

POSSIBILITIES. ♦ ♦ ♦

From NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 (218-236-9783) ♦ www.willardswater.com ♦ November, 2005

More Foods & Supplements that Fight Cancer

We wrote last month about vegetables, beans, nuts, and cereals that researchers have found fight cancer.

But that's not the end of it.

A batch of new studies were released the first week of November at the American Association for Cancer Research's annual Frontiers in Cancer Prevention Research which showed some of the best protection against cancer can be purchased right at your local grocery store.

♦ Japanese researchers found a **broccoli**-heavy diet significantly reduced H. Pylori infection among 20 people. That infection can cause **gastritis** and is also believed to be a major factor in **stomach cancer**.

♦ Johns Hopkins researchers are also said to be wondering if you should not only eat

broccoli, but also *wear* it. They found **broccoli sprout extract** counteracted the cancer-causing effects of **ultraviolet light** in the hairless mice they put it on.

♦ Another study found **cabbage** and **sauerkraut** consumption may lower the risk of **breast cancer**. Women who ate more raw- or short-cooked cabbage and sauerkraut (3 or more servings per week) had significantly lower risk of breast cancer compared to women who ate less than one serving a week.

♦ **Ginkgo Biloba** was found, for the first time in a study like this, to lower the risk of developing **ovarian cancer**.

♦ Researchers found garlic may help "fend off" carcinogens produced when eating meat that has been cooked at high temperatures.

And another study at this

same gathering found that **calcitriol** (the active substance in **Vitamin D**), used on mice genetically altered to develop **prostate cancer**, showed promise on this type of cancer.

And, finally, a study published in the *Journal of the National Cancer Institute* conducted by researchers from Northwestern University in Chicago, looked at cancer cell lines that "over-expressed HER-2/neu". HER-2/neu-positive **breast cancers** are said to be an aggressive form of breast cancer and have a poor prognosis. These researchers treated the cell lines with **gamma-linolenic acid (GLA)**, a substance "found in **evening primrose oil** and several other plant oils used in herbal medicine".

Results showed treating these cancer cells with GLA

suppressed the cancer and also led to a 30- to 40-fold increased response to the drug Herceptin, which is commonly used to treat women with breast cancer. One of the researchers said "treating cancer cell lines with both GLA and Herceptin led to a synergistic increase in (cell death) and reduced cancer growth. These findings may reveal a previously unrecognized way of influencing the poor outcome of HER-2/neu-positive cancer patients."

Editor: We do provide some of the items mentioned in these studies:

Ginkgo Biloba is our Item **No. J-44**.

Vitamin D is Item **No. J-24**.

Last, but not least, **Evening Primrose Oil** is our Item **No. J-9**. ♦

Risk of Antibiotics for Acne & A Less Risky Choice

An article we read recently regarding an additional risk recently found by researchers of longer-term antibiotic use convinced us we should be more vocal about a product we've had for years that many, many people have told us worked like crazy on acne—even very difficult cases of acne.

The report we saw was regarding a study published in *Archives of Dermatology* in September of this year. That study looked at the impact long-term antibiotic use had on the people taking them. Most discussions regarding antibiotics is on the development of treat-resistant organisms due to over-use of antibiotics. Little has been studied regarding the effects of such antibiotics on people taking them for extended periods.

But, in this study, David J. Margolis, M.D., Ph.D., and colleagues from the Uni-

versity of Pennsylvania School of Medicine in Philadelphia, compared the health of more than 118,000 people. About 72% of these people used either oral or topical acne medication for more than six weeks. The rest served as a control group. At the end of the first year, those on the antibiotic treatment were **more than twice as likely to develop an upper respiratory tract infection** as those not on an antibiotic for acne. Researchers said further study is needed to weigh the benefits of acne treatment against the risk of developing a respiratory infection.

In the U.S., about 2 million individuals have acne severe enough to warrant treatment. Therapy often continues for more than six months, according to the report.

