

# Possibilities

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## Same Researchers Who Said No Link Between Vaccines & Autism Now Found A Link

Everyone knows the government and mainstream medicine say vaccines do not cause autism. We are not about to tell you that they now say vaccines do cause autism.

But we are going to tell you about reports that the government has “said” and/or taken certain actions that make clear that it does believe vaccines can cause certain reactions which can then cause autism. Sounds like the way some politicians or lawyers or clever public relations people can “spin” things, doesn’t it?

We don’t have nearly enough space, or expertise, to get very deep into the science and depositions that make that clear. But we will give you the gist of it.

Many of you may remember the case of Hannah Poling. She was the young girl who the U.S. Government’s “Vaccine Court” conceded back in 2010 developed autism due her having an underlying mitochondrial disease that was impacted by the vaccine, and as a result she developed autism. But, the vaccine therefore did not cause her autism — the culprit, so to speak, was the underlying mitochondrial disease in the government’s view, not the vaccine.

All the media reports at the time also mentioned that it was a “rare” underlying mitochondrial disease. But now researchers know it is not so rare at all. Indeed, it’s reported that between 20% and 50% of the children with autism have that mitochondrial disease... 20% to 50% is not rare.

The connection to the mitochondrial disease and autism was made by two highly regarded autism researchers. In fact, one of them — Dr. Andrew Zimmerman is considered by many people to be the leading autism researcher in the world. Dr. Zimmerman is the former director of medical research at the prestigious Kennedy Krieger Institute at Johns Hopkins University. He also was the “go to expert” for the Vaccine Court to use on autism cases for quite some time. In fact, Dr. Zimmerman’s written testimony was used to deny the damage claims of families of more than 5,000 chil-

dren with autism during an Omnibus Autism Proceeding in 2009 in Vaccine Court.

A young doctor named Jon Poling joined the Kennedy Krieger Institute in Baltimore as a resident when he completed medical school, and worked closely with Dr. Zimmerman. In a sad and ironic twist of fate, Dr. Poling’s 19-month-old daughter, Hannah, developed autism after her vaccinations. That resulted in the leading autism researchers in the world trying to figure out what had happened to result in Hannah developing autism. Dr. Zimmerman went to work on it with Dr. Poling (Hannah’s father), and also Dr. Richard Kelley, who was the director of Kennedy Krieger’s laboratory.

Their research into Hannah’s case, led Dr. Zimmerman to conclude that vaccines can indeed cause autism under certain circumstances, which was a very significant change from his previously held positions.

Given Dr. Zimmerman’s standing in the research on autism, his new view of vaccines and autism caused a seeming panic at the CDC and the Department of Justice of which the Vaccine Court is a part. That panic led to a quick \$20 million dollar settlement with the Polings in 2010, which then resulted in the sealing of the information in Hannah’s case at the Vaccine Court. But news of it did leak.

Hannah’s father, Dr. Poling, put out a statement saying that he and his wife had nothing to do with the settlement — it was made to them unilaterally by the government Vaccine Court, and was concluded by Hannah’s case being “conceded by the government” (which is what sealed the documents in the case). Ending that case also meant Dr. Zimmerman’s opinion to be given in it, didn’t become public (his opinion that Hannah’s underlying mitochondrial disease caused her autism due to the impact the vaccine had on that mitochondrial dis-

... the dirty little secret is that the government won’t pay damages for vaccines causing autism, because it says they don’t cause it, but it has paid damages for vaccines causing encephalopathy or general brain disease that is accompanied by symptoms including autistic behavior, autism, or seizures.

Some say that sounds like splitting hairs — and like it may be known that vaccines are connected to the development of autism, even if the government and mainstream medicine say they aren’t, but acknowledge that vaccines may cause conditions that then cause autism.

ease). Shortly after conceding Hannah’s case, the Omnibus Court ruled against nearly 5,500 families who had filed claims that vaccines had caused their children’s autism, and exonerated vaccines as the cause of autism.

