

Possibilities

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Insulin & Diabetes = Clue to Cure Cancer???

By Ben

Nearly 100 years ago, a doctor named Otto Warburg made a fascinating discovery about cancer cells: rather than gaining energy through oxygen, like normal cells do, they mostly create their energy from fermentation of glucose (blood sugar). This is odd, because anaerobic (without oxygen) respiration is markedly less efficient than how basically every other animal cell functions normally (we DO use fermentation when going for maximum effort in exercise, however, as a supplemental source of energy).

This finding, [called the Warburg Effect](#), became his life's work until his death about fifty years later, and has been found to be true of about 80% of all cancer cells. Based off of this, some alternative health proponents have advocated "starving cancer" by no-carb (hence, no glucose) diets, which have largely had disappointing results (though there are some that have benefited greatly). In recent decades, Warburg's findings have largely been brushed aside as mainstream doctors have focused instead on the genes of cancer, again with disappointing results.

However, according to a recent article in the New York Times, [new findings have brought Dr. Warburg's obsession back into the spotlight](#) as new researchers have been examining how cancers develop, which has lead them back to reappraising the emphasis on how cancers get nutrients. One of the leading culprits, it turns out, is insulin, the hormone released by the pancreas in response to rises in blood sugar, causing sugar to go from the blood into cells for storage.

You see, cancer cells grab up all the glucose they can to ferment and grow; this is a failure of the normal controls we have telling cells how much glucose to consume. Warburg focused on that fact, but he didn't (to my knowledge) go one step further and analyze the role insulin played in getting sugar to the cells in the first place. [It would appear that cancer develops in part because insulin signals the cell to go on a feeding \(and growing\) frenzy.](#)

Many cancers have been linked to insulin levels (and, by implication, high sugar diets), and to obesity...which is in turn

strongly associated with excessive insulin release, resulting in type II diabetes. Type II Diabetes is, basically, a physical addiction to insulin: constant release of insulin (to drive blood sugar down) causes the body to become tolerant to its effects, requiring greater and greater doses in a vicious cycle of metabolic dysfunction.

[So why doesn't going carb-free appear to work, then to rid the body of cancer per the studies that have investigated it?](#) I would posit that it's because insulin isn't only released in response to sugar: it's a very underappreciated fact that [protein causes insulin to release too](#), even though protein doesn't raise blood sugar. Insulin is, at its heart, a transport hormone, getting things from point A to point B. Your muscles and other tissues need protein, and it can't do its job just hanging around in your belly. So insulin brings it to where it needs to be. Given this, it would seem that to truly starve a cancer, you would need to have a diet consisting entirely of fat, which would be very bad for all your healthy tissues, not to mention incredibly boring. [No, what we need is to prevent the body from going dysfunctional in the first place, and to fix that dysfunction if it develops.](#)

As many of you know, I'm a huge proponent of intermittent fasting, which is defined as eating all your calories for a day within an 8 hour period. This usually amounts to skipping breakfast and no midnight snacks, but how I do it is one really big meal, once a day. Some people go so far as to eat every other day.

Why am I mentioning this, and why am I such a big believer? Because it works for me, for one thing, for weight management, but for another, [it's my theory that fasting can minimize some of the damage we all do with our diets.](#)

[Insulin is going to have to be released after eating, but if you're giving your body very long periods between doses, theoretically, it shouldn't get tolerant to its effects as quickly.](#) Sure, eating one big meal will certainly spike your blood sugar something fierce, but then insulin gets released once, and only once. This should mean that any damage it causes can be minimized and that you don't get used to it so much.

Again, this is all theoretical, but it's a theory based on my understanding of some of the latest research.

Now, what about for those who already are insulin tolerant?

I read about a fascinating study that managed to completely undo any sign of insulin tolerance in diagnosed type II diabetics (at least, for the six months since the study concluded), but the cure was extreme: the patients went on an extreme diet of about 500 calories a day for a couple months, and everything they ate tended to have no sugar in it (but some protein).

They all lost ample weight, unsurprisingly, but the researchers were astounded that they were, [six months later, still free of diabetic symptoms.](#)

They're uncertain as to why, but I would of course say it's that the patients, previously addicted to insulin, basically went through as close to detox as you can get with something made by your body.