All this led us to think about the number of people who have raved about the impact they say their choice of our **Aqua**

Gel (Item AG-4) has had on their own, or one of their loved one's, acne, or other skin problems like eczema and psoriasis. In fact, we've received so many reports over the years that we have gotten to "taking it for granted" and not saying much about it.

We are ashamed of ourselves for that, given the amount of misery acne often causes those who have it. We apologize to anyone who hasn't known of this use, and wishes they had.

And besides the Aqua Gel, many people have said simply misting their acne with **Real Willard Water** is very beneficial. Many people use both "the water" and the Aqua Gel, since the gel stays in place longer and can be left on throughout the day (even under make-up), while misting with "the water" is a nice final step in cleansing one's skin before applying the Aqua Gel. ♦

Soy For Fewer Bone Fractures? And Another Choice

One more vote for soy came from research conducted at Vanderbilt University in Nashville, Tennessee. Researchers there found postmenopausal women who consumed high daily levels of soy protein had a reduced risk of bone fractures.

It is said that right after menopause, women go through accelerated bone loss at a rate of 3% to 5% per year for up to seven years. This bone loss increases the risk for fractures. Mainstream medicine has said that hormone therapy could help, but also says such therapy comes with potentially serious side effects. Recently, according to the article on the Vanderbilt study, the FDA and new clinical guidelines advise against the use of hormone therapy as a first-line treatment to prevent osteoporosis among postmenopausal women. Instead, those authorities suggest exercise, calcium, and vitamin D. The Vanderbilt study seems to indicate another option to add to that list.

The researchers studied soy consumption and the risk of fractures in more than 24,000 postmenopausal women. The women were part of the Shanghai Women's Health Study that included about 75,000 Chinese women between ages 40 and 70. The average age of the women in the study on soy was 60. The women's diets were evaluated once at the beginning of the study and then during follow-up between 2 and 3 years later.

Editor's Note: We realize that unfermented soy products are controversial.

We are assuming the Chinese women were mostly using miso, tempeh, and/or other fermented soy products.

The women were divided into five groups according to how much soy they consumed. Researchers took into account soy protein and soy isoflavones. The lowest intake group consumed less than 4.98 grams of soy per day; the highest group consumed 13.27 grams or more per day.

There were 1,770 fractures reported after about four-and-a-half years of follow-up. Results of the study showed women with the highest intake of soy protein had a 37% reduced relative risk for fracture when compared to women who consume the lowest amount of soy protein. Those women who consumed the highest amount of soy isoflavones had a 35% reduced relative risk compared to the lowest consumers. The study authors concluded "We found that soy food consumption was associated with a significantly lower risk of fracture, particularly among women in the early years following menopause."

Editor: We are looking for the day when more studies will be done on the impact of Natural Progesterone on osteoporosis and the risk of bone fractures.

Many studies cited by the late Dr. John Lee in his book "What Your Doctor May Not Tell You About Menopause" and in his later book "What Your Doctor May Not Tell You About Pre-Menopause", conclude that natural pro-

gesterone has a tremendously positive impact on not only slowing down the progression of osteoporosis, but can actually *reverse* osteoporosis.

And, while we're on the topic, we might as well reiterate what many women have told us they have seen from their use of our Natural Progesterone Cream, along with the benefits reported in Dr. Lee's books. Those include, but aren't limited to reduction of problems with:

- ◆ Irregular &/or painful periods
- ◆ Headaches
- ◆ Depression
- ◆ Weight problems
- ◆ PMS
- ◆ Pain in various places
- ◆ Fibromyalgia
- ◆ Reduced cancer risks
- ◆ Irritability
- ◆ Fatigue
- ◆ Etc. Etc. Etc.

We offer 3 choices of **Progesterone Creams**: **HP-1**, our original in a jar; **HP-1P**, the same original formula in a pump that measures it for you, and **HP-2**, our newest, even lower-priced form, which has the same amount of progesterone as the others but fewer added ingredients for skin benefits and such.

Men also use progesterone for **fewer needed night-time bathroom trips** and other **prostate benefits**. Since saw palmetto is good for men, they may want to stick with HP-1 or HP-1P since HP-2 does not contain saw palmetto. ♦

Trivia & Tidbits . . .

