

Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.willardswater.com ♦ September, 2008

Smoker? Got Magnesium?

Given ALL the evidence, there is no doubt that the best thing a smoker can do for his/her health is to quit smoking. But that's far easier said than done.

A recent study found that higher intakes of Magnesium appears to reduce the risk of certain kinds of strokes in male smokers between the ages of 50 to 69 (that was the age range included in the study).

Smoking is a known precursor for hypertension, or high blood pressure, which can lead to stroke.

Results of a new study that analyzed the diets of 26,556 Finnish male smokers, aged 50 to 69, who had not had previous strokes. More than a decade later, the results showed that men who consumed the most magnesium (an average of 589 mg per day) had a 15% lower risk for cerebral infarction than those who consumed the least (an average of 373 mg per day). The magnesium association was stronger in men younger than age 60. However, magnesium intake was not associated with a lower risk of intracerebral or subarachnoid hemorrhage (different types of strokes).

The results suggest that "a high consumption of magnesium-rich foods, such as whole-grain cereals, may play a role in the prevention of cerebral infarction," according to the study authors. Foods rich in magnesium include halibut, almonds, cashews, soybeans and spinach, which contain between 75 and 90 mg of magnesium per serving. The study authors said whether magnesium supplementation lowers the risk of cerebral infarction needs to be "assessed in large, long-term randomized trials."

Back to our statement at the start of this article... smokers' best bet for getting healthier is to quit smoking. If anyone doubts that, consider this: a review of government death statistics by a team headed by Dr. Lisa Schwartz of the Veterans Affairs Medical Center in White River Junction, Vermont, found that if you smoke, you should think of yourself as a decade older than you are. A 55-year-old man who smokes has almost the same chance of dying in the next 10 years as a 65-year-old who's never smoked.

Also, 7 of every 1,000 women will die of breast cancer between ages 60 and 70—but 14 of 1,000 will die of heart disease in that period. Among smokers, however, the charts show 31 of 1,000 women will die of heart disease between ages 60 and 70, and another 41 of 1,000 will die of lung cancer.

Dr. Schwartz said the "risk charts" were developed to try to put risk in perspective... "how big is my risk, and how does this risk compare with other risks?"

Editor: once this study got us thinking about Magnesium, we were reminded of the "discovery" we made several years ago that magnesium has long been recognized by those "in the know" about such things, for its ability to reduce low back pain.

This, obviously, has nothing to do with any link to reduced stroke risk (!), but it is one of the apparent benefits of magnesium of which many people are not aware. When we mentioned this in a newsletter back then, we had many customers order magnesium who hadn't before, and who found their lower back pain did improve. Our magnesium is Item No. J-54 and it is Magnesium Citrate form. Our Multi-Vim product (Item J-56) also provides magnesium, but a lesser amount since it's a combination product.

Again, we certainly urge smokers to quit, and pray they can. If not, magnesium may be beneficial, as it is for nearly everyone else, generally speaking. ♦

Silver Reduces Pneumonia Risk

Silver-coated endotracheal tubes reduced the risk of pneumonia in the Intensive Care Unit (ICU) patients on whom they were used by a "relative risk" of 35.9%. The study involved patients who needed mechanical ventilation. The study was done at Washington University School of Medicine. Research finds silver has antimicrobial activity in the laboratory and has blocked harmful pathogens from forming on ventilator tubes in animal models.

Researchers looked at patients at 54 centers who were expected to need mechanical ventilation for 24 hours or longer. More than 2,000 patients were randomly assigned to have intubation with either a silver-coated tube or a similar tube that was not coated. The 35.9% reduced risk was found in patients on ventilators for 24 hours or longer. In patients who were on ventilators for any length of time, the silver coating was associated with a 34.2% relative reduction in risk of developing pneumonia.

The researchers concluded that "the results of this large, randomized, multicenter study demonstrated that the silver-coated (tubes) significantly reduced the incidence of microbiologically confirmed ventilator-associated pneumonia and had its greatest benefit during the peak time of ventilator-associated pneumonia occurrences, without any notable adverse events."

Editor: Clearly, coating tubes with silver is NOT the same as using liquid colloidal silver, but we do find these recent scientific findings interesting in that they confirm what "natural health" people have known and utilized for centuries... silver kills bacteria and other pathogens. That's why Colloidal Silver is entrusted by so many natural health care providers to help their patients fight off various infections, etc.

