

# Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.willardswater.com ♦ Nov/Dec, 2007

## “Promising Potential Weapon Against Alzheimers, Several Cancers, Cystic Fibrosis, Psoriasis & Other Diseases”

That headline is a quote from the lead paragraph in an article by Frank Greve for Knight Ridder Newspapers which appeared in the Seattle Times on November 16, 2005. That story was discussing the various studies that have been done and are still being done on curcumin. Curcumin is the compound that gives the popular Indian spice curry its mustard yellow color.

Researchers began studying curcumin several years ago when it was noted with interest that rates of colorectal, prostate and lung cancers as well as coronary heart disease and Alzheimer's were very low among India's population. Genetics, of course, may have explained those low rates, but the rise in rates among Indians whose parents had moved to Western countries gave rise to the idea that it might be a dietary cause.

Greve's article also said curcumin has been demonstrated in animals to protect the liver, inhibit tumors, reduce inflammation and fight some infections. It has both antioxidant and anti-inflammatory properties, according to researchers and may help lower cholesterol.

In other reports, published in the *Journal of Biological Chemistry*, and reported by WebMD and others, a study at UCLA found that curcumin slows the formation of, and even destroys, accumulated plaque deposit in the brains of mice. Brain plaque, sticky clumps of beta-amyloid protein, are believed to play a key role in the development of Alzheimer's. The researchers in the UCLA study said curry's/curcumin's powerful antioxidant and anti-inflammatory traits make it “a very attractive possibility for treating diseases such as Alzheimer's, cancer, and heart disease”.

They found that when it was fed to aged mice with advanced plaque deposits similar to Alzheimer's disease, the curcumin reduced the amount of plaque. The scientists then injected curcumin into the brains of the mice with the Alzheimer's-like condition. The curcumin attached to the plaques, hampering further develop-

ment of plaque and reducing plaque levels.

There was also a study reported in the journal *Science* that found curcumin corrects the cystic fibrosis defect in mice. The defect, which suppresses a mutant protein essential to cell health, results in thick mucous that fatally clogs the lungs and pancreas. Researchers from Yale University and the University of Toronto found curcumin treatment released the protein and enable cells and membranes to function normally, at least in mice.

It's studies like these that have led to a number of human trials being conducted to test curcumin's effectiveness on such problems in people. As one researcher, Dr. Bharat Aggarwal, of the experimental therapeutics department at the M.D. Anderson Cancer Center in Houston, put it, “We know that it's an effective preventative at low doses. The question is whether larger dose can be therapeutic.”

Editor: Clearly, there is no hard evidence that says curcumin will prevent any of these health problems in people, even though Dr. Aggarwal indicates in his statement above that it is known to be an effective preventative.

Given that even mainstream researchers are now convinced of its merits in preventing problems, I, for one, intend to be taking a curcumin supplement “just in case” it might help me avoid some of these nasty problems! It seems there's no way to know how much curry one would have to eat to equal the amounts of curcumin given to the mice, for instance, in some of these studies, but my guess is most of us would never eat that much, since the cystic fibrosis study will be giving patients up to three grams daily, which is six of the biggest pills that U.S. pharmacies sell. It's more than 50 times the amount of curcumin in a portion of curry.

And since another report stated that patients taking as much as 2,000 to 8,000 mg per day of curcumin (in that study to analyze its potential as “chemopreventive therapy”) showed no side effects, it seems to be safe to use as a supplement. We are

NOT suggesting curcumin is a treatment or a means of preventing any of the problems discussed here. We're simply reporting what the researchers working on this substance are saying.

Because we've been reading about curcumin's potential benefits for so long, and we've now found what we believe is a quality source of it, we are adding a curcumin supplement to our line. It's called “Curcumin 95”. It comes from Jarrow Formulas, and is available in two sizes: a 60 capsule bottle and a 120 capsule bottle. Jarrow's information indicates the usual daily amount is from 1 to 5 capsules taken with food, or as directed by a qualified health professional.