1. Who invented charcoal briquettes? Why?
2. Ivory soap is said to be 99 and 44/100ths percent pure. What "impurities" are in the other 56/100ths?
3. Who said "The hardest thing in the world to understand is the income tax"?
4. What is the diameter of the earth at the equator?
5. What is a gigaton?
6. What does the Japanese word "judo" mean?
7. What is the only essential vitamin not found in the white potato?

AND THE ANSWER IS...

1. Henry Ford, to make use of scrap wood left over in the manufacture of the Model T.
2. Uncombined alkali, carbonates and mineral matter. Fatty acids and alkali are the "pure part of the soap".
3. Albert Einstein.
4. 7,926 miles. (The circumference is 24,902 miles.)
5. The explosive force of a billion tons of TNT, or 1,000 megatons.
6. The gentle way.
7. Vitamin A.

ON "THE WEB"!

www.willardswater.com

(Note: "willardswater" is all one word, all lower case with an "s" between "willard" and "water"—that's how people usually ask for it!) *Come visit!*

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

Tips on NSAIDs; Amoxicillin & Infant Teeth

It's been believed for a long time that non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen (Nuprin and Advil) reduce some cancer risks, however a study conducted in Norway has found that even though they may do that, they increase the risk of death from heart disease.

The study included 900 heavy smokers, half of whom had oral cancer, and it focused on the type of pain relievers the smokers used over the years. It was found that those who used NSAIDs had a 53% lower likelihood of developing oral cancer—said to be equivalent to quitting smoking.

HOWEVER, the benefit did not spill over into overall survival. In fact, long-term use of the drugs doubled the risk of heart disease death compared to people who weren't long-term users of NSAIDs.

While we're on the subject of NSAIDs, let me tell you about another study report we recently found.

This study concluded that combining pain relievers could cause more harm than good.

The research was presented at the 70th Annual Scientific Meeting of the American College of Gastroenterology in Honolulu. It showed that patients taking over-the-counter pain medications ibuprofen (Nuprin or Advil, etc.), or naproxen (Aleve) with aspirin have an increased risk of gastrointestinal complications like ulcers and bleeding.

Researchers from the University of Utah and Pfizer Inc. conducted a retrospective review of medical records of more than 3 million people. Nearly 12,000 naproxen users and about 38,500 ibuprofen users were included in the study.

Results show people taking ibuprofen and naproxen alone were 2.5 to 2.74 times more likely to have serious gastrointestinal problems than people not taking these pain medications. When looking at people taking ibuprofen and

aspirin, the problems got worse. These patients had a 3.4 times higher risk of serious gastrointestinal problems than those taking ibuprofen alone. Those taking naproxen along with aspirin had a 2-times higher risk of problem than people only taking naproxen.

Joseph Biskupiak, Ph.D., of the University of Utah, said "Aspirin can significantly increase the risk of problems among patients using other over-the-counter NSAIDs."

I guess this is one more reason that people who report relief from various kinds of pain with Chinota Gel (Item HG-4 or HG-8), or Real Willard Water, can be glad they do. And, for people with pain from joint stiffness and swelling, the ones reporting relief with Items like J-91 Glucosamine-Chondroitin Blend, or J-98 MSM-Glucosamine Sulfate Blend, or J-38 Easy-Flex, or with the Chinota Gel or Real Willard Water, are probably glad after hearing about NSAIDs that they do. We're NOT saying any of these items are proven pain relievers, only that the people using them have reported relief from pain, and in the case of Chondroitin, Glucosamine, and MSM there have also been studies that have found benefits from them for such situations.

Amoxicillin and Infant Tooth Defects... that was a headline that made me stop to read the article.

I recognize "amoxicillin" as a very old antibiotic... our own kids took that when they were quite young. Not often, and not as infants, but I know they did take it at one time or another.

Turns out a study has found there may be a link between using it in early childhood and fluorosis of permanent teeth.

