

Possibilities

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It's Free, Fun, and Really Healthy!

Sometimes some of the best things in life really are free.

And guess what free "item":

1. Stimulates your organs by forcing you to inhale more oxygen than simply breathing does, which also works your lungs and heart muscles
2. Increases your endorphins — the "feel good" brain chemicals that flood your body with a feeling of being light — sometimes even weak.
3. Boosts your circulation and helps your blood vessels to work better
4. Gives you a psychological boost to reduce your anxiety level help you relax
5. Boosts your immune system.

Give up? You may be surprised — and hopefully burst out laughing — to find out we're talking about ... laughing!

And we're not kidding, laughter does all those things and more.

For instance, when you laugh neuropeptides are released that help combat stress, and potentially, disease. Mayo Clinic has said "A rollicking laugh fires up and then cools down your stress response, and it can increase your heart rate and blood pressure. The result? A good, relaxed feeling."

Long-term benefits to laughter include not just putting you in a better mood, but laughing about a difficult or stressful situation can not only help you cope better but will help you connect on a more "real" level with others, the experts say.

Laughter also helps facilitate your capacity to learn new things. This is especially true for children, which is why laughter is such a big part of their play-

ing. It's said to actually help them learn new things as they engage in playful fun with others.

There was an experiment done involving babies as young as 18 months old to find out if laughter would help them focus attention, motivate, perceive, memorize and learn. The study concluded that babies who laughed learned to target actions better. The study leader, Rana Es-seily theorized the reason being dopamine release.

Dopamine is a neurotransmitter that helps control your brain's reward and pleasure centers. Some refer to it as a "motivation molecule" since it sort of gives you a thrill when you accomplish something. And, it also encourages laughter. Without it it's possible to actually have something called dopamine deficiency.

Dopamine deficiency is marked with a sluggishness, and apathetic attitude that can cause everything from an inability to concentrate, to sleep problems, to reduced sex drive.

But, experts say you can boost your dopamine level without having to jump out of an airplane or do other thrill-seeking activities. You can actually boost your dopamine levels by choosing healthy foods like avocados, dark chocolate, and green tea and with healthy spices like turmeric and black pepper.

You can also boost your dopamine levels by listening to music. In fact, it's been found that even anticipating listening to music can raise dopamine levels.

Dopamine can help you to relax, besides just making you feel good once you release it. It's very healthy.

Not only can laughter benefit you in all these ways, it can also benefit other people who hear you laughing it up.

A study at Loma Linda University included 20 healthy adults in their 60's and 70's who agreed to participate in the experiment that would measure their short term memory and stress levels. It was reported on in the Huffington Post.

The group was divided in half. One group watched funny videos. The other half was asked to just sit quietly without talking or interacting with the others, with no books, TV, or cell phones.

Twenty minutes later, saliva samples were taken from both groups, and everyone in both groups took a short memory test. Both groups performed better than before the study began, but the "funny" group had significantly better results than the quiet, non-interacting group. The improvement related to a 43.6 percent better recall, compared with just 20.3 in the other no-activity group.

Additionally, the people in the "funny" group had much lower levels of cortisol, which is referred to as the "stress hormone".

Another long-term benefit of laughter includes pain relief. This is thought to be the result of the fact that pain thresholds rise when endorphin levels increase. According to Robin Dunbar, Ph.D., professor of evolutionary psychology at Oxford University: "Laughter is definitely some of the best medicine for pain. It seems that endorphins tune up the immune system, so triggering their release through laughter helps you recover from disease and allows the body to resist infection. Would some comic relief help those suffering from chronic pain? Presumably, the more you engage in social events that involve laughter, you'll be better able to bear chronic pain. No doubt the pharmaceutical companies won't like it, but laughter would save on hospital bills."

See, some of the best things in life really are free!

Kids & Dogs & Guinea Pigs, and Anxiety & More

We've discussed the health benefits of dogs and cats on more than one occasion in this newsletter.