Less extreme studies have demonstrated that limiting calories and exercising more (in particular building muscle) helps to control the symptoms, with a significant minority of people no longer needing medication.

[The takeaway should be this: if you have type II diabetes, it is NOT a death sentence. It is a manageable hurdle that, with a great deal of effort, you can likely overcome, or at least minimize.](#)

[The other thing to take away: science is often a very circular thing.](#)

The history of science is full of people like Dr. Warburg who had a good idea, but since it was incomplete, it didn't provide the correct answer, so they got dismissed in place of another shiny good idea, often one that was itself incomplete, and eventually later generations recognized the essential truth of what their "particular Warburg" had to say.

Which is as good a reason to be humble about what you think you know as any I've ever encountered. And this may be another reason to give intermittent fasting a try. ♦

From No More Frizz to Thicker Looking, Healthier & More Manageable Hair, & No More “Bedhead” Hair!

By Ben

I have to thank my hair stylist for introducing me to this idea: sea-salt sprays for hair. If you have a problem with frizzy hair (and this being summer, most of you do), I recommend giving this a try. . .

Spraying saltwater on your hair will help control it, because salt absorbs moisture. Many salons now sell sea salt sprays, but you can easily make one at home.

Directions:

- ◆ 1) Find an empty spray bottle (such as our items M-2 and M-8).
- ◆ 2) Grab a funnel
- ◆ 3) Fill with water (preferably any of our Willard's Water options)
- ◆ 4) Add sea salt (such as our [Celtic Sea Salt \(J-205A\)](#) from Daily Manufacturing), at least a teaspoon full (for the 2-oz spray bottle)
- ◆ 5) Spray on your hair, wet or dry

The beauty of this is that most likely, you already have a usable bottle, and most nowadays keep sea salt (or table salt I'm sure would work) around the house. And, if you're reading this, I'm sure you have [Willard's Water](#), which many swear by for topical use on their hair and scalp, so you could be very easi-

ly already “ready to go”... to give this a try.

Or, if you're one of the countless people who have reported how much [Willard's Water](#) has done for your hair, it may well be you don't even need this or anything else to give you hair that behaves better, looks as thick as possible, and stays healthy.

But if you haven't tried [Willard's Water](#) or our [Willard's Water Gels on your hair](#), other people who do use them on their hair, would undoubtedly tell you that you'd be doing yourself a big favor if you put them to use on your hair.

Most people use both [Willard's Water](#) and the [Gel \(usually Aqua Gel but you can also use the Chinota Gel\)](#) on their hair. As I said, they report these benefits from using them:

- ◆ Thicker looking hair
- ◆ More manageable hair
- ◆ Healthier hair

There may well be as many ways to use them on one's hair as there are people using them on their hair, but the most commonly reported way to use them is to simply [spray your hair with the diluted-for-use Willard's Water](#) (often from our 8-oz Mist Bottle they've filled with the properly diluted-for-use WW — if mixing it up for an 8-oz bottle you

would use just 1/2 Teaspoon for the 8-oz of water; if mixing a gallon you would use 2 TABLEspoons of WW in the gallon).

People say that [before drying their hair](#), they spray the [WW onto the hair roots near the scalp and also work it through to the ends of their hair](#).

After spraying their hair, they then put an [appropriate amount of the Gel in the palm of their hand and work that through from the roots to the ends of their hair as well](#). A little goes a long way... use just enough to get some on all the hair you want to get it on... don't put it on thick. If you get too much on your hair will feel sticky or tacky and it may still feel somewhat that way after you dry it. So, just remember a little goes a long way! And even though it may be a “trial and error” exercise to find “just right amount” for your hair, we'll bet you'll end up saying it was worth the effort, because of the thicker looking, more manageable, and healthier hair you will probably see as a result.

And, if you [wake up with “bedhead” hair](#) sort of smashed in various directions, spraying those areas of hair (dry hair) with the spray bottle of WW, and then brushing, combing, or sort of back-combing that hair into the place you want it in, works wonders! ♣



Trivia & Tidbits . . .

1. How many sonnets did William Shakespeare write?
2. How many of his paintings did Van Gogh sell in his lifetime?
3. Why did Cincinnati Reds baseball team send an autographed second base bag to movie star Roy Rogers?
4. How many crisp new dollar bills are there in a pound?
5. How many sisters and brothers did Benjamin Franklin have?
6. Where was Nero when Rome burned in 64 A.D.?
7. What scientist was offered the Israeli presidency in 1952 but turned it down?
8. How fast can an ostrich run?