People wondered however is there were other cases like Hannah Poling’s in which the government did recognize and pay damages for vaccines causing something that then resulted in “autism like behavior”... when pressed for an answer, David Bowman of Health and Human Ser-

vices (HHS) which oversees the Vaccine Court, said the government has never paid or been ordered to pay compensation for a vaccine causing autism, but it has paid compensation for children who exhibited an encephalopathy, or general brain disease... which may be accompanied by symptoms including autistic behavior, autism, or seizures. In other words, as some people put it “the dirty little secret is that the government does pay for vaccines causing autism but not if the word autism is used... as long as it is paying for the brain disorder (or whatever) that results in autism or autistic behavior, it will do so, but it will not pay compensation for autism since it maintains that vaccines do not cause autism... vaccines only cause other things that result in autism or autistic behavior.

There is far more information available from <http://www.greenmedinfo.com> in its article “The Clear Legal Basis that Vaccines Cause Autism” which is based on its excerpt from a newly published book How to End the Autism Epidemic by JB Handley and available at bookstores now.

The hopeful thing in Handley’s information is that if Dr. Zimmerman is correct, that certain conditions make some children more likely to develop autism from vaccines, then we should be able to check children for any such conditions before vaccinating them and thereby not vaccinate those who might be damaged by them. ♦



# Plaque on Your Teeth May Lead to Plaque in Your Brain?



Beyond having a beautiful smile, there are a lot of reasons to pay close attention to your oral health.

For one thing, bacteria in your mouth puts you at risk of getting pneumonia, heart disease, and diabetes. On top of those risks, a recent study by researchers at the University of Illinois at Chicago found that bacteria that cause periodontal disease (gum disease) may cause inflammation and degeneration in your brain. Yes, in your BRAIN.

That study found that mice who were exposed to the bacteria associated with chronic periodontitis wound up with some bad brain side effects.

Specifically, those mice had:

- ◆ More brain inflammation
- ◆ Fewer intact brain cells
- ◆ More amyloid beta — a type of plaque found in the brain tissue of people with Alzheimer's Disease

But, worse yet, the negative changes in the mice weren't limited to just in the brain. When the researchers studied the genes of these mice they found there was a greater expression of genes associated with inflammation and degeneration. They also found that the **DNA** from the bacteria in the mouth had found it's way into their brains.

Dr. Keiko Watanabe, professor of periodontics at UIC College of Dentistry and

author of the study, said "Our data not only demonstrate the movement of bacteria from the mouth to the brain, but also that chronic infection leads to neural effects similar to Alzheimer's".

So how do you prevent bacteria in your mouth from damaging your brain? First, check to see if you have any symptoms of gum disease. Do you have any of these:

- ◆ Red, swollen gums
- ◆ Gums that bleed easily
- ◆ Bad breath
- ◆ Gums that look smaller than they used to (a sign of gum recession)
- ◆ Sensitive teeth
- ◆ Teeth that feel loose or like they're shifting

These signs could mean you're developing gum disease already. So if you have these signs, see your dentist. They may do a deep cleaning and possibly even special cleaning like scaling or root planing... but see them to find out what the situation is and what should be done.

If you don't have any of the symptoms listed above — good. Make sure to do these things daily to prevent gum disease:

- ◆ Brushing after meals
- ◆ Flossing at least once a day
- ◆ Using antibacterial mouthwash (there are some made with tea tree oil and other natural substances)
- ◆ Eating a healthy, low-sugar diet.

And see your dentist regularly. ◆

## Priceless Gift that Costs Nothing...

Do others know you love them, or how much you admire them, treasure them, seek to be like them?



We're coming up on the gift-giving season. It can be a lot of fun finding "just the right gifts" for the special people in our lives. But quite often there are some of those people who are really hard to buy for... they don't need anything, and usually buy anything they do need or want themselves.

We heard a great idea recently. It came out of the person wondering at a funeral if the deceased had ever realized what an impact he'd had on so many people who spoke passionately and eloquently about what that person meant to them.

Why not tell them while they're still here?

So, why not write them a letter and tell them? Thank them. And this isn't meant to be limited only as gifts to the elderly... telling someone when they are in the prime of their lives about their impact on others may well encourage them to keep doing what they're doing... which likely isn't always easy.

