

# Possibilities

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

## Vitamin Could Prevent 600,000 Cases of Colon & Breast Cancer

That's not speculation, but rather the conclusion reached by researchers who looked at the relationship between vitamin D serum levels and the risk of colon and breast cancers.

They concluded that if targeted levels of vitamin D were met, it could prevent 600,000 cases of these cancers worldwide, with 150,000 of those cases in the U.S.

The study included data from surveys of vitamin D levels during winter months from 15 countries. Researchers used satellite measurements of sunshine and cloud cover in countries where levels of vitamin D were known. That data was then applied to 177 countries.

This is how researchers determined an estimate that 600,000 cases of cancer could be prevented if vitamin D levels were at targeted levels. They said increasing vitamin D levels

is especially important in countries north of the equator.

Moderate sun exposure can increase a person's vitamin D levels. Study authors write the optimal vitamin D levels are best achieved with a combination of diet, supplements, and short intervals in the sun. The researchers recommended 10 to 15 minutes in the sun every day, but warned it could be less for fair-skinned people.

The study authors said the study shows the need for prompt public health action to increase intake of vitamin D as an inexpensive tool to prevent these kinds of cancers.

Editor: Our very high quality, Daily Manufacturing, vitamin D supplement is Item No. J-24, and it costs just \$5.95 per bottle of 100 capsules! No wonder the researchers referred to this as an "inexpensive tool"! ♦

## Benefits: Arthritis, Diabetic Retinopathy & Slowed Tumor Growth

A recent animal study found that tocotrienol, the less well known form of vitamin E, could prevent the formation of new blood vessels, and as a result hold promise against a range of diseases, including

- ♦ **rheumatoid arthritis,**
- ♦ **diabetic retinopathy** and
- ♦ **tumor growth.**

The majority of research on vitamin E has focused on alpha-tocopherol, with research into tocotrienols accounting for less than one per cent of all research into vitamin E.

The above study was conducted at Tohoku University in Japan. Additionally, findings from Ohio State University presented at the IFT Food Expo in Chicago reported that studies have shown tocotrienols to have "great potential against **neurodegenerative diseases**".

Editor: Our high quality Tocotrienol supplement comes from Daily Manufacturing and is Item No. J-110. It contains 60 softgel capsules which each contain 50 mg of tocotrienols from rice and 100 IU of d-alpha tocopherol vitamin E. ♦

## Mood & Cognitive Boost Found With This Combo

Regular supplementation of hospitalized older people with multi-vitamins and minerals improved their mental health. That was the finding of a study conducted by the University of Sheffield in England and published in the journal *Clinical Nutrition*.

The double-blind, placebo-controlled study, involved 225 hospitalized patients. Their average age was 75.6 years. The participants were either given a multivitamin and mineral supplement daily along with the regular hospital diet, or a placebo along with the regular hospital diet.

Symptoms of depression and cognitive function were analyzed using the 15-item geriatric depression questionnaire (GDS) and abbreviated mental test questionnaire (AMT), respectively.

The researchers reported that levels of folate and vitamin B-12 in red blood cells and plasma, respectively, increased significantly in the group receiving the supplement, but decreased in the placebo group.

"Both folate and vitamin B-12 are important for the nervous system at all ages, but in older people where deficiencies are known to be common even in relatively healthy persons, low folate and vitamin B-12 status affects mood, cognitive and social functions", the researchers said.

Editor: Our very high quality, and popular Multivitamin/Mineral supplement is called "Multi-Vim" and is Item No. J-56. It has been getting rave reviews from our customers for years who have been impressed by the fact that it's one "multiple" that lets them "feel the difference" in how they feel overall.

We also offer B-12 by itself in our Item No. J-20.

Additionally, folate is, of course, included in our Activated B-Complex, Item No. J-2. And, we have Folic Acid, by itself in our Item No. J-111.

All of these supplements come from the outstanding supplement manufacturer, Daily Manufacturing. ♦

# Pycnogenol vs Menopause Symptoms

A new study reported positive results of using Pycnogenol (a brand name for Pine Bark extracts) for managing menopause symptoms, supporting potential use of the extract in place of hormone replacement therapy (HRT), according to researchers. The researchers said a cluster of symptoms experienced by women are associated with the onset of menopause, including hot flashes, depression, panic attacks and higher cholesterol levels.

The new study involved 155 perimenopausal women at Ham-Ming Hospital in Taiwan and was published in the *Scandinavian Journal of Obstetrics and Gynaecology*, and is said to position this extract as an alternative to estrogen replacement therapy.

The women in the study were divided into two groups, with one group receiving 200 mg of the extract a day, and the other receiving a placebo.

