

Possibilities

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Five “Food Medicines” So Supportive of Good Health, Some Say They Could Possibly Even Save Your Life

Some foods have such a history of health benefits they are considered by some to be “Food Medicines”. Some were considered so valuable in ancient times they were actually worth their weight in gold.

Here’s a rundown on these Super 5:

1. Garlic — with the increasing problems of multi-drug resistant bacteria, there is increasing interest in using spices as broad spectrum infection-fighters. Keep in mind, “resistant bacteria” are drug-resistant bacteria, not plant-extract resistant bacteria.

For instance, garlic was reported last year to be capable of inhibiting a wide range of multiple drug-resistant tuberculosis (MDR-TB) strains. Garlic has also been demonstrated to inhibit the following other pathogens as well:

- ♦ Amoeba Entamoeba histolytica (parasite)
- ♦ Cholera
- ♦ Clostridium
- ♦ Dermatophytoses (type of fungal infection)
- ♦ Helicobacter Pylori
- ♦ Herpes Simplex Virus—Type 1 and Type 2
- ♦ Methicillin-resistant staphylococcus A (MRSA)
- ♦ Para influenza virus
- ♦ Periodontal Infection
- ♦ Pneumococcal Infections
- ♦ Streptococcus Mutans
- ♦ Streptococcus Infections: Group A and Group B
- ♦ Streptococcus pyro genes
- ♦ Thrush (oral fungal infection)

Garlic is available in supplement form. We offer Deodorized **Garlic + Hawthorne Berry** in **Item J-42**.

2. Honey — Here is just a short list of some of honey’s more scientifically re-

searched health benefits and/or applications:

- ♦ Aspirin-Induced Gastrointestinal Toxicity (honey coats the stomach lining, preventing aspirin-induced lesions and bleeding)
- ♦ Bacterial infections
- ♦ Burns
- ♦ Candida infection
- ♦ Conjunctivitis
- ♦ Dental plaque
- ♦ Dermatitis
- ♦ Diabetic Ulcer
- ♦ Herpes-related ulcers
- ♦ MRSA (Manuka honey especially for this)

3. Apples — A few of the health benefits known for apples include help with:

- ♦ Reduced risk of Colorectal Cancer
- ♦ Allergies
- ♦ Reduce Rate of Aging
- ♦ Alopecia (Hair Loss)
- ♦ Diarrhea
- ♦ Insulin Resistance
- ♦ Liver Cancer reduced risk
- ♦ Radiation Induced Illness
- ♦ Staphylococcal Infection

4. Sunlight — since sunlight is said to provide both energy and information with real metabolic value, it was included in the list of “Food Medicines”. Sunlight exposure results in Vitamin D production, and thereby prevents or reduces hundreds of Vitamin D deficiency associated health problems. Beyond that, here are a few more ways sunlight is helpful:

- ♦ Alzheimer’s Disease
- ♦ Depression
- ♦ Dermatitis
- ♦ Influenza
- ♦ Multiple Sclerosis
- ♦ Psoriasis

5. Turmeric — many natural health experts say this may be the world’s most important herb. Turmeric has been doc-

umented to have over 500 applications in disease prevention and treatment.

There are obviously too many benefits to mention, so we will list the top 10 as decided by GreenMedInfo algorithm that calculates the top ones based on the number of articles on it, and the quality of the evidence. Based on that, the top 10 benefits of Turmeric are:

- ♦ Oxidative Stress
- ♦ Inflammation
- ♦ DNA Damage
- ♦ Lipid Peroxidation
- ♦ Colorectal Cancer
- ♦ Breast Cancer
- ♦ Colon Cancer
- ♦ Chemically-Induced Liver Damage
- ♦ Alzheimer’s Disease
- ♦ Tumors

The key ingredient credited with most of Turmeric’s benefits is **Curcumin**. Curcumin is available in supplement form. We offer Curcumin by itself in **Item No. J-398 Curcumin Capsules**, and in a very impressive combination product called **Ener-Cell** that provides Curcumin, and Alpha-Lipoic Acid, and L-Carnitine, and CoQ-10, all in one capsule. **Ener-Cell is Item No. J-135**.

Remember, any food’s nutritional value is boosted by consumption of Willard’s Water (WW), since WW has been shown to significantly **increase the body’s assimilation of nutrients and absorption into the cells**. So, any healthy foods you eat will be of even greater benefit to you if you include Willard’s Water in your daily routine.

In addition to boosting your body’s utilization of nutrients, WW also benefits the body by working to **reduce inflammation**, to **increase elimination of toxins and wastes** (even heavy metals), as a great **antioxidant** and **scavenger of free radicals**, and to **increase the pH** of water and your own body when you drink it. ♦

Cholesterol Drugs & Cataracts, Memory, & More

People who take statin drugs (cholesterol lowering drugs) have a 9% to 27% higher risk of developing cataracts than people who do not take statins.

Researchers at San Antonio Military Medical Center, San Antonio, TX, compared the risks for developing cataracts between statin users and nonusers, using a military health care system database. The study was published in *JAMA Ophthalmology*. It was titled "Association of Statin Use with Cataracts: A Propensity Score-Matched Analysis."

This is far from the first study to conclude there are risks in taking statin drugs. Here are a few titles of articles on studies of statins:

- ◆ Cholesterol Lowering Statins Found to Damage Peripheral Nerves
- ◆ Statin Drugs Found to Accelerate Arterial Calcification
- ◆ Statin Drugs Linked to Arthritis, Heart Trouble and More
- ◆ Confirmed Again: Statin Drugs Calcify the Coronary Arteries
- ◆ Statins Provide No Benefit: Study of 4 Million People
- ◆ A new Greek Name for Statin Toxicity: Polymyalgia Rheumatica
- ◆ Statins Raise Diabetes Risk by 48% for Postmenopausal Women
- ◆ Statin Drugs Linked to Worsening Osteoarthritis of the Knee
- ◆ Sugarcane Extract Superior to Cholesterol-Lowering Drugs?
- ◆ Chocolate Gives Statins a \$29 Billion Run for Their Money

◆ How LOW Cholesterol Can Harm Your Heart

Unfortunately we don't have nearly enough space to go into the details of all those studies — and they certainly are not all the studies pointing out issues with statins. But, we don't feel right not letting our readers know just how much evidence there is of various health problems linked to statin use.

Given the huge numbers of people on statins (a pharmacist friend of ours once commented that sometimes he thinks every man, woman and child in this country is taking Lipitor or some other statin!), it seems especially important for people to know there are problems, and to specifically ask their own health professional if the risk to benefit ratio of statin drugs for their own specific situation, indicate more benefit to them than harm. Being able to know some of the categories of health that have been found to be impacted by statins may be helpful in starting that discussion with your doctor, so despite not being able to provide all the details, we hope just highlighting the categories may be of some help.

One problem not included in the list of articles mentioned here, is the impact on IQ and Memory that statins can have.

It was an Internal Medicine specialist who tended to one of our relatives who first told us of the terrible blow to memory that statins can have — especially short term memory. He said it also has been found to

drop IQ levels in tests.

People we told about this who got off statins with their doctor's help, told us their short term memory problems were greatly reduced.

As one of the titles above indicated, there are dangers of getting cholesterol too low, and there are many natural health doctors who have argued for a long time that high cholesterol is not in and of itself, a problem, but an essential nutrient for the body. And clogged arteries do not result from high cholesterol. Those views are controversial, but some of those natural experts have made a good case for their argument and have a lot of supporters.

We don't claim to have an answer to the issue of high cholesterol, or even to know if it is or isn't a problem. We do know that many users have told us they have found "**Cholesterol Health**", our **Item PN-1**, to be very helpful in lowering their cholesterol levels. So, if you do want to lower yours, that supplement might be of interest.

As is most often the case when we're talking about feedback from our customers, the people in these reports were also drinking Willard's Water. So, obviously, some of the benefit would also be due to the WW helping to boost their body's absorption of the Cholesterol Health item, or any other supplements they are taking. That's something you may want to keep in mind, to get all the benefit you can from any and all supplements you take. ♦



Trivia & Tidbits . . .

1. In what country is the most remote weather station in the world?
2. What is the southernmost state capital in the U.S.?
3. How much does a bushel of apples weigh?
4. How tall was gourmet cook Julia Child?
5. What famous play begins with the line "Who's there?" ?
6. What was George Washington's nickname for his wife, Martha?
7. How many eyes do most spiders have?
8. What tree's name contains all five vowels?

AND THE ANSWER IS...

1. In Canada. Its Eureka weather station is 600 miles from the North Pole.
2. Austin, Texas. It is about 11 miles further south than runner-up Tallahassee, Florida.
3. About 42 pounds.
4. Six feet two inches.
5. Shakespeare's "Hamlet". It is spoken by the soldier Bernardo.
6. "Patsy".
7. Eight.
8. The sequoia.

ON "THE WEB"!

www.willardswater.com

Or

www.nutritioncoalition.com

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.

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



PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

Vitamin Deficiency that Damages Your Brain... And The BEST Performing Version of that Vitamin...

Here's a headline that got my attention recently: "The #1 Vitamin Deficiency Damaging Your Brain".

Yah, I opened that one. It was talking about Vitamin B-12. It pointed out that about 50% of older adults are deficient in Vitamin B-12. It also pointed out that some of the signs of B-12 deficiency are:

- ◆ Low Energy & Weakness
- ◆ Confusion or "Fuzziness"
- ◆ Persistent Sleep Problems
- ◆ Digestive Problems
- ◆ Hearing & Vision Loss
- ◆ Memory Problems
- ◆ Irritability & Mood Swings
- ◆ Dizziness or Lightheadedness
- ◆ Weak Immunity
- ◆ Tingling in the Extremities

I'm confident the list above is accurate with regard to problems that can be the result of a B-12 deficiency, but I'm also confident there may be a myriad of other causes for each of those symptoms, so I sure wouldn't assume I was B-12 deficient on the basis of such a list. That's something you don't just leap to conclusions on.

But, given the problems that can ultimately result from such a deficiency, you also don't want to ignore the possibility that you might need to check on your B-12 levels if any of these problems ever occur, since they can be the result of B-12 deficiency:

- ◆ Dementia
- ◆ Mental Illness
- ◆ Chronic Fatigue
- ◆ Cardiovascular Disease
- ◆ Cancer
- ◆ Severe Neurological Disorder, and
- ◆ More

So, personally, I do take one of our **Activated B-12** capsules every day, as does my wife, Kolleen, and we would regard that and the other Activated Bs we take daily, as some of the very last supplements we would ever give up ourselves, if we had to eliminate some for whatever reason. (I have to say, she and I would put up quite a fight before we'd give up *any* of them but I digress!)

We weren't surprised to read that a

deficiency of B-12 could be damaging to one's brain. Indeed, the B vitamins are so essential to so many aspects of one's health, why wouldn't they impact one's brain?

Our long-time chiropractor (Kolleen went to him for over 45 years, and I've gone to him since we moved back to this area, so about 27 years for me—so guess we were both "long-term patients" of his) once told us that you cannot have **Carpal Tunnel** symptoms without first having a **B-6** deficiency.

At the time he told us that, Kolleen was indeed dealing with carpal tunnel type symptoms... such severe pain in her wrist when clicking a computer mouse she simply could NOT use a mouse. She could use a computer keyboard but with a lot of discomfort. Doc Thomsen told her to get some quality B-6 and start taking it. She got what seemed to be the best available at the time. It helped... but she needed to take 8 to 10 of them a day, to be able to use the keyboard without too much pain, and she still couldn't use a mouse at all.. even 1 click was excruciating.

Then, we got a call one day from one of the founders of Daily Mfg. Daily Mfg has since become our favorite supplement supplier... they are a small family firm, and very much aware that it's their family name (Daily) that goes on every product they sell. They refuse to put out anything that isn't the highest quality possible but still at affordable prices.

Anyway, Jim Daily called that day looking for Willard's Water. Conversation led into the B Vitamins they have that he said were far better than most... I asked why and he said because they are already converted to what the body normally has to convert "regular" B Vitamins to, before it can utilize them.

I told him about Kolleen's problem and how many B vitamins she was taking every day just to use a computer keyboard but still couldn't use a mouse. He said he'd send us a bottle for her to try, and warned me that she could not take more than 1 a day of these, as they work so well she might not need more than 1 and if you get too much of the B's, you wind up with the same symptoms as too little.

So, the "Activated B-6" arrived and Kolleen took one. Astonishingly, she was

able to use the keyboard without any pain the first day. Still couldn't use the mouse without too much discomfort to be feasible but the pain level even using the mouse was reduced enough to be very surprising to her. I gave Jim Daily the report and he said she could try taking 2 a day for 2 or 3 days but no longer, as long as the mouse was still a problem... Well, after those few days, she had NO problem using the mouse! And hasn't had a problem since, despite using the computer and its mouse a least 8 hours a day.

And she's not alone. We've had equally amazing reports of the superior performance of these Activated B's:

- ◆ **Activated B-6** (Item No. J-1),
- ◆ **Activated B-12** (Item J-20),,and
- ◆ **Activated B-Complex** (Item J-2).

We've had a professional harpist who had come to terms with knowing she would have to give up playing the harp, due to her carpal tunnel problems when playing it. Then she got some of our Activated B-6 and, like Kolleen, after only a couple of days use of it, she had no more problems with carpal tunnel, and didn't have to give up her profession as a harpist.

Here's another example: a man I will call "Don" was told by his doctor that his B-12 deficiency would not get better with any oral supplement, but would require shots. "Don", decided against our advice, to try our Activated B-12 first, before getting the shots. He didn't try the Activated B-12 for very long before going in to his doctor to have his blood checked, because even Don knew he shouldn't put off the shots very long if the capsules wouldn't "do it". Well, his B-12 levels had come up enough, the doctor said he could continue on the supplement and see how he did. Well, he never did need the shots and his doctor told him he'd never seen any B-12 supplement work that well.

It should be noted that in all of these cases the people were also drinking **Willard's Water** ("WW") every day, which also boosts absorption. Clearly WW and the Activated B's are a combination we're convinced is the only way to go for Vitamin B supplements. And any supplements will absorb, and thereby work, better when WW is also used. ♣

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One Mysterious Road... How Would You Explain It?

She hadn't lived in Washington, D.C., very long, and was very unfamiliar with the "lay of the land". Given her lack of a real sense of direction any time, even in familiar surroundings, she wasn't surprised to find herself lost on her way home (to the District) from her friend's home "on the Maryland side".

But that offered little comfort as she watched the gas gauge on her car steadily drop, and the hour grow later and later. Here she was, driving in seemingly endless circles with her tank near empty (it was the early '70s and with the gas rationing it seemed her tank was never actually full, but this was getting really scary). And it was now going on two in the morning. . . she couldn't believe how dark the night seemed, and how alone she was. She recalls thinking that she was going to die out there, lost in this forest, in between major freeways, with no way to get on to any of them. She said a simple prayer. "Father get me out of here--show me the way."

Suddenly a "funny little road appeared", so she took it. It led

her right to a very large building with lots of lights on-- "somebody's up!" Greatly relieved that she could now get some directions, she parked her car in the lot the little road had led her into, and ran to the large door at the top of the steps. She was astonished to be "greeted" by a man with his hand on a gun demanding to know who she was and how she got there. She gave her name, and said she got there on the road that led into the lot. He couldn't figure out what road she could be talking about... nor could any of the other gentlemen who came out of their meeting to see who "or what" had breached security. She was at the Pentagon, interrupting a very late night meeting, talking about a road they said didn't exist! Well, she knew it *had* existed, at least long enough to get her back to civilization, and people who could give her directions! She just thought it was so *odd* that the Pentagon would allow such easy access to it. . . ?

Her friends and co-workers all agreed it seemed downright miraculous...the non-existent road that led her to help, and the fact that nobody "shot before they asked questions"! ♦

Editor: Reprinted from earlier issue. We invite you to send your own "unexplained help/ fork-in-the-road/inspirational stories" for this column.



E-Mails, Mailbag & Phone Calls. . .



Ulcerated Cornea — "P.P." from Nebraska, told us about her husband's experience using Willard's Water on the ulcerated cornea in his eye. She said his doctor is baffled by the fact that it is healing from "the bottom up—or like from the inside out". As a result of healing that way, there is no scar tissue forming. Reducing scar tissue is very beneficial the doctor told them since it is the build up of scar tissue that is what usually causes cornea transplants to be required in cases like this. But it sounds like there is hope for no need for such a transplant if the scarring doesn't develop. For the first month after her husband's eye was injured they did everything the doctor said and there was no healing happening at all. . . So the doctor told them to cut down on the medications. . . ultimately he got completely off of the medications he had been on. Once off the medications, he started using the Willard's Water and our Colloidal Silver (Items J-CS1 and/or J-CS32) .After he had made

the switch to the Willard's Water and Colloidal Silver use for about two weeks was when they started to see the improvement. And by the end of those two weeks it was already "way better".

Heel Pain, Muscle Pain, & Weakness in Her Legs — "H.L." told us that she developed all three of these problems when she was 73. After about 3 months of drinking Willard's Water all the pain is gone. What a happy report!

Facial Burns — "B.W." who operates a beauty salon, told us of a client of hers who came in one day with burns on her face. The client had been burning something and when she added gas to the fire, it flashed back and burned her face. B.W. had Willard's Water in her shop and put some of it on her client's burns, and we understand she sent some WW home with her client. The next day the burn was barely visible any longer on her client's face. ♦



More Product Highlights & Updates from Charlie

DEAD SEA MUD MEETS ULTIMATE DARK WILLARD'S WATER... ENTER THE ULTIMATE SOAP!

You've likely heard of **Dead Sea Mud** and the myriad of benefits it's said to have. For instance, it's said to:

- ◆ promote collagen production in the skin, and also to
- ◆ slow down the aging process of the skin.

If you "google" it, you can find a long, long, list of possible benefits of **Dead Sea Mud**. But now for the first time **Willard's Water has been combined with Dead Sea Mud!**

It came about because our **Willard's Water Very Natural Soap**, is so loved by so many, we thought combining **Ultimate Dark Willard's Water** with **Dead Sea Mud**, might offer an even better-for-some-purposes natural soap.

Based on our personal experiences with the result, and those of other fortunate folks who have already had a chance to try it, we believe we were right... it is an amazing combination... everyone who tried it said it was like no other soap they've ever used, and the best they'd ever used. Hence, the name... **Willard's Water ULTIMATE Dead Sea Soap & Bath Bar**.

It is made from:

- ◆ **Willard's Water Ultimate Dark,**
- ◆ **mica,**
- ◆ **filtered water,**
- ◆ **olive oil,**
- ◆ **coconut and**
- ◆ **natural occurring glycerin.**

And if that was not enough, we added:

- ◆ **cosmetic grade Dead Sea Mud from Israel,** and
- ◆ **fresh Aloe Vera puree** taken from a giant wild Aloe Vera plant.
- ◆ **No fragrance** is added.

Information on the benefits of these individual ingredients go back 2,000 years and would take 40 pages to explain. After combining what are arguably the three greatest ingredients known to planet earth, in one bar of soap, what could we call it? **Ultimate Dead Sea Soap & Bath Bar!**

It truly is a **great spa soap, or great soap for athletes.**

It is unscented for everyday use by men and women with **fragrance sensitivities, oily skin, or living in hot and humid climates.** **Ultimate Soap/Bath Bar** can also be used as a **shampoo.**

The swirls of dark gray and beige makes this soap distinctively elegant, **without** the use of **coloring agents.** These big 4.00 oz bars are handmade and hand wrapped; which means no two designs look exactly alike.

Just like our **Willard's Water Very Natural Soap** (Item No.E-101), this bar was made with **eczema, psoriasis and other troublesome skin problems** in mind. **Willard's Water Soaps** also work better than usual soaps for **people living in dryer climates** especially during the **cold winter months.** The key difference between our **WW Very Natural Soap,** and our **WW Ultimate Dead Sea Soap** is simply the added benefits of the **Dead Sea Mud.**

So, what have some of the lucky people who have had a chance to try our **Ultimate Dead Sea Soap & Bath Bar** had to say about it? A number of people have said their **skin feels different** after using it... **smoother, softer, more supple.** Others comment on the fact that their **skin feels "just washed for much longer"** than it does after being washed with other soap... it seems to grant greater "staying power" to that clean feeling.

Others say their **skin starts looking**

- ◆ **better...**
- ◆ **softer,**
- ◆ **younger...**

Many people note that it feels much more

- ◆ **soothing,**
 - ◆ **relaxing,** and
 - ◆ **luxurious**
- than other soaps ever have to them!

Willard's Water Ultimate Soap & Bath Bar is Item No. E-103* ♣

Good Tasting Snack: Antioxidant Loaded, pH-Balancer, Organic & 1 Billion Probiotics per Bar???

Lots of people say they do pretty good at watching what they eat, and maintaining their healthy food-choice habits, but when they get hungry between meals they feel like they "ruin it all" by reaching for some candy or other sweet or salty snacks to tide them over. Well, here's some great news...

Snack Bars that taste really good... are really filling, and — get this — are totally **Raw, Organic, Vegan, and Gluten & Soy Free!**

Oh, and did we mention they have **1 Billion probiotics in each bar?** They do!

Each bar also provides **3 servings of alkaline fruits and vegetables, 5-6 grams of plant based protein,** and are **fortified with Macro Greens or Miracle Reds** nutrient-rich super food powders.

They're so healthy, a lot of people would never believe they taste good... so there may be some people you might not want to tell how healthy these are—the taste won't betray your secret.. tastes like a good little snack, but quite filling!

They come in 3 Flavors... **Fresh Berri Berri, Apple Lemon Ginger,** and **Dark Chocolate Cinnamon!** And they truthfully taste really good to everyone we've had taste them. Some people even use them as a **Dessert Bar!** The **Chocolate** may be the most popular according to the manufacturer, but they are all truly popular and most people seem to like having some of each on hand, as all the flavors are appealing, and they do have some variations in their ingredients/benefits.

The **Apple Lemon Ginger,** has tons of antioxidants and may have even more energy impact with its particular combination. However, the **Fresh Berri Berri** and the **Chocolate** also seem to create additional energy as they help to balance one's system — both pH and nutritionally.

Whatever the flavor, they all sell for **\$2.69 each,** or buy a **12 pack for just \$28.68 (\$2.39 each).** Find them in our **Other Nutritional Supplements** category on our site (WillardsWater.com) or order form.

As always, if you wash these down with a glass of **Willard's Water,** you'll get even more benefit as the **WW** will help you to absorb just as much as possible of all the "good stuff" these bars bring you. And, routinely drinking the **WW** will increase absorption even if not taken together.

Sounds like a winner in multiple ways! ♣

Sarcopenia: Weight Gain With Aging, and You... What You Can Do About It & What You Can't

By Ben

In my efforts to encourage people to work their muscles harder, it's time to discuss a nasty age-related phenomenon: sarcopenia. Sarcopenia is, simply, the loss of muscle mass with age. Beginning in our late 20's, we begin to lose half a percent to 1 percent of our muscle mass each year, especially in the lower body.

Also starting at that age, many people find they start gaining weight eating the same amount of food they always have. Just a little at first, but it keeps building each year. As we get heavier and weaker at the same time, doing everyday tasks just seems to get harder and harder.

Why the weight gain with the muscle loss? Quite simply, it's because muscle tissue burns calories, each and every day, just being there and being maintained. It costs calories to keep muscle.

Fat, however, costs nothing, and if you're losing muscle but eating the same amount, you're not burning as many calories. Eventually, those extra calories add up to additional stored fat.

Also as muscle declines and fat increases, blood sugar begins to get harder to regulate, increasing the risk of diabetes, and testosterone production starts to decline in men, leading to irritability and fatigue. Ultimately, as muscle in the legs declines sharply enough, we begin to be at greater risk of falls.

So what can you do? We can't ever fully stop the muscle mass loss, but we can slow it with strength training, which, contrary to popular belief, I would argue is more important the older you get, because young people aren't actively losing theirs.

You don't need to go to the gym to strengthen your muscles and slow their atrophy. There's a wealth of exercises you can do at home with no or minimal equipment, many of which are superior for overall fitness to many of the machine-assisted exercises. Push-ups would be a perfect example. Bodyweight (without a barbell) squats and lunges are another. Toe raises (stand on your tip-toes and hold) are another.

There are a thousand variations on these

exercises for every fitness level, and, if you're inclined, yoga can work to strengthen every muscle in your body with no equipment and a great deal of personal customizability for your situation.

Obviously, talk with your favorite health care professional about appropriate workouts, but we all need to maintain our strength to be vital at every age.

Very recently, I talked about a number of supplements that are great for strength training (DHEA, Colostrum, Vitality 4 Men, Metabolic Factors, L-Carnitine). I want to talk about one more, a product that we've carried for decades but haven't discussed much in recent times: **Conjugated Linoleic Acid, or CLA.**

CLA is a fatty acid found in low concentrations in most meat and dairy products,

but too low to do much good. In supplemental form, however, a number of studies have found that it works to help cut body fat by a small amount and increase the amount of muscle mass.

Obviously, this will be of greatest benefit to those who engage in strength training and eat a healthy amount of protein, but at least one study has found that it has a positive effect on muscle mass even in those who do not exercise. Furthermore, in research done by dieters on CLA that later regained weight, the weight gained consisted more of muscle than fat. Our CLA is **Item No. J-120**, and contains 60 soft-gels per bottle.

In short, CLA may be an important step in building a **stronger, leaner, more vital you, and to rebuilding your own youthful strength.** ♦

Health Conscious More Likely Deficient in This Very Key Item

By Ben

Chances are, living in America, you've never really thought about the need for supplemental Iodine; after all, our table salt is iodized, and we certainly get plenty of salt, right? As it happens, you likely don't get nearly the intake of iodized salt you think you do. According to the NIH, even though processed foods and restaurant meals are usually quite high in sodium, they usually aren't made with iodized salt. The salt shakers in restaurants are usually not filled with iodized salt. But what about home cooking? While most people do in fact buy iodized salt, many health conscious people, particularly those of us concerned about blood pressure, try to avoid using the salt shaker.

This adds up to the very real possibility that many Americans, especially the most health-conscious of us, are likely iodine deficient, which in turn causes a substantial risk of an underactive thyroid. If you've been dieting and eating right and can't seem to lose the weight, it's possible your thyroid could be at fault. If you're constantly fatigued, your thyroid might be at fault. So you now know the problem: you want iodine but without the salt. We have two products that may help.

The first: **Algazim, (Item J- 22)** a product consisting of kelp, which is naturally very high in iodine. One capsule provides 225 mcg of iodine and small amounts of various other **trace elements**, and is also rich in **Vitamin A** (carotenoid) and is one of few vegetarian sources of **B-12**.

Another is **Multi-Vim**, our favorite multi-vitamin supplement. Each day's 3-tablet dose contains a total of 201 mcg of iodine from kelp (67 mcg per tablet), in addition to the many other key vitamins and minerals it contains. Iodine needs are different for men and women: while men may only require about 150 micrograms per day, women need as much as 300, so you could vary the number of tablets if you need to hit a precise level.

If you don't want to add another supplement to your regimen, sea food generally contains a great deal of iodine, while avocado and saturated fats help stimulate the thyroid gland to take up iodine. On that note, many foods (especially soy) can impair the uptake of iodine, meaning if you eat these foods you may need a higher dose. This list includes many foods (all fruit and vegetables) that are otherwise very good for you, such as spinach, kale, strawberries, flaxseed, cabbage, Brussels sprouts, etc. Search online for "goitrogenic foods" online and you will find many details.

Of course, all this underscores the virtue in a well-rounded diet, rich in every food source: even "good" foods often have a downside to them, which other foods can help ameliorate.

Whether you buy our choice products or amend your diet, your thyroid is most definitely something to pay attention to as a vitally important part of your overall health and ability to lead an active lifestyle. ♦