Everyone likes knowing they're appreciated and knowing if they've helped someone. So why not "give back" to someone who has given you direction or help or love, by letting them know they are treasured for it? The treasure they've been to you can become a priceless gift to them. ◆



## Trivia & Tidbits . . .

1. Alexander Graham Bell was 1 of the founders of what magazine?
2. The world's first electric traffic light was installed in what city?
3. What item did Armenian-born Sarkis Colombosian introduce to U.S. in 1927?
4. ? Invented waxed paper, electric pen, & synthetic rubber into goldenrod plants?
5. Italian mozzarella cheese comes from what animal's milk?
6. What is Max Yasgur's claim to fame in the world of music?
7. Who wore a Beatle wig on Esquire Magazine's July 1965 cover?
8. What is the largest deer in the world?

**AND THE ANSWER IS...**

1. National Geographic.
2. Cleveland, Ohio, at the intersection of Euclid Ave and East 105th St.
3. Yogurt, produced at his Colombo dairy in Methuen, Massachusetts.
4. Thomas Edison.
5. The water buffalo's.
6. He owned the Bethel, NY, farm used for the first Woodstock rock festival in 1969.
7. TV variety show host Ed Sullivan.
8. The Alaska Bull Moose—has been 7-1/2 ft at shoulders and up to 1,800 pounds.

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# PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

## Taking NSAIDS for Just a Week Can Raise Your Heart Attack Risk; Highest Risk is During the First Month of Taking Them



now you may have heard that taking them can increase your risk of heart attack and stroke.

We've written before about the risks of NSAID pain relievers (Non-Steroidal Anti-Inflammatory Drugs). And by

Researchers don't believe that the risk continues to increase the longer you use them, but they don't know for certain. Not surprisingly, the researchers did find that higher doses of NSAIDs puts you at a higher heart attack risk.

**... The increased risk of a heart attacks begins within the first week of NSAID use, and is the highest in the first month of such use.**

you sure can't live as productive or as high a quality of life if you are forced to just "live with it"... the pain of arthritis, migraines, sprains, etc, so what to do? There are a lot of natural options that have very good track records of providing very good pain relief, without the risk of serious side effects.

Such natural options include, but aren't limited to:

First, NSAIDS include:

- Ibuprofen (Midol, Advil, Motrin)
- Naproxen (Midol and Aleve)
- Diclofenac (Voltaren, Cambia, and Solaraze)
- Celecoxib (Celebrex), and
- Rofecoxib (Vioxx)

All of the NSAIDs listed above were linked to a higher risk of heart attack. Rofecoxib (known as Vioxx) increased the risk the most. The three traditional NSAIDs — diclofenac, ibuprofen, and naproxen — had the lowest level of risk.

- ◆ Acupuncture
- ◆ Chiropractic care
- ◆ Massage
- ◆ Physical Therapy
- ◆ Turmeric or Curcumin
- ◆ White Willow Bark
- ◆ Willard's Water
- ◆ Chinota Gel (made with Willard's Water and Vitamin E, Aloe Vera and a number of other herbs — see complete list on our site [WillardsWater.com](http://WillardsWater.com))

A study that included health data from 446,763 people (61,460 of whom had a heart attack) concluded with a 90% degree of probability that taking NSAIDs was "very much associated with heart attack risk". In fact the study calculated that the use of NSAIDs increased heart attack risk by as much as 20% to 50%.

The researchers found that these NSAIDs attack your mitochondria (the powerhouses of your cells) and prevent them from providing your body the energy it needs to keep your heart pumping.

The health databases used in the study came from Canada, Finland and the United Kingdom.

As you likely know, we do carry

And you don't have to take NSAIDs for a long time for the risk to develop. In fact, the increased risk of having a heart attack begins within the first week of taking NSAIDs and remains the highest for the first month of a person's NSAID use.

Most people assume there's nothing to lose by trying those common pain relief medications to see if they can get relief from their headaches or arthritis or a sprain of some sort, etc, ... but increasing one's risk of a heart attack by 20% to 50% doesn't seem like "nothing to lose". But,

- ◆ Curcumin (Item J-398),
- ◆ White Willow Bark (F-35),
- ◆ Chinota Gel —extremely popular for topical pain relief (4-oz is Item HG-4, 8-oz is Item HG-8), and,
- ◆ Willard's Water in all three of its versions (Clear, Ultimate Dark, and the old Dark XXX. For pain and inflammation the Ultimate is by far the most popular).



