did the first article back in 2006 which focused on various applications and benefits of the product for dogs. If you haven’t seen or would like to re-read the 2006 article you will find it in the Information area of our website which is WillardsWater.com, or you can ask us to put a copy in with your next order from us.

Both articles were written by the widely respected and acclaimed C.J. Puotinen, author of the book “*Encyclopedia of Natural Pet Care*”. Puotinen is also a well-known and respected speaker and health writer of articles for people’s health as well as pets’ health.

Reprinted here with permission is the Willard Water portion of the Whole Dog Journal article from September, 2013.

remains of prehistoric vegetation, he then developed a formula he called XXX (or Triple X), which he regarded as valuable due to those nutrients but weaker in effect than the original Clear formula. Still later, he developed a formula now known as Ultimate (previously known as Dark XLR-8 Plus), which he considered equal in strength to the Clear and containing the minerals and nutrients he thought to be present in the Triple X.

Recent studies published on the company’s website support Willard’s conclusions. In a test of nutrient absorption by plants, the Ultimate formula could be diluted four to eight times more than the Clear or XXX formulas and still perform as well as or better than either. Another study analyzed Willard Water’s ability to boost absorption of nutrients at the cellular level. “What’s especially interesting,” says Sunde, “is that it seemed most effective at increasing the most-difficult-to absorb nutrients, which is in keeping with what Doc Willard always told us.”

Another effect that sets Willard Water apart from other products, Sunde adds, is its ability to permanently improve the pH of water by making it more alkaline, which is said to have a beneficial effect on overall health.

“Most ‘alkaline waters’ remain alkaline for

only a matter of hours or days before they lose their increased alkalinity,” says Sunde. “A new study explains how water’s pH is permanently changed by Willard Water. I don’t think the study mentions this, but Doc actually tested some diluted Willard Water that was 15 years old and the pH was the same as when it was made.”

All three formulas are still being sold, but Nutrition Coalition is the only source of the Ultimate (or Dark XLR-8 Plus) formula. “Doc wanted it that way,” says Sunde, “to protect his favorite formula from the problems less-than-ethical marketers had created with the Clear and XXX versions, and his sons and now his grandchildren have continued that arrangement. We are the only source of the Ultimate for stores that wish to carry it and the only distributor for retail sales other than the manufacturer, CAW Industries. Dealers can sell the Ultimate, but any firm or store selling the Ultimate has to get it from us.”

For your dog

One fluid ounce (2 tablespoons) of the concentrate per gallon of water is the strength recommended for daily human consumption as well as for topical application on pets and people. This same strength is a good daily drinking water for animals with acute or chronic health problems or for any animals during hot weather or times of stress. (Note that these recommendations are for Ultimate Willard Water. The greatly diluted Dark XXX product requires 2¼ times the amounts listed here.)

Start with less than the recommended amount, and increase gradually. If your dog develops diarrhea or other symptoms of detoxification, reduce the amount until symptoms disappear and then resume as normal.

The recommended maintenance water for healthy dogs, cats, and other animals not under stress is far more dilute, such as 1/3 ounce (2 teaspoons) concentrate per gallon of water. Use this solution to fill your dog’s water bowl, which should be available at all times. Also add it to dry, canned, or raw food.

In her book *Holistic Guide for a Healthy Dog*, Wendy Volhard, another longtime user of Willard Water, recommends adding diluted Willard Water to your dog’s

drinking water when traveling to keep stress levels under control.

“Taking your own supply of drinking water is preferable,” she says, “but if that is not possible, use what is available on your trip and add 2 tablespoons of diluted Willard Water to each bowl, so that your dog is not affected by the change.”

For our 2006 article, we interviewed Roger DeHaan, DVM, a holistic veterinarian in Kings Mountain, North Carolina, who has recommended Willard Water for his canine patients since 1983. He mixes the liquid concentrate with drinking water for improved hydration and applies it to cuts, wounds, and other injuries. He even adds a small amount (10 cc) of full-strength concentrate to each liter of Lactated Ringers Solution before administering subcutaneous fluids.

To use Willard Water topically, dilute 2 teaspoons concentrate in 1 quart water or use 2 tablespoons per gallon. Use this solution as a wash or rinse to clean and treat cuts, burns, wounds, or abrasions. Pour it directly on the affected area or use a spray bottle. Repeat the application several times per day. Spray or apply it to sprains, bruises, trauma injuries, arthritic joints, and any area that is swollen or tender.

Volhard swears by Willard Water as a hot spot treatment. “It dries up the inflamed areas overnight,” she says. “I also spray it on cuts to stop the bleeding and on insect bites to reduce the swelling and irritation.”

To improve your dog’s coat, spray it with diluted Willard Water before brushing or grooming. Willard Water helps prevent dander, freshens the coat, and helps most dogs smell better. Increase the effectiveness of your dog’s shampoo by mixing 1/4 cup shampoo with 1 cup diluted Willard Water. According to users who reported their results to Dr. Willard, this actually helps calm excitable or nervous show animals. If you use a conditioner, which may no longer be necessary as Willard Water has a conditioning effect, mix it at the same proportions. Finish with a final rinse of dilute Willard Water solution or an herbal tea made with diluted Willard Water.

To treat any eye condition, spray diluted

Willard Water directly into the dog’s eye. Willard Water helps clear up conjunctivitis and other infections, and it’s an effective first-aid rinse for the removal of debris. Clear Willard Water concentrate is often recommended for use in the eyes, but many users report excellent results from rinsing or spraying eyes with dark Willard Water solutions. If desired, add a pinch of unrefined sea salt to make the solution slightly salty. Tears are saline, and adding a small amount of salt makes the solution more comfortable.

Whenever you brush your dog’s teeth or give her a tooth-cleaning rope toy to chew on, spray the toothbrush or toy with diluted Willard Water. Diluted Willard Water can be used as an ear cleaner, too, or you can add a few drops of full strength concentrate to any liquid ear cleaner. Willard Water helps the solution reach farther and loosen wax and debris.

Nutrition Coalition also sells Aqua Gel, a blend of Willard Water, aloe vera, and vitamin E for topical application on burns, insect bites or stings, bruises, sore muscles, skin conditions like eczema or psoriasis, and hot spots; Chinota Gel, a blend of Willard Water and Chinese herbs for muscle aches and arthritis pain; and Very Natural Willard Water Soap made with Willard Water, olive oil, coconut oil, and glycerin. This non-irritating bar soap is a favorite of most who try it.

For more about Willard Water’s many uses, see “Willard Water,” June 2006.

CJ Puotinen, author of The Encyclopedia of Natural Pet Care and other books, is a frequent contributor to WDJ. She and her husband live in Montana with Chloe (black Lab), Seamus (Cairn Terrier), and a red tabby cat.

Resources

Willard Water

Available from **Nutrition Coalition**, Fargo, ND. (800) 447-4793; WillardsWater.com (note the “s” in the url). Use discount code WDJ13 (if ordering online, type it in the comment box) to receive free shipping on any order over \$30. Purchase 1 quart Ultimate Willard Water concentrate and receive a free 8-ounce bottle; purchase 1 gallon and receive 2 free 8-ounce bottles.

Roger De Haan, DVM, Caring Holistic Services, Kings Mountain, NC
(704) 734-0061, aholisticvet.com

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