

# POSSIBILITIES. ♦ ♦ ♦

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.willardswater.com ♦ November, 2006

## ADHD Drug Found Legally Responsible for Murder Replaces Coffee For Significant Numbers of College Students

The Attention Deficit/Hyperactivity Disorder (ADHD) prescription drug Adderall was found by a recent study to be the “apparent stimulant of choice” for some college students.

Researchers from Northeastern University in Boston reported their survey of 4,580 undergraduate college students revealed 8.3 per cent of student have used prescription stimulants illicitly at some point. The researchers said Adderall may be a top choice because it is longer lasting. Adderall is an extended-release drug that lasts 10 to 12 hours. Its “sister drug” Ritalin, lasts about six hours at most, it is said. Adderall may also be easier for students to find, they said. It is the top-prescribed brand name stimulant in the United States, according to the report. According to the survey results, student who began using stimulants illicitly during college were more likely to be motivated by a desire to achieve. Students who used stimulants pre-college were more likely to use the drugs to experiment, lose weight or to get high.

Researchers reported students used stimulants for the following reasons: Concentration 65%; Studying 60%; Alertness 48%; Getting High 31%; Losing Weight 10%.

The study was published in the journal *Pharmacotherapy*, Oct. 2006; 26:1501-1510.

Editor: We were stunned by this report, due to the fact that Adderall was found to be the cause of the murder of a 5-week-old infant girl by her father back in 1999. In that case, the charges against the father were dismissed due to the fact that his taking

Adderall, with its known side effects, left him unable to be criminally responsible. We reported the details of that incident back then, and that story is reprinted on page 3 of this issue.

Our recent search on the internet turned up a story done by CBS News on September 6, 2006, on Adderall in which they reported that the man who killed his daughter has since sued the makers of Adderall. The CBS story also told of a woman taking Adderall who heard voices telling her her son was cursed and she had to get him to a Catholic Church to save him. So, in a psychotic state, she started driving her son to such a church. She had a head-on collision and her son was killed. This mother was also cleared of criminal responsibility for her child’s death.

The CBS story also included statements from a woman who said she could not complete simple tasks without the aid of the drug. We agree these drugs certainly must serve their purpose for those who need them. But we wonder (when we hear of situations where parents demand Ritalin prescriptions from doctors because their child’s teacher says the child needs it), if every child prescribed it really needs it... especially in view of the studies we’ve reported on which have found there is significant over-prescribing of it.

We wonder why, with more and more young children being prescribed Ritalin, and adults its “sister drug” Adderall, information about some of the apparent very dangerous side effects of these drugs isn’t made available in a more conspicuous fashion. ♦

## Nutrient for Baby Development and to Reduce Postpartum Depression And Another Found to Reduce Child’s Risk of Developing Asthma

Sixty-eight percent of women say their doctor has never told them about DHA Omega-3, according to a research survey sponsored by the Society for Women’s Health Research in Washington, D.C. But pregnant and breastfeeding women may not be getting enough of it and it is considered a key nutrient for child development.

DHA Omega-3 is found in cold water oily fish, but pregnant women are told to limit fish consumption to avoid getting too much mercury. Certain types of eggs, soy milk, and nutrition bars are sources for DHA **Omega-3**, as is our “**EPA**” **product, Item No. J-39**. For vegetarians, or those with fish allergies, our **Flaxseed Oil** capsules are a great omega-3 product, **Item J-77**.

DHA Omega-3 aids in the growth of a baby’s brain, heart and eyes. It also lowers the risk of pre-term birth and postpartum depression. Experts recommend consumption of 300 milligrams of DHA per day for expectant and new mothers. Three of our EPA capsules would provide 360 mg DHA plus 540 mg of the EPA Omega 3. (Read more surprising information on Omega-3s

in the article on the “insert” page in this issue. )

Another study, this one conducted in Scotland, found that children born to mothers who consumed the lowest levels of Vitamin E while pregnant were over five times as likely to contract persistent asthma by age 5 as those born to mothers who consumed the most Vitamin E.

Vitamin E intake by children after birth didn’t appear to affect the findings one way or the other.