## Coping with the Loss of a Beloved Pet...

The average human lifespan is 72 years. Dogs have an average lifespan of 8 to 11 years, and cats 10 to 15 years. So it's a sad fact of life that pet owners will have to say goodbye to one of their beloved pets at some point in their life, and many people will have to do so many times in their lives.

First, pets are a part of the family in most cases. Losing them is like losing a family member or dear friend. The grief can be intense. Try not to mask your pain or feel guilty for being so grief stricken. They were a big part of your world. Their passing leaves a painful void. Your grief may last for weeks, months, or years.

Some ways to cope with the loss include having a memorial service, or plant a tree, or create a photo album in memory of them. Things like these can help you celebrate your pet's life in a meaningful way. You may also want to find a support group or therapist to talk through your pain. Check with your Vet or people you know for support groups in your area, or search online.

At some point you may want to consider getting another pet. Don't feel you have to right away, wait until you feel ready... though one of the best and kindest Vets we ever knew once told us that from what he had seen he didn't think people ever get over the loss of a pet until they have another one... not that any pet ever replaces the one you've lost, but they bring that kind of unconditional love back into your life that may be what's needed for healing. Every person is different as is every situation. Give yourself permission to grieve, and to move on when you're ready.

But don't ever think you shouldn't feel that way about a pet... your pet meant so much to you, it would be impossible not to be deeply impacted by their loss. Denying your right to feel the loss may only increase it. And don't be afraid to share your life with another pet at some point... as that kind vet told us the love of another pet may be the key to healing for some people.



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It is used for address information in the printed version.



## Years of Suffering Gone!

P.A.P. contacted us to tell us about a treatment a friend of hers found that is said to be the gold standard for trauma treatment — PTSD (post traumatic stress disorder) specifically, but also other kinds of severe trauma. We had never heard of the treatment, nor have many of the people we've mentioned it to. P.A.P. said that since it seems so helpful, and it was found in such a miraculous way by her friend, maybe it belonged in our angel story section.

It seems her friend was looking on amazon.com one day and found an interesting book. When she added that book to her cart, another book appeared in the cart with it. She removed the unwanted book, but it put itself back in her cart. This process was repeated a number of times. Finally, since she was in a hurry, and the unwanted book was only \$9, she just let it stay in her cart and checked out. When the unwanted book arrived, she found it fascinating.

That unwanted book led her to another book — one that discussed EMDR therapy. Eye Movement Desensitization and

Reprocessing is the full name of it.

EMDR seems to mimic the rapid eye movement of REM sleep, and when it is combined with appropriate guidance and input from a specially trained psychotherapist, it seems to rid people of problems they've had resulting from trauma from as long ago as 25 to 28 years (maybe even longer than that), that's defied other therapy.

So, the friend found a certified therapist in the technique and went. She was absolutely astonished at the results. Her sleepless nights ended, and the constant chatter in her mind about the trauma ceased. She said it was like the surprise one feels when recognizing how welcome the quiet that fills a room when a radio or TV that's been on with nobody listening to it, is shut off, and only after its gone do you realize how disruptive the background noise had been!

We agree with P.A.P. — the inexplicable way her friend found this treatment seems like unseen help from somewhere! ♦

*Editor: Reprinted from an earlier issue. You're invited to submit your own "unexplained help/fork-in-the-road/inspirational stories" for this column too, anonymously if you choose.*



## Emails, Mailbag & Phone Calls. . .



**Diabetic Sores, Bed Sores, and Skin Ulcers** — "D.N." emailed us to tell us that her cousin had gotten more help from our **Aqua Gel** for her diabetic sores than she'd ever gotten from anything else.

That reminded us that many people have told us they've used Aqua Gel on bed sores (pressure sores) and had them heal when nothing else had worked.

And the same is true of skin ulcers on people's legs... again, the reports we've gotten have said they healed up with Aqua Gel when nothing else had helped.