After six months, the LDL cholesterol levels were seen to be reduced by 10% in the women receiving the extract, compared to those on the placebo. Also, the antioxidant levels of the women taking the extract increased.

The women taking the extract also reported improvement in all their symptoms (of menopause) compared to the start of the treatment, while the women on the placebo showed no significant changes in their symptoms.

Researchers reported rapid improvement was seen after the one-month mark.

The lead researcher on the study, Dr. Peter Rohdewald of the Institute of Pharmaceutical Chemistry, University of Munster, Germany, said the study was conducted using the pine bark extract because it has previously shown promise in a variety of related areas, including

- ◆ skin elasticity,
- ◆ free radical scavenging,
- ◆ antioxidant activity,
- ◆ cognitive function, and
- ◆ skin elasticity.

“Achieving these health benefits is key to treating perimenopausal symptoms, he said.

Editor: The pine bark extract has been found by many natural health experts to be less desirable than the same ingredient (oligomeric proanthocyanins—OPC) extracted from grape seeds. We offer both options via two products... Item No. PY-3 is a combination of both Pine Bark and Grape Seed Extracts, and PY-4 contains just Grape Seed Extract as the source of the OPC. PY-3 is \$23.95 and may not be on your price list or on the web site, but you can order it by entering it in your Comments section of your online order, or mentioning it if you phone in your order. PY-4 is \$16.95. We have long believed it made the most economic sense to go with the lower priced version, since that is the version most experts recommend, but it's certainly possible that there may be additional benefits in using both, and therefore some people may prefer the PY-3.

# Coffee, Tea... Better Memory?

A recent study found that a few cups of coffee or tea may not only give a woman's body a pick-me-up, but may improve a woman's memory, as well.

Oddly, and inexplicably to the researchers, they didn't find the same memory benefits from caffeine for men. They said perhaps women's bodies were more sensitive to it, but they really did not know.

The study involved women age 65 and older who drank more than three cups of coffee, or five to six cups of tea, every day. It was found that they had less memory decline on tests than women who drank only one cup or less of coffee or tea per day. Additionally, the benefits seemed to increase with age... caffeine drinkers are 30% less likely to have memory decline at age 65 and 70% less likely at age 80. The study was conducted over a four year period at the French National Institute for Health and Medical Research in Montpellier, France.

Also, the same benefits did not show up from soda and energy drinks.

Researchers said they would suggest three cups a day as a maximum intake of tea or coffee for anyone.

## Trivia & Tidbits . . .

1. What was the source of the ancient Egyptians' eye glitter (the first one ever)?
2. What is a funambulist?
3. What fruit was originally named the Chinese gooseberry?
4. What did Frank Sinatra give forever-39 Jack Benny on his 80th birthday?
5. Where did the pineapple plant originate?
6. What percentage of its body weight does the average bear lose during hibernation?
7. What are the colors of the primary rainbow?
8. Pine ignites at 800<sup>0</sup> F, at what temp does charcoal ignite?

AND THE ANSWER IS...

1. Iridescent beetle shells.
2. A tightrope walker.
3. The kiwi.
4. Two copies of the book *Life Begins at Forty*.
5. South America. They didn't reach Hawaii until the early nineteenth century.
6. Up to twenty-five percent.
7. Violet, indigo, blue, green, yellow, orange, and red.
8. 580<sup>0</sup>F.



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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

## Aaahhh! More Incredible Back Pain Relief... More Cushion and One Just For Bleachers!

We've been amazed at the number of our customers who have ordered the Relaxo-Bak Comfort Seat from us, since we've never even had a picture of it to show anyone before they ordered it, until now. We've also been very pleased with the positive feedback it's gotten from our customers. We're not surprised when people get back to us and tell us they can't believe the huge difference it's made for them... no more problems on long car rides, or sitting for hours at their computer, or even in their recliner. It's just been a winner!



RelaxoBak Original Comfort Seat

The one request we've received from a number of customers is that some padding on it would be nice... wait no longer... the padded **Relaxo-Bak Deluxe Covered Cushion** is here!

The Deluxe Covered Cushion takes the pressure off your tailbone, just as the Original Relaxo-Bak comfort seat does, but this cushion is made from foam so provides the extra comfort of that nice padding. It measures 17 inches Long x 14 inches wide, and has a built-in handle making it easy to take with you anywhere you



Relaxo Bak Deluxe COVERED Comfort Cushion

**Item No. RX-3.** It sells for **\$29.95.**

The Bleacher Seat is made of foam, like the Deluxe Comfort Cushion, and is in a rectangular shape designed to fit any standard bleacher. It has a wipe-clean surface (no fabric cover for this one), a built-in carry handle, and that special tailbone cut-out that takes the pressure off your lower back. It comes in grey only.