AND THE ANSWER IS...

1. 154.
2. Only one.
3. Because Rogers' boyhood home had stood on the site of 2nd base in Riverfront Stadium.
4. Exactly 490 according to the Bureau of Engraving and Printing.
5. Sixteen — seven sisters and nine brothers. He was the 15th child and youngest son.
6. At his villa at Antium, 35 miles from Rome & not fiddling—viiolin wasn't invented yet.
7. Albert Einstein.
8. About 40 miles per hour — taking strides of 12 to 15 feet.

ON “THE WEB”!

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Please Note: We are not health authorities of any kind. This newsletter represents our own views—presenting information we believe to be true and correct, but is “opinion”, nonetheless. We also have a vested interest in most of these topics, so don't claim to be impartial. This newsletter, or anything else we publish, is no substitute for a competent health professional. User reports, though published here, don't prove anything—we pass them along because they certainly are of interest to others using the same products, or who have an interest in them.

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PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

Liquids and Lipids... and Weight Issues

By Ben

I want to discuss an often overlooked aspect of the struggle for weight control: liquid calories.

While everyone is aware of the role in sodas in adding to our national waistline, there are many, many sources of basically empty, unsatisfying calories in other liquids.

Think about juice, which is habitually touted as a healthy alternative to soda.

Many [fruit juices](#) have additional sugar added to them and are at that point basically soda with a healthy halo added to them.

My favorite example is [cranberry juice](#). Unsweetened brands that I've tried are usually around 7 grams of sugar and around 60 calories per 8 oz serving. Compare this with cranberry cocktail from, say, Ocean Spray: 36 grams of sugar(!) and 140 calories in 8 ounces!

Compare that to 8 ounces of [Coca-Cola](#): 100 calories and 27 grams of sugar. Sure, the cranberry juice does have useful nutrients in it in addition to the diabetes-inducing levels of sugar, but you can see that the juice isn't necessarily any better for a dieter than a soda. And I'm not just beating up on cranberry juice: [pineapple juice](#) is 160 calories and 32 grams of sugar per 8 ounces.

In case you're thinking that you'll just drink the unsweetened juices, I should warn you: I love the unsweetened cranberry juice, but most people can't stand it. It's more tongue shriveling in its tartness than red wine and incredibly sour.

There's a reason sugar gets added to things: to make a drink palatable that may not otherwise be palatable to most people.

Let's examine some more [alternatives to soda](#). How about [coffee](#)? After

all, black coffee has almost no calories of its own (in the single-digit range). But do you drink it black? How much cream and sugar do you add?

The little [coffee creamers](#) served at restaurants are usually around 20 calories each.

And what about the sugar? Each [sugar packet](#) is usually 4 grams of the stuff and 15 or 16 calories.

Which means that if you're like many people and toss in 3 or 4 creamers and 3 or 4 sugar packets, that swiftly adds up to over 100 calories in liquid form.

100 calories may not sound like a big deal, but if your goal is weight loss, [100 calories per day is about a pound a month that you could be gaining or losing](#).

Once again, sugar is not itself a bad thing. People like it because it makes bland or bitter things more palatable.

But [excessive sugar in drinks is responsible for the bulk of the increase in calorie consumption in the United States over the last forty years](#).

This also means sugar's responsible for a bulk of the weight gain.

Like I said above, adding a relatively low amount of calories to your day's quota can make or break a diet.

So what can you do to fulfill your thirst?

Diet drinks are a popular option for getting no calories. Of course, if you're like us, you likely have some reservations about the alternatives to sugar they use to make them sweet (to say nothing of how expensive they are). And there's also been mounting evidence that non-sugar sweeteners can add to the "belly fat" problems so many people struggle with. Pretty diabolical... you develop a taste for "diet this and that" and it turns out the ingredients that make them a

"diet" version, can sometimes work against some people's weight loss efforts — apparently especially around the mid-section.

Which brings me to the ultimate point of this article: [any time you drink water in place of drinks that do nothing for your hunger but contain unnecessary calories, you're doing yourself a favor](#).