The researchers believe vitamin E has an effect on lung function and airway inflammation, a hallmark of asthma. Since the lungs are fully developed 16 weeks after the baby is conceived, they suggest vitamin E must have most of its effects early in a pregnancy.

Foods rich in vitamin E include wheat germ, sunflower seeds, and nuts.

The study was published in *American Journal of Respiratory and Critical Care Medicine*, 2006; 174:499-507.

Our high quality **Vitamin E** supplement is **Item No. J-14**. ♦

## Love STRAUSS HEARTDROPS, & Other Strauss Items? Order NOW!

Anyone who loves the Strauss Heartdrops, or any of the other really exceptional products that company provides, may want to stock up SOON. That's because we got word with almost no notice to us that all the Strauss products were going up substantially in price, effective November 1. We are not passing on those increases to our customers until our supplies of each product runs out, or on December 12, 2006, whichever comes first.

There are a number of very legitimate reasons for such a price increase. Bottom line is that for the Strauss firm to get back to the amount it was getting for its products sold to U.S. customers five years ago, it has to increase prices by the amount of this increase.

It's all because of the continuing erosion of the purchasing power of the U.S. dollar vs. the Canadian dollar. We buy the Strauss products with U.S. dollars, and the prices we pay stay the same for long periods of time... they don't fluctuate with the daily fluctuations of the exchange rate.

However, when we began

buying the Strauss products nearly 5 years ago, the Canadian dollar was worth about 65 cents in U.S. dollars. It is now about 89 cents. That is about a 37% increase. Which means that the US dollar's value has decreased by that same amount. This is the second major price increase during that period and it simply will get their prices back up to the same level in Canadian dollars as it was 5 years ago. Examples of the new prices are \$86.95 for the large size Heartdrops (S-101), and \$45.00 for the small size (S-100). But some of the increases are much less—just 7.5%, compared to 14.6% on the large Heartdrops. Needless to say, the fact that this increase is just to get the Strauss company the same amount it got for its products 5 years ago, doesn't make us U.S. citizens feel any better about it. For us, it's a major price increase.

So if you want to stock up on a really popular Strauss product, do it as soon as you can, since the increases will go into effect as we run out of existing supplies of each product, or at the latest, Dec. 12, 2006. ♦

## Ways to SAVE MONEY on HIGH QUALITY Nutritional Supplements...

We believe it would be hard to find supplements of any higher quality than the ones we provide. Most of our nutritional supplement products come from Daily Manufacturing. Daily Mfg. is a small, family-owned operation, that takes pride in its products and simply will NOT put their family name on anything that doesn't allow them to take pride in it. And they don't ever stockpile huge amounts of any ingredients to reduce their costs, since such stockpiles would mean those ingredients would be far less than fresh by the time they were used up. We require equally high standards from any other nutritional suppliers we deal with.

And the amazing thing is, we've been able to get these quality products at very reasonable prices. We pass on those reasonable prices to you. But there are a couple of ways you could save money by getting our products at even better prices.

One is by remembering that any time you buy 3 or more products on the same order, you get **10% off any non-sale, and non-asterisked, products on your order.**

And another one is by making sure we have your e-mail address on file, if you have one. We are going to begin sending out e-mail offers again, now that we've completed some internal computer changes. Our e-mail offers are usually different from the offers we put in with our monthly newsletter. The e-mail offers are also much shorter, usually lasting not more than a few days. But they can be very worthwhile... if we suddenly get in a much larger inventory of a particular product, or we simply have gotten too much of a number of things and need more space in the warehouse! To encourage you to remember to **ask us** if we have your e-mail address, and also to correct any spelling or other errors in your mailing or shipping addresses, **we'll take \$1.00 off your order** if you offer us this information when you phone in your order, or mail it in. And by giving us this information, you'll start receiving **additional discount offers** from us via our e-mail specials. If you don't want \$-saving e-mail offers, just ask us to delete your e-mail from our records. ♦

## Trivia & Tidbits . . .

1. How many animals did Theodore Roosevelt bag during his 11-month African expedition after leaving the Presidency in 1909?
2. What temperature does the tungsten filament in an electric light bulb reach when the light is turned on?
3. How much farther from Earth does the moon's orbit move every year?
4. A male swan is a cob; baby swan a cygnet; what is a female swan called?
5. How many degrees can a great horned owl turn its head?
6. Who was Alexander the Great's teacher?
7. What was used to erase pencil marks before rubber came into use?