**From Soups to Teas to Salads & More** — "L.M." told us that she and her husband "LOVE the **Willard's Water**!" She said "we use it for everything from soups, to teas, to making soda water for our cocktails." And they're not alone. We've heard from lots of people who love using Willard's Water to make their coffee because it has a better taste, but also less acidic taste. Other people love using it in salads and sauces, and for baking. All of them say the taste of the items made with Willard's Water is

enhanced... not changed, but it's a fuller flavor than before. Another thing they and bakers like is that the foods made with WW and the baked goods stay fresh longer. One woman told us she could do her salad prep the night before and have it just as fresh when she used it the next day as long as she used Willard's Water on it. Cakes and cookies, and breads, stay fresh notably longer as well when Willard's Water is used in making them.

### **Unbelievably Fast & Long Lasting Pain Relief**

— That's what "A.T." says her mother gets from our Chinota Gel. She said her mother has had a lot of joint and muscle pain for years, and has tried a lot of pain relievers, but she says she's never had any of them work as incredibly fast as the Chinota Gel does, nor provide relief for as long a time as the Chinota does.

She's not the only one who feels that way... we've had more than a few people tell us they thought they must be crazy because they barely got the Chinota Gel applied before they could start to feel some relief. Not everyone.... but a lot of people have. ♦



# MORE PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

## This Beverage Is a Brain Elixir?

Drinking this “brain-

boosting beverage” can help restore your depleted intellectual abilities, improve your mental focus, banish fuzzy cognition and even change the way your neurons send signals.



ject”... Wittbrodt said “It helped us to avoid the cognitive complexity behind elaborate tasks and strip cognition down to simple motor output. It was designed to hit essential neural processing one would use to make straightforward, repetitive movements.”

Not surprisingly as the study participants got thirstier and hotter, their performance in pushing the button worsened.

What brain-boosting beverage are we talking about? Water. Yup... a humble glass of water can make a world of difference in your brain’s performance. And, if you’re holding out on your brain and body... not giving them the water they need (and deserve!), it can take a serious toll on them.

In studying how dehydration affects the mind, the Georgia scientists also reviewed other studies. Those reviews led them to conclude that there is no definitive moment when dehydration starts to significantly harm one’s mental performance but once you’ve lost water amounting to about 2% of your body weight, you start to have severe mental impairments.

And the fact is that a lot of people— maybe most people—don’t drink enough water. You wouldn’t let your car run out of water... so don’t risk it on your own body either. It’s especially important for people to make a conscious effort to drink enough water as they get older... because as we age, we become less sensitive to the need to replenish our own water levels.

They also warned about one’s sense of thirst declining with age, so as we get older we need to consciously focus on drinking enough water or we are more likely to become dehydrated when the weather’s hot.

Some interesting data came out of research done at Georgia Tech by Dr. Matt Wittbrodt. Wittbrodt wondered what happens to steel workers at a steel plant where the area they work in is extremely hot and the workers have to wear layers of protective clothing.

Another complication to being properly hydrated as we age is that as we age our kidneys can’t concentrate urine as well so we don’t retain as much fluid. Carrying extra body fat also reduces one’s water reserves.

In the first round of tests, Wittbrodt and the other researchers found that when the sweaty workers didn’t drink water and became dehydrated, liquid-filled areas called ventricles expand. This happens when the brain is drawing in extra cerebrospinal fluid. Drawing in extra cerebrospinal fluid also occurs with Alzheimer’s disease.

**Dehydration also reduces a person’s chances of surviving a stroke.** Researchers at Johns Hopkins looked at records of 168 people suffering ischemic strokes (caused by blood clots) who had been admitted to the Johns Hopkins Comprehensive Stroke Center. They found half of those admitted were dehydrated when they went into the hospital.

Brain scans showed that when dehydration occurs not only do the brain’s ventricles react and change shape, but the firing pattern of the brain’s neurons also changes.

The researchers discovered that the **dehydrated patients had four times the risk of their conditions worsening** compared to the well-hydrated stroke victims. Based on those findings, the Hopkins researchers said that most stroke victims should be given enough water to relieve their dehydration unless they have severe kidney problems.