[Water is the perfect drink](#). It's cheap, it's zero calories, with low to no sodium, and contains all that you actually need in a drink: water. And it also helps to make you feel fuller, and to flush toxins from your system which can work against weight loss.. both of which are beneficial when trying to lose weight. Of course, it has little in the way of taste.

[Willard's Water can improve everything about water](#): it has a better, smoother, taste (especially with a lemon or lime twist), it's as cheap as fifty cents a day, and it makes water work even better for hydrating you better and dissolving nutrients.

On that last note: it's theoretically possible that, since Willard's Water serves to increase nutrient absorption, [you could potentially eat less and not sacrifice as much in the way of nutrients because the WW will help to make the most of the nutrients you're still taking in](#). So, by eliminating nutritional waste, you could eat fewer nutrients. Now, we don't know how WW works with [every nutrient](#), so that's why this is still a theoretical issue.

Bottom line: any time you replace juice, doctored-up coffee, soda, beer (around 110 calories in a light one: 140 in a full-flavor one), et al with water, Willard's or otherwise, you're doing yourself a favor by preventing weight gain and helping any weight loss goal you might have. If nothing else, [you're freeing up calories in your daily limit for something more filling than a liquid](#). That 160 calories of pineapple juice could instead be five slices of cooked bacon. I know which I'd rather have. ♦

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Symbolic “Coming Home” Gave Comfort He’d Really Gone Home...

They were enjoying the card games that night...a cozy family night. My mother and her parents and an aunt and uncle were all enjoying the nice quiet time together.

It certainly was a contrast to the events across the globe...with World War II raging, and local boys off in the fighting, feeling peaceful was a rare luxury indeed.

They all heard it. They heard the front door open when my mother’s Aunt Alice had apparently returned from the movie she’d gone to see. They thought it was funny that she didn’t even say hello, but went immediately upstairs instead. They heard her footsteps go all the way to the end of the hall and into the far, back bedroom.

They wondered if she was alright—it really was odd that she hadn’t greeted anyone when she got home. But they didn’t want to disrupt the card game to go find out.

The game did get disrupted, however, about 15 to 20

minutes later, when the front door opened, and Aunt Alice came in...and came out to say hello. They asked her why she hadn’t come in before...when she’d come in and gone upstairs. Well, she didn’t know what they’d heard, she said, but it wasn’t her...the movie had just gotten out and she’d just now come home.

Curiosity peaked and they all went upstairs...wondering what they’d find. They found nothing. Nothing was disturbed. And no one was there.

Several days later, they read in the local paper that “Tom P.” had been killed in action... he had been killed the night they’d heard the footsteps. His family had owned their house before they did, and that back bedroom had been his room.

My mother said they all felt it was a real comfort to “hear” firsthand, his seeming symbolic return to his home, because it somehow conveyed to each of them the assurance that when we leave this earth, we do experience life thereafter, and return to our real home, in our Father’s house. ♣

Editor: We invite you to share your own miraculous/unexplained help stories with us, for sharing with others, anonymously, if you choose.



E-Mails, Mailbag & Phone Calls. . .



Rescue Dogs in Stressthe director of

an animal rescue site on the east coast of the U.S. told us that they’ve learned when they get any animals in who are exhibiting signs of stress and anxiety they give them Ultimate Dark Willard’s Water to drink, and they’ve always seen the animal calm down. She told us putting the animal on WW when moving to its new home would seem like a very good idea... likely helping the pet to settle down more easily and that can only be a positive in transitioning to their new “forever home”.

“E.K.” told us he wanted us to know that he’s always been very happy with all our products he’s ever tried. He said the **Ultimate Dark Willard’s Water** has been very helpful for him both for his **digestion** and **topical uses**. He said recently he’d used the **Chinota Gel** on a **painful muscle strain** in his foot and by the next day it was already 90% better. Happy Report!

Dog’s Teeth so Infected Vet Wouldn’t Clean Them.... “E.R.” told us she was babysitting a family member’s dog and his teeth were so terrible and so infected she couldn’t find any vet who would clean them. She said she spent a lot of money trying to get them better, but she finally gave up when nothing she tried worked.

At that point she decided to at least give the dog **Ultimate Dark Willard’s Water**...and that was the only water the dog got after that.