Researchers from the University of Iowa, in Iowa City, did a study on the fluoride intake and amoxicillin use in 579 participants from birth to 32 months. They found babies between 3 and 6 months taking the antibiotic dou-

bled their risk of dental fluorosis.

Also, the study reported exposure to too much fluoride during enamel formation causes dental fluorosis. Signs of the condition range from faint white flecks to brown stains. (That won't be any surprise to the folks who have been fighting fluoridation for decades!)

The study authors said their findings do suggest that amoxicillin in infancy could carry some risk to the developing teeth, but that they didn't think the study warrants recommendations to cease using amoxicillin early in life, but "do further highlight the need to use antibiotics judiciously, particularly during infancy".

By the time the study participants were 1 year old, three-fourths of them had used amoxicillin. By 32 months, 91 percent had taken the antibiotics.

The study suggested even a small effect on dental enamel could be a significant problem because of the widespread use of the antibiotic.

All of this reminds me, again, of a conversation my wife and I had back when our kids were quite young (our youngest wasn't even born yet—and he's now 22!) and they (the two older ones) both had colds and slight fevers. My wife, Kolleen, has said time and time again that a comment I made then when she said she should go get them some children's Tylenol, really made the whole natural health belief system clear, and valid, to her... I simply said they didn't have fevers because their bodies had a deficiency of Tylenol. That really registered with her... and she extended that thought to the idea that nobody is ever sick due to a deficiency of any drug... but they may well be sick due to a deficiency of some vitamin or mineral, enzyme, hormone, or whatever. She keeps telling me it's worth repeating. So, I've repeated it here again. No harm in that, I guess. ♦

...their fevers weren't due to a deficiency of Tylenol...!

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IT WAS TOTALLY UNLIKE HIM!

“We lived on a farm at the time, and some not-very-nice people sometimes decided that was a good place to ‘dump a dog’... this one was a very friendly Black Lab who looked about 6 months old at the oldest—could have been even much younger. Anyway, my brother was out on the lawn tractor and when he came around the corner of the house, there she was running through the sprinklers. She ran right to him and jumped into his lap on the tractor! He checked around with neighbors to see if anyone had lost her but nobody had. So he decided to keep her, and took her to his place in town. They seemed like lifelong friends from the beginning.

“The next morning about 6.30 the doorbell rang at the farmhouse. My dad answered the door and was met by a sad looking young woman who said she’d been out for hours looking for her missing dog. This is the unbelievable part... Dad said he believed her, he just didn’t feel he should tell her he knew where the dog was, so he told her if anyone would have

seen it, it would have been his son. He said he’d have his son call her if he had any information on a lost dog!

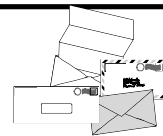
“Later that day, with a lot of sadness, we called the number and reached the older sister of the girl who had supposedly lost her dog. When she heard we were calling about their lost dog she said ‘We don’t have a dog—we’ve never had a dog.’ Turned out, the girl had learned about it from someone my brother had talked to when he was trying to find the dog’s owner—and the girl then made up her story of a lost dog to try to get the dog, even though they weren’t allowed in her family.

“Given how devoted ‘Beauty’ is to my brother, and him to her, I believe it was my brother’s guardian angel urging my Dad not to give up the dog, since my Dad just doesn’t tell lies of any kind. And I think it was both Beauty’s and my brother’s guardian angels that connected the two in the first place — I’ve never seen a dog and its owner more ‘in tune’ with each other, it’s like something out of a fairy tale.” — *Name Withheld* ♦

(Editor: We invite you to send us your own “unexplained help” stories, for publication in this newsletter without disclosing your name.)



E-Mails, Mailbag & Phone Calls. . .



Allergy Relief — That’s what “Bev” told us in her e-mail. In her words, “I have noticed a serious difference in my allergy symptoms since I have been using the Willard Water. I hope never to run out!”

Blemishes, Cuticles, and Hair — They all benefited in “R.H.’s” opinion, after she started using Real Willard Water... “I’ve been drinking the water for 6 months and started spraying it on my blemished skin on my face, and on my bitten cuticles, and on my brittle hair. They are all slowly mending up. Think I’ll start washing my hair and face with it and see what happens...” Many people do wash their hair and face with it and love it!