AND THE ANSWER IS...

1. 296—including 9 lions, 5 elephants, 13 rhinos and 7 hippos.
2. 4,664 degrees Fahrenheit (2,577 degrees Celsius).
3. About 1.5 inches. Scientists say it's been inching away for billions of years.
4. A pen.
5. 270 degrees.
6. Aristotle.
7. Pieces of bread.

## ON "THE WEB"!

[www.willardswater.com](http://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

## Court Finds “Sister Drug Of Ritalin” (For Hyperactivity And Attention Deficit Disorder) Led

This article is re-printed from our November, 1999 issue.

...the “sister drug to Ritalin” led him to believe he was Jesus Christ ... and the infant was evil...he killed her.

The prosecution psychiatrist and the defense psychiatrist agreed: **◆ 24-year-old Ryan Ehlis was suffering from**

delusions and was incapable of comprehending his actions when he shot and killed his 5-week-old daughter.

◆ They also agreed those delusions were the result of a “mind altering drug” Ehlis was taking by prescription.

◆ The drug was Adderall—a “sister” drug to the widely prescribed drug Ritalin used to treat hyperactivity and attention deficit in children and adults.

◆ Ehlis had been taking the drug (to improve his college study skills) for just 10 days at the time of the murder.

◆ Ehlis began suffering from delusions shortly after going on the drug—believing he was Jesus Christ in the second coming.

◆ His delusions led him to believe the infant girl was evil and the devil’s work and that was what led to his killing her.

◆ Once the drug was out of his system, Ehlis “returned to the person he had been for 24 years prior” (to the use of the drug), and that he’d had no prior problems.

◆ Psychiatrists testified Ehlis had made a complete recovery, and that it is not likely his illness or the related violent behavior will recur, unless he was put back on Adderall.

◆ Grand Forks (North Dakota) District Judge Debbie Kleven ruled that Ehlis was suffering from a psychotic disorder brought on by the prescription drug Adderall before, during, and after he shot his 5-week-old daughter to death, and then attempted suicide himself, and that therefore he was Not Guilty by reason of lack of criminal responsibility.

Adderall is a drug used to treat Attention Deficit Hyperactivity Disorder (ADHD), which Ehlis has suffered from since his childhood. It is a close “cousin” to the very widely prescribed drug Ritalin, which is also used to treat ADHD. A Grand Forks (North Dakota) psychiatrist, Steve Hill, told the Grand Forks Herald

newspaper that though he hasn’t heard of any similar drug-induced reactions caused by Adderall “I’ve heard of it happening with other stimulants, like Ritalin...but it’s nothing that we see a lot.”

The Herald article went on to say that Ritalin is considered a mild central nervous system stimulant and is believed to help brains disregard distracting stimuli and that Adderall is similar to Ritalin.

As we have pointed out in earlier issues

...but a Judge 70 miles away orders the “force feeding” of Ritalin to a 12-year-old boy!

broadcast news programs, that “all but one” of the shooters in the various school shootings in this country in recent years, have been taking Ritalin or an antidepressant drug. We believe such a “common denominator” in those tragic events as that begs for some serious investigation of what role (if any) the prescription drugs may have played.

Oddly enough, there’s another court case worth noting in this regard. This one is ongoing at this time, in Fargo (North Dakota). In this case, Judge Ralph Erickson has ordered a 12-year-old boy to be given the drug Ritalin, over the boy’s and the boy’s father’s objections. The judge ruled that the boy’s father would be in contempt of court if he failed to give it to the boy. Furthermore, the judge has now ruled that the mother may lace the boy’s food with Ritalin, and ordered the other people involved not to inform the boy of this practice by his mother.

Isn’t there something very wrong with this picture—one court finds a “sister” drug of Ritalin led to such serious delusions that they absolved the murderer of responsibility for his crime, but 70 miles down the road another judge is ordering the force feeding of Ritalin to a 12-year-old boy over the boy’s, and his father’s objections??? And there’s something else ... why aren’t members of the media, along with politicians, and doctors, clamoring for some “corporate responsibility” on the part of drug

manufacturers, who have not made it very clear how dangerous such drugs may be...how can we hold tobacco companies liable for not disclosing the dangers of cigarettes to smokers when everyone was aware of the health dangers, even without any input from the tobacco companies, and not require such disclosures by drug companies, when the dangers of their drugs aren’t generally known and the drug companies are seemingly as “quiet” as the tobacco companies were???