Health benefits of pets for adults include such things as:

- ◆ Promoting more physical activity;
- ◆ With dogs being "ice breakers" they help their owner to be more social and thereby possibly avoid isolation and depression;
- ◆ Possible lowering of blood pressure and
- ◆ Improving survival rates after heart attacks

With all those benefits for adults it seems logical there would be benefits to kids with pet ownership too, but there hadn't been much research on it.

So researchers at Bassett Medical Center of Cooperstown, NY, decided to conduct a study on pets and children's health.

The study included 643 children with a mean age of 6.7 years. No relationship was found between pet ownership and body mass index (BMI — a measure of

"healthy weight") but the study did find an association with childhood anxiety and pet ownership.

Compared to children without dogs, a lower percentage of children with dogs met the clinical definition of childhood anxiety.

Specifically, only 12% of children with dogs suffered from probable anxiety compared to 21% of those without dogs.

The study found "pet dog ownership was associated with a 9% reduction in the probability" of meeting the threshold of childhood anxiety at which further assessment is recommended to diagnose childhood anxiety.

Researchers didn't find it surprising that having a dog might help lower children's anxiety, since it is already known that children who participate in animal-assisted therapy (AAT) with dogs show improvements in mental health and developmental disorders through a reduction in anxiety and enhanced attachment.

Also, dogs are very responsive to humans' communication cues to them, so it makes dogs especially and uniquely able to boost a child's developing self-

esteem and confidence.

In fact, children aged 7 to 8 rated pets higher than humans in providing them with a sense of comfort and self-esteem or in acting as a confidant.

Dogs were found to have a positive impact reducing anxiety in children due to a variety of causes, including:

- ◆ Children needing self-esteem boosts while undergoing cancer treatment
- ◆ Cancer patients had improved emotional well-being when they spent time with a therapy dog during chemotherapy and radiation treatment.
- ◆ Patients said dogs provided a distraction to the treatments and helped diminish feelings of pain.
- ◆ Patients reported lower anxiety and stress when interacting with therapy dogs.
- ◆ Therapy dogs even reduce teens facing test anxiety.
- ◆ Yale, MIT, and the University of Connecticut have also used therapy dogs for students cramming for tests.

Though the studies didn't mention it, many people have said they felt they learned responsibility and how to love someone other than your immediate human family from the pets they had as children.



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

Mystery Solved & It Means Radiant Skin

For the 30+ years we've been involved with Willard's Water, one of the common questions we've received has been "why is my complexion so much nicer since I've been drinking Willard's Water? I don't use it on my face, I just drink it."

At first that struck us as odd, too. But eventually we thought we might know the connection or at least a possible one. But we didn't hear anyone else talking about such a thing for a long time. So, since we're not experts of any kind, we kept our theory to ourselves until the wise heads started talking about it.

We just told people who wondered about it that we didn't have an exact reason to explain it, but the fact that it was a fairly common report, should help them feel it was "sane" to assume there was some sort of a connection between their drinking Willard's Water and the compliments they were getting on how they "look so great ... your complexion looks like you're glowing".

And, as you might expect most people were just happy to have the "problem" of suddenly looking so great!

And one of the absolute most common reports we get on Willard's Water ("WW") and the WW Aqua Gel is that people have seen a great reduction in **acne, psoriasis, eczema, and other skin problems** after using WW and Aqua Gel topically on areas affected with those products.

Guess what? Our layman's theory as to what the connection might be between WW and better complexions, was that since WW is so great at eliminating toxins, we assumed that might be the connection in many cases, at least.

Some of you may know that more and more experts have been explaining to people if they want a radiant complexion to start with their gut health. That's right. Odd as it seems, a **healthy digestive system, is directly linked to better complexions**, even "radiant, glowing

complexions."

It's pretty logical actually. The digestive system is the main place our body absorbs nutrients — some of which are crucial to a healthy complexion.

And, it's also our digestive system that rids our body of toxins through elimination.

But if the digestive system isn't working as it should, experts say **acne, eczema, redness and dull skin** can result.

Experts also say that to help your digestive system work well, taking a **daily probiotic** is a very good idea. And, **digestive enzyme supplements** are also recommended by experts to keep your digestive system working optimally.