Do we think this replaces the Original Relaxo-Bak Comfort Seat? NO! It's a matter of preference. A lot of people will like the Deluxe padded seat, but some people prefer the original. We're told that the thinner the person, the more they tend to like the padded Deluxe Cushion, but that's not always the case. And the Deluxe version is certainly not just for thin people.

It seems that more and more people like more cushioned seats... even mattresses seem to be getting thicker and thicker "pillow tops" on them, while maintaining firm foundations. That's not unlike the Relaxo-Bak when you think about it... the key to all the Relaxo-Baks is the way in which they take the pressure off one's tailbone and spread one's weight to achieve a better balance and less strain on the lower back, and on all the muscles in one's back. That's like the foundation of a mattress, I guess. And then the cushioning is there for just a more "comfy" sort of "fit".

Just the other day we took an order from a gentleman whose wife had been in a car accident and "really messed up her



Relaxo-Bak Bleacher

back". He said she was really having a lot of pain while sitting so he'd had her try out his Relaxo-Bak (the Original one)... he said she couldn't believe how much relief it

provided. So he was ordering two for her, so she could have one at home and one at work. I can't even guess how

...with it she can drive 1200 miles without pain... without it "I can't get out of the complex" (without pain)

...now just imagine the relief from a Relaxo-Bak designed for use on bleachers! Aaahhhh! And, if you like a cushioned seat... the new Deluxe Cushioned Relaxo-Bak is for you!

many people have called in here and ordered additional ones of that Original Relaxo-Bak for just such reasons... they want one at home and one at work, or always in the car...the lake... wherever. Once people experience the relief from the Relaxo-Bak they don't want to be without it, ever!

If you've got the original Relaxo-Bak and love it, I can't think of any reason you'd necessarily want to order the new Deluxe Cushioned Relaxo-Bak. But maybe you'd enjoy having two different types... both providing back relief, but one with more cushioning, if so, go ahead and get one of the new ones. If you've never tried Relaxo-Bak at all, and you experience pain or stiffness from riding in a car, or plane, or sitting at a desk too long, or even in your easy chair, you just might want to give one of these Relaxo-Baks a try. And if you sit on bleachers very often, I can't imagine that you wouldn't enjoy the Relaxo-Bak Bleacher Seat. **One tip:** since both the Deluxe and the Bleacher Relaxo-Baks are made from foam, they ARE affected by petroleum prices and therefore are subject to price increases at times. So if you think you ever want one... the sooner the better!

These new Relaxo-Bak items, remember, all take pressure off the tailbone and prevent "switching" and tightening of back muscles, just like the Original. I always remember the lady who told me "with the Relaxo-Bak I can drive 1200 mile (without pain), without it I can't get out of my complex". Need we say more? ♦



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mailed version.



### ***“I WAS TOO SCARED OF HIM TO REFUSE TO TAKE HIS CLASS!”***

“I’ll never forget one moment in my life which I thought was the beginning of a *disaster* that turned out to be a very positive change of direction for me that led me to some of the key events of my life.

“It was at registration for the second semester that year, during college. I was having problems getting my schedule to work... I needed one more class, but nothing I wanted was available at the times of day I still had open on my schedule.

“My adviser had suggested I take a particular class which was the advanced version of one I’d just completed in the first semester that year. I told him I’d have to be completely nuts to take that class, because the professor was so difficult. I said NOBODY is going to ever take another class from him.

“Five minutes later I ran into that professor I was never going to take a class from again... he asked if I’d signed up for his advanced class yet... I said no, because nothing fits

my schedule. He took my registration card out of my hand, looked it over, said ‘sure it does... it fits right here’ and wrote it in! He handed it back to me and said ‘see you Monday’. Keep in mind, he was not a professor who ever indicated someone belonged in his class, since he usually said nobody had any business being there!

“I was too afraid of him to object, *or* even to drop it later on. And, in fact, it was the ONLY class that actually DID fit my schedule. So I guessed I was ‘stuck’.

“It turned out to be fantastic for me. It led me to change my major, and to a new career choice. And that led me to my wonderful husband (of going on 30 years now) and so much more. Given how it was the only option left for me that ‘worked’ in my schedule, and how unusual it was for that professor to be so assertive about someone belonging in his class, I have often thought it might well have been orchestrated by ‘someone’ who knew better than I did what I really needed. — K.A.S. ♣

*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 More Kidney Disease!?!** — “J.K.” called to order **Real Willard Water** and said he just had to tell us why. He and his wife have a 20-year-old purebred Persian cat. This cat is very much a member of the family. About a year ago they found out that the cat had developed kidney disease.