Wittbrodt said “the areas in the brain required for doing the task appeared to activate more intensely than before, and also, areas lit up that were not necessarily involved in completing the task. We think the latter may be in response to the physiological state: the body is signaling ‘I’m dehydrated’.”

We’d be remiss if we didn’t point out that Willard’s Water has been found to hydrate people more efficiently than regular water... it seems to take less Willard’s Water to get one well hydrated than would be required with “regular water”. Additionally, many people say they like drinking Willard’s Water better than regular water... some say because it doesn’t cause them to feel bloated like regular water does, and others say it doesn’t make them feel nauseous like regular

water sometimes does if they drink it too early in the day.

Speaking of people preferring Willard’s Water over regular water... kids often prefer Willard’s Water. In fact we’ve been told by a lot of people over the years that their kids or grandkids wouldn’t drink regular water but once given Willard’s Water they’d come looking for it on their own because they liked it! And that’s especially good news because we just read that the Harvard TH Chan School of Public Health found that more than half of US children are not getting enough water. And boys are worse than girls at getting enough... boys are 76% more likely to be inadequately hydrated than girls.

When a child is sick with the flu, or almost anything else, most parents know it’s important to “push fluids on them”... keep encouraging them to drink water, or if too sick to drink water to get them let ice cubes melt in their mouths. But on just a regular day, how many parents think to “push fluids”?

The CDC found that children who drink less water also eat fewer fruits and vegetables, and drink less milk. They also eat more fast food, drink more soda, and get less exercise.

Alarmingly, the rate of kidney stones are also going up in children, which makes experts push even harder for children to drink more water. “We know what’s good for us, we know for example that drinking a lot of fluids prevents stones” but it can be very hard to get children to do that, said Gregory Tasian, MD, MSc, MSCE, Attending Urologist at Children’s Hospital of Philadelphia.

So what can parents do? Dr. Tasian suggested “using things like financial incentives and coaching” to get children to overcome personal barriers to maintain a high fluid intake. A New York Times article listed some foods that are extra hydrating which include cucumbers, grapes, apples and carrots. Another suggestion is for parents to give kids their own water bottle and teach them to fill it and drink it, and lead by example... have a water bottle themselves and be sure their kids see them drinking from it.

Given all the reports of kids drinking much more water when they have Willard’s Water around, it might be well worth keeping it on hand for the kids in your own life.



# Reduce Inflammation Fast with These 8 Foods

More and more research keeps piling up that tells us the bottom line cause of many health problems today is chronic inflammation.

Inflammation is our immune system's response to a threat — either a real threat or an “imagined” one by the immune system. It's characterized by swelling of the tissues and joints in our bodies.

For all the problems chronic inflammation causes, in the short-term, it is a necessary immune system function...like when it helps the body to fend off an invasion of some infectious disease. It's when it becomes chronic, and doesn't subside after the threat has been vanquished, that damage and breakdown of the body's systems can start.

Such chronic inflammation can be set off, and sustained, by a number of different things, including: prolonged stress, illness, injury, and eating a diet that includes a lot of sugar, wheat, or processed ingredients. If this chronic inflammation isn't stopped it can result in a weakened immune system which of course leaves you at a higher risk of succumbing to infections, and it may also lead to chronic illnesses such as heart disease and cancers.

And it can be a factor in a number of other health issues including: acne, autoimmune illnesses from eczema to arthritis, hypertension, digestive imbalances and systemic yeast (*Candida*) infections. And chronic inflammation is also believed to be a major factor in premature aging.

The key to preventing chronic inflammation is said to be eating a healthy diet of whole foods — preferably organic; getting regular exercise, and controlling your stress levels.

But there are also some tasty raw foods and ingredients that can significantly increase the anti-inflammatory power of your diet. Here are 8 of them:

**Pineapple** — Pineapple contains bromelain which has been found to have some powerful anti-inflammatory properties. Research has found Bromelain helps ease inflammatory pain such as that from osteoarthritis, with even higher efficacy than NSAID pain relievers. (*See page 3 in this issue for more details on NSAIDs.*)

With pineapple's bromelain, combined with its other antioxidants including Vitamin C,

The root cause of many of today's health problems is chronic inflammation which can lead to heart disease, cancers, autoimmune diseases, acne, eczema, hypertension, premature aging and more.

it can help ease sinus inflammation during a cold, and soothe sore muscles after exercising, in addition to helping to keep chronic inflammation from developing.