In a short time after getting Ultimate WW regularly, the dog’s teeth were fine and no infection was left. The vet clinic that had refused to work on his teeth had no problem agreeing to work on them, and cleaned his teeth with no problems at all. Happy ending to the Canine’s “canine problem”! ♣



MORE PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

Willard Water, Bioavailability & Supplements, Or, Don't Supplements Just = “Expensive Urine?”

By Ben

I'm sure a few of you have heard the argument just referenced in the headline above. I've heard it, or variations of it, countless times, in discussions with friends about the things I sell and in reading about nutrition.

The idea that supplementing with pills to make up for nutritional needs is somehow in vain, that your body doesn't absorb and metabolism nutrients in any form other than food, that it all just amounts to paying to have “expensive urine.”

If you haven't heard this claim or issue before, allow me to summarize the contention: our bodies, while needing the vitamins and minerals that supplements provide, are very picky about what form these nutrients come in, and if it isn't in the form of food, most (or all) of the supplemental nutrients will not be metabolized.

There are many reasons given for why this might be, all of them having a grain of truth and all rooted in the concept of “Bioavailability.”

Bioavailability is, simply, the **quantity of a substance that can be absorbed into the bloodstream when taken orally**. Some things (e.g., caffeine), have a bioavailability of 100%. Most nutrients are far lower than this, in both pill or food form, though the general claim is that it's lower in a capsule than in bread.

Let's look at some of the issues related to bioavailability.

In some cases (e.g. CoQ-10), nutrients are, for a variety of reasons, actually dependent on being taken with fat to be properly utilized. For this reason, we recommend that CoQ-10 be taken with fish or flaxseed oil, or Vitamin E (which it's paired with in our best-selling form of it).

In other cases (e.g., B vitamins), the problem is related to the maximum load that can be absorbed at any given time, so extraneous doses will be wasted. These supplements will usually mark very clearly in their listed directions to take them two or three times per day. Doing so will minimize wasted doses.

It's worth noting that **maximum loads apply even in food form**. This is why bodybuilders eat 5 or 6 meals a day — to prevent taking excessive protein in one sitting and thereby wasting it.

In still other cases (e.g., curcumin), it actually is difficult to absorb in any form, especially in pills (for reasons unique to individual nutrients). Many of these supplements will feature very high doses of the respective nutrient to take a shotgun approach to getting some of it to be absorbed.

An element of truth to the idea of waste? Certainly, though an exaggerated one (and which often applies to nutrients from food, as well).

But here's where I tell you the good news. That amount of waste (which, remember, isn't as much as they claim, if taken correctly) can be reduced.

The key is in our favorite product, Willard's Water.

Willard's Water's central action (one confirmed by the FDA and being demonstrated in increasing numbers of studies), underpinning most of its wildly varied and occasionally shocking benefits, is that it helps other nutrients to penetrate the cell membrane, thereby facilitating nutrient absorption.

What this means is less wasted resources, especially, we've found, in the very-hard-to-process compounds like curcumin. More nutrients absorbed equals less wasted, and better health for you.

On the note about curcumin (the

active ingredient in turmeric), as mentioned above, there was a fascinating recent study on Willard's Water's impact on nutrient absorption, including curcumin — curcumin is recognized as being possibly the hardest nutrient of all for our bodies to absorb.

The researchers found that Willard Water's nutrient piggybacking effect seems to work hardest and best on the hardest to absorb compounds, including curcumin.

This is very good news for all of us, as the known benefits of curcumin are being added to every day by new research, and which, until now, was known to be next to impossible to effectively absorb.

While we've always praised Willard Water's own benefits (especially since it helps with the nutrients in your food, as well), it is the ultimate team player in working with supplements.

If you take supplements with your Willard Water, the supplements will be of greater benefit to you, and so will the water. This allows the maximum milking of every dollar's worth of benefit from whatever you're eating or supplementing with.

Explain that the next time somebody tells you you're paying for “expensive urine.” You can tell them you're way ahead of them on that... you're using a catalyst (Willard's Water) which has been found to boost nutrient absorption better than about anything, and works better on the hardest-to-absorb nutrients, like curcumin and turmeric, than any other bioavailability enhancing product known before... including the best one ever known — until Willard's Water was tested that is, and then the “best bioavailability enhancer ever known” became “formerly the best bioavailability enhancer ever known” since the researchers who tested it said that the former best one, didn't hold a candle to Willard's Water's abilities. ♦

A Surprising — And Totally Enjoyable — Way To Protect Your Heart

By Ben

Want to protect your heart? Want to know a good way to do that? It's simple: get yourself a pet.