...depression isn’t caused by a deficiency of Prozac! Hyperactivity isn’t caused by a deficiency of Ritalin!

The psychiatrist in the Grand Forks Herald story (Hill) said these drugs don’t even need to be combined with alcohol, or with anything else, for such tragic reactions. He also said it could happen the first time such a drug was taken. He added they really are “very safe”, but since everyone’s different, “we have to expect such things”.

We agree with the Herald’s editorial that it shouldn’t be “expected” and treated as such an “ordinary” sort of thing. We would add that society needs to realize **nobody’s depressed due to a deficiency of Prozac! Nobody’s suffering from Attention Deficit Disorder or Hyperactivity due to a deficiency of Ritalin or Adderall!** But those problems can be related to nutritional deficiencies. Those problems have been known to respond to natural treatments and supplements...with no dangerous side effects. Example: High potency antioxidants have reportedly been very effective in some cases on Hyperactivity & Attention Deficit (such as grapeseed and pine bark antioxidants **Items PY-3 & PY-4; and Real Willard Water**) . Example 2: Vitamin B deficiency can lead to depression...Vitamin B is depleted by processed foods, soda pop, cigarettes, birth control pills, etc...High quality **B-Complex** vitamins (**Item J-2**) have very helpful for many people with depression, as has **St. John’s Wort (Item J-90)** .

Given the alternatives such supplements really seem worth a try! ◆



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### *Deer Protection...*

"It seemed strange, driving by myself to visit my daughter and her family. After all, for 35 years I'd traveled everywhere with my husband. He always did the driving, since it was truly second nature to him. He traveled for his work...drove tens of thousands of miles every year covering his territory. But he never seemed tired of driving. At least he never let on that he was.

"And he was an extremely good driver. Once when he was stopped by a highway patrolman for speeding, the officer didn't even give him a ticket. He told my husband he wished other drivers could handle a car as well at slow speeds as my husband was while going well over the limit.

"I hadn't been widowed very long when I decided to take this trip by myself. I was driving through the fairly desolate part of South Dakota when suddenly the horn on my car started honking on its own... I hadn't touched it... but it just kept honking.

"I naturally slowed down when the honking started, but couldn't figure out what was wrong. Then it actually felt like there was someone else at the wheel...the steering wheel felt so solid.

"It wasn't long, I'm sure, though it seemed like it, before I saw it... a deer just ready to jump right in front of my car! But, amazingly, the deer suddenly turned and ran down into the ditch! I guess the horn sounding scared it in the right direction, and saved me from hitting it.

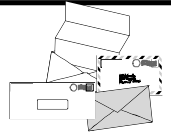
"I will always believe it was my husband who took over for me behind the wheel that day. He always had seemed to know before anyone else if there was a problem up ahead, and, as usual, he took care of it for me.

"It was really comforting to know that either it *was* my husband still being able to watch out for me, or it was God's other Guardian Angels. The horn never misfired again, but then I wouldn't say it malfunctioned that day either!"--KFS♦

*(Editor: You're invited to send your own inspiring stories, for sharing.)*



## E-Mails, Mailbag & Phone Calls. . .



### **Going Without It Made Her a Believer for Back & Leg Pain Relief**

— That's what "K.S." told us. She had used a **Relaxo-Bak** in her car for some time and at first felt it really helped her aching back and leg problems when she drove any distance. But after a while, she started thinking maybe her long-standing back problem had just gotten better. Then she ended up taking a few hour drive without her Relaxo-Bak. Still in her own car, but somehow in the process of moving things in and out of her car for the trip, the Relaxo-Bak got left behind. "It didn't take long for me to start feeling just like I used to when I rode for anything longer than a few minutes before I had the Relaxo-Bak. Now I felt all those same familiar pains!" It was so convincing, she now uses a Relaxo-Bak at

home and in her office! You can find Relaxo-Baks in the bottom section on the back of our Order Form, or in the Section on Relaxo-Baks on our new Price List With Order Form, or in our Store on our Web Site.