**Garlic** — Because of its antibacterial, antifungal, antiviral and anti-inflammatory nature, Garlic has been used since ancient times

to treat as well as to ward off a wide range of chronic health problems. Much of its anti-inflammatory help is attributed to the allicin in Garlic. Allicin is a compound that has been found to reduce the production of inflammatory cytokines by the body. The anti-inflammatory benefits of Garlic are said to be especially strong when eaten raw.

**Onion** — Loaded with antioxidants, onions include a flavonoid antioxidant called quercetin. Quercetin has been found to have strong anti-inflammatory properties, because it helps prevent the oxidation of fatty acids. That process results in fewer pro-inflammatory molecules produced in the body. The outer layers of onions contain much of the flavonoids in them, as they are concentrated in those outer layers.

Onions also contain allium, which is a compound that contains sulfur (such compounds are called organosulfur compounds). Allium has been found to aid in preventing system-wide inflammation in the body.

**Ginger** — Ginger has been used since ancient times in Ayurvedic remedies to combat inflammation. It's rich in antioxidants, including gingerols, which have a strong anti-inflammatory effect. Ginger root has been found effective in reducing chronic pain from inflammatory conditions, and to also reduce the cytokines the immune system releases that can lead to inflammation.

**Cherries** — Cherries are rich in antioxidants — including inflammation-reducing and immune system boosting Vitamin C. Tart cherries are especially rich in these antioxidants.

Tart cherries and tart cherry juice have been found to be effective in reducing the frequency of gout attacks, and for minimizing inflammatory muscle pain after strenuous exercise.

**Blueberries** — A lot of berries contain anti-inflammatory antioxidant compounds, blueberries rank among the highest. Blueberries contain anthocyanins (which are the pigments that give blueberries their deep color), that have been linked to reducing oxidative stress, cognitive function improvement,

protecting cardiovascular health, and aiding in preventing some cancers.

Blueberries have also been found to reduce markers of inflammation in people with metabolic syndrome. They also are a source of quercetin (quercetin's benefits were discussed in the onion information in this article as onions also contain it).

**Kale** — Many cruciferous vegetables have been found to be key in an anti-inflammatory diet. But Kale is said to be one of the “stars”. Kale has been found to contain 45 individual flavonoid antioxidants — including quercetin and kaempferol. These antioxidants fight oxidative stress and inflammation throughout one's body.

Kale also contains glucosinolates — compounds that have links to cancer prevention. And Kale also helps the body's detoxifying processes which are important to flush out inflammatory substances, such as those from processed foods.

**Oranges** — As you likely know, oranges and other citrus fruits are rich sources of Vitamin C, which is known to reduce respiratory infections and sinus infections, and also for supporting one's immune system. The carotenoid antioxidants found in oranges, such as Vitamin A, have been linked to a lower risk of inflammatory conditions including rheumatoid arthritis.

Bottom line: chronic inflammation can be seriously debilitating and needs to be taken seriously. Adding these 8 foods to your lifestyle may offer significant help in preventing your developing and having to deal with all the problems of chronic inflammation.

Studies that have confirmed **Willard's Water's** ability to significantly improve the body's absorption and assimilation into its cells of nutrients from foods and supplements, so making Willard's Water a part of your life will also boost the benefits you can get from these 8 foods. For more info on those studies use this link and check out the information in the articles on **Pages 1 & 2:** <https://www.willardswater.com/img/cms/newsletters/MayJune15FinalWebVersionPDF.pdf>

That issue also has info on other studies of WW's properties, which help explain some of its reported benefits. ♠





# Could These Foods Be “Pink Ribbon” Foods?



Most people are familiar with the breast cancer awareness “pink ribbon” emblem.

We recently ran across some information on eight different foods that might qualify for a “pink ribbon” since they are thought to be helpful in preventing breast cancer.