The National Institute of Health recently issued a number of studies on pet owners and health.

The first study was on people who had heart attacks. They found that **people who owned dogs were significantly less likely to die of their heart attacks than those who did not own a dog.**

A study on elderly patients found that **elderly pet owners were less likely to develop heart disease.**

And another study by the NIH found that **dog owners get more exercise than people who don't own a pet, and are less likely to be obese.** It makes sense: dogs need to be walked and taken outside. Not to mention, playing with them is an active thing.

A third study by the NIH, done on married pet owners, found that the **pet owners had lower average blood pressure and heart rates and dealt with stress better than those who did not.**

Children with ADHD and Autism seem to especially benefit from being exposed to pets.

The ADHD patients benefit from having a routine, simple responsibility to take care of, and the autistic patients found the presence of animals soothing (well, don't we all)?

Furthermore, it's been found repeatedly that **children living with pets since infancy are less likely to develop eczema and allergies.**

Many people struggling with addiction have found that **caring for a pet helps them develop a new, non-substance based routine and to deal with the stress of life without their habits.**

Of course, for many of you, I'm not

telling you anything you don't know.

Those of us with pets intuitively know how relaxing and reassuring it can be to have a pet around who always accepts you and only wants your attention.

I've had plenty of very close friends, but I don't think I've ever been as close to them as some of my pets. Cats and dogs are so much more loyal than people. To say nothing of how much less critical they are!

Since the early days of civilization, dogs and cats have had a particularly symbiotic relationship with humanity. **We, in all likelihood, didn't have to try to domesticate them. They followed us.**

Dogs first, as wolves started following human encampments and eating whatever scraps we left behind.

Cats came after we started farming and having large amounts of grain in storage, which attracted mice. The cats followed the mice, and have been living with us ever since.

The dogs and cats get food and shelter, and we humans receive loyal, loving, helpers. It's always been a good deal for the pets and the humans.

Which brings me to my point: if you have a pet, and I really likely want to take care of it and believe you should if you like animals at all, **you make sure that your pet has as long and healthy a life as possible, so you continue being each other's best friends for as long as possible.**

Enter [Willard's Water](#).

The user reports of Willard's Water being used on animals started way back in the beginning... well before "60 Minutes" did its famously positive report on Willard's Water in 1980.

Not only did people use it on their pets but ranchers used it on their cattle, and other ag operators used it on hogs, and Quail, and ranchers also used it to stop the pain of the burns from the hot

branding iron during branding season.

One of those ranchers told Dr. Willard one time that he didn't need, and wasn't going to wait for tests to prove it worked... Doc said the rancher threw his checkbook on Doc's desk and said "that's all the proof I need"... **haven't written a check to my Vet (Veterinarian) in so long he probably thinks I've found a different vet**". He added that he used to pay the vet very routinely. But his cattle had been so healthy he didn't need his vet.

Pet owners talk about dogs and cats and birds and gerbils and fish, and who knows what else, that have all been said to benefit from getting Willard's Water regularly. Often in terms of just **staying healthy, and sometimes in getting over some pretty significant health problems.**

Another favorite benefit of the Willard's Water is the **nicer coats that animals from dogs and cats to horses seem to have when they're drinking WW every day.** And when people add the **WW to the bath water and/or shampoo when bathing their pets**, they also see additional benefits.

And, just like people, WW and the gels work wonders on **animals' sore muscles, aches and pains, cuts and scrapes, etc.**

If you would like additional pet info just ask us to add some Pet Info to your next order, and you can also find a lot of other info on Willard's Water and Pets on our site... www.WillardWater.com Once on the site (www.WillardWater.com) click on the Information tab and then on the Willard's Water Information, and finally choose the Pets & Animals and Willard's Water topic or the Whole Dog Journal choice. People tell us they find all that info very interesting ... you'll also find tips on how much WW to give various kinds of animals and also how to use it for sick animals and for healthy animals.

As always, call us 1-800-447-4793 or email us: service@willardswater.com with any questions! 