**Progress on Her pH Level** — "G.R." told us she'd been trying to get her pH level up to a more alkaline one for some time. Because of that, she tests it two or three times a week. In June it was 6.5. When she told us this in October of 2006, her pH was running from 7.2 to 7.5. She attributes that improvement to her use of Willard Water. She just started on Willard Water in June, so she was very pleased with that change.

As we've discussed before, many leading natural health experts believe most people's bodies are too acidic, and getting them more alkaline is beneficial for their health. One of Willard Water's characteristics is its alkalinity and raising of pH levels.♦



# More Product Highlights & Updates from Charlie

## Nutritional Deficiency Possibly Linked To ADHD, Violent Behavior, & More, And This Same Nutrient Prescribed Routinely in Europe for Heart Attack Patients--Why Not in U.S.?

The articles read like good novels ... very hard to put down. That's because the information is so simultaneously upsetting and exciting in a positive way.

It seems that as our society has "evolved" into this fast-paced, eat-on-the-run culture that it is, we have

been replacing the healthy fats needed by our bodies (the Omega-3 essential fatty acids) with the very unhealthy man-made trans-fats and excessive amounts of saturated fats and vegetable oils high in Omega-6 fatty acids that we consume in large volumes. Also, it's worth noting that alcohol depletes the healthy Omega-3's a person may have in their system—just another way one's food and drink may have a negative impact on their behavior.

We don't have nearly enough space here to give you the whole rundown, but here are a few tidbits from what we've found reported recently:

In a report on a National Institutes of Health (NIH) study conducted to analyze the effects of Omega-3 fatty acid supplements on the brain, published by the British newspaper "The Guardian", it was noted that the people involved in the study found the changes in their lives to be "miracles"... one man said it was the first time since he was 5 years old he'd ever gone 3 months without punching anyone in the head! And in another British study, violent offenses in the prison dropped by 37% when inmates were given multivitamins, minerals and essential fatty acids (Omega-3s). But the researchers said those changes weren't miracles but were what you might predict if you understand the biochemistry of the brain and the biophysics of the brain cell membrane. The clinician in charge of the study, Joseph Hibbeln, said his hypothesis is that modern industrialized diets may be changing the very architecture and functioning of the brain. He says that just as vitamin C deficiency causes scurvy, deficiency in the essential fats the

**...just as Vitamin C deficiency causes scurvy, Hibbeln says this deficiency causes a host of mental problems from depression to aggression...**

brain needs and the nutrients needed to metabolize those fats is causing a host of mental problems from depression to aggression. Not all experts agree, of course, but we found the results of two studies discussed in the Guardian article pretty compelling.

Those included anecdotes of prison inmates and former inmates who saw near about-face type changes in their behavior. In one study, even those who relapsed and were drinking again, still saw their anger reduced by one-third, as measured by standard scales of hostility and irritability, when they were given Omega-3 supplements. The participants were given 2 grams per day of the Omega-3 fatty acids EPA and DHA for three months.

Back to Hibbeln, the psychiatrist and physician, in charge of the study. He said that "over the last century most western countries have undergone a dramatic shift in the composition of their diets in which the Omega-3 fatty acids that are essential to the brain have been flooded out by Omega-6 fatty acids such as soya, corn, and sunflower oils. In the U.S., for example, soya oil accounted for only 0.02% of all calories available in 1909, but by 2000 it accounted for 20%. Americans have gone from eating a fraction of an ounce of soya oil a year to downing 25 pounds per person per year in that period."

The article went on to say that to "test the hypothesis, Hibbeln and his colleagues have mapped the growth in consumption of Omega-6 fatty acids from seed oils in 38 countries since the 1960s against the rise in murder rates over the same period. In all cases there is an unnerving match. As Omega-6 goes up, so do homicides in a linear progression. Industrial societies where Omega-3 consumption has remained high and omega-6 low because people eat fish, such as Japan, have low rates of murder and depression."

Of course, that doesn't prove any-

thing, since other things have also changed over the last century, but some of the things the article pointed out that you would expect to increase violence, such as availability of firearms and alcohol, or urbanization, "do not in fact reliably predict a rise in murder across countries according to Hibbeln".