Pain and Energy Report — that’s how we’d summarize “R.I.’s” e-mail. Here’s what it said: “I started using Clear WW a week ago and It Works!!! I’m very happy about your products! Pain (somewhat chronic no matter what I tried) at my shoulders and neck became less severe, and I obviously feel less tired than before. I also noticed I need shorter sleeping hours to refresh myself.”

Constipation & Hemorrhoids — They’re no longer a problem for “S.F.” who says she finds the Willard Water helpful for the hemorrhoids and she’s just not constipated any more. We have to say those are very common reports from a lot of very happy people! Many also love the Aqua Gel (Item AG-4) for hemorrhoids. ♦



More Product Highlights & Updates from Charlie

Smorgasbord of Reports; Good Coffee & “Sugar”

Now and then we get some user reports that are just a little too long, or involved, to squeeze them into our “Mail Bag” section. This is one of those times, at least for a few such items.

The first one involves man’s best friend... yes, **Dogs**. We’ve had really countless questions over the years as to whether or not Willard Water will really help dogs’ “**hot spots**”. I think we may have gotten a pretty good answer to that just the other day.

“T.B.” from Virginia called in to re-order some Willard Water, and he mentioned that it was really for his dog. It turned out that he had originally gotten it for his dog due to the problem he was having with hot spots. T.B. simply gave it to his dog to drink, and the dog’s problems with hot spots disappeared. That could have been a coincidence, of course.

But then, something else happened. T.B. and his family moved. In the process, the dog’s Willard Water got left behind. So the dog didn’t have his Willard Water for a number of months, and his problem with hot spots returned. With a vengeance. T.B. said it was a really bad bout. Ended up getting something from the vet for it, and then T.B. went back to their old place and retrieved the Willard Water.

As I understand it, between the Willard Water (WW) and the vet’s medication the really bad bout of hot spots came to an end, but with the dog continuing to drink Willard Water, no more hot spots have returned. T.B. is convinced at this point, that it’s no coincidence his dog is hot spot-free when he’s drinking WW.

And then there’s a totally different kind of report from “T.T.” in Michigan. First, she wanted to let us know she’s very happy she’s added the **Strauss Heartdrops (S-100 or S-101)** to her own daily routine. She said she’s had problems with **varicose veins**. She’s had a lot of discomfort and leg cramps as a result of those veins over quite some time.

But no more! She says her legs are normal again, after being on the Heartdrops for about a year. She’s convinced

the improvement is due to the Heartdrops since she apparently didn’t make any other changes that could account for it.

Needless to say, she’s happy about that. But, she sounded maybe even happier about her granddaughter’s experience with **Real Willard Water**.

She said her granddaughter has **Attention Deficit Disorder (ADD)**. T.T. has gotten her granddaughter on the Willard Water (the clear one) and “her grades are better this year and she’s just so much better” in so many ways. And, on top of all that her granddaughter “just loves the water” and tells her “this is the *best water*”.

Then, from “Sheila” in North Carolina, we heard another report about **Shingles**.

Sheila’s neighbor had them on her back and was really miserable. When Sheila first learned of this she said she thought for a minute, and then remembered she had the **Aqua Gel (Item AG-4)** at home and figured that might feel good on those shingles. So home she went to retrieve it, and back to the neighbor’s house she went with the Aqua Gel in hand.

She rubbed it on those shingles, and said it gave relief “right away”. So Sheila made a point of going over twice a day to apply the Aqua Gel to those shingles.

Well, the shingles healed up so well, the lady’s doctor was amazed. And, needless to say, Sheila’s neighbor was most grateful.

Now, to a couple of reports from people on “different waters” they’ve found.

The first is from “E.P.” in Colorado. He’s a very well-informed person in natural health who phoned here one day recently with some questions about Real Willard Water. He was especially happy to hear that it (Real Willard Water) is electron rich and **highly alkaline**. As many of you know, many natural health experts have said that raising one’s alkalinity is very positive for one’s health in a number of ways.

