

Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.willardswater.com ♦ November, 2009

A New "Take-With-You" Product for Those Who Like This for Their Immune System Or Seasonal Concerns

WE HAVE IT! The answer to the many requests we've had from people this year with all the concern about the coming **flu season**, for a **colostrum product they could easily use at any moment, anywhere**. One you could *carry in your pocket or purse to spray in your mouth or nostrils whenever you felt you might be made vulnerable to viruses, etc, or by being in a crowd situation or near an obviously ill person, or whatever*. Or simply a *convenient way to get some colostrum into your system, whenever you happened to think of it*.

Many customers always tell us that when "**flu season**" comes around, they DON'T want to be without our **Colostrum, Real Willard's Water, or Colloidal Silver**. But they'd especially like if the Colostrum could be in a more convenient, carry-with-you form.

Before giving you the details on this new Convenient Colostrum Spray I feel "full disclosure" requires me to say that my personal experience has been that with taking Real Willard's Water ("RWW) and colostrum every day, I just don't really get sick . . . haven't for the past 26 years or so (ever since starting my regular use of RWW and Colostrum). And the few times that I've awakened in the morning with the apparent start of any "respiratory thing", I immediately take very significant amounts of liquid colostrum and colloidal silver along with my daily RWW . . . and do that twice a day for two days and find that either the symptoms completely go away or they are so mild that "they don't really count".

But now for some details on this New "**Colostrum Spray**"... We've had a few samples on hand for our own use for some time, and have been im-

pressed, but there were a number of obstacles to our actually getting our hands on a good quantity to provide to our customers. We now have them!

It is a small spray/mist bottle, about 4-1/2 inches tall and about 3/4 inches in diameter . . . doesn't take up much space in pocket or purse or on your desktop or the glove box of your car. Contains an ounce of VERY high quality colostrum . . . at least as good, we believe, as the H-3 liquid we provide and which has a VERY high re-order rate... meaning customers try it and keep coming back for more... many of them doing that for years and years at this point. We always feel such customer loyalty says more about how "good" a product is, than about anything else can.

Being such a healthy lot, ourselves, we have little to report on the product's actual effectiveness except that our little grandson who is only 3 months old, came down with some kind of respiratory thing a few weeks ago, and his mother found that this product was a very handy way to get colostrum into him. He didn't like the taste of our regular liquid colostrum, but the spray has a pleasant vanilla flavor, so he would cheerfully open his mouth and let her spray his little tongue with it. He recovered from the "bug" quite rapidly, but not being certain he should be getting the vanilla flavor, she stopped the colostrum... he got sicker. When it was learned that the vanilla flavor was not a problem for one so young, it was restarted, and he also resumed his recovery. None of that proves anything scientifically--he may well have recov-

For anyone who has found this item helps them **support their immune system and wants it close at hand** when "out and about", we now have it in a "**take with you**" **SPRAY form**... and with a pleasant vanilla taste!

ered at that point anyway, because he certainly is a healthy and cheerful little guy, but quite clearly, the Colostrum Spray certainly didn't hurt anything--

and his best recovery signs were when it was included in his care.

Reports from the source of the product are very impressive, since they have had a good deal of experience with it during recent months. The head of the firm has been giving them to employees and immediate family because he doesn't want to be surrounded by sick people . . . doesn't have time to be ill himself . . . he also told me that they have found that at the start of a sore throat, a couple of sprays each time, for several times during the first several hours, usually ends the problem. That's easy, of course, for a provider of a product to say, but this guy is, like me, very conservative in what he says, and I know him well enough to consider him very credible.

We normally don't put any product into our line until we've had a lot of experience with it, but in this case we are making an exception because 1) we have 25-plus years experience with colostrum, 2) we are very familiar with the excellent reputation of the particular colostrum source, and 3) the time-urgency of getting this into peoples' hands. However, to get as much user experience and feedback as we can, as soon as we can, we're initially offering it at a substantial discount from its regular price of \$24.95. See the "Special Offers" page enclosed. ♦

Warning: Study Finds Mercury In Nearly ALL Fish In U.S. Streams

A U.S. Geological Survey study found mercury contamination in every fish sampled in nearly 300 streams across the United States.

More than one-fourth of them were found to contain mercury at levels above the limit set for the protection of people by the U.S. Environmental Protection Agency (EPA).

Exposure to Mercury can damage the brain, kidneys and lungs. Symptoms of mercury poisoning usually include sensory impairment, disturbed sensation and a lack of coordination.