In a study conducted at Purdue University it was found that children low in Omega-3 essential fatty acids are "significantly more likely to be

- ◆ hyperactive,
  - ◆ have learning disorders, and
  - ◆ to display behavioral problems.
- Omega-3 deficiencies have also been tied to
- ◆ dyslexia,
  - ◆ violence,
  - ◆ depression,
  - ◆ memory problems,
  - ◆ weight gain,
  - ◆ cancer,
  - ◆ heart disease,
  - ◆ eczema,
  - ◆ allergies,
  - ◆ inflammatory diseases,
  - ◆ arthritis,
  - ◆ diabetes,
  - ◆ and many other conditions".

Why are the "essential fatty acids" so important to the brain? Most of us know that our muscles are made of protein and our bones from calcium, but many of us don't realize that the brain is more than 60% structural fat. And not just any fat. It has to be certain types of fat. And those types of fat are the kind we're no longer eating much of as a society—the Omega 3 fatty acids. Compounding the problem is that the trans-fats and the Omega-6 fatty acids which we do eat in large volumes, actually interfere with our body's efforts to make use of the small amount of Omega-3 fats that we do give it.

Trans-fats (hydrogenated oils) are a different shape than DHA. DHA is one of the Omega-3 fatty acids. DHA is curved, trans-fats are straight. That creates a problem when the body has to sub-

stitute the straight trans-fats for the curved DHA of which it's deficient. It winds up using the wrong kind and the brain's neural network develops slowly and is defective—and the child has learning and memory problems as well as behavior problems, according to an article by Theresa Gallagher on mercola.com

Early man, the “hunter-gatherers” ate diets rich in Omega-3s...meat, fruits and vegetables, and not much in the way of grains. Other foods rich in Omega-3s are green leafy vegetables, certain seeds and nuts, and wild game.

That seems to be an explanation for why cows, chickens and other animals that are fed by “free range” methods have higher levels of Omega-3s in their systems...because they eat lots of green leafy vegetables on those free range diets. Animals fed grain end up with their Omega-3 levels being very low. Wild game, and free range fed animals, are said to be healthier to eat, and are also leaner than farm-raised animals.

But the Omega-3 benefits don't stop with the impact on our brains and mental well-being, it seems. Simply a review of our past newsletters would produce a long list of health benefits studies have found Omega-3s have for people.

But another one is its apparent impact on **heart attack victims**. The odd thing is that in Europe, it is standard medical practice to prescribe purified fish oil, or Omega-3 fatty acids, for every heart attack survivor.

For medical doctors to send recovering heart attack patients home with a prescription for Omega-3s “is clearly recommended in international guidelines” according to Dr. Massimo Santini, the chief of cardiology at the San Filippo Neri Hospital in Rome. In fact, Dr. Santini added that it would be considered tantamount to malpractice in Italy to omit the “drug” from such after-care.

Dr. Santini's statements were reported in the New York Times (or Times) article on this subject in its October 3, 2006 issue. That article also pointed out that in a large number of studies, prescription fish oil has been shown to improve survival after heart attacks and to reduce fatal heart rhythms. The American College of Cardiology recently strengthened its position on the medical benefit of fish oil, although the article said critics say the studies have not defined the magnitude of the effect.

But in the U.S., heart attack victims are not usually given Omega-3 fatty acids,

the Times article said, “even as they are routinely offered more expensive and invasive treatments, like pills to lower cholesterol or implantable defibrillators. Prescription fish oil, sold under the brand name Omacor, is not even approved by the Food and Drug Administration for use in heart patients”, the article said.

Quoting Dr. Terry Jacobson, a preventive cardiologist at Emory University in Atlanta, “Most cardiologists here are not giving Omega-3s even though the data supports it...They have been very slow to incorporate the therapy.”

The Times article went on to say that “the fact that heart patients receive such different treatments in sophisticated hospitals around the world highlights the central role that drug companies play in disseminating medical information, experts said. Because prescription fish oil is not licensed to prevent heart disease in the United States, drug companies may not legally promote it for that purpose at conferences, in doctors' offices, to patients, or even on the internet.”

