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Supplements and Cardiovascular Disease

Cardiovascular disease is the number one killer of people worldwide. An estimated 79.4 million Americans suffer from some form of the disease. That's one in every three Americans. A recent study looked at ways to reduce a person's odds of getting it.

At the 48th Annual Conference of the American College of Nutrition in Orlando, Florida, Lydia Bazzano, M.D., Ph.D., assistant professor of epidemiology at Tulane University School of Public Health and Tropical Medicine in New Orleans, La., presented the newest dietary supplement recommendations to decrease the incidence of cardiovascular disease.

Dr. Bazzano was quoted as saying "the B-complex vitamins, folate, vitamins C and E, calcium, magnesium and potassium have been associated with a lower risk of developing (cardiovascular disease), whereas sodium has been associated with an increased risk." In clinical studies, Dr. Bazzano said folic acid

and folate were associated with a decreased incidence of stroke. While results are not yet clear enough to recommend a specific dosage, there are strong correlations between the supplement and stroke incidence. However, a diet low in Released), and Vitamin E is our Item potassium could also increase one's risk for stroke, causing the recommended daily intake to be increased 4.7 grams per day to lower blood pressure and reduce one's salt sensitivity.

Other findings included a relationship between calcium and blood pressure. To lower blood pressure and prevent hypertension, Dr. Bazzano recommended taking about 1,200 mg of calcium per day. And she said the upper limits of sodium intake for adults is set at 2.3 grams per day, with an adequate sodium intake for adults set between 1.2 and 1.5 grams per day.

Editor: Our Activated B-Complex is Item No. J-2; Calcium Citrate is our Item No. J-25, Coral Calcium is Item

No. J-201(powder) and J-203 (capsules), Magnesium Citrate is our Item No. J-54, and Potassium Citrate is our Item No. J-62, Vitamin C is Item No. J-68 (500 mg) and Item J-69 (1,000 mg. Time No. J-14.

There was a recent study that questioned the benefit of vitamins C and E on cardiovascular health, and even suggested they were harmful for it. However, since all other studies for years have found benefits from them, we are still taking vitamins C and E ourselves and have no intention of stopping. We trust the natural health experts who have led the way on this issue, and all the studies which have validated it over the years.

Our personal opinion (and we are NOT experts!) is that follow-up studies will continue to find benefit from vitamins C and E. We believe it's more likely that one study is wrong than that ALL the other studies are wrong.

Saving One's Eyesight... Nutrients to the Rescue?

You should have listened to your mother, if you didn't, when it comes to eating your vegetables! A recent study confirmed that loading up on vellow vegetable and dark leafy greens might well help protect vour vision against a leading cause of blindness.

According to this new study, people who ate more of these foods, which contain the nutrients lutein and zeaxanthin were less likely to have advanced age-related macular degeneration (AMD) than people who ate fewer servings.

Researchers conducted the study using about 4,500 people between ages 60 and 80, which is a group considered at high risk for the vision-robbing condition. The study participants' retinas were photographed to see if they had AMD and to identify which of the four stages of the disease they were in if they had it.

After that, the participants filed out questionnaires about their eating habits, and the researchers divided them into five groups according to their consumption of several key nutrients, including lutein, zeaxanthin, beta-carotene, lycopene and vitamins C and E. Those in the highest lutein and zeaxanthin groups had the lowest risk for advanced AMD.

The researchers said the two nutrients may help prevent advanced AMD because they have the ability to filter shortwavelength light. That type of light has been implicated in the condition, which slowly erodes sharp central vision.

Editor: Our premier eye support product, Eye-Vite, Item No. J-115 contains both Lutein and zeaxanthin, along with lycopene and beta carotene. All those ingredients have been shown to help reduce the risk of macular degeneration. Eye-Vite also contains gammaaminobutyric acid (GABA), which is a neurotransmitter shown to improve visual func-

tion as well as cognitive and motor functions. It also contains Bilberry extract and vitamin E which are potent antioxidants to help prevent oxidative damage to the eyes. And it contains **zinc**, as well, which has been shown to protect against vision loss in adults.

Our current supply has an expiration date of Dec., 2007, so you can pick it up for \$22 a bottle (that's \$10.95 off!) and give it a try. We've had numerous reports from customers who have used it finding that their vision improved quite significantly after using it regularly. We're also big fans of it ourselves and use it daily.

What Do Heart Health, Cartilage Loss, and **Prostate Cancer Have In Common?**

The pomegranate has been touted for its health benefits for centuries.

It has been linked to improved heart health, and also for protection against pros- Juice concentrate to our line. This item is tate cancer and for slowing cartilage loss in Item No. JF-5A, and sells for \$14.50 per arthritis.

A new study has found that ellagitannins from the pomegranate accumulate in the prostate and may be the reason behind the reported benefits of the fruit. This study was published in the Journal of Agri- the order form you have yet, but if not, just cultural and Food Chemistry, and it also reported that the growth of prostate cancer cells was significantly inhibited by pomegranate elagitannins and their metabolites, highlighting the potential of the extracts against the disease.

The pomegranate is a rich source of antioxidants. One of the antioxidants, known as punicalagin, accounts for about half of the fruit's antioxidant ability, and it is the one that is said to be behind the proposed anti-cancer effects observed in this new study.

This new study, done at the University of California at Los Angeles, suggests that the ellagitannins may also play a role in prostate cancer protection.

Editor: We have been carrying "PomeGreat Juice Concentrate" (Item JF-5) for some time now. It is a combination of pomegranate, grape and blueberry concentrates. It has higher antioxidant activity than either red wine or green tea. It sells for \$19.95 a bottle.

We have now added **Pomegranate** bottle. It also comes from the premium manufacturer. Jarrow Formulas. Both of these items are said to be four times more concentrated than regular juice. Pomegranate Juice (Item JF-5A) may not be on tell us when you order by phone that you want it, or add it to the comments area of your online order, and we will add it to your order.

Both these products' suggested usages are one or two tablespoons per day, which means a bottle will from twelve to twentythree-and-a-half days. At first glance, this sounded kind of "pricey" to us frugal folks here, but then we found out that just regular old pomegranate juice concentrate at the grocery store here is \$6.95. Since these two products are four times as concentrated, that would mean they could be as much as \$28 for the "plain" Pomegranate (Item JF-5A) and who knows how much for the combination product (Item JF-5), if they were priced like the lesser products at the grocery store.

By the way, we have had very positive feedback from those who have tried Pome-Great (Item JF-5) so far.

This May Be Worth a Try...

A tip to stop coughing may be worth trying, for adults or children. But with children's and/or infants' cough and cold products being pulled off the market due to safety concerns, it may be even more welcome news to parents of little ones.

We've heard that the soles of the feet are very good at absorbing things... that's one place the late Dr. John Lee suggested was good for applying progesterone cream, for example. We've also heard that if vou rub garlic on vour feet, vou can taste it within 20 minutes.

But the "new tip" we were given recently, is that rubbing Vicks Vaporub on the soles of children's feet and then covering their feet with socks, can stop a cough—even a deep, heavy, persistent cough.

It sounds like something my mother used to do, but I'd long since forgotten about.

We've been told before by customers that rubbing Chinota Gel (Item AG-4 or AG-8) on one's chest, or feet, has also stopped some rather tough coughs. May not work for everyone (just like the Vicks-onthe-feet tip), but either one seems like something that couldn't hurt, and just might help.

Like we said, it might be worth trying.

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Trivia & Tidbits . . .

- 1. How long did the Trojan War last?
- 2. What "mother's aid" did Marion Donovan patent in 1951?
- 3. The House of Windsor rules England. What House rules the Netherlands?
- 4. What is the warmest month of the year in the Arctic?
- 5. What are the alevin, parr, smolt and grilse?
- 6. What common salad ingredient belongs to the aster family?
- 7. Where are a butterfly's tastebuds located?
- 8. How did Louis Pasteur make sure food served him at his friends' homes was safe to eat?

AND THE ANSWER IS...



- 1. Ten years. The disposable diaper. .2
- 3. The House of Orange.
- 4. July, when the average temperature is no more than 50 degrees F, or 10 degrees C.
 - 5. Vames for a salmon at various stages in its life cycle.
 - 9 Lettuce
 - V. On its legs. They are microscopic hairs called sensilla.
 - 8. He checked it with a portable microscope he carried with him.

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

Yes, Sometimes We DO Hear the Most Amazing Things from Our Customers...

I've often been asked if I've "ever heard of such a thing" when a customer tells me something they have observed the Willard Water has done for them.

The fact is, all of us here have heard so many amazing things over the years that people say Willard Water has done. that my wife, Kolleen, told me years ago that "nothing anyone ever says the Willard Water has done will ever surprise me any more, but it continues to amaze me". I think that sums up my own feelings pretty well.

I thought of this when "S.R." told me about a recent experience she'd had with "the water". It was actually her neighbor's father who had the experience...

Her neighbors had picked him up at the airport upon his arrival from Cuba for a visit. He was very sick. He had a fever and a "crimson red sore" on the shin of one of his legs. S.R. had stopped in to visit them and to meet him, and had seen the sore and his overall condition and went home and got some Willard Water and took it to them for him to use.

"The next day" she said she went over there and the sore was normal. They had done nothing else. She had assumed when she saw how much better it was and he looked overall that they must have taken him to the emergency room, but that was NOT the case. They had kept putting it on the sore through the night, but that was it.

Her neighbors told her that their father now "wants to pour it over himself to see if he gets younger!" And he definitely wanted to take some back to Cuba when he returns.

this. Maybe it was all a coincidence. We don't personally believe that, and neither do the people involved in that situation, but it's always possible. The truth is, we've heard so many amazing reports over all these years about the impact Willard Water has had on various

ing anyone ever tells us really surprises us any more. But it's still pretty AMAZ-ING!

S.R. went on to tell me that her husband had been outside the night before and had taken off part of his new pencil cactus to give to a neighbor and some milky stuff came out. Her husband had rubbed that milky stuff on his pants and then had forgotten about it and rubbed his eye. He said it REALLY burned. S.R. said they sprayed Willard Water on it, and the problem was solved—no more burning. (The ounce-to-a-gallon dilution is what is used in the eyes, and preferably the Clear Willard Water, since the additional minerals in the Dark might come out of solution and be a larger particle than you'd want in your eye)

Then there's the report we received recently from L.S. in Massachusetts. She had taken in a foster dog for about a year. Poor little guy had lots of problems... skin problems, etc. She gave him Willard Water and he did real well. Eventually, he got adopted. L.S. had put together all his things to go with him when his new "parents" came to get him, but in the excitement and confusion, the Willard Water she'd put aside for him was left behind. She soon got a phone call from his new parents, worried because "this dog won't drink any water". L.S. explained that he was used to Willard Water and once dogs have had that, they sometimes won't drink other water. She got them some Willard Water, and they then got some more, and all was well!

That is interesting, how dogs will We certainly have no explanation for refuse other water, once they've had Willard Water I've heard of that numerous times and even saw our own dog do that, but I wouldn't have thought a dog would refuse all other water for very long, if there wasn't any Willard Water to be had!

We've also been told of horses who

kinds of skin problems, that, again, noth- had refused "strange water" while traveling, that were willing to drink that same water when the Willard Water concentrate was added to it

> And that reminds me of Norma and her vegetable garden. This was way back in the early 1980's. Norma wanted to see if the Willard Water would make any difference in her garden, so she treated part of it with the Willard Water and left part of it untreated. Much to her chagrin, when the deer came through they ate the Willard-Water-treated vegetables and left the untreated ones!

> Sometimes I think animals really are smarter than a lot of people!

Before I tell you of the next report let me caution you one more time... do not diagnose or treat yourself or your pets without proper medical assistance. But I do feel I should pass along what "J.O." told us about her cats...

"Both of my cats have a feline herpes disease (cannot remember the clinical name of it but it is a very serious cold with sneezing, running eyes and nose and sometimes death) that never goes away, just into remission. I decided to try WW on them and it works! I know it works because I stopped giving the water to them and within one month it was rearing its ugly head again. I gave them both a dose of WW and it was better within 24 hours (no kidding). So I maintain them both on WW. It keeps them healthy."

Again, Willard Water truly is NOT a drug or treatment of any kind-we mean that, we're not just saying it.

It's a catalyst with some unusual characteristics (which we've been discussing in separate articles in this and the last three issues of this newsletter). Those unusual characteristics pretty much explain anything anyone has ever said they believed Willard Water had done

And, yes, even with those explanations, it still IS amazing!

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LIKE THE LOVE OF GOD...

"We hear a lot about the meaning of love and the impact it can have on one's life. Lots of movies and books have been done on the subject, trying to convey what it's all about. Sometimes the

best example we'll ever find can be right in front of us... "My father-in-law spent the last several years of his life in a nursing home, seemingly totally unaware of his surroundings or his own identity. Most people thought of him as having been 'gone' many years before he actually died. My mother-in-law was not one of them. She visited him nearly every day... feeding him and talking to him... just being with him. I was amazed by her reaction when he had nearly died one night, but had been revived by the doctors on duty. Most of us felt he probably would have preferred to have been allowed to die, but not her. With tears in her eyes she told me she could not imagine what she would do if she lost him. I was embarrassed to admit even to myself that I had thought she'd lost him years before that. But about three more years went by, and his condition didn't change... seemed worse if anything. Then something else changed — my mother-in-law's willingness to let him 'go home'.

"She said she came to feel that perhaps <u>he</u> would be better off if he went on ahead of her, and so she said she told him after their evening prayers one night that it would be okay if he went home... that she would be alright... he was gone before morning. Nobody will ever convince me that he hadn't been sticking around for her... to be sure <u>she</u> was okay, despite all appearances that he knew nothing. The love between them was one of the most beautiful things I have ever witnessed, and showed me the type of love-without-fail God is said to offer us... seeing love such as this can actually make the love of God seem much more possible and real." ◆

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

E-Mails, Mailbag & Phone Calls. .



No Scars — that's what "JML" from Rhode Island said resulted from her relative's <u>severe grease burn</u> when it had Willard Water concentrate poured on it immediately. We assume more Willard Water was also applied to it after that first treatment, since this sounded like a very nasty burn. The person who was burned got it while carrying a roaster of chicken to a car, and was "scalded by the grease" when the roaster fell. After that, JLM herself was burned when she accidentally poured heated water over her own hand. She, too, poured Willard Water on it and also had no scars.

These two reports are consistent with countless others we've received over the years from users who can't believe how their fairly serious burns never even blistered, and never scarred when Willard Water was put on them.

Smoother Blood Sugar Readings -

That's what "PMC" told us she notices when she drinks the Dark Willard Water. She said she is an <u>insulin-dependent diabetic</u> and she finds that when she's drinking that dark WW she just doesn't have the "swings" in her blood sugar that she has otherwise. Many other diabetics have told us they have actually needed less insulin once they've been using Dark Willard Water regularly for a while, which underscores the need for diabetics using WW to conscientiously monitor their blood sugar levels.

Drought Stricken Trees & Shrubs Revived -

that's what "Rose" from North Carolina told us about her tress and shrubs that were affected by an unprecedented drought in her area...saying they were revived and requiring less water with "just one treatment with Willard Water".

Fourth in this Series Reported Antioxidant & Free Radical Scavenging Benefits

For the last three issues of this newsletter we've been discussing the reported unusual characteristics of Real Willard Water. This month we're looking at its reported benefits as an antioxidant and scavenger of free radicals. The first question in this discussion would seem to be just how significant are the presence of free radicals in the body? How concerned should we be about them? According to Dr. Hari Sharma, a pathologist at Ohio State University, "about 80 to 90 percent of diseases we encounter are linked to excessive production of free radicals in the body." (Dr. Sharma made that statement in the Oct. 30, 1993, broadcast of the television program "Life Choices with Erie *Chapman*".) And, according to Laurence Badgley, M.D., "Until recently, the medical sciences lacked a unified theory of how disease occurs in the body. Well, this has all changed. Now there is the 'Free Radical Theory of Disease' and it has a lot of support from many different branches of science and medicine. Whenever a group of scientists from different fields can generally agree on a theory, you may be tempted to consider that the theory is close to the truth."

Before explaining in detail how and why Willard Water is such an exceptional scavenger of free radicals, let's first try to explain what free radicals are.

First of all, like all matter, the human body is made up of tiny particles called molecules. Each molecule is composed of atoms, and each of the atoms is made up of a nucleus (a center) and electrons which spin around that center in orbits. If a molecule loses an electron, or picks up an extra one, it becomes unbalanced and "highly reactive." Such an unbalanced, highly reactive molecule is called a *free radical*.

Having free radicals is not a stable state for a molecule to be in. Therefore such a molecule (a free radical) will do what it can to return to a more stable state by taking an electron from some other molecule in order to restore its own balance. It is this "electron grabbing" by the free radical that causes the damage to the body, because the electron the free radical "steals" may be from a molecule contained in a normal (healthy) cell. In taking the electron from the healthy cell, the free radical damages the healthy cell and the body's functioning is damaged as a result.

So, where does Willard Water fit into this scenario? It is a **superior** antioxidant and scavenger of free radicals, because it "is able to replenish its supply of electrons," according to Roy Jacobsen in his book *Aqua Vitae.* ("Aqua Vitae" means "water of life.") In his book, he quotes Dr. Willard as saying

"When you have a reducing agent, for example H2S, where the sulphur has two extra electrons, it will give those up. But once this particle has been used up, it is used up," said Doc. "But with the Willard Water it is drawing from this vast reservoir [of electrons]"... and it isn't used up. . . it can perform over and over again as an antioxidant, unlike the "normal" antioxidants, which can each only perform the task until they run out of their limited supply of electrons.

How do we know "WW" is an antioxidant and free radical scavenger? A few reasons:

1. Free radicals and peroxides show up in a person's blood (viewed under a microscope) as a network of white dots and threads, and an hour after drinking the water, another blood sample from the same person will show that these patterns (the white dots and threads) have been eliminated or greatly reduced (*Aqua Vitae* pg 45).

2. In one experiment (cited in *Aqua Vitae* on page 96), hay treated with Willard Water was compared to hay that had not been treated with the water, after both had been left outside during the winter. The hay treated with the Willard Water had a much higher beta-carotene content than the hay that had not been treated with the Willard Water. Beta-carotene is a precursor of Vitamin A and

is susceptible to breakdown by oxidation. Apparently the treatment protected the beta-carotene in the hay from oxidation.

3. The Willard Water was tested according to radioprotectors (Prasad 1984) *(see data in the box "Free Radical Scavenger Test).* The technical information accompanying the graphs of the results of that test is saying two things (in layman's language):

A) The Willard Water (referred to in the data as *"Lignite Activated Water"*) was reducing free radicals after radiation. (This would be of significance, for example, to people receiving radiation, because, we are

FREE RADICAL SCAVENGER

An additional test was performed to see if lignite-activated water is a free radical scavenger. This test used FDC blue, number-one dye in a water solution, which was irradiated with cobalt-60 gamma radiation (Kalkwarf 1958). When the dye solution had no lignite-activated water added and was irradiated. free radical scavenging by the dye occurred, as determined by the measured absorbance of light. Light absorbance decreased linearly as the dose increased (i.e., bleaching), which was the result of free radicals created by the radiolysis of water reacting with the dye.

When lignite-activated water at a

1:33 concentration was added to the dye solution and irradiated, the measured change in absorbance of light was decreased due to scavenging of free radicals by the lignite-activated water. When only the micelle at a 1:33 concentration was added to the dye solution and irradiated, the change in absorbance of light as a function of exposure was lower than for the dye solution alone or the lignite-activated water plus dye solution. The test indicated that the micelle portion of ligniteactivated water was the stronger radioprotector to the extent that materials which exhibit free radical scavenging properties tend to be radioprotectors (Prasad 1984).

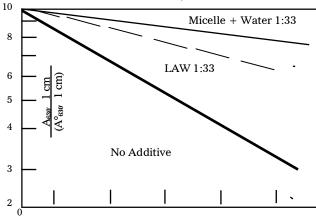


Figure 18. Absorbance of FDC Blue No. 1 Solutions Following Gamma Irradiation

(*This equation symbolizes the ratio of absorbance of 630 nm of light through a 1-cm path length) Table 17. Calculated Dose Reduction Factors (DRF) for LAW 1:8 and LAW 1:32 (Experiment 2)

Treatment	DRF
LAW 1:8	1.00
LAW 1:32	1.03

free radicals generated by the radiation and therefore could reduce some of the side effects of the radiation.)

B) It reduced free radicals in the solution alone, which means that even in a person not receiving radiation, the water binds the free radicals on the Catalyst Altered Water matrix.

Given WW's even-greater-than-normalantioxidant and scavenger of free radicals abilities, along with its other helpful characteristics discussed previously, its potential benefits become clear. As we said, the growing body of information on anitoxidants is *very* interesting to those familiar with Real Willard Water.



More Product Highlights & Updates from Charlie

There's Really No Need to Explain, But People Always Want To Anyway...

"WHY DID I EVER QUIT DRINKING WILLARD WATER?" That's what "Paul" asked, when he phoned in a recent order. We hadn't heard from him for several years. He had been a regular customer for some time, and then just "disappeared".

"I guess I ran out of bottled water one time and didn't pick up some the next time I was in the store. It always seemed to me like Willard Water concentrate should be put in something better than ordinary tap water. (Editor's Note: We agree, but you will still get the benefits of WW, even using the tap water. However, the WW won't eliminate the many harmful things that may be present in the tap water. You should be drinking high quality water whether you are putting WW in it or not.)

"Then I just forgot about the WW. The bottle of concentrate got pushed to the back of the cupboard. Didn't think about it until yesterday I was reading a health book which recommended it. And I remembered that I HAD felt better when I was drinking it. So here I am; will you take me back without lecturing me?"

"Sure, Paul; welcome back!" I said.

WE HEAR FROM A GOOD MANY PEOPLE AFTER LONG TIME LAPSES. We are simply happy to have them back, but often folks feel the need to explain their absence. Here are some of those explanations:

"I JUST CAN'T BELIEVE I

WAS SO DUMB! You told us right from the start about the products out there that claim to be real, full-strength, Willard Water, and they sure look like it. All the right information on the label. Well, I ran out of yours one time and I was in the health food store and here was a bottle of Willard Water. It wasn't YOUR bottle, but it certainly looked like the real thing . .it even had Dr. Willard's signature on the label! So I bought it to tide me over till I put in an order with you folks.

"Well, your Willard Water had helped me in some really noticeable ways, but after I got to using that new bottle from that health food store, it seemed like I got immune to it or something. Just didn't work. So I didn't buy any more if it from you or from the store. Then I was reminded of it again when my friend, Marie, who I was visiting, was drinking Willard Water. She was the person who told me about it in the first place.

"We got to talking about it and she pointed out to me that maybe what I'd gotten wasn't the same thing. So about two months ago, I put in an order and started drinking it again, and I'm back to feeling good again. How could I have been so dumb?" (Editor's Note: the health food store wasn't to blame . .they undoubtedly bought it in good faith from their supplement distributor.)

"I STARTED DRINKING WILLARD WATER BACK IN THE MID-90'S and used it faithfully for several years. Then I got involved with a real good line of products from a network marketing company. My wife and I both got caught up in that and since we were spending a lot of money on those things, and couldn't get WW from them, we just forgot about it.

After reality set in and we realized we weren't making any money with that company and probably never would, we went back to finding our own supplements, but for some reason, never got back into the WW. That wasn't smart. "I remember visiting with you by phone one time and you said that you and your wife took a lot of supplements but the last thing you'd ever give up would be the WW because it was one of the lowest-cost products you were taking and certainly did much more for you than any of the others. It took me a while but I finally saw the light and I'm back!" (Editor's Note: Buying the concentrate by the gallon at full retail price, and drinking the typical amount, it is about ten dollars a month per person!)

"MY WIFE DIED SUDDENLY

IN '02. She'd always been the one who knew about supplements and ordered them for both of us. I really relied on her for that and literally hundreds of other things. I've really floundered without her. I still don't have much of the supplement things figured out, but I did find her file on Willard Water last weekend. So I got your information and here I am. I'm looking forward to having it again. I can't make up for her absence, but I'm looking forward to at least feeling better physically again. Any advice you can provide on other supplements is much appreciated." (Editor's Note: We did, of course, tell him what we believe to be the most important items, and filled him in on what his wife used to buy.)

Those are some of the reasons people find themselves "off the REAL Willard Water" at times, and some of the thoughts they've expressed when they've "come back".

We're always happy to hear from returning customers, for selfish reasons of course, but also because we <u>really do</u> <u>believe</u> in Willard Water (after all we got involved with it as users before we ever got involved in the business) and we're happy to know it's making a difference for nice people like our customers all seem to be!