The capsules contain a total of 500 mg curcumin each, from: 300 mg curcumin (curcuma longa), 90 mg demethoxycurcumin, 15 mg bisdemethoxycurcumin, and 15 mg from other turmeric substances. The 60 capsule bottle of **Curcumin 95** is our [Item No. JF-8](#) and retails for \$14.50 a bottle; the 120 capsule bottle is [Item No. JF-9](#) and sells for \$25.95 a bottle.

We also are adding a combination product that contains 300 mg of **alpha-lipoic acid**, 100 mg of **L-carnitine**, 50 mg of **Co-Q-10**, and **150 mg of curcumin** to our line. This product is called **Ener-Cell** and it comes to us from our long-trusted supplier, Daily Mfg. Daily's refer to it as a “cellular energy and protective formula”.

The ingredients in this product are said by many people to be some of the most promising ones to benefit people's health in various ways, from heart health to memory and much more, and would seem to us to be of benefit to many people.

And even though combination products always result in getting less of each of the ingredients than in a supplement that only contains one of the ingredients, combination products are a good way to get at least some of each of these very important nutrients every day, while taking only one product to do so. This 60-capsule bottle of Ener-Cell is our [Item No. J-135](#) and it sells for \$24.95. ♦

# Ten Years and a Question for You...

November, 2007, makes it 10 years that we've been publishing this newsletter, "Possibilities". We've been

Should we eliminate the "angel/ fork-in-the-road" story, or not?

involved in marketing Real Willard Water since 1982, but didn't start publishing "Possibilities" until November of 1997.

Over the last 10 years we've tried to bring you health news and tips that you might not find elsewhere. We've also tried to bring you just some interesting information via our Trivia column, and our "Angel or Fork-in-the-Road" stories. We've been criticized by some "business/accounting types" for spending too much of our very limited space on stories that don't discuss anything we sell. The fact is, we see our "job" and our "goal" as including simply arming you, our customers, with information that can help you in your efforts to stay healthy or become healthy, even if that information doesn't involve selling something we carry.

We certainly are not totally altruistic, however. We also spend a lot of our "space" talking about the benefit of various natural products that we do carry. But we can honestly say we have never refrained from "using precious/limited space" in talking about something that we would gain nothing directly from discussing, if we felt the information would be helpful to a significant number of our readers/customers in their health pursuits.

In the big picture, we don't believe

that's foolish from a business/accounting standpoint, since it likely helps to build credibility for our firm in the minds of our readers/customers. It also lets us sleep better, knowing we don't withhold helpful information because it won't increase our "bottom line"!

People often take the time to mention to us on the phone, or by e-mail, or notes with their orders, that they really enjoy this newsletter and appreciate receiving it. WE appreciate those comments! And we'd appreciate hearing any suggestions any of you have for improving this newsletter.

And we'd also especially like to hear whether or not you think we should continue the "angel/fork-in-the-road" stories that appear on the "outside" of newsletter (the space on the reverse side of the area with your name and address on it). We've had numerous suggestions from various consultants telling us that it not only "wastes space that could be selling something", but it may, in fact, offend some people. *Sooooo*, we'd like to hear from you, our readers, directly... let us know if you think we should keep it, get rid of it, or it doesn't matter to you. Just let us know by e-mail (WillardWtr@aol.com), or when you send in or mail in your orders, or by just phoning us about this (1-800-447-4793). And thanks to all of you for however long each of you has been reading our newsletter over these last 10 years! ♦

## Too Easily Overlooked?

For everyone who has wondered how important it is to have their loved one who lives in a nursing home wear their glasses routinely, this item will be of interest.

In a study that included 142 nursing home residents, those who received glasses to correct their vision had higher scores on vision tests and tests to measure their involvement in such activities as reading, hobbies, and social interaction than those who didn't receive glasses. Those who received glasses also had fewer problems with depression.