The Times article pointed out that on Solvay Pharmaceutical's web site for Omacor ([www.solvay-omacor.com](http://www.solvay-omacor.com)) the first question a person is asked is if they are a U.S. citizen. If they answer yes, they're directed to a page that does not discuss heart attacks. In the U.S., Omacor is licensed only to treat people with extremely high blood triglyceride levels.

And, the Times article pointed out the fact that fish oil is sold as a nutritional supplement in the U.S. has also made it harder for some medical doctors to think of it as a powerful drug.

(Editor: we don't think it should be thought of as a drug!)

The New York Times article pointed out that in the largest study of fish oil, which was conducted over a decade ago, Italian researchers gave 11,000 patients one gram of prescription fish oil a day after heart attacks. After three years the number of deaths was reduced by 20% and sudden deaths were reduced by 40%, compared to the control group in the study.


Ironically, a review of existing research published in the British Medical Journal (BMJ) this past summer, written by Dr. Roger Harrison, said that such a review “cast doubt over the size of the effect of these medications” for the general population, “but still suggested they might benefit some people as a treatment.” Dr. Harrison also said he be-

lieves people should “generally increase their intake of Omega-3 acids, by eating more fish”.

What's ironic to us is that Dr. Harrison also said that “if you ask me do I take Omega-3 supplements every day, then embarrassingly, the answer is yes.” Dr. Harrison is a professor at Bolton Primary Care Trust of the University of Manchester in England. He added “I, too, am caught up in this hectic world where I have little time to shop and prepare the healthy foods I know I should...”

The Times article said The American College of Cardiology now advises patients with coronary artery disease to increase their consumption of Omega-3 acids to one gram a day, but it does not specify if this should be by eating fish or taking capsules. One problem the Times article mentioned with the capsules is that they often are blends of the two fish oils known to be beneficial in heart disease with other less useful fatty acids. For that reason, the article said, Dr. Jacobson of Emory gives the prescription drug “off label” to cardiac patients, despite the fact that the FDA has not approved it for that use because “then I know exactly what they're getting, and there is no mercury”. His comment about mercury is a reference to the fact that many experts warn against eating too much fish due to the high mercury content of many fish.

Dr. Jacobson added that he tells his patients who can't afford the prescription version that they can take the over-the-counter supplements.

Editor: We must point out that our **Fish Oil Omega-3** supplement, called “EPA”, **Item No. J-39**, contains only the two fish oils known to be beneficial to heart disease—EPA and DHA. One capsule contains 180 mg of EPA and 120 mg of DHA so to get a gram a day, you would need to take 3 to 4 capsules per day. And for vegetarians and/or people with fish allergies, we have the Omega-3s available in our **Flaxseed Oil capsules, Item No. J-77**. Each of these capsules contains 1,000 mg (1 gram) of Omega-3 fatty acids (primarily linolenic acid) as well as the lignins which are found in flaxseed, but not normally in the oil. 

**...it would be tantamount to malpractice (there) NOT to prescribe this nutrient for heart attack survivors...**

# 7 Wonders...or maybe more!

Someone asked us here in the office the other day which products we thought were most important for everyone, generally speaking. Which ones would we regard as the “Seven Wonders” of our product line? We didn’t think we could possibly narrow it down to seven, but when we looked at it from the standpoint of which products would be most likely to be essential to most people, we did come up with a list. Here you go:

1. **Real Willard Water.** We’ve just seen this product do so much, so often, for so many people that it has to be our Number One choice. And it makes sense, since we believe a lot of its reported benefits stem from its ability to simply help every body absorb and utilize nutrients much better. And it also helps to get rid of toxins and wastes that might be working against that body. Plus its other characteristics of reducing swelling, getting rid of free radicals, raising pH levels, and working on skin problems, just make it a real one-of-a-kind likely helper for anyone.

2. **Colostrum.** This is known to provide antibodies to infection, and more importantly, we believe, to help boost your own immune system. Since one’s immune system is certainly critical to good health, this certainly qualifies for the list—some might even put it ahead of Willard Water. We just based the positions of these two on the number of different problems we’ve had people tell us they’ve helped. But we all take Colostrum regularly just to stay healthy. And we certainly increase our intake of it if we’re fighting off a cold or the flu, or worse. Countless customers swear by it.