**Red Cabbage** — It contains a compound called indole-3-carbinol (also found in cruciferous vegetables) which is now being researched for its potential to significantly reduce the frequency of breast cancer.

**Pomegranates** — Studies suggest this fruit may prevent breast cancer by blocking an enzyme called aromatase that converts androgen to estrogen.

**Beets** — Extract of red beetroot has been found to help suppress multi-organ tumors in lab tests and experts are considering using them in combination with traditional anticancer drugs to reduce their toxic side effects.

**Radishes** — Radishes which are high in antioxidants have been shown to reduce the spread of breast cancer cells. In addition, a lab study with Japanese radish sprouts significantly lowered the incidence of mammary tumors.

**Carrots** — Red and purple Heirloom Carrots, like their orange counterparts, are full of beta carotene. And their color indicates they have extra antioxidant power.

**Apples** — Red and pink peels indicate the presence of cancer-fighting anthocyanins, plus quercetin, a flavanol that inhibited breast cancer growth in a recent petri dish study.

**Sweet Potatoes** — Not to be confused with yams, the pink-skinned or purple versions of these are high in antioxidants. Orange flesh indicates beta carotene — which has been shown to reduce breast cancer risk by as much as 25% when eaten regularly. And a Japanese study on rats showed that sweet potato extracts reduced existing breast cancer tumors, and held back the growth of new ones.

**Grapes** — Choose red grapes for the rich antioxidants in their skins: you’ll get the same cancer-fighting component as has been found in wine, but without the alcohol which some studies have suggested can boost cancer risk.

As we noted in our article on foods that can reduce inflammation, Willard’s Water is known for its abilities to boost the body’s absorption and assimilation of

nutrients from food and/or from food supplements. So, again, we remind you that drinking Willard’s Water regularly will help you get the most benefit possible from all the foods you eat and all the supplements you take.



Nobody absorbs 100% of the nutrients they take in... and the amount they take in varies widely from one person to another. But the studies of WW on absorption and assimilation of nutrients make it clear that it really does significantly increase the percentage of nutrients the body actually absorbs and assimilates.

For the information on those studies see the articles on PAGES 1 and 2 from this link:

<https://www.willardswater.com/img/cms/newsletters/MayJune15FinalWebVersionPDF.pdf>

That issue also has information on some of Willard’s Water’s other properties that is also very interesting and helps to clarify some of the reasons it may be of benefit in a variety of different ways for different people and uses. If you ever find new uses, please let us know! ♦

## Simple Movement May Save Your Health &/or Life

We’ve told you before about the critical importance to your health of not spending too much time sitting every day.

A recent study compared a group of transit drivers who sit all day to a group of guards who walk all day. The two groups had very similar diets and lifestyles other than the amount they sat or walked in a day. However, the group that sat all day were twice as likely to get heart disease.

Studies also show people who sit all day have a far higher risk of diabetes, stroke, high blood pressure, and high cholesterol.

Surprisingly, studies have also learned that movement is far more beneficial to weight loss than exercise is. People who move all day but get no exercise do better than those who sit all day and exercise for 30 to 60 minutes.

If your job that requires you to sit at a desk all day, what can you do? Well there are some ways you can still get a fair amount of movement in during any day. Here are some ideas:

♦ If you can afford it, get a standing desk — one you can raise

and lower for flexibility in your schedule.

- ♦ Instead of sitting while you talk on the phone, “walk while you talk” — just around your desk or office area. Or if you can’t walk around, just talk standing up by your desk.
- ♦ We urge caution on this one and urge anyone who isn’t great in the balance area not to try it, but switching your desk chair for an exercise ball (even if just for an hour or two a day) can not only be good for your “core” but the fidgeting you do while sitting on it counts as movement and does provide the benefits of movement. We’ve written before about fidgeting having been found good for your health... any movement is. Mayo Clinic found it can result in up to 30 lbs lost in a year.
- ♦ Take a walk during your lunch break (work up to 1 or 2 miles is suggested).
- ♦ Take the stairs at work and park at the back of the lot.

We hope you get in the mood to move, and to keep moving! ♦