This past May J.K. and his wife attended a family wedding some distance from their home. J.K. learned from his mother about Willard Water because he was wondering about his mother’s dog which is 14 years old but was acting like a puppy. His mother told him Willard Water had made a real difference in “Button’s” life.

So when J.K. got back home, he started their cat on Willard Water. The week before he called us with his order and this report, they’d had the cat back to the vet. J.K. said

the vet had called them at home that night (and this vet never calls patients at home!) to tell them their cat no longer has kidney disease! Coincidence? Could be, but J.K. has no intention of stopping the Willard Water!

**Big Hits—Water, Gel, and Overnight Cream** —

That’s what “C.B.” told us via her note on her online order. She said “I’ve been drinking **Willard’s Water** for six weeks—I’ve never felt better! I’m using the **Overnight Cream** (Item R-102) on my **cracked heels** and they’re all healed. I’m using the gel (**Aqua Gel**, Item No. AG-4) on my **fungal big toenails** and they’re improving! **THANK YOU!**” What more can we say, other than that she’s not alone, we have heard such things before, but it’s always nice to keep hearing them! ♣



# More Product Highlights & Updates from Charlie

*Third in this Series*

## Would Being a “Regular” Guy or Gal Have Special Appeal to You? Read On for That and More!

Glen's call reminded us of one of the most common reports we get from customers. It's so common it led us to conclude years ago that the majority of people in this country must be either chronically constipated or chronically suffering from diarrhea.

What we've heard from many happy customers again and again over the years is that once they start drinking Real Willard Water on a regular basis, they just don't have either of those problems any more.

Back to Glen's call... He's been a regular customer for years now. Drinks Willard Water (and lots of it) every day... until this summer's heat wave hit, and he found himself drinking lemonade more and more, and less and less Willard Water. (You CAN simply make your lemonade out of the WW, which is what Glen now wishes he'd done...)

Glen was surprised recently to find himself dealing with constipation for the first time in many years. Started wondering why in the world he was "reverting" to that old problem... thought he'd vanquished it years ago.

That's when "the lights came on" and he started thinking about how little Willard Water he'd been drinking, since going on his lemonade "binge". (Logically, of course, one could argue that the lemonade was the cause of the constipation, but Glen doesn't recall lemonade ever causing constipation for him before--and even after going back on Willard Water, he continued drinking lemonade, as we understand it.)

He said it didn't take him any time at all after that to get back to drinking his Willard Water. And, shortly after that, his constipation problem was,

again, vanquished.

Like we said at the start, the opposite of this also seems to be true... people with chronic diarrhea also have reported getting back to "regular" again.

We don't mention this frequently reported benefit very often because it just doesn't seem as impressive somehow as so many of the other reports we get from users. But, when you think about, and when you consider how important natural health experts consider a well-functioning digestive system to be in achieving or maintaining good health, we really should emphasize this a lot more than we do.

So if you'd like to do something that may help you stay regular, or get regular if you're not (if what others have found WW does for their regularity is true) it would sure seem worth a try to regularly drink your Real Willard Water!

Have to emphasize there are no double-blind tests to prove this and no FDA findings that it's "proven" to help this problem. But don't tell Glen, or the countless other people who have told us the same thing over the years, that it doesn't work for them!

And speaking of "digestive help", we've heard from more people than we can remember over the years who have told us it's helped with other "stomach and digestive area type problems"... Such as stomach ulcers, nervous stomach, irritable bowel, Crohn's Disease, malabsorption problems, etc.

Why Willard Water seems to have this balancing effect on digestion, resulting in both constipated people and those with chronic diarrhea becoming "regular", we don't know. We have

heard it speculated that since Willard Water is known for helping improve the breakdown on wastes, it may therefore make it easier for the body to dispose of those wastes in a more "regular" fashion.

**...we decided it seems everyone in this country is either constipated or has chronic diarrhea... WW seems to help both groups become "regular"...**

It's also possible that it's "the water's" ability to sort of "balance" one's whole system that's involved here.

Fact is, most people who are regular for the first time in a long time after becoming Willard Water users, really don't care why... they're just happy to experience the change.

Back to the point mentioned briefly a little while back in this article... Willard Water improves the breakdown of wastes, and as we've noted in other articles, the breakdown and assimilation of nutrients, from food or food supplements.

People often wonder how they could know if it's helping them in that way. We often suggest they try the "corn test". Word of warning... this isn't the most appetizing discussion we're about to get into, but here goes. Most people say that when they eat corn, they usually see a lot (most) of the corn kernels pass right through them into their stool. This is also true of cattle. Years ago, after we'd heard from yet another rancher that he'd noted the lack of corn in his cattle's droppings after putting them on

Willard Water, we realized the same seems to be true for people. We suddenly realized that we no longer saw corn kernels in our stools, either.

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**...the corn test lets people see, in a tangible way, the effect it's having...**

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So, when people asked us about this ability of the water, we'd mention this. Some of them had already noted the lack of corn in their stool, "for some reason" but until we mentioned it, they'd not thought about how that had occurred for them until after they started drinking Willard Water. Other people said they'd take note... all of them who ever got back to us said that, indeed, after going on Willard Water, they'd seen that change in their stool, as well.

Though that isn't very appetizing, it is interesting, because it is a tangible way people can know if the water is helping their body to break down the food they put in it.

Another theory is that since biologists have told us that when they work with enzymes and microbes, they see them become more active when Willard Water is added to them. Perhaps Willard Water has this same effect on the enzymes and microbes and beneficial bacteria in our own digestive tracts. Perhaps it is "partnering with them" to make them work more effectively, and therefore we see digestive benefits as a result.

As for the other digestive type problems mentioned earlier, like ulcers, irritable bowel, Crohn's Disease, malabsorption, etc., we assume some of the factors already mentioned are involved in Willard Water's reported benefits in these areas.

Additionally, remember that since Willard Water is believed to greatly increase one's absorption and assimilation of nutrients, any benefit those nutrients are known to provide would seemingly be increased by this activity of the water... since you'd be taking in more of those nutrients, and thereby getting

more benefit from them.

That would also be true of the impact on one's body of the improved elimination of wastes and toxins from the body. It's said that toxins in the body can prevent any good from coming out of the good things you put into your body... the toxins can block the benefits of some of the healthful foods you eat, or supplements you take. So, if Willard Water helps to eliminate those toxins better, once again, it would follow that those "good things" you give your body will have a better chance of actually bringing you the benefits they're supposed to provide.

Many of you reading this are probably very familiar with the often-cited natural health belief that a healthy, and clean, digestive tract is essential to have truly good health. That is one of the reasons for the growing interest and use of colonics. It's probably the most effective and quick method of cleaning out the colon and intestines of many years' worth of build-up of toxins. We believe Willard Water, if used regularly, can certainly help to reduce such build-up, and may even help to gradually work some of that out of one's system.

We also know of many people who do cleansing enemas and colonics with Willard Water. They say it makes a more effective treatment. Given all that is known about "the water's" ability to break things down... nutrients, wastes, toxins, etc., it's certainly logical that it would be helpful in such regard.

When you think about it, if you increase your absorption and assimilation of nutrients, AND you also increase your elimination of wastes and toxins, it would seem you would have to be helping the body to come into a better balance. That balance may be in part why so many people have simply said they feel better than they have in years, or they have an increased sense of wellness, or they seem to just feel more alive, after becoming regular users of Real Willard Water... "can't put my finger on it, but I feel better overall."

Like most things, when you start to analyze and think through what you know about something, it starts to make a lot more sense than when you first hear about something that you thought you knew nothing about. And when that "something" is as unique as Willard Water, and there are hundreds of people all claiming it did something different for each of them, it sort of stretches the imagination and the credibility of the product! But, when you reflect on the few things that that one product is doing, and the broad range of ways those few things could impact the human body and its functioning, it starts to make more sense.

Willard Water's apparent benefits for the digestive system may be one of the ways that it impacts the whole body even more than we have imagined to date. As more and more is learned about the importance of clearing out the colon and intestines of build-up, and more and more is known about the importance of enzymes in the whole digestive process, it may become more and more clear, why Willard Water's role in making all this work better, has such far-reaching effects on the person's overall health.

Keep in mind, as we always tell you and want you to remember, we are NOT health experts in any way, shape or form. We are simply lay people who have had an interest in natural health and alternative health methods for decades. We've done a lot of reading, but that may be just enough knowledge to "make us dangerous" as they say! So, please, don't ever assume something is true because we say it. You can bank on the fact that we believe it's true or we wouldn't say it, but that doesn't mean we're right! Always, always, always, before you make any decisions on your own health, or that of someone you care about, get the advice of a qualified health professional. Remember, even a trained professional won't operate on himself. Obviously, then, none of us untrained folks should do so, either! But we do think it's advisable to go to your chosen professional armed with enough knowledge to at least ask some good questions!