A few other tips the experts often mention include:

1. Cut out dairy, sugar, gluten and soy (at least temporarily) from your diet.
2. Take raw and unfiltered apple cider vinegar, for its digestive benefits.
3. Eat a whole-foods, plant-based diet, as a diet beneficial for digestive health. If you do eat meat and have skin issues, they suggest limiting it to one meal a day, as meat can cause a "back-up" in your digestive tract since meat has no fiber in it.
4. Move. Movement (exercise) is essential to your digestive health. Increasing your heart rate once a day helps to circulate nutrients to your skin and also to move toxins out. Exercise also lowers stress levels and that can lead to healthier, and younger-looking skin.

Back to how all this goes back to Willard's Water and healthier, better looking skin.

One of the other MOST common reports

we get from people using Willard's Water is that they are "regular" for the first time in years. No more chronic constipation for many of them and for many others it's no more chronic diarrhea. It just seems to balance things... including the digestive system.

And, of course, it's also known for improving elimination of toxins and wastes, as it improves that digestion.

So there you have it. Mystery solved... "just drinking Willard's Water" could logically benefit one's complexion as it improves their gut health and digestive process, it seems. No mystery there.

We should add that the best and most dramatic reports we've had on skin improvements come from people who have been drinking WW and also using it on their skin — either the liquid water, or much more often, the Aqua Gel which doesn't evaporate or run off as the liquid water does. Again, using it both internally by drinking it and externally by applying the Gel or Water topically, makes sense when you think about it. Most skin conditions are sort of an outer "symptom" of something going on inside... like a toxin or some digestive problem, perhaps? So, best results are usually reported from people drinking it and using it topically. But, as we said, there are lots of reports of people being told their complexions look so much better — even glowing — after they've been simply drinking WW for a while.

Editor: we have a couple great Probiotics as well as a couple great Digestive Enzyme products available. They are:
Item J-31 **Colon-Aid** (probiotic)
Item J- 61 **L-Salivarius** (probiotic and prebiotic combo)
Item J-33 **Digestine** (digestive enzymes)
Item J-29 **Vege-Zyme** (vegetarian digestive enzymes)
And, the **Aqua Gel** comes in 2 sizes:
Item AG-4 is 4-oz Aqua Gel
Item AG-8 is 8-oz Aqua Gel.

Here's to a healthy gut and beautiful skin!

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“Just Let GO!”

“It all happened so fast, I’m not sure I can remember all the details, but the one thing I remember clearly was hearing someone say ‘Just Let GO!’ And that’s why I quit trying to steer my way out of it.

“I guess I should start at the beginning. I was driving home on the interstate highway at dusk—it was not totally dark yet. I had just come through a construction zone, so all the cars were still sort of ‘bunched up’ like they get when they all have to drive slower through those zones.

“I had just pulled into the passing lane to get out from behind a semi-truck, and there were cars in front of me, behind me, and beside me. All of a sudden, the car two cars ahead of me swerved onto the left-hand shoulder, and the car right in front of me stopped right in the lane of traffic, so I swerved wildly to the right to avoid hitting either of

those two cars—that’s when I finally saw what everyone was trying to avoid—a deer lying near the center line. I then swerved wildly to the left, to avoid the deer, and at that point the car started a ‘rocking’ like motion and felt like it might roll, but it was also heading into the ditch on the left side...so I swerved it wildly back to the right, which is when I heard that voice say ‘Just let GO!’...I realized maybe I should let go of the wheel and quit trying to steer my way out of it...I did, and the car straightened out.

“Also, miraculously, none of the cars hit each other, and I barely tapped the deer, doing no damage to my car. I know it could only have been God and/or His angels who could have orchestrated things so well as to avoid a pile-up of cars. And it also occurred to me that maybe it was a reminder that I should remember to ‘Just Let GO’ and let God other times, as well.”♦

Editor: This was reprinted from our April 2005 issue, due to reader requests. We invite you to send your own “unexplained help/ fork-in-the-road/ inspirational stories for sharing in this column, anonymously if you choose.