Well, E.P. had observed that one of the other modified waters currently being

is very full of protons and has a positive charge as a result, and it is **highly acidic**. E.P. didn’t want anything acidic, and we can understand why. But we found it very interesting (and surprising) that something meant to be healthful would be acidic.

Although, that does remind me of one report we had in recent years that some alleged pure Willard Water purchased at a health food store that wasn’t ours turned out to be acidic. Real Willard Water concentrate is highly alkaline. The only way it could be acidic would be if it had been diluted with distilled water that caused it to become acidic. One more reason to watch out for imitation Willard Water and Willard Water that hasn’t been bottled at the Willard plant (which is what you get from us — Real Willard Water, bottled right at the Willard plant).

Back to my second report on “other waters”:

“Z” from Vermont called in to re-order Willard Water and a number of other items. Before ending the call, she commented on the fact that she’d been using Willard Water for many years, but until being referred to us for our Real Willard Water by a friend of hers, she’d never known it was for anything other than on your skin. She’d really only used it on her face all those years.

Then she got some of ours and started drinking it and was amazed by how great she felt.

Then, one day, she found some alleged pure Willard Water in a health food store and even though it was the “dark” Willard Water, **it was nowhere near as dark as ours**. She thought that seemed very strange indeed! We agree. Dark Willard Water should be the same dark as ours, or we, ourselves, wouldn’t use it.

Let me **emphasize** however, that health food stores selling what may not be Real Willard Water but claims to be, are not the culprits. They are buying it in good faith, believing they have the right thing.

Unfortunately, for them and their customers, they often don’t have what they think they have.

Next: for **Good Coffee & “Sugar” News**... turn this over...



Good News About Coffee and “Sugar”? Who Would Have Expected That?



... the number one source of antioxidants... liver and colon cancer defense, type 2 diabetes, and Parkinson’s disease...

Sometimes the news is more surprising than other times. Like the day we saw a story about the benefit of

coffee few would have thought... it’s the **number one source of antioxidants in the U.S. diet**, according to researchers at the University of Scranton in Pennsylvania.

Chemistry professor Joe Vinson, Ph.D., said “Americans get more of their antioxidants from coffee than any other dietary source. Nothing else comes close.” He also said that “both caffeinated and decaf versions appear to provide similar antioxidant levels.” The study evaluated the antioxidant content of more than 100 different foods, including vegetables, fruits, nuts, spices, oils and common beverages. Coffee turned out to be the number one source of antioxidants, both in frequency of consumption and per serving size. Even so, Vinson stresses moderation, saying “1 to 2 cups a day appear to be beneficial”.

The article by Ivanhoe Medical went on to say that in addition to providing antioxidants, coffee is linked to an increasing number of potential health benefits, **“including defense against liver and colon cancer, type 2 diabetes, and Parkinson’s disease**, according to new studies”. Who would have expected that?

But that’s not all the good news we have for the coffee drinkers amongst our readers. We are now offering some really good tasting **organic coffee**, which is also **“Fair Trade Certified”**.

Fair trade certified means that the coffee farmers providing it are actually paid enough to let them make a profit on it, and a living. Unfortunately, most run-of-the-mill coffee doesn’t provide enough income to the coffee farmer for him to actually make a living. These coffees do.

We’re NOT suggesting that anyone who doesn’t already drink coffee should start—we’re just recognizing that a lot of our customers, like us, do drink coffee. And, if any of the research reported here is true, maybe it’s not as unhealthy for us as we’ve believed. I’m still pretty skeptical about its benefits, but, given other times when what “everyone knew to be true” turned out not to be true, who knows?

Anyway, the coffees we’re offering are some we’ve been “taste testing” here in the office and at our homes, and we’re all very impressed with them. Kolleen, my wife,

has been drinking decaf coffee in recent years, and she is especially impressed by the good taste of the decaf coffee.