**Liquids** (Item Nos. H-1 and H-2) don’t have to be broken down by your body and have never been subjected to any heat, so most “old hands” at this product regard them as the best—especially if you’re already sick or fighting something tough. But others swear by the **Capsules** (Item H-5) or the **Bulk Powder** (H-6). The capsules are the most convenient and therefore possibly more likely to be used regularly. And the powder is the least costly per use, though it’s a larger outlay to start with.

We have to tell you we’ve had very impressive reports on the capsules and

the powder, but we still have that idea in the back of our heads that for the toughest of things, we’d use the liquid ourselves (probably the H-2 for real tough stuff—though H-1 has lots of reports to its credit, for sure, too!)

3. This list has to include a good **Multi-Vitamin** and excellent **Calcium**. Everybody needs these. Some would argue “multi-vitamins” aren’t enough. But they do give you the foundation you need, if they’re a high quality one. We have no doubt that our **Item J-56, Multi-Vim** is a high quality one and it’s one our customers have raved about. And our **Coral Calcium** with Vitamin D and Magnesium in capsule form (**Item J-203**) has compiled an *impressive* list of reports from users of benefits they’ve perceived from it, just like Multi-Vim.

We’ve heard many comments on how much better *this* Coral Calcium worked than other “brands” of it they’ve tried...from the “infomercial one” to a variety of others...differences in tangible things like nail health, or leg cramps. Quality counts.

4 & 5. **Omega-3** and **CoQ10**. It seems the list of health issues supported by these two nutrients keeps growing and growing. As the list of studies touting the benefits of these two continues to grow, and as we become more aware of the ways our “normal cultural diet” is depleting us of Omega-3s it certainly becomes obvious to us that these should be included in any “keep me healthy program”.

We have very high quality products available—our item called **EPA** is **Item J-39** and is the fish source of the two key Omega-3s...EPA and DHA, and no other fatty acids added to just cut the cost. This is a premier product. As is our **Flaxseed Oil** Capsule product...**Item J-77**, which is a great Omega-3 source for vegetarians or for those people who are allergic to fish.

Our very high quality **CoQ10** products are **Item J-13** and **J-23**. J-13 is a 50 mg capsule, while J-23 is a 100 mg. softgel with 100 IU of Vitamin E included.

Some time ago we reported on the fact that in Japan certain heart problems are regarded as “CoQ10 deficiencies”, indicating CoQ10’s perceived value there.

6. **Progesterone Cream.** We have been very pleased with the reports that just keep coming from our customers who have used our progesterone products and raved about the results...often commenting on how much better they’ve worked than other brands...on PMS, irregular periods, depression, headaches, menopausal symptoms, and more.

Given the growing literature on the benefits of progesterone for men and women, it just has to be on this list. We have this from **Heartland Products** in a 2-oz jar which is **Item HP-J**, or in a handy dispensing pump, **Item HP-1P**.

The pump doesn’t waste anything, since the pump rises up as it dispenses it. This product has recently announced a coming name change to “Heartland Natural Balance”. Same product, just a change required by FDA regulations.

We also have “**Natural Moments**” Progesterone, **Item HP-2**, which is less expensive than the others and comes in a tube type container. It has fewer ingredients, but the same amount of progesterone. Most people trying it have been happy with it, though there are some who say the HP-J or HP-1P have worked better for them—the extra ingredients may help absorption, we’re guessing.

Don’t forget... progesterone benefits many men, too, who also need it in their systems. Some men say this has done more for their middle-of-the-night-bathroom-trips than any other product.

7. **Strauss Heartdrops.** Many people tell us how much these drops (S-100 & S-101) have helped them... from “no more ER visits for angina” to no more shortness of breath, to greatly reduced bouts of irregular and rapid heartbeat.”

We know these drops are one of the products that many people say they’ll NEVER be without...the last time there was a price increase on them we saw a lot of people buying a year’s supply ahead. THAT tells you what they think of them! “Ditto” for other Strauss products, which have huge customer loyalty themselves. The Strauss people really do have some amazing formulas, which people say have done amazing things. We’d venture to guess nearly everyone who has used them would say Strauss items clearly belong on this list. ♦