E-Mails, Mailbag & Phone Calls. . .



Infant’s Eczema ... — “J.W.” told us that his 10-month-old granddaughter breaks out in eczema at times. His daughter mixes the Clear Willard’s Water with the baby formula and gives it to the baby...the rash goes away. When she doesn’t use Willard Water in the formula, it comes back. Happy Baby, happy parents and grandparents!

Ouch! — That’s got to be what “Cheryl” said when she burned her finger while putting wood in her wood-burning stove. But, she e-mailed us that “the burn stopped hurting in about an hour after applying Willard’s Water several times. It looks like it won’t scar at all.” Glad to hear it, but have to admit we’re not surprised, since we can’t even remember how many people have told us they’ve sprayed WW on burns and had the pain stop and no blisters or scarring.

Some things come in ‘threes’ as they say ... that’s what we thought when we got this report from “H.B.” She told us she had gotten her niece to try Willard’s Water for some bad psoriasis for which she was supposed to start on a drug that would require a liver biopsy... apparently within about half a day it was getting better and she doesn’t think she will need to do the medicine now.

Also, her husband hurt his toe when he was a kid and the toenail has never grown since. It has started to grow now (after using WW for awhile)!

And her child who is 6, is always sick, but has been healthy since starting on Willard’s Water.

It seems to us that in this case, at least the “things coming in threes” were three GOOD things, not the bad things people often think of as “coming in three’s”. ♦



MORE PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

12 Benefits of a Very Popular Item You May Not Know; And Sick or Malnourished?

We'd bet nearly everyone reading this is aware that probiotics are good for you. But some recent studies have found 12 benefits of probiotics that may be news to most of you.

Happiness — Less Negative & Aggressive Thinking Linked to Sadness. That's the conclusion of one triple-blind study that gave either probiotics or a placebo to 40 healthy people for 4 weeks.

The probiotics were actually found to significantly reduce negative thoughts associated with sadness or sad moods, compared to the placebo. This positive effect was mostly due to reduced rumination and aggressive thoughts. Rumination is defined as compulsively focused attention on the symptoms of one's distress, and on its possible causes and consequences, as opposed to its solutions.

This is the first evidence that probiotics can reduce negative thinking associated with sadness. (Brain Behav Immun 2015; doi:10.1016/j.bbi.2015.04.003)

Depression — In the first study ever of probiotics and psychological conditions, people with more depression had significantly more improved moods when taking a probiotic than when on a placebo. (Eur J Clin Nutr 2007; 61:355-61)

A second study found that taking probiotic supplements for a month significantly improved depression and anger. (In some people depression manifests more as anger than as sadness.) (Gut Microbes 2011; 2: 256-61)

Anxiety & Stress — The same study that found the one month probiotics improved depression and anger, also found significant improvement in anxiety.

A placebo-controlled study of people dealing with chronic fatigue syndrome found that taking probiotics significantly reduced their anxiety scores.

At least two studies also found that probiotics had a positive impact on reducing stress levels. One of those studies found that, when compared to the use of a placebo, probiotics lowered levels of the stress hormone cortisol in healthy people. (Gut Microbes 2011; 2:256-61)

ADHD & Autism — One of the most surprising discoveries about the benefits of probiotics, researchers have said, is that they have been found to reduce the risk of ADHD and Autism.

A double-blind study gave either probiotics or a placebo to 75 pregnant women, starting 4 weeks before their due dates and continuing to give probiotics to the newborns, or to their mothers if they were breastfeeding the infant, for 6 months after the infants' births.

The children were then followed for 13 years. Researchers found the results astonishing...

17.1% of children in the placebo group developed ADHD or Asperger's Syndrome. Not one child in the probiotic group developed either ADHD or Asperger's. (Pediatric Res 2015; 77:823-8).

Colic — Though some of the most surprising benefits of probiotics to some people have involved psychological health, there have been surprises in their benefits to physical health, too.

For instance, beyond probiotics being found to help reduce Autism and ADHD in infants, they have also been found to prevent colic in infants.