All of the participants were given eye exams. Then, one group received their needed glasses a week later, while the second group was scheduled to receive their glasses in two months. Those needing glasses had typical eye problems like near and far sightedness.

It seems that despite the fact that poor vision is about 3 to 15 times more common in nursing home residents than in similar-aged people who don't live in nursing homes, nursing home residents are less likely to receive glasses to correct their vision problems. The study authors called for improvements in determining who needs glasses and in getting them the glasses once they are found to be needed. ♦

## Trivia & Tidbits . . .

1. From what part of the cinnamon tree do we get the spice?
2. Which U.S. President banned Christmas trees in his home?
3. With the exception of the whale, what animal's mouth is the largest?
4. What planet's moon is the largest satellite in our solar system?
5. Aristotle believed the human brain's main purpose was what?
6. What is a Boeing 747-300 jetliner's maximum flight speed?
7. How many grooves are there on the edge of a quarter?
8. The longest wrestling match in Olympic history lasted \_\_\_\_\_?

AND THE ANSWER IS...

1. The inner bark of young wood.
2. Theodor Roosevelt, a staunch conservationist. Though white in the White House, his children smuggled them into their bedrooms.
3. The hippopotamus.
4. Jupiter's moon, called Ganymede.
5. To cool the blood.
6. 583 miles per hour.
7. 119.
8. 11 hours, 40 minutes. 1912 Olympics; Estonia beat the Finlander but was too tired to compete in the final round and ended up with the silver, the Finlander got the bronze.



## ON "THE WEB"!

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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

### 3 People's WW Reports:

**#1. "All I know is I can MOVE!"**

**#2. "Had skin problem for years—it's all cleared up!"**

**#3. Pain of burn from pan out of 400-degree oven gone!"**

Just recently we received the following three reports from Willard Water (WW) users that explain at least part of the reasons they are enthused about it...

Report #1: "I started to use WW while on vacation with my sister and her husband. She had touted WW for some time, to which my usual response was a roll of the eyeballs. But we were on vacation, she had it mixed and readily available, so I figured why not. When we got home I ordered my own and continued to drink it. Nothing worth noting till a couple weeks after we got home I wondered if the five pounds that I lost could be attributed to WW. But what I noticed a few weeks later pretty much thrilled me. For quite some time I had noticed that my legs/hips were getting more and more stiff upon rising from a sitting position. Sometimes it was all I could do to simply get out of a chair. Being only 49 I wondered what the heck kind of future I could look forward to. At work I'd joke when rising from a sitting position that I'd sort of have to 'warm up' to get my legs and hips moving. Then without even thinking about it one day, I got up from my desk and suddenly it hit me. Holy smokes, I feel good! I mean, it didn't even hurt a bit to get up and move about. The only thing I'd done differently is that I was drinking WW on a regular basis. Whether it's the water itself, or maybe it helps my vitamins work better, don't know, don't care. All I know is that I can MOVE! Thanks." — Lisa D.S.

Report #2: R.S. told us she'd only been using WW for 3 weeks when she called to order more. She told us she'd had "crusty stuff on my elbow for years... always thought it was psoriasis because of my family history of that, but

Usually, she had to sort of 'warm up' to get up from a sitting position, and then one day she realized, "Holy Smokes I feel good! It didn't even hurt a bit to get up and move about!"

never had it diagnosed...I was hiding it (with clothing) for years, now it's all cleared up!" She went on to say she also has scaly skin on her legs... her dermatologist didn't know what it was but gave her some prescription medications for it, but they didn't work... she's been spraying WW on them and is getting rid of it. She's also noticed the pain she's had in her wrist since she broke it is reducing since she's been "on WW". And, besides all that, she said the little "skin tag type things you get after menopause" are slowing going away since she's been using the Willard Water, too.