When contaminated fish are eaten, the mercury acts as a poison to the brain and nervous system. It is especially dangerous for pregnant women and small children, whose brains are still developing. If infants or fetuses are exposed to mercury it can cause:

- ◆ Mental retardation
- ◆ Cerebral palsy
- ◆ Deafness
- ◆ Blindness

And, even low doses of mercury can interfere with a child's development, leading to shorter attention spans and learning disabilities.

In adults, mercury poisoning has been linked to fertility problems, memory and vision loss, and trouble

with blood pressure regulation. It can also cause extreme fatigue and neuro-muscular dysfunction. It is especially damaging to the central nervous system (CNS) and in the CNS it can cause psychological, neurological, and immunological problems. Additionally, unless it is directly removed, it can remain in the CNS for somewhere between 15 and 30 years according to some studies.

If you eat fish, these are some of the worst ones, per reports, and should especially be avoided by pregnant women, or those expecting to become pregnant, or who are nursing:

- ◆ Tuna steaks
- ◆ Canned tuna
- ◆ Sea Bass
- ◆ Oysters (Gulf of Mexico)
- ◆ Marlin
- ◆ Halibut
- ◆ Pike
- ◆ Walleye
- ◆ White Croaker
- ◆ Largemouth Bass
- ◆ Shark
- ◆ Swordfish

To get **Omega-3** without eating fish, try **Item J-391** or **J-392** for a Fish Oil source of those all important Omega-3s, or **Item No. J-77** for a Flaxseed source. ♣

A Deficiency Far More Serious Than Most Think

Experts say as many as 2 billion people around the world have diets deficient in this key nutrient and even in the U.S. about 12% of the population are probably at risk for it, and as many as 40% of the U.S. elderly are deficient in it.

One recent study found that even a minor deficiency of it can lead to DNA damage in humans.

There are more biological roles for this mineral than for all other trace elements put together. This mineral is none other than zinc.

A common symptom of zinc deficiency is colds and infections. But it also plays a crucial role in such things as:

- ◆ Cell growth
- ◆ The process that lets your cells read genetic instructions
- ◆ Keeping your immune system strong
- ◆ Stabilizing your metabolic rate
- ◆ Balancing your blood sugar
- ◆ Maintaining your sense of taste and smell

Get this: adding zinc to teenagers' diets has even been shown to cause improvements in memory and attention span. And, it's important to protect your body against oxidative stress and DNA repair. Zinc deficiencies have also been linked to various types of cancer, infection and autoimmune diseases.

We caution however, that too much zinc is also not good—can lead to other problems, so don't take excessive amounts of it. Recommended daily allowance for women is 8 mg and for men 11 mg. It is said by some natural health experts that anything over 50 mg per day may be excessive.

We offer Zinc in Item J-96 which is a 30 mg. tablet. Each tablet is slotted so it can easily be broken in half for a 15 mg. dose. This is zinc in an amino acid chelate form. ♣



Trivia & Tidbits . . .

1. What is the BRAT diet?
2. What was purpose of world's 1st "modern" computer, ENIAC?
3. What product was called the Soundabout when introduced in the U.S. in 1979?
4. How was the Tonkinese breed of cat developed?
5. How fast can a swordfish swim?
6. How many muscles does a caterpillar have?
7. Swallows return to San Juan Capistrano, California, on March 19; what birds return to Hinkley, Ohio, 4 days earlier?
8. What are the only 2 mammals to lay eggs rather than give birth to offspring?

AND THE ANSWER IS...

1. Diet of bananas, rice, applesauce & toast, often prescribed for infants with diarrhea.
2. Computing ballistic trajectories for artillery shells, in 1946.
3. The Sony Walkman. It was called the Stowaway in England.
4. By crossing a Burmese with a Siamese.
5. More than 60 miles per hour. It and the sailfish are the fastest swimming fish.
6. Four thousand—more than five times as many as a human being.
7. The turkey buzzards.
8. The duck-billed platypus and the spiny anteater.

ON "THE WEB"!

www.willardswater.com

Or

www.nutritioncoalition.com

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

Hard to Ignore THAT! Real Relief When Problem Stopped

I tried to ignore it. In fact it didn't even really register on my consciousness for some time . . . days? weeks? But at some point I became aware that I **was** aware of the **beating of my heart**. Now when it is beating normally, we usually are very much **UNaware** of it, even though it is beating some 100,000 times every 24 hours.