A double-blind study gave 52 infants either a placebo or a probiotic for 21 days. Crying & fussing time was significantly shorter in the probiotic group than in the placebo group. Significantly more infants responded this way to the probiotic than to the placebo. (J Pediatr 2015; 166:74-8).

— *Please turn to "Probiotics" on the other side of this page*

Are You Sick? Or "Just" Malnourished?

By Ben

A problem that Willard's Water's image has always had is that it's long been used as a "cure-all." We've had reports of it reducing blood pressure, helping blood sugar control, aiding arthritis symptoms, increasing energy levels, the list goes on and on.

Our own (very outdated) testimonial sheet that we give to new customers runs eight pages. While this is a great thing, it does present one problem in marketing it: many are naturally suspicious of something that seems to claim to do everything and therefore seems too good to be true. For good reason, mind you: things that seem too good to be true often are, and the fact that Willard's Water ("WW") appears to be a cure-all often makes it seem like "snake oil" to the uninformed. We know that's not true, but it's a problem regardless.

So, let's discuss how one thing can do so many things, with such variable effects in different people.

What is it that Willard's Water actually does? What it is, is a very good (and safe to ingest) solvent. A solvent dissolves other things. WW is also a catalyst. A catalyst is something that speeds up a chemical change without itself being changed or consumed by the reaction.

Let's focus on WW's role as a solvent for the moment. As stated, a solvent dissolves things, and in this case, what it appears to do is to break down or dissolve nutrients very well, including the countless trace minerals in the Ultimate WW (the best form).

Why is this significant? Because not all nutrients are absorbed equally. Different molecules break down at different rates, and some larger molecules have a hard time crossing the cell membrane where they're needed to work. Unabsorbed nutrients do nothing, and increasing the absorption of nutrients is a constant concern of supplement manufacturers, all of whom are looking for ways to make their supplements absorb better than their competitors'.

So WW makes you absorb nutrients better. "Big deal," you say. What's that mean for you? To this, we have to turn to the importance of nutrients and a balanced diet. Everything your body does requires certain levels of every nutrient or things go wrong...

"Malnourished" Continued on Other Side

Malnourished Continued —

- ◆ Too little potassium causes muscle cramps and ultimately leads to coma and often death.
- ◆ Too little sodium is also fatal, as it's necessary for muscle contraction.
- ◆ Too little B-12 causes neurological damage.

The list goes on.

All of the above issues occur when you're severely depleted on those things, but even semi-low levels of nutrients can cause innumerable symptoms, and most doctors are not, in our experience, in the habit of looking at nutrient levels as a primary cause of health problems. They instead look for more exotic causes, as they've been trained to do.

Now, it's possible to get all the nutrients you need from a well-balanced diet and a LOT of work researching everything you need to eat. BUT, the problem of absorption enters. We don't usually know just how much of a nutrient will be used in any given person, because of the many variations in individual metabolism. Do you see where I'm going with this?

One of the reasons why so many different problems are reported to be aided by WW lies in the underlying mechanism: if it's breaking nutrients down further across the board, thereby increasing their absorption, previously low levels of nutrients can be corrected. In other words, you're getting more out of your food and supplements than you did previously. If you have any underlying deficiencies, the symptoms of those deficiencies should fade.

In this sense, Willard's Water is a cure-all, because it's the ultimate helper of food and supplements. Everything you're taking to keep yourself alive can be aided by it. However, unlike other "cure-alls," WW's effects can be easily explained by a logical mechanism. This puts it in a class of its own among supplements, and why we're such fervent believers in the product.

And, by this one simple effect, it's helped thousands realize that they were not sick: they were malnourished.

Now you know what to tell skeptical friends if and when they try to tell you you're drinking "snake oil." Nope, you're drinking the ultimate nutritional booster to provide your body with as much benefit as possible from nutrients you take in. ◆

Probiotics Continued —

A second double-blind study gave a probiotic or a placebo to 589 infants for 90 days. The amount the infants cried was an average of only 38 minute per day in the probiotic group compared to a significantly greater 71 minutes per day in the placebo group. (JAMA Pediatr 2014;168:228-33).

Constipation & Diarrhea —

Most people are aware that probiotics are often suggested to treat the common side effect of diarrhea from antibiotics. A lot fewer people are aware of the fact that probiotics can ease diarrhea and constipation brought on by other causes too. (Bifidobacteria & Microflora 1991;10:123-30; Bioscience Microflora 1997;16:53-8, Bioscience Microflora 1997;16: 73-7; Microbial Ecology in Health & Disease 1999; 11:41-6; J Nutr Food 1998; 1:29-34).

Probiotics have been shown to improve both constipation (J Nutr Food 2001;4:1-6; Japanese Journal of Lactic Acid Bacteria 2007;18:31-6; Journal of Japanese Society of Nutrition & Food Science 1978;31:379-387; La Sante 1985;66:805-10) and diarrhea (Bifidus 1990;4:21-4).

Allergies & Hay Fever — Several double-blind studies found that probiotics improve symptoms of hay fever. (J Investig Allergol Clin Immunol 16;86-93; Clin Experiment Allergy 2006; 36:1425-35; Int Arch Allergy Immunol 2007; 144:123-7). When women supplement with probiotics while pregnant and give it to their newborns for the first 2 years, at the age of 6, the children are significantly less likely to have eczema and have significantly improved allergies. (Clin Exp Allergy 2013;43:1048-57). Probiotics may also be able to reverse milk allergies in infants (ISME Journal 2016; 10:742-50).

Cold & Flu — Probiotics have been found to help fight colds (Adv Ther Respir Dis 2010; 4:271-8). Students dealing with stress of exams had fewer colds and flu when they took probiotics than students taking a placebo (Br J Nutr 2015;113:426-34). And probiotics have also been found to help people recover from respiratory infections significantly faster (Eur J Clin Nutr 2016;70:463-9)

Arthritis — Another study found probiotics may help arthritis. Forty-five adults with rheumatoid arthritis received either probiotics or a placebo added to their arthritis medications for 60 days in a double-blind study. The ones who added

the probiotics had significantly less pain. They also had significantly better improvement in their ability to walk 2 miles, and to reach and perform daily activities. (BMC Complement Altern Med 2010;10:1).

Diabetes — In what was described as an unexpected study, researchers discovered that probiotics may help prevent type 1 diabetes. Compared to newborns who did not receive probiotics, newborns with the highest genetic risk of type 1 diabetes who received probiotics in the first 27 days of life had 60% less risk of islet autoimmunity — a precursor for type 1 diabetes (JAMA Pediatr 2016;170:20-8).

Dental Health — A recent study found improvement in periodontitis (a gum infection that damages the tissue and bones that support the teeth) in people taking probiotics (J Clin Periodontology 2016;doi:10.1111/jcpe.12545). Other research has also found probiotics help prevent cavities. A double-blind study of children found taking probiotics for 7 months reduced cavities by 49% compared to placebo (Caries Res 2001;35:412-420). A second study found probiotic supplements during the last month of pregnancy and the continued giving of them to infants for the first year resulted in significantly fewer children with cavities at 9 years of age (Caries Rs 2014;48:111-7)

Weight Loss — A recent study of 77 obese children which lasted for 1 month put all the children on a reduced-calorie diet and a physical activity program, but only half of the children were given a probiotic/prebiotic supplement. Those on probiotics had significantly greater weight loss and decrease in body mass index and measure of body fat. They also had significant reduced oxidative stress. Their total cholesterol and heart harming LDL cholesterol went down significantly more than in the group that did not receive the probiotics/prebiotics (Benef Microbes 2015;6:775-82).

Editor: We offer two very high quality probiotic & prebiotic products. They are both among our highest re-order items. They are: Item J-31 **Colon-Aid** a probiotic providing acidophilus, bifidus and FOS), and Item J-61 **L-Salivarius** which is a Prebiotic and Probiotic containing 2 billion live Lactobacillus salivarius bacteria, plus 100 mg fructooligosaccharides per capsule.

And, for the reasons given in the Malnourished article, **Willard's Water** has also been found to enhance probiotic and prebiotic absorption. ◆