Our Colloidal Silver comes in a 32-ounce size (Item CS-32) or an 8-ounce size (Item CS-1). We have little doubt the users of this product who have loved it for many years, and the many health experts who recommend colloidal silver, would wonder why anyone was surprised that silver killed bacteria, etc. ♦

Food(s) For Thought...Maybe For "Health"?



We all know "an apple a day, keeps the doctor away"... But it seems science is finally coming to the conclusion that the foods we eat really do make a difference in our health.

According to Joseph E. Pissorno, Jr, N.D., founding president of Bastyr University, Seattle, virtually every disease has a proven food prevention. He also says that whole foods offer the best protection in that "study after study show that people who eat a whole foods diet have a dramatically reduced incidence of disease."

A "whole food", James S. Gordon, M.D., founder and director of The Center for Mind-Body Medicine and a clinical professor at Georgetown University School of Medicine, is "just the way God or nature made it. The idea is basically to eat as many parts of the food as you possibly can." People often throw away many parts of fruits and vegetables, like skin, which often contain the most nutrients, he said. For example the white part of oranges contains bioflavonoids, which help the body process vitamin C, and the broccoli leaves contain concentrated amounts of nutrients, especially vitamin A.

Dr. Pissorno said "for every serving of fruit or vegetable per day a person consumes, they get a four percent drop in cardiovascular disease risk. If a person consumes three servings per week of salmon, they reduce their risk of cardiovascular

disease by 24 percent, and one-and-a-half ounces per day of walnuts reduces cardiovascular disease by 30 percent." In 2005, researchers found people who eat diets with the highest amount of folate reduce their risk of Alzheimer's by more than 60 percent. Black-eyed peas, wheat germ, liver, beef, asparagus, kidney beans and spinach are rich sources of folate.

The experts say whole foods are better than processed foods because "the different ingredients in the food act synergistically to enhance each other's function," Dr. Gordon explained. For example, phytochemicals in the apple peel and apple flesh may provide the most powerful anti-cancer benefits when combined.

Another factor in food and health, is the way in which the human diet has evolved. According to John Bagnulo, M.P.H., Ph.D., a nutrition and fitness instructor at Kripalu Center for Yoga and Health in Stockbridge, Massachusetts, 70 to 80 percent of our ancestor's lives were dedicated to food-related issues, but today, the average person in the United States spends less than an hour a day dealing with foods, including the time spent actually eating them. Rather than needing to forage for food, we rely on grocery stores and restaurants, and as a result, he says, food isn't as fresh. A head of iceberg lettuce at a grocery store is typically six to nine weeks old, according to Dr. Bagnulo.

Additionally, foods are not as naturally produced. Dr. Bagnulo says the average person in an industrialized society

consumes "feedlot" meat, or an animal fed a diet consisting of mainly grain. Some argue animals fed this diet, rather than a grass-fed diet, tend to be more fattening and contain less omega-3 and vitamin B. Fish has also been altered by human production methods. One 2004 study found farm-raised salmon had seven times more Polychlorinated biphenyls (PCBs) than wild salmon. The chemical, Dr. Bagnulo says, alters estrogen levels in the body and may also cause cancer by altering genes. Plus, Dr. Bagnulo points out we eat many foods that our ancestors didn't—such as dairy products, grains, refined sugars and refined vegetable oils. Dr. Bagnulo says to return to a more primitive, healthier diet, a person should eat lots of fresh, locally and organically grown produce, a handful of unsalted nuts daily, avoid cooking foods at higher than 350 degrees Fahrenheit, eat free range and wild animal protein, reduce dairy consumption, use raw honey, and avoid chemical additives, including preservatives, sweeteners and flavorings.

Editor: if all these things are not doable for you, eat as well as you can and consider augmenting your diet with quality supplements.

Also remember, **Real Willard's Water** is known for increasing the absorption of nutrients from food or supplements, thereby enhancing whatever good things a person does get into their body.

Folate is in our Item J-113; **B Vitamins** are Items J-1, J-2, and J-20; **Omega-3** is Item J-39 and J-77. ♣

Trivia & Tidbits . . .

1. Who was Roderigo de Triana?
2. What is the native language of the Fiji Islands?
3. Who was K'ung Fu-tzu?
4. How many watts are there in one horsepower of energy?
5. How many bones are there in the human hand?
6. Who referred to her famous son as "my golden Ziggy"?
7. To whom did Mahatma Gandhi write for advice on diet and exercise?
8. How many teaspoons are there in a cup?