Report #3: "Recently, a friend was having a dinner party and grabbed a hot pan that had just come out of the 400 degree oven. My wife called out the back door to see if I had any WW in the truck and since I carry it with me everywhere in a spray bottle we were able to relieve Roberta on the spot. She had the most amazed look on her face that I have ever seen as she went from just about going into shock as her hand was deciding how to respond to the pain to almost complete relaxation and subsequent ability to get back to work on a gourmet meal. She is

the head of the legal department for a Fortune 500 and is a real no-nonsense type person so her enthusiasm for the product later led me to give her a gallon of dark and a copy of Aqua Vitae (the book) for her birthday. She uses it in her garden now and her husband claims it is pretty effective on fire-ant bites. Anyway, just one more story to add to the dozens I've been involved with over the last 20 years or so." — John F.

Just thought these three reports provided a sort of "typical smorgasbord" of the kinds of reports we've been receiving about Willard Water all these years.

We wish you all the most wonderful of Holiday Seasons! ♦

**BBC Report: ADHD Drugs "Not The Answer"...** In a BBC News report November 12, 2007, it was stated that researchers from the University of Buffalo which had earlier reported benefits from ADHD drugs Ritalin and Concerta, now say the benefits first reported were exaggerated. Professor William Pelham of the University of Buffalo, and the co-author of the report from 1999 study, said that "We had thought that children medicated longer would have better outcomes. That didn't happen to be the case. There's no indication that medication's better than nothing in the long run." The researchers also indicated that long-term use of the drugs could stunt children's growth.

The BBC report quoted Professor Pelham as saying there were "no beneficial effects" of the medication and the impact was seemingly negative instead. "The children had a substantial decrease in their rate of growth so that they weren't growing as much as other kids both in terms of their height and in terms of their weight," he said.

Editor: We haven't seen a response to this report from the drugs' makers, but we have noted in several reports over the last several years of serious questions about the possibility of the negative side effects of such drugs outweighing any benefits. Additionally, natural health experts often say changes in children's diets and supplementing with Grape Seed Extract (our PY4) or Grape Seed & Pine Bark (our PY-3), or with various other antioxidants, can be helpful. Some people have reported that Real Willard Water has benefited children they know who suffer from ADHD. ♦

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### **THE BEST CHRISTMAS GIFTS**

“I was only 5 when my grandmother died. She had a stroke the day before Christmas Eve and died the day after Christmas. She was one of those people who ‘just went nuts at Christmas’...

every nook and cranny of her big, beautiful home was decorated, and every moment with her was festive.

“My grandfather just could not cope with Christmas after she died. He would have nothing to do with it and spent the holiday by himself, drinking heavily.

“Another odd thing that happened after Grandma died was a lamp that she had given my mother simply quit working. Mom had it checked by various lamp repair people, and even by a family friend (Wes) who was an electrician and owned an electrical contracting business. They all said the same thing. There was nothing wrong with the lamp. Wes even checked the outlets and the circuits in our house. Nothing was wrong. There was no reason for that lamp not to work.

But it just wouldn’t.

“I think it was 10 years after Grandma died, that my grandfather decided to participate in Christmas. He came down to our house for the whole family gathering and was very cheerful. I remember hearing my mother tell my dad that having her father ‘back’ was the best Christmas present he could give them. But he actually gave each of his 6 children a sizable check as a Christmas gift. Somehow he had healed enough to truly want to be involved in Christmas again.

“After everyone had left that night, just my immediate family was sitting around snacking before going to bed... suddenly Grandma’s lamp came on! It worked flawlessly ever after... I’ll always believe it was Grandma who controlled that lamp, and seeing such a demonstration of how our loved ones continue to love us even after they are ‘gone’ is one of the very best Christmas gifts I’ve ever received.” ♦

*Editor: We invite you to send your own stories of unexplained help, Forks in the Road, or other inspiring stories, for this column.*



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



**Just wouldn’t clear up and then...** — K.L. of North Carolina e-mailed us recently that she’d gotten WW for her dog... “She had a **‘hot spot’** that I just couldn’t clear up. I had been trying for four weeks with no luck. Her back was raw and the WW completely healed it in two days. I passed some along to my friend who had the same problem with his dog and he got the same results in the same time frame. We are all drinking it now!”

**Quite the Demonstration!** — We don’t normally “name names” when we offer customer reports, but since this one comes from health writer C.J. Puotinen who has written about Real Willard Water in the “*Whole Dog Journal*” and other publications, and who has included it in her book “**Encyclopedia of Natural Pet Care**”, we’re sure she

wouldn’t mind our telling our readers that she is the one who reported this. She e-mailed us this note after one of her recent seminars... “The WW samples were a big hit at our Therapy Dog Camp. We even used a WW solution to treat one of the dogs who kept scratching at his lip — he might have been **bit by an insect** outdoors. He soon stopped scratching, the swelling went down, and he was fine. A great demonstration for all to see!”

**Body swells, huge knots on head...** sometimes knees, hips, anywhere— that’s what “SMG” says has been happening to her for some time... “I’ve been to the Cleveland Clinic and everywhere”. She thinks it’s food allergies and intestines not working right. But, she says, Willard Water gives her energy and decreases the swelling. ♦



# More Product Highlights & Updates from Charlie

*Fifth, and Final Installment, in this Series*

## Willard Water's Swelling-Reducing Ability and Its Alkaline-Raising Abilities Are Very Popular!

We've been running a series of articles over the last several months regarding the "unusual characteristics" of Real Willard Water ("WW") that pretty much explain the hundreds of different benefits people have said they've received from using WW over the years.

Surprisingly to many people, all those different reports can be explained by just a handful of characteristics that WW has been said to have. To date we've covered:

- ◆ **Increasing Absorption of Nutrients and Increased Elimination of Wastes & Toxins**...lots of different health situations can benefit from this better balance of nutrients and fewer wastes or toxins in the system.
- ◆ **Skin Condition Improvements**...Acne, Psoriasis, Eczema, Etc. Along with Burns and Sunburns...given the huge variety of skin problems that have been reported to get better with WW, this category alone could account for hundreds of different reports!
- ◆ **Digestive Benefits**... from improving chronic constipation to chronic diarrhea, to malabsorption and other digestive problems... given what natural health experts say about the importance for one's overall health of maintaining a healthy and clean colon via being very "regular" that one trait of WW might explain hundreds of more cases of reported benefits.
- ◆ **Antioxidant Benefits and Benefits of Being a Free Radical Scavenger**... both of these abilities have extremely broad implications for nearly countless health conditions. One expert has been quoted as saying 90% of all diseases can be attributed to free radicals in the body. If that was even 1% of health problems, that would be a huge number that could benefit from WW.

This month, we're winding up this series with the final two "unusual characteristics"...

- ◆ **Reducing Inflammation** and
- ◆ **Raising Alkalinity**

We'll start with Reducing Inflammation. We've often thought that WW's apparent unmatched ability in this area might be a big part of the reason so many arthritis sufferers have reported very significant relief with regular WW use. I can't even guess how many people have told us about their arthritic hands and fingers that became less swollen and far more flexible after they drank WW for a while... for some it's a matter of a few days and for others it may take a couple of months, but the enthusiasm and gratitude expressed when they see those results is always heart-warming to hear.

I remember "Joanna" who once lost one of her huge rings in the produce section when grocery shopping because she hadn't realized her fingers had reduced so much in size that her rings were now too big. (She said she had taken to wearing large-style rings to camouflage her swollen knuckles, but now found out her knuckles weren't nearly so swollen!)

I remember the first person to call my wife, Kolleen, and I after we were first introduced to WW... she was calling to tell us that she could open and close her hand without pain for the first time in years...after only a few days of drinking WW.

And just this morning, Duane here in our office, took a call from "R.W." who wanted us to know that WW "really works like your literature says!"... she'd found her fingers quit hurting just ONE day after using Clear Willard Water, and she'd had those symptoms for a long time. But, then she ran out of the WW, and the pain came back. That's why she was convinced that it "really works like

your literature says".

But there are other situations that also benefit from WW's swelling-reducing characteristic. Think about sprains, and sore muscles, pulled muscles, and any injury where your health care provider tells you to either use ice, or moist heat, "to take the swelling out", since the swelling is a large part of the pain. In any of those situations, when Willard Water is applied topically, and also taken internally by drinking it, people can't believe the reduction in swelling that they can often SEE in situations where the swelling is external, and can FEEL even when it's internalized, via the pain reduction.

One of the first "mind blowing" demonstrations my family ever witnessed of WW's ability to reduce swelling was when our daughter, Abby, who was about 5 years old at the time (she's 30 now) fell off her bike, hitting her head on the sidewalk, and was brought home by a concerned neighbor who had already applied ice to the already-formed "goose egg" on her head. Kolleen picked Abby up to hold her and comfort her so she would calm down enough to get in the car and go to the emergency room. In the meantime, Kolleen also sprayed the goose egg with Willard Water which we had on the kitchen counter (we weren't in the WW business yet, but Kolleen has always said she'd learned even then to "spray WW on anything that hurts").

A family friend was visiting at the time and was sitting across from Kolleen, and therefore had a better view of

...they watched as the "goose egg" on her head deflated before their eyes... like a rubber ball losing its air...it just went down so fast they could watch it go from huge, to nothing!

the goose egg on Abby's head than Kolleen had as she held Abby. In a very few minutes, Abby was much calmer, not crying at all, and the friend pointed to Abby's head and said "That's going down"...Kolleen turned Abby so she could look directly at the goose egg, and Kolleen and Molly both gazed in amazement as they literally watched the goose egg "deflate just like air coming out of a rubber ball, or something".

Long story short... the swelling went completely down in a matter of minutes from the huge size it had been to "absolutely nothing", the yellowish color that it had already become by the time the neighbor had brought Abby home, returned to normal color, and Abby never even had a black-and-blue mark, never went to the E.R., and never had any problems with it.

You better believe, that got our attention! So when friends we'd given the water to started calling to say it had helped their swollen knuckles, or sore muscles, we believed them!

And, in the years since "Abby's goose egg", we've heard from other people who have also seen such goose eggs "deflate" after WW was applied to them. We certainly don't know that WW will work that way on every such injury, and we certainly do NOT suggest not seeing a medical professional for such injuries, but we ARE convinced there's certainly no harm in seeing what benefit, if any, WW might provide if used on it.

Given this apparently incredible ability of WW to take down swelling, I guess we shouldn't even be surprised to hear from people who are astonished at the temporary relief impact they've found from our **Aqua Gel** (Item No. AG-4) and our **Chinota Gel** (Item HG-4 or HG-8).

Both of "our gels" are mostly Willard Water thickened into a gel for more convenient topical uses. The **Aqua Gel** also contains some aloe vera and vitamin E, which, of course, are both helpful in their own ways for healing. Usually the Aqua Gel is the one most people use for skin conditions...acne, psoriasis, sunburns, burns, etc., but we've had lots of reports where it has provided relief for muscle spasms, arthritis, etc, when the person didn't have the Chinota Gel on hand, and wanted a

topical use WW-type product.

**Chinota Gel** contains a number of Chinese herbs which have been used in combination with each other for centuries for pain relief, along with the thickened Willard Water. The Chinota is the one most people use for more severe pain relief... arthritic pain, severe muscle spasms, seriously overworked muscles, etc. Some people who "work out" routinely have told us that applying the Chinota Gel both before and after such work-outs has seemed to them to actually prevent a lot of soreness, since they find they have much less soreness with the first work-out after starting this practice.

I think you "get the picture"... WW has been reported to reduce swelling by lots of people over a long period of time!

**Raising Alkalinity**... this characteristic of WW is one that nobody paid much attention to until more recent years. Dr. Willard ("Doc") told us way back in the early 1980s that he regarded this as a key benefit of WW, but nobody else talked much about the problems created by people being too acidic. (Doc was often way ahead of the times in his observations and beliefs with regard to health, and lots of other things!)


Natural health authorities seem to be pretty much in agreement that the human body should not be too acid, because, they say, highly acidic conditions often lead to disease conditions. Most people, they say, are too acidic.

Real Willard Water ("WW") is highly alkaline in the concentrate, and also raises the alkalinity of the water you add it to. People who test themselves to see what their body's pH level is, have told us again and again, that WW has helped to get them to a more (desirable) alkaline level.

And there's no question that WW does, indeed, raise the alkalinity of the water you add it to. If you are adding it to distilled water (which you do NOT need to use with WW, but you can if that's the only water you want to drink or use), you may want to do what many other distilled-water drinkers do who use WW... mix it stronger. Add 2 ounces to your gallon of distilled water instead of the usual 1 ounce. (That would be adding 4 Tablespoons instead of 2 Tablespoons as is usually done.)

The reason for adding more WW to distilled water is that distilled water very quickly becomes quite acid after it's distilled. So, to get the mixed-up-Willard-Water-made-from-distilled-water to the same range of alkalinity as other water becomes when WW concentrate is added to it, people often simply put twice as much of the concentrate into that gallon of distilled water as they do into other water. You could make the case for doing the same thing if adding WW concentrate to reverse osmosis water, since that is also more acid than other waters, but we can't say that we've heard of that commonly being done.

How important is it to get your water to be more alkaline? Depends on who you ask. We've heard of some natural health experts who go so far as to say you can't get cancer if you're not too acidic. Others just say they believe you will be healthier if you're less acidic. We haven't heard of any that see any *problem* with being alkaline, so obviously, it's no problem that WW is highly alkaline, and it's easy to see why so many people (including natural health experts) feel this is a very key *benefit* of WW. I've talked to a number of people who say if WW just did this... just raised their water's and their own body's alkalinity level, it would be a real beneficial find just for that characteristic alone.

As we always point out, none of these characteristics prove in any way that WW is a treatment or cure for any health problem. It ISN'T, and it's never been proven to FDA standards to BE a treatment or cure for anything. The only thing the FDA has ever said about it is that their own tests of it (done by their showing up unannounced beforehand at the Willard plant to test random containers of it) have shown them that it is not harmful in any way. I'm certain they don't understand (or likely believe) that it's helpful in any way either. But, perhaps with an interest in natural health as you, our readers obviously do, these articles on WW's unusual characteristics may help YOU to understand why or how it may be helpful, and why so many people, for so many decades, have found it to be helpful to them. I've often said, people may not understand exactly how electricity works, but they still turn on the lights! 

# **Chewable “C Source”; Milk-Digesting Aid; Sea Salt; Probiotic & Prebiotic Combo; Key Mineral... All Added to Our Line!**

We already told you about our three new products that provide you with the apparently very helpful Curcumin. There's **Curcumin-95** that contains a total of 500 mg of curcumin per capsule, in the 60-capsule size (Item No. JF-8), or in the 120-capsule size (JF-9), and there's **Ener-Cell** (Item No. J-135) which provides 300 mg **alpha-lipoic acid**, 100 mg **L-carnitine**, 50 mg **CoQ10**, and 150 mg **curcumin** in every capsule.

In addition, we have also added these five other new products to our line:

- ◆ **Acerola Cherry** (Item No. J-71)
- ◆ **Celtic Sea Salt** (Item J-205)
- ◆ **Milk-Gest** (Item J-60)
- ◆ **L-Salivarius** (Item J-61)
- ◆ **Selenium** (Item J-114)

So, you ask, what are all these new products good for? Well....

**Acerola Cherry** (Item J-71) is a **Chewable Vitamin C**. Each tablet contains 60 mg of vitamin C. They can be chewed or swallowed. And they are described as having a “pleasant tart flavor”. We do you want you to know that some people feel chewables like this are not good for one's teeth. But other people say if it's the only way someone is able to take vitamin C, and they don't suck so long on them to really coat their teeth with it, it's well worth it. There are 60 tablets in a bottle for \$6.95.

**Celtic Sea Salt** (Item J-205) has been touted by natural health experts for a long time. But we didn't add it before because we hadn't located a source of it we really felt confident in. This comes to us from Daily Mfg, and all of you who have been “with us” for any time at all, know how much we trust and appreciate Daily Mfg! This Celtic Sea Salt is a natural solar evaporated sea salt from the salt ponds of Guareande, France, where the pure ocean water is solar dried in the clay lined ponds. The clay lining also contributes valuable minerals to the final product and is responsible for the

darker grey crystals. This Celtic Sea Salt is completely natural and unrefined, with all the naturally occurring trace minerals remaining. It comes in a 1 pound jar for \$14.00

**Milk-Gest** (Item J-60) is a vegetarian digestive enzyme supplement that assists with digesting both the lactose and proteins from milk. Each capsule contains sufficient enzyme for the digestion of 2 cups of milk or 2 oz. of cheese. It comes in a 100-capsule bottle for \$12.95.

**L-Salivarius** (Item J-61) is a potent probiotic supplement with approximately 2 billion live *Lactobacillus salivarius* bacteria and 100 mg of fructooligosaccharides per capsule, making it a combination of probiotics and prebiotics. This combination is said to be able to help establish a healthy intestinal flora. Each bottle contains 120 capsules and sells for \$19.95.

**Selenium** (Item J-114) is NOT actually a new addition to our line, since we've carried it for some time. But we have finally added it to our printed Price List/Order Form, due to the increasing popularity of it. This mineral has been regarded as an especially essential one for a long time by health authorities, so we're pleased to offer it more visibly to all of you!

Like Selenium, Acerola Cherry, Celtic Sea Salt, and L-Salivarius have been recognized as highly beneficial and desirable by leading natural health experts for years. Therefore, you may be wondering why we're just now adding them to our line-up?...

Well, as we've said before, neither we nor Daily Mfg (which is the supplier of the majority of our nutritional supplements) will add any item to our line-up until it is actually recognized by natural health experts, via legitimate testing and/or trials, to BE beneficial. In other words, we don't just “jump on any and every fad-type bandwagon” for just any supplement that appears on the horizon, we want to know that it, indeed, has been found to be helpful, it doesn't just “sell well”.

And then, we wait until we can get it from a source we trust. The source we've been with the longest is Daily Mfg, and our level of trust in them has grown with every year's experience. We have had so many customers comment on how much better a supplement they now get from us (which we get from Daily Mfg) works than another “brand of the same thing” did for them before they got this, that we feel we have tons of evidence to support that trust!

So, when Daily's add it to their line, we know it's the highest quality of that item available, and we know the item itself has been found to BE beneficial. ♦

## **Special Shipping Requests Fee Change**

Given the high costs of shipping, we have to do all we can to control our costs. We are choosing to continue charging only \$5.85 per order for Shipping & Handling on all orders being shipped to Continental U.S. locations. However, we are sending some parcels by UPS that we used to send by U.S. Mail, since UPS is now less expensive than U.S. Mail on more parcel sizes/weights than formerly was the case. We are going to start charging an additional fee for any orders with requests for shipment by Mail when we would otherwise be shipping them by UPS, or for other special shipping method requests that will cost us more than our usual shipping method would for the order involved. So we urge you to order at least 10 days before you will be out of any items that are heavy—such as Quarts and Gallons of Willard Water, for instance, to avoid needing to pay any additional shipping fees to get them faster.

The amount of the fee will depend on the weight of the order and where it is going to since we will only charge the additional amount it will actually cost us to get the package to you. It could be as little as \$1.00 up to \$25 or more. We regret having to do this, but we feel it's better than raising everyone's shipping rate on every order, which we are putting off as long as possible. ♦