I also seemed to have **less energy**. It was even something of an effort to just WALK up the steps.

Finally (Duh !!) I thought to check my pulse. Found that my heart was beating very regularly . . . for six beats . . . then it skipped a beat. Then six more strong, regular beats. Then skip one. Hard to ignore THAT!

Went to my chiropractor ("DC"). I figured the heart beat is something of an "electrical" thing and the nerves going to the heart were probably somehow being interfered with. The DC worked on me for a significant amount of time and I left feeling better. Heartbeat normal. But within a couple of hours, the missing beats resumed . . . but only about every twelfth beat. Step in the right direction.

Went back to him each of the next two days. I did have a lot of things messed up in my back and neck so he found plenty to do. Heartbeat continued to get somewhat better, but still far from normal.

Meanwhile, right after the first visit to the DC, I dug out a bottle of the **Strauss Heart Support Tincture** (Item S-102T 250 ml) that I'd acquired some months before and never really put to use. The label says, "traditionally used to help support a healthy heartbeat" . . . mine certainly didn't seem healthy to me (but I'm no doctor so I could have been wrong--though I do think any doctor would say skipping beats isn't normal or healthy).

I also began taking, much more faithfully, the **Strauss Heartdrops** (comes in two sizes: Items S-100 is 50 ml & S-101 is 100 ml), which I've taken on and off for at least six or seven years, but had really slacked off in recent months. While the Strauss company says that they are for cleaning out, and keeping cleaned out, the arteries . . . I had a long-standing heart RATE problem where my heart would

occasionally race at breakneck speeds but that cleared up coincident with my initial faithful use of the Heartdrops six or seven years ago . . . and gradually returned when I quit using them . . . and went away after I got back on them . . . and gradually returned after I got out of the habit of daily use of them, and again went away after I got faithful on their use again. After some years I figured out that if I took a "maintenance" amount once a day, the problem stayed away. So I'd been doing that quite faithfully until recent months..

As I said, for a number of days after the three DC treatments, the problem was still there, although somewhat improved. But after another week or so, during which time I was aggressively using both Strauss products, I realized that I wasn't conscious of my heartbeat any more. And sure enough, checking my pulse showed **NO skipped beats**. **AND**, I'm back to my **normal energy levels**... with **NO problems going up steps--no feeling "winded"** or tired, or even feeling the need to think about whether or not I wanted to expend the energy to go up and down the steps.

I have little doubt that if I'd consulted our MD, he'd have come up with a prescription drug that may well have corrected the heart beat . . . and if not . . . hey there are always pacemakers. And we don't totally avoid such "mainstream" things, but our practice around here is to try the non-invasive, no-downside, relatively inexpensive treatments first . . . in this case, chiropractic care and the Strauss products.

I did say "relatively" inexpensive. The Heart Support Tincture is, by our standards, spendy. The 250 ml bottle is \$99.95 and at the rate I'm taking it . . . 3 ml twice a day, that is only a bit over a 40-day supply. And the Heartdrops go for \$86.95 for a 100 ml bottle, or \$45 for the 50 ml bottle. At the recommended 1.5 ml per day, the larger bottle is about a two-month supply, and the smaller one about a month supply.

Which means I'm going through about \$3.75 worth of Strauss products per day. A great many people will roll their eyes and say, "Don't complain! The prescriptions I'm taking cost about six times that much!" Which I realize, but we are accustomed to supplements costing pennies per day

instead of dollars. Also, it would seem that for this particular problem I might very well have gotten the same results with just the Tincture instead of also using the Heartdrops, but given my positive history with the Heartdrops — with a seemingly closely-related issue — it seemed reasonable to use them, too.

The higher cost of the Strauss items compared to the majority of the products we sell is one reason why we've never really "pushed" the excellent Strauss products in our newsletters and other promotional materials. We always try to find the most reasonable cost type items to help people with their nutritional needs, so we tend to promote "less pricey" items that seem to be likely to be very beneficial to the most people. Plus, we don't want customers and potential customers to get the impression that we sell "really expensive products", because, generally speaking, we certainly don't. Real Willard's Water, is one of the least costly health-type products we've ever found and when purchased by the gallon of concentrate, runs about \$10 per MONTH per person, and not a lot more than that even when purchased in the smaller sizes. And all the other products we sell are the highest quality we can find at the most reasonable price for quality. However, when it comes to heart issues, and feedback on products regarding how they may have benefitted people's hearts, we've NEVER seen any that come close to the kinds of reports we've gotten back on the Strauss Heartdrops and their Heart Support Tincture. Plus, I felt compelled to share this account with you because it may be VERY useful to at least a few people, right now, or sometime in the future.

I should add that many natural health experts also recommend for "heart issues" like this, people should take substantial amounts of Vitamin C (some say up to 10,000—20,000 mg. per day) and Vitamin D (up to 20,000—40,000 units per day—a minimum of 5,000 units every day is often cited as a "must"), among other things for specific situations.

Our **Vitamin D-3 is Item J-24; Vitamin C** comes in **J-68** (500 mg tablets) and **J-69** (1000 mg. timed release tablets). ♦

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It is used for address information in the mailed version.



“I GUESS I DO KNOW WHAT IT’S LIKE”

“My mother had been fighting a battle with a debilitating disease for over 14 years. Most people didn’t survive it more than a few. But, it was now obvious to her long-time doctor, and to our whole family, that she was nearing the end of that struggle.

“It fell to me to tell her that it looked like this might be the way she would finally be ‘back home with her parents and the siblings who had gone before her’. She already knew that, but seemed to welcome the opportunity to talk... she said she didn’t mind dying, but was uncertain what it would be like to die.

“I told her, ‘You DO know... Al told you, remember?’ She smiled and looked relieved. Then she said, ‘He DID see it. Anyone could see he was really seeing it. I guess I do know.’”

“I knew the story well, since she’d told me about it many times. When our long-time neighbor and close friend, Al,

was dying and had been in a very deep coma for quite some time, his wife had said she didn’t want to watch and left the room. The doctor had said it didn’t matter that at that point Al could no longer even hear them if they spoke to him. But my mom had stayed with Al. Suddenly he opened his eyes, and said ‘Pat (my mom’s nickname), it’s beautiful over there. Get El (his wife).’ “Once El was in the room, Al described the beautiful place he was seeing... the green pastures, the incredible sky, the great peace in and through the place. And mom had always said that it was obvious from the way he was focused on ‘something we couldn’t see but was in front of him’ and the great peace that came over him, that he was truly seeing something, not just imagining it or making it up.

“I always thought it was remarkable how Al’s passing had also helped my mother with hers, and now maybe by sharing this story it can also help someone else.” — D.S. ♠

Editor: You’re invited to share stories of unexplained help, Forks in the Road & other inspiring stories for this column anonymously, if desired.



E-Mails, Mailbag & Phone Calls. . .



“Ready for the Garbage”

— That’s what K.T. thought about the flowers she’d received for her birthday but which were now drooping badly, losing petals, and looking all shriveled up. She was about to do that but when she got to the kitchen counter area to toss them in the garbage, she saw her bottle of Real Willard’s Water concentrate on the counter and thought “why not?”... so she watered the flowers with some of the diluted RWW. When she looked at them again, a few hours later, they looked “all perked up”! She said it even made her decide SHE should be more consistent herself in drinking it. “After all, if it made that much difference for those seemingly dead flowers, just think what it might do for me!” Good point, we say!

Help with Chemical Burns — “J.F.” told us that his dog had ended up with chemical burns from a flea and tick product he’d used on the dog. But, he said, the Real Willard’s Water “fixed him right up”. He was certainly glad, and we bet his dog was too!

Fibromyalgia Relief — “E.B.” called in one day recently to reorder her Real Willard’s Water. She’s been a customer for many years, so obviously is a big fan. Turns out one of the big reasons she likes RWW is the relief she’s had from her Fibromyalgia pain since becoming a regular user of RWW. “It just makes a BIG difference” she said. “Only problem I have with it is telling others with the same problem who don’t listen”... maybe some will listen who read this, E.B. ♠



More Product Highlights & Updates from Charlie

REAL People Talk About REAL Willard's Water

Several readers have strongly suggested that we tell people about the very desirable **ALKALINITY OF REAL WILLARD'S WATER**. ("RWW", for short). As one person wrote, "I spent a substantial amount of money on this device to make 'alkaline water' because I've read so much about that being beneficial. I didn't realize that that's apparently what I already had in my 'RWW' . . . I think I wasted the money I spent on the machine."

We know very little about the device the lady referred to, but she's certainly right about the RWW being highly alkaline. And that is generally considered to be a good thing. The rationale is that most of the food we eat tends to create, or add to, an acid condition in our bodies. But our blood needs to be in a specific pH range so our bodies do whatever they need to, to maintain that proper pH. I'm told that this may include robbing minerals from bones. So it would seem logical to this lay-person that if we are taking something into our body which is highly alkaline, that would make it easier for the body to maintain the appropriate blood pH. We have not "made a big deal" about this because we think the alkalinity of the RWW is, while positive, not necessarily any more significant than its other

benefits and we don't want folks to think of RWW as "simply alkaline water". We did, however, discuss this a bit in an earlier newsletter and are now touching on it again for the benefit of newer readers.



We've relayed many reports over the years from **DIABETICS** who have told us their daily requirements for insulin has diminished after they began drinking Real Willard's Water (especially the dark version), but not long ago we received another report of a different type of effect on a diabetic person. "AG" phoned in from Illinois to relate that someone she knows who is a male **DIABETIC**, in his 50's, had **SORES** spreading all over his legs. She got him some REAL Willard's Water to drink and also some **Aqua Gel** to apply to the sores. Not many days later she learned from him that the lesions had healed and the "input places" (he's on dialysis) were looking better.



"CL", a long-time customer, passed along this very gratifying account... she has a teen-age daughter who reacts very badly to **POISON IVY**, but is an outdoorsy type of person who often winds up in contact with the plant, when she and her friends go hiking. Result is that she almost immediately winds up with "weeping" sores all over

her body . . . Her mother got her on colostrum and colloidal silver, from us, figuring they'd help with her apparent **CHRONIC FATIGUE SYNDROME**. . . and it has been much better the past several weeks (since getting the colostrum and colloidal silver). But besides that, the poison ivy situation is also much improved. She got into it again, but this time it remained confined to a small patch of skin and caused only minor problems!

You can tell it is poison ivy season because "BD" e-mailed this report (he had only very recently started using RWW): "First experience abated **ALLERGIC CONTACT DERMATITIS** (poison ivy type) (MINE!!) . . . wet gauze bandage over ankle for maybe ten hours. Pustules were gone, inflammation remained (that was Thursday night) Friday a.m. significant improvement. By Sat morn, healing was at a stage I would have expected in an additional 8-9 days. . . also the topical application provided, for me, equivalent itch relief to what I would get when, as a last resort, I would take 25 mg Benadryl.

RM, a very long-time friend of RWW and of us, has for many years been doing his best to bring RWW to the attention of others. Like many, he's noticing that "the time must be right" . . . people seem to be much more receptive. He buys as a

dealer but I think he gives a lot of it away, and sells the rest at little more than his cost. Refers folks to us if they get seriously interested in it. He told me about one friend who would have 4-5 **COLD SORES** at a time but has found that "the RWW dries them right up" (applied topically).

And he also told me about a female friend of his who was going to some kind of skin care practitioner for problems with her **COMPLEXION**, but who hadn't been back to that doctor for some weeks. When she finally did get back to the doctor, the practitioner looked at her complexion and asked "who she'd been to". "No one", she responded . . . I've just been too busy to get in to see you." The professional could hardly believe the improvement in her skin . . . so the patient finally told her doctor that she'd been faithfully spraying RWW on her face every day.



People we haven't heard from in years are turning up on almost a daily basis. One recent phone call went pretty much (I'm a lousy note-taker) like this: "I'd just gotten away from it . . . Several years ago I was drinking the RWW faithfully every day . . . getting it from you . . . then I ran out and I got some from the health food store , a **DIFFERENT BRAND**, and I guess I just knew

somehow it wasn't really doing anything for me so I quit drinking it and never re-ordered from you, either and I haven't felt as good ever since, but it took me so long to figure that out. But just a couple of months ago I finally woke up and realized what was going on and I called you folks up and got some of the Real WW again and within just a few weeks it seems like most of my **ACHES & PAINS** have disappeared again. Can't believe it . . . I'm old enough to be smarter than that! How could I let myself be without it for so long. It makes no sense."

Handwritten note from "JW" who told us . . . "I thought I knew about Real Willard Water. I've drunk it for several years but when I saw your ad in *"Alternative Medicine Digest"* something told me to call and get information. There was this warning in there about imitation and watered down

RWW. What I had been getting looked a hundred percent genuine—it has Dr. Willard's signature on it and everything so I was sure it was the real thing. But something told me to order a bottle from Nutrition Coalition and I'm just amazed at how much better I'm feeling. I really **FEEL LIKE I'VE BEEN CHEATED** (by the other product). Something should be done about that kind of thing. I would really like to get some more of your information that I can give to others. I'm not very good at explaining things and if people see it in writing it makes more sense to them I think. They think I'm just an old lady. What does she know anyway. The papers you write on it explain it so ordinary folks can understand it."

Ohio customer called to thank us for explaining that he really could use tap

water to make his RWW for drinking. Said he didn't have a filter or anything like that . . . instead would buy bottled water at the supermarket and use that, but often ran out and then would be without RWW for as much as several weeks before he'd remember to get the water again. "You'd think that the **SUBSTANDARD WAY I FEEL** after I've been out of it for a few days would remind me to get on it again, but it is a gradual thing and I guess I'm just too busy and preoccupied. Now that I know I can just use the tap water I don't let lack of bottled water stop me."

(Note: We think it is much more desirable to mix the RWW in water other than ordinary tap water, but it will WORK that way . . . better than to go without RWW, as this customer said!) ♦

Editor: This article and the one below are revised from our July '99 issue.

It Doesn't Feel Nearly So Lonesome Anymore!

When I began regularly taking nutritional supplements in about 1970, I was the only person I knew who did. I'm sure Adele Davis felt like "The Lone Ranger" when she was writing books on nutrition. But things are certainly changing rapidly.

In fact, even back in June of '99, I found a little article in the local paper which originated in the Good Housekeeping Institute, which is, I'm sure, not a very radical outfit that discussed the benefits of nutritional supplements.

They were passing along recommendations regarding three particular nutrients and noting that it is impossible for some people to get the required amounts through eating and drinking alone. The three nutrients covered there were:

◆ **FOLATE** — noting that women of childbearing age should routinely consume 400 micrograms a day of folate (part of the B-Complex), since this will, among other things, reduce the risk of birth defects of the spine and brain by more than 50%. (Our high quality sources of this would be **Item J-113 Folic Acid** (800 mcg tablets); **Item J-56 Multi-Vim** which contains 400 mcg of folic acid per 3 tablets; or **Item J-2, Activated B-Complex** which contains 400 mcg of folic acid per 2 capsules.)

◆ **VITAMIN D** — crucial for healthy bones and teeth, but "foods that contain it naturally — liver, fatty fish and egg yolks— are not among Americans' favorite choices for the table." They report that federal regulations stipulate that fortified milk should contain a certain amount of D, but studies have shown that despite that, the milk typically has substantially less than it is supposed to. Bottom line, particularly as we get older, taking a supplement that provides at least the 400 IU, was advised back in '99—today most say at least 5,000 units in elderly people and many say it should be 1200 units per day in just about all ages of people.. (**Vitamin D₃** is **Item J-24** (1,000 IU capsules); **Multi-Vim, Item J-56**, contains 400 IU of Vitamin D₂ per 3 tablets.)

◆ **VITAMIN B-12** — They note that this is an essential nutrient which is abundant in meat, poultry, fish and milk, but about 1 person in 3 over age 50 probably isn't getting enough (is always a challenge for vegetarians, of course). Stomach acid helps release B-12 from protein and as we get older, "we may not secrete enough of the acid for the nutrient to be absorbed". They further note that B12 deficiency results in nerve damage, tingling and numbness in the arms and legs, impaired balance and mental confusion, and that many nutrition experts recommend at least 25 mcg supplemental B-12 per day. (Our **Activated B-Complex, Item No. J-2** contains 40 mcg of B-12 per 2 capsules (remember this *Activated* form of the B-Complex carries lower dosages than "regular" B-Complexes, because your body doesn't have to convert this Activated form, and therefore lower dosages of it normally provide even more benefit than higher doses in the "regular" forms. We also have **Activated B-12** by itself—**Item No. J-20**, which provides 500 mcg of B-12 in one capsule.)

I also had come across a tiny volume of *"Doctor's Desk Reference of Remedies and Cures"* from the Bottom Line people of Boulder CO, who . . . again, are hardly considered a bunch of nuts . . . that book recommended supplementing with 400 IU of Vitamin E, 2000 mg of Vitamin C and 25,000 IU of beta carotene for the average-sized adult. They also get into macrobiotic diets, magnetic therapy, herbs for fighting depression, etc., etc. Rather amazing to see coverage of topics like this from such a mainstreamish sort of outfit even back as far now as 1999. Some of the real pioneers who are no longer among the living, would be truly amazed, and pleased, we're sure! And we're grateful to them for the awareness they first created! ♦