AND THE ANSWER IS...

1. The sailor on the Pinta who first sighted land in the New World on Oct. 12, 1492.
2. Fijian.
3. Chinese philosopher Confucius.
4. 746.
5. 27.
6. Sigmund Freud's mother, Amalie Freud.
7. Strongman Charles Atlas.
8. 48. There are 3 teaspoons to a tablespoon and 16 tablespoons to a cup.



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Please Note: We are not health authorities of any kind. This newsletter represents our own views—presenting information we believe to be true and correct, but is "opinion", nonetheless. We also have a vested interest in most of these topics, so don't claim to be impartial. This newsletter, or anything else we publish, is no substitute for a competent health professional. User reports, though published here, don't prove anything—we pass them along because they certainly are of interest to others using the same products, or who have an interest in them.

Reach Us At: 1-800-447-4793 (218-236-9783)

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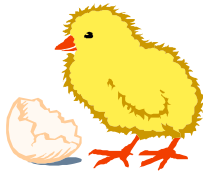
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PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

Do You Think Its Benefits Are Just In Their Heads?

If you've read or heard much about Real Willard's Water, you've probably wondered if the amazing benefits of this totally unique, and incredible, product aren't really "just in people's heads". . . Well, if that were true, why would it work on animals? Why would chickens be calmer and less "anti-social" after being given Real Willard Water? (They are!) (Even one of the Patents on WW is for its effect on chickens' behavior!)



(people) switched to imitations, or diluted products, without being told that the product had been changed, reported their benefits had stopped! And their benefits returned when, (once more without being told) they were given Real

And for that matter, countless PEOPLE have had such amazing experiences that have convinced them the WW didn't just work as a placebo, it's hard to argue with them.

Patent Office won't issue a patent on an invention *unless it is convinced that the invention does what it claims to do* (it won't issue patents on "snake oil"!)

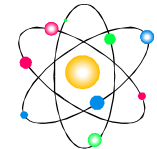
It did, however, issue 21 Patents on Real Willard Water—one of them for causing "water to exhibit very unusual and heretofore unknown properties". It's these unusual properties that make "the water" so beneficial—water that increases absorption of nutrients and elimination of toxins; water that acts as a super antioxidant and scavenger of free radicals; water that reduces swelling, and that seems to enhance healing, to name some of its key properties.



And, would it work in Greyhound Racing Dogs' heads?

When dogs classified as "fighters" were given WW, they settled down, raced better, and weren't a problem for other dogs. And dogs that had been "under the weather", got better—back in racing form! Other people who give it to their pet dogs faithfully, report healthier animals, who tend to live longer than their counterparts (of the same breed). Also, dogs suffering from arthritis, and other health problems, have responded dramatically to "WW".

Kolleen Sunde, for instance, had great results with the Real Willard Water for many months (on her 21-year-back problem and chronic bronchitis), when suddenly it quit working—after that, she found out that the company she'd been buying it from had switched to an imitation product, but hadn't told anyone, and hadn't changed their label, so they didn't think anyone would know. But she did—or, rather, her body did.



Looking at just one of those properties—free radical scavenging—helps to grasp the potential value of "WW". Given what's now known about the benefits of Antioxidants and Free Radical Scavengers, understanding why Willard Water is such an exceptional one, helps to clarify how this one product can have so many different effects in different situations. (It's a superior antioxidant and free radical scavenger because of the nearly endless supply of electrons it has available to give up—allowing it to continue to function again and again as a scavenger—unlike regular scavengers which have a limited number of electrons to give up.)

And even Mice and Fish weigh in with great reports! A wholesaler of mice tells us that his mice have been much



less aggressive since he's put them on Willard Water. This same gentleman finds that when his tropical fish (raised with Willard Water in their water) are put in a box with other wholesalers' tropical fish, people can pick his out, because they're so much hardier and bigger than the others.



And a number of her friends (who'd had help on things from arthritis to constipation to skin rashes) also said it didn't seem to work for them any more either—they all thought "you must get immune to Willard Water"...well, after learning that the product had been switched on them, Kolleen's husband got some Real Willard Water, mixed it up and put it in the refrigerator, without telling Kolleen—within 2 days Kolleen told Charlie she thought some of the new stuff must be okay because it was working again. Only then did he tell her he'd switched her back to Dr. Willard's real product.

But one caution: **Not All That Looks Like Willard Water, or Claims to Be Willard Water, IS Real Willard Water, Full Strength**—even if it has a facsimile of Dr. Willard's signature on its label—Call to be sure. 1-800-447-4793 (218-236-9783).

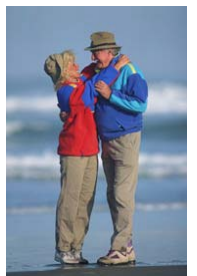
And flowers, commercial crops, and gardens "treated" with WW are also amazing!



So Kolleen and Charlie sent some of the Real Willard Water to the others for whom it had quit working—and they all reported the same thing—it worked again!

And all those people came to that conclusion before being told about the switching that had gone on—but their own bodies "told them" what did and didn't work, first!

...Isn't it time to find out what effect it might have For You? Your Family? Your Pets? Your Garden? Your Farm? Your Life?



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Unseen Help in the Trenches...

“My dad always figured every year after his 21st birthday was a gift from God. He survived some of the fiercest fighting in the Pacific during World War II—saw most of his friends die or be

badly wounded. He rarely spoke about it, but when he did, it was obvious he thought he should have died many times.

“But the one event he did talk about that stands out most in my mind was ‘when the rain came’. I wish I could better remember the details, but I heard him tell it only once and he’s been gone now for many years, but I can tell you the gist of it.

“He and a group of less than 40 men were still alive (out of some 180) that had been sent in on what was basically a ‘buy some time by sacrificing some troops’ type of mission. But the time was near when they might be rescued, or even succeed in getting the enemy to give up on taking that hill, and these 30-some men were still alive...but, the situation was looking really

bleak that their “luck” would continue...the enemy troops were approaching and their only hope was to remain unseen, since they didn’t have enough ammunition left to fight them. It came down to somehow remaining invisible—but with the bright sunlit days, and the bright moonlit nights they’d been seeing, ‘remaining unnoticed’ would be impossible. ‘It was sort of like some flightless ducks sitting in the middle of a small pond’, was how he described it.

“The only hope was for a very cloudy, better yet rainy, night. But it wasn’t the rainy season—there wasn’t any hope for such cover. Someone whispered, ‘Pray for rain and pass it on’, and so that message was passed on, from man to man...suddenly clouds appeared, followed by a torrential downpour. The next morning, they were able to move out, and when they did, they saw evidence the enemy forces had passed within a few yards of them, but *never saw them*. . . ‘Someone else saw us first, and He made sure nobody else did.’

Editor: This story is reprinted from a 1998 issue, by special request. We invite you to send your own stories of unexplained help, Forks in the Road, or other inspiring stories, for this column.



E-Mails, Mailbag & Phone Calls. . .



“At peace with her plant & a much improved 20-year-old Cat”

— Her Peace Plant, that is! “J.W.” from Texas told us since she has started using **Real Willard’s Water (“RWW”)** on her Peace Plant she has gotten it to grow... and that’s the **FIRST** time she’s ever had success with a Peace Plant. She says “it’s supposed to be easy, but not for me”! But that’s not all... her daughter’s 20-year-old cat is “acting like a kitten again and it had been very lethargic” before the RWW.

Raw Milk’s Shelf Life Extended

— “R.W.” told us she put 8 to 10 drops of RWW in a gallon of raw milk and it lasted for 2 weeks (as in 14 days) before it soured. Without RWW the raw milk sours in 4 to 5 days!

Longer relief than the Rx Pain Pill...PLUS Dog’s Cut Healed —

“B.S.” from California, told us that our **Chinota Gel (HG-4 or HG-8)** relieves the pain in his neck for 7 to 8 hours, compared to the 3-hour relief he gets from the codeine pain pill he’d been prescribed before. And, he also helped an old dog that had a bad cut on one leg. He **sprayed** the RWW on the area, and it was healed completely in about four days.

Sunburn Relief — That’s what “E.M.” told us she loved about our **Aqua Gel (Item AG-4)**. She said, “the Aqua Gel worked wonders on my sunburned skin!”. Wish we’d kept a count of all the similar sunburn reports we’ve gotten on RWW and Aqua Gel over the years!



More Product Highlights & Updates from Charlie

How About COