

# Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.willardswater.com ♦ Oct/Nov, 2010

## They Boost Cancer Risk; PMS-etc Help

They are appealing... the drugs that are said to help fight Osteoporosis. Osteoporosis is no small problem. But cancer of the esophagus is a very serious problem, too, to say the least. It's considered "a rare but deadly cancer" since the prognosis for those with this cancer is pretty dismal.

A recent study found that osteoporosis drugs such as **Actonel, Boniva, and Fosamax**, were associated with approximately a **twofold increase in esophageal cancer**.

We've mentioned in our newsletters before about the ironic fact that studies have also found these drugs associated with an **increased risk of fractures**.

All of which leads us non-experts, non-health professionals, to wonder if trying something other than these drugs to prevent osteoporosis wouldn't be a good idea. The late Dr. John Lee, M.D., wrote three books on the **benefits of natural progesterone**. One key benefit according to the studies Dr. Lee cited was **prevention and reversal of bone loss and osteoporosis**.

Dr. Lee also pointed out numerous other benefits reported in studies and his own experiences with his own patients, regarding such problems as

- ♦ **fibroid cysts,**
- ♦ **PMS,**
- ♦ **irregular periods,**
- ♦ **depression,**
- ♦ **headaches,**
- ♦ **menopausal problems,**
- ♦ **and on and on.**

Dr. Lee even cited a study that found women with sufficient levels of progesterone were **90% less likely to develop cancer of any kind**.

Dr. Lee's books were instrumental in convincing of the merits of natural progesterone. We began carrying natural progesterone after we found a "brand" of it that seemed to us then, and still does, to have better user experiences and reports than any other we found. It's called **"Uber Balance" Natural Progesterone** and is available in a jar (**Item HP-J**) or a pump (**Item HP-IP**).

Many people have told us it works much better than other "brands" of progesterone they had tried before. We believe one indicator of its superiority is that you don't have to change the application site every day, or every few days... you can if you want to, but it's not necessary. It's not necessary **because this formulation penetrates well enough that it doesn't plug the pores**, as many other "brands" do... if the pores are plugged, no product can penetrate to do any good, which is why many other brands require changing where it's applied... because they plug the pores.

When you see, as we do, the same people buying several containers of it every few months . . . for years . . . you get convinced that they know its worth it! One of the most dramatic testimonials . . . a woman phoned in, laughing, saying she didn't realize she was so tough to live with at **PMS** time, but "my husband, who could care less about what supplements I use, watches my supply of the progesterone cream like a hawk . . . when I get low, **he** is reminding me to reorder... amazed me that he put it together, but he did!"

Other women have told us of **hot flashes** becoming history once they were using this for a while, and problems from **too-heavy bleeding, to depression**, and much more, going away during **menopause** once they use it regularly. ♦

## Don't Get Fooled!

News broke recently that the Corn Retailers Association (CRA) has petitioned the FDA to allow manufacturers the option of calling "high fructose corn syrup" by a different name... specifically, "corn sugar"

In a press release, the CRA said the reason for the request is that their research shows the "current labeling is confusing to American consumers". It also said that the "current stigma" attached to their product is due to what they called "inaccurate media accounts".

Given the evidence, we don't think there's been anything misleading about the media reports of the potential problems with it.

And, given what various recognized natural health experts have to say about it, we don't see any question that High Fructose Corn Syrup (HFCS) is something to avoid if you are concerned about your **chances of developing diabetes or heart disease, or your need to lose weight**. According to Dr. Joseph Mercola, "part of what makes High Fructose Corn Syrup such an unhealthy product is that it is **metabolized to fat in your body far more rapidly** than any other sugar".

Don't get this wrong...there is nothing wrong with corn. But high fructose corn syrup is not the same as eating corn.

So if you are as convinced as we are that High Fructose Corn Syrup is something you'd rather avoid, if you see product labels listing "Corn Sugar" as an ingredient... don't be fooled, **it's High Fructose Corn Syrup**.

"A rose by any other name..." ♦

# Alzheimer's: 1 in 4 Will Be Affected in Next 20 Years

It's estimated Alzheimer's will affect 1 out of every 4 Americans in the next 20 years. We're not passing along that information to frighten anyone (though it frightens us, and probably most other people as well), but to spread the word, and hopefully encourage lifestyle changes that may help prevent it.

At the moment, studies have found a few links to Mild Cognitive Impairment (MCI) and to the far worse memory-robbing disease known as Alzheimer's. B vitamins appear to be one of the possible ways to fend off these problems.

In fact, large doses of B vitamins were found to **cut the rate of brain shrinkage in HALF** in elderly people with memory problems. The B vitamins appear to be one way to possibly slow their progression toward dementia.

Why do B vitamins have such benefits? One reason cited by researchers is that B vitamins work as sort of a homocysteine suppressant, and lower homocysteine levels are thought to be connected to less brain shrinkage.

Additionally, B-12, especially, is known as essential for neurological functions. Vitamin B-6 and Folic Acid are also mentioned as important to keep your neurotransmitters running efficiently.

Neurotransmitters are chemicals that send messages around your brain.

In a study of "brain wasting" it was found that seniors with lower Vitamin B-12 levels at the start of the study also had a greater decrease in brain volume at the end. Those with the lowest B-12 levels had a **SIX-Fold greater rate of brain volume loss** compared to those with the highest levels of B-12. Brain volume loss is seen with dementia and Alzheimer's. And, **NONE of the study participants were actually deficient in Vitamin B-12**--they *just had low levels within the normal range*.

Goes to show that "normal" may very well not be optimal. And you *don't have to be actually deficient in order to see a decline in your health*. The study authors said this indicated to them that a person may want to *try to keep their levels higher up in the normal range, not just settle for being above the cut-off for being deficient*.

We get especially excited about our Activated B Vitamins when we hear about such benefits as those discussed here, because we know our Activated B's truly are exceptional... they're called Activated because they are already converted to what your body has to convert other B vitamins to, before it can use

them. **ONE of the Activated B-6 vitamins** did much more for Kolleen's carpal tunnel type problems **than 8 to 10 per day of the "regular" B vitamins** she was taking before that... and those regular B's were the best ones she could find! Many other people have told us they also can't believe how well these Activated B's work, compared to regular B's.

Another key nutrient mentioned in the fight against memory loss is the **DHA from Omega-3**. Why? Because about 60% of the brain is fat and 50% of that is DHA. DHA is said to keep brain cells young and does repair work. Studies found people with mild memory decline, had their brains function as if they were 3 years younger after taking 900 mg a day for just 6 months, according to a report we saw on the RealAge website.

Our **Activated B Vitamins** are:  
**Activated B-6**, Item No. J-1  
**Activated B-Complex**, Item No. J-2  
**Activated B-12**, Item No. J-20  
**Folic Acid**, Item No. J-113.

Our **Omega-3** products include:  
**Omega-3 Fish Oil 60** gelcaps Item J-391  
**Omega-3 Fish Oil 120** gelcaps Item J-392  
**Flaxseed Oil Capsules 120** gelcaps Item J-77 (flax is an excellent non-fish source of omega-3s).

All we can say is we're convinced we personally certainly don't want to neglect getting our B's & Omega-3s! ♦



## Trivia & Tidbits . . .

1. How many windows are there in the Pentagon?
2. What famous frontierswoman was buried in Deadwood, South Dakota, wearing a white dress and holding a gun in each hand?
3. On what day of the week did Columbus set sail for the New World in 1492?
4. What weekly periodical was the 1st in history to sell a billion copies in a year?
5. Where was the notorious Wild West outlaw, Billy the Kid, born?
6. 11:03 pm 2/28/1983 water use in NYC rose by record 300 million gallons. Why?
7. What was Montana's capital, Helena, called when a mining camp in 1860s?
8. What US city passed a law in 1838 requiring a license to serenade a woman?

AND THE ANSWER IS...

1. 7,754.
2. Martha Jane Burke, a/k/a Calamity Jane.
3. Friday.
4. TV Guide, in 1974.
5. then to William (Billy the Kid) Bonney.
6. New York City as Henry McCarty in 1859. Later changed his name to Henry Antrim and
7. Last Chance Gulch.
8. Los Angeles.

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



## PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

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### Cut Cravings & Appetite; He Lost 24 lbs in 3 Months Drinking This

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Would you or someone you know like to find a way to **reduce cravings & appetite?**

First of all, it turns out that eating an egg for breakfast -- scrambled, boiled, or poached -- instead of eating a bagel with the same number of calories -- will reduce junk food cravings AND result in fewer calories eaten for at least 24 hours! (The report we saw on this actually said those cravings were "bypassed" but we're skeptical of that--more likely it reduced than eliminated them--either way it seems like good news!)

Why does this happen? Apparently just because eggs make your body feel full longer. (And, don't worry, major studies concluded that eggs do not increase the risk for heart attacks and strokes that eggs had been blamed for before.)

That's not all... eggs are a rich source of **selenium**, which has been found to be good "brain food", helping to keep your **memory sharp** and **your thinking working faster**. All while those eggs help you lose weight too!

**NEXT**, if you also **eat an apple BEFORE each meal**, (tip: cutting it in wedges may make it seem even more enticing) you will also likely lose weight faster. That's because apples are high in fiber, which makes you feel fuller and then eat less. The study on this found that women who were dieting and ate this before meals lost more weight than women in the study who did not eat the apples before meals... even though both groups of women ate the same number of calories per day.

**And, to top it all off... drink some water with your apples**, since studies have found combining high fiber foods like apples with water makes for the best weight-loss boosting combo of all... be-

cause the water with the fiber makes you feel even fuller. Plus the fiber and water together make it easier for your foods to move through your digestive tract, which is another good reason to drink water with your fiber... and all your foods.

Dr. Joseph Mercola also reported recently on studies that have confirmed that people can **boost weight loss simply by drinking a glass of water before a meal**, due to the fuller feeling they have.

#### **24 Pounds Lost in 3 Months**

— A few months ago, we told our readers about "Roger" who told us he had tried losing weight before, by **drinking water before meals** as Dr. Mercola and these recent studies suggest, **but regular water made him feel bloated and he couldn't keep doing it**. However, he recently tried it again -- this time switching to **Real Willard's Water** before meals, and **never felt bloated or uncomfortable** in any way and was having **real success losing weight at a very satisfactory rate**, with his Real-Willard's-Water-before-meals strategy.

About a month ago, we got this update from "Roger":

*"I have been doing for a little over 3 months and to date have lost 24 lbs. You recall me telling you about the Willard Water I was drinking morning, noon, and night, before each meal (approx. 16oz, ½ hour before each meal) I have been very faithful to that ever since I started, I made one slight variation, I cut my mornings to about 8 to 10 oz, sometimes a little difficult to drink 16oz right when you get out of bed, as I like my coffee also, which by the way is also made with RWW.*

*"When I started this program my goal was to lose 1 to 2 lbs per week and I am right on target. I have tried all the lose weight fast programs in the past only to find out you gain it back much faster. this time my goal was to make a*

*life style change and stick with it. I was always a pretty big water drinker, but since adding RWW about 8 years ago it has greatly improved my craving for water that I now drink close to a gallon of RWW in a 24 hr. period.*

*"I am not following any specific weight loss program, I originally started back in July just drinking the RWW before each meal and found that it was working in giving me a full feeling, shortly thereafter I started adding high fiber foods to my daily menu, to a point where I now eat about 35 grams of fiber of some sort each day along with the RWW and does this ever cut your food cravings and appetite. I just make sure I add enough high fiber foods to my diet each day to reach my goal of 35 grams or more.*

*"The neat thing about my program is that I eat everything I want, but in much smaller portions. I did cut my consumption of sugar and processed foods, which I miss very little. The combination of RWW and the high fiber foods have cut my caloric consumption tremendously, I now eat a 4oz steak and feel satisfied whereas before I would eat a 12 to 16oz steak. Since losing the weight I have also started walking 2 to 3 miles/day and hope to continue my 1 to 2 lb per week weight loss till I hit my weight loss goal of 45 lbs. and believe me this time I will not gain it back." — "Roger"*

Besides all this, we want to remind you of another helpful "tip"... Real Willard's Water helps you absorb more nutrients from your food so any time you hear about a particular benefit that's been linked to eating a particular food... remember Real Willard's Water, can likely get you even more benefit out of that food (or food supplement).

In fact, years ago Dr. Willard found absorption of B vitamins was **boosted from 20% to 25%, all the way up to 80% to 85%**, when they were taken with a glass of Real Willard's Water! So, now you know why at our house, we certainly "wash down" all our supplements, and food, with RWW! ♦

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It is used for addresses in the printed version.



### ***“TRUE STORY...CROSS MY HEART AND HOPE TO DIE”***

“True story...

“Dave is my husband. Missy is my oldest daughter. Wally is Missy’s boyfriend. Becky is my daughter who died of Hodgkins in 1997.

“We are all adults and considered sane.

“We all sat on the porch last night and watched a storm that took out power, phones, etc. for 24 hours.

“Missy wanted a pressure cooker, so I went and got Becky’s...

“A \$100 contraption of strange and ingenious construction and appearance...only two pieces.

“Dave, Wally, and Missy couldn’t figure out how to put it together.

“I was assigned the task of calling the company in California that I had bought it from to obtain the piece that was obviously missing.

“I agreed.

“But...thought to myself, ‘wish Becky could tell me how to put this together. She knows.’

“I knew there wasn’t a piece missing.

“We all got to bed, leaving the pot under a chair on the porch.

“This morning the cooker is in the middle of the porch, **all put together...**

“Cross my heart and hope to die...

“True story.

“Joy is our response.” ~ SC

*Editor: We invite you to share your own miraculous/unexplained help stories with us, for sharing with others, anonymously, if you choose. This one is reprinted from the Sept. 2000 issue of Possibilities.*



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



### **Breaking Bad Sleep Cycle**

— “S.R.” told us our **Power to Sleep** product (Item No. IN-2) is an excellent one. She said, “I had been waking up 3-5 times every night for a long time. My mind would just go round and round with thoughts of the day, what to do the next day, etc. I would wake up and not be able to go back to sleep for hours. This product helped me break that cycle. Finally, a good night’s sleep. I may wake up (once or twice sometimes) but I will go back to sleep; many nights I sleep right through till morning. Thank you for finding this product.” We should add that S.R. is far from the only person to report these types of changes after using Power to Sleep... many people report getting to sleep easier, and getting back to sleep quickly if they wake during the night, and often sleep through the night.

### **Night Leg Cramps are History**

— That’s what “S.G.” tells us about her night time leg cramps. She said since she started drinking more of the **Ultimate Dark Real Willard’s Water** and drinking it close to bedtime, she hasn’t had those cramps.

**Yellow Jacket Sting** — “I.S.” was stung on her neck by a yellow jacket. “So I put Willard’s Water on it for a few days (full strength) and it got better very quickly. The swelling and pain (and then itching) got less and less. I don’t know how long it usually takes without WW but I think it got better in very good time.” Note: she used it full-strength and some people think it works even better topically that way. Dr. Willard said only in rare cases should that be necessary. ♦



# More Product Highlights & Updates from Charlie

## Regular Regularity; Lung Cancer News; Reducing Head & Neck Cancer; Treats for Sharper Mind; Ulcer Fighting Food

### Becoming One of the Regulars —

One of the least dramatic, and often overlooked benefits to be discussed about Real Willard's Water (because the others seem so much more amazing, I guess) is one that often is GREATLY appreciated by those who experience it.

And it is also one of the most common reports we get from people after they start drinking Real Willard's Water ("RWW") on a regular basis... they "**get regular**"... *sometimes for the first time in many years*.

And it seems to get people "regular" whether their problem was **chronic constipation or chronic diarrhea**. Somehow it seems to just sort of normalize the digestive processes. As a result, hearing from people that they are "**SOOO HAPPY**" with the RWW because of how regular they've become with it, is a VERY common event here at NCI.

True, combating chronic constipation or chronic diarrhea problems doesn't seem as "special" as the RWW's known benefits of improved Alkalinity, Increased Nutrient Absorption and Toxin Elimination, and being a tremendous Antioxidant and Scavenger of Free Radicals, and the resulting benefits reported from all those characteristics, but... it truly is appreciated for this characteristic by those who report benefits from it.

The Ultimate Dark RWW may be even a little better at dealing with constipation problems than the Clear, but both have been reported to provide very satisfactory help. Also, some people with diarrhea problems have opted to start out with the Clear, thinking that the Ultimate Dark might be "too rich" for them, however some of them later switch to the Ultimate Dark, and have no problem with it. So

it's pretty much personal preference.

One more tip for help with constipation: **Prebiotics** products. Prebiotics are the predecessors of probiotics... the prebiotics provide nourishment to the probiotics, thereby helping to sustain a healthy level of these good bacteria in the gut.

Prebiotics help to ease constipation, and a number of other digestive complaints. They also help absorption of calcium and magnesium in people with low mineral levels in their diets, and there's some evidence that they may help prevent colon cancer as well. Prebiotics are not bacteria, but are a form of soluble fiber.

Our Prebiotics product is **L-Salivarius** and it provides both prebiotics and probiotics —Item J-61.

Another favorite item for relief of constipation is our natural and gentle **Vege-Lax** (Item No. J-34). Most regular users of RWW don't need any additional help, but for the occasional bout, Vege-Lax is a very good option.

**Cancer Risk Cut 50%** —The risk of **LUNG cancer** may be **reduced by about 50%** with higher blood levels of Vitamin B6. That was the conclusion of a study involving nearly 400,000 people, *including current and former smokers*. The same study found that the amino acid methionine (found in most protein) may also reduce the risk of lung cancer.

When higher Folate levels were also added along with higher levels of Vitamin B6, and methionine there was a **66% reduced risk of lung cancer**. What the study found, in reviewing the cases of the people included in the study, was that there was a correlation between higher blood levels of these three nutrients and these risk reductions for lung cancer. The researchers pointed out that correlation does not

necessarily prove "causation", so more research is needed.

We mentioned in the story on page 2 of this newsletter that B-Vitamins have also been found to have possible links to help with

- ◆ **Alzheimer's,**
- ◆ **Migraines,**
- ◆ **Carpal Tunnel,**
- ◆ **Stress, and**
- ◆ **nearly every cell in the body.**

We also told you in that article about how we discovered the superior performance of *Activated B Vitamins* over other natural, high quality, B Vitamins. The Activated ones are already converted to what your body otherwise has to convert B Vitamins to, in order to use them. We don't want to repeat all the details, but the long-and-short of it was that Kolleen here at NCI got FAR better tangible results with **ONE of the Activated B-6** a day on her carpal tunnel type problems, **than with 8 to 10 a day of the other natural, quality, B-6** she had been taking. Once we began carrying these Activated B's we heard similar reports from others who gave them a try.

The Activated B-12 even surprised a doctor by how well it performed when the doctor thought injections were the only thing that would work, because he had never seen a B-12 *supplement* work like this one did. (But please do NOT use this supplement form if your doctor tells you to have injections—these are no substitute for medical advice!)

Our **Activated B Vitamins** are:  
**Activated B-6**, Item No. J-1  
**Activated B-Complex**, Item No. J-2  
**Activated B-12**, Item No. J-20  
**Folic Acid**, Item No. J-113.

We love our Activated B's! And there's certainly continuously growing scientific evidence of the importance of the B's!

## **Habit Significantly Reduces Head and Neck Cancer**

— A recent study found people who don't floss and brush their teeth daily are more likely to get neck and head cancer. Daily flossing and brushing are key because they are said to help prevent or reduce oral diseases that have been linked to cancer and other health problems.

People with periodontitis were found in a recent study to have a greater risk of head and neck cancer.

Periodontitis is a type of gum disease in which the bones that hold the roots of teeth in place start to break down. In fact, for **each millimeter** of bone loss below the teeth, **head and neck cancer risk increased more than four times**. Though the cause of periodontitis is not known for sure, it is known that keeping your mouth as clean as possible with regular brushing and flossing can help to keep it from getting worse, which would then reduce the chances of neck and head cancer.

Gingivitis is another type of oral disease. It causes gums to become red, puffy and tender. Brushing and flossing also reduces this problem.

Not only do gum problems have this newly-confirmed link to head and neck cancer, but they've previously been linked to heart problems as well.

So, grab your toothbrush and your floss!

*By the way*, did you know a lot of people have told us that after they started spraying their toothpaste with Real Willard's Water (the 1-oz-to-a-gallon mixture) every time they brushed, at their next dental check-up the dentist commented on how much better a job they must be doing on their brushing, since their teeth are so much cleaner?

## **Sharpen Your Mind** — Wine.

**Chocolate. Tea.** Probably nobody has ever felt guilty about loving their tea... but a lot of us have certainly been told to limit our chocolate indulgences, and certainly to avoid too much wine.

Well, we're not here to tell you that eating all the chocolate and drinking all the wine you want, is okay. But, we are here to tell you that a study has found that people who routinely drink wine, eat chocolate, and drink tea, are sharper... smarter... have a sharper wit. The research people who conducted the study used the term "better cognitive performance" in describing how the study participants did on the tests involved... meaning they were sharper mentally.

Of the three, wine had the greatest impact for preserving memory in older volunteer participants in the study. The regular wine drinkers were **41% to 53% less likely to suffer memory loss** than those who never drank it. Chocolate came in second, and tea third. And, even though each of these treats helped improve memory scores even if it was the only one of the three treats the study participant regularly ate or drank, the participants who ate and drank all three, had the best scores of all.

And, this may be somewhat disappointing... but it didn't take very much of any of these three treats to have an impact. as little as 1/3 of an ounce of chocolate, 3 ounces of wine, or 7 ounces of tea daily did the trick. The researchers said they believe the high-flavonoid content of the three treats were the reason for their impact... due to the fact that flavonoids fight inflammation, protect against free radicals, and enhance communication between brain cells. The article on this study didn't specify it, but we're pretty sure the chocolate involved was probably Dark Chocolate, since it has higher flavonoid content than other chocolates. Who says anything that tastes good can't be good for you?

**Ulcer Fighting Food** — And, speaking of a good-tasting item being good for you.. it turns out that broccoli sprouts, which most people assume ARE good for you... are good in a way we haven't heard of before... helping to **fight off the ulcer-causing bacteria called H.pylori**. People infected with that stomach bug who ate broccoli sprouts daily for 8 weeks ended up with fewer signs of the bug and less stomach inflammation compared to another group who were given

alfalfa sprouts.

And it only took 1/3 of a cup of broccoli sprouts a day to do the the trick. That 1/3 cup contains the same amount of sulforaphane (the ingredient in broccoli credited for this benefit) that's in two or three full servings of broccoli.

Antibiotics are the gold standard for treating H.pylori infection. But it's nice to know good old broccoli sprouts can be in there fighting, too!

Oddly enough, when we first began marketing our **Liquid Colostrum** (back in the early 1980s), nobody had yet figured out that bacteria were the cause of at least some stomach ulcers. But, we had customers who told us their **ulcers cleared up** after using our Liquid Colostrum. We were mystified by it, until a few years later, science caught up and confirmed that some stomach ulcers were caused by a bacteria, and antibiotics then began to be used on such ulcers. Although Colostrum is certainly NOT an antibiotic and isn't proven as any sort of treatment for it, it does contain antibodies to infection and is known to boost one's own immune system. Certainly indicated to us that the ulcer-sufferers who got help from our Liquid Colostrum (Alpha Whey III, Item No. H-3) certainly didn't get it because it "worked in their head" like a placebo... **NOBODY was saying it could help ulcers back then—they just "noticed" it did!**

We also now have **Colostrum in Capsules** (Item J-H5) & **Powder** (H-6).

As always, keep in mind, any food, drink, or nutritional supplement will do more good if Real Willard's Water ("RWW") is also used, **because RWW**

- ◆ **helps your body to absorb a much higher percentage of the nutrients** in all such items... and
- ◆ **It also carries them into your cells better...** so you get even more of all the "good stuff" out of that wine, chocolate, tea, broccoli sprouts, colostrum, vitamins, minerals, etc. etc.!

Plus all the other known beneficial characteristics of RWW: **antioxidant; free radical scavenging; pH balance; anti-inflammatory**, and helpful on a wide array of **skin conditions!** ♦