She says a lot of decaf coffees really have a bad after taste, but not this one. It’s a real treat, she says. And the caffeinated versions also stand “head and shoulders” above most coffees I’ve tasted, just in the taste category. To say nothing of the benefits of being organic, and Fair Trade Certified. The flavors we’re offering and their descriptions direct from the processor:

Sumatra Takengon — Item No. CQ-1 “Many consider Sumatra Takengon to be one of the world’s finest and most admired coffees. Sumatran is a classic single-origin coffee known for its full body with hints of a kind of chocolate, caramel nature. ..expect a low-key acidity, heavy (almost syrupy) body with a concentrated.. complex flavor.”

Mocca Java Blend — Item No. CQ-2 “The world’s oldest blend known for its exceptional balance, aroma and sweet character. Our Mocca-Java combines Ethiopian and Sumatran. It offers a strong brew with a floral, perfumy aroma with a heavy body, a perfect balance.”

Quetzal Dark — Item No. CQ-3 “Quetzal Dark is a French Roast type darker version of our most popular blend of coffee. A wonderful blend of Sumatran, Nicaraguan and Guatemalan coffees known locally as Quetzal Dark Blend. The coffee is a version of the North Italian style but improved upon in a style that is known world wide as the San Francisco Style. The coffee is slow roasted to perfection with a deep color and a glow that is earth shaking. Quetzal Dark Blend may be the epicenter of ground shaking coffee. The coffee has a bold look and a complex deep and vibrant color. This great blend has a strikingly rich body and strong noticeable aroma and taste. Surprisingly it is still appropriate any time of day.”

Quetzal Blend Decaf — Item No. CQ-4 “Our most popular decaf blend. Organic Peru Swiss Water Process Decaf is 99% free of caffeine yet still full of flavor, a truly great decaf coffee. The coffee is really sort of a blend in that it is Peru Swiss Water Process Decaf but we roast it two different ways to produce a combination of color, texture and taste, the coffee is known locally as Quetzal House Blend Decaf. The coffee is roasted in two different styles, part as a North Italian style and part as a North African style. The coffee has a bold look

and a complex deep color. This great blend has a strikingly rich body and excellent mellow nature and is appropriate for any time of day.”

Ethiopian Mocca — Item No. CQ-5 “is a delightful coffee from the birthplace and origin of all coffee. Ethiopian Mocca can be best described as a medium to light body coffee yet sweet, with a delicate lingering floral aroma often almost perfumy aroma. Many people in the coffee business consider Ethiopian coffee to be the best coffee in the world.” *Editor: This was the “number one favorite” of everyone here.*

They come in 1 pound bags, and sell for \$10.95. Whole bean is standard, but we can special order ground (allow up to 10 business days for special orders delivery). Anyone who enjoys drinking coffee, and doesn’t think they’ll quit, should give these a try—everyone we know who has tried them has *really* enjoyed them. If not on order form, just write them in; if ordering online, add them to the comments section of your order if they aren’t on the site yet.

Now, what’s this about **Good News and “Sugar”????** It comes from an article about a study done by researchers at the University of Washington in Seattle. They tested to see if eating the chewy candy known as gummi bears sweetened with the sugar substitute Xylitol is as good for your teeth as gum containing Xylitol has been found to be. Xylitol is a sugar substitute which is lower in calories and has been shown to have cavity-fighting properties. We’ve actually had Xylitol available for some time, but it’s not been on our order form, and only recently on our web site.

Researchers say kids should get more Xylitol, for healthier teeth. Right now, Xylitol is available in gum. But work is in process to add it to other snacks.. Researchers at Northwest Alaska Center to Reduce Oral Health Disparities are working with food manufacturers to add Xylitol to cookies, pudding and other desserts. The Xylitol candies are not yet available. However, as I said, Xylitol is available, from us, and certainly other places.

We have Xylitol in 1 and 4 pound containers. The one pound is Item No. J-118 and is \$9.95. The 4 pound container is Item no. J-119 and is \$33.00. If it isn’t on your order form, just write it in on the bottom, or if phoning in your order, just tell us you want it, and it is in our online store.

I’m amazed to be writing of possible benefits of coffee and a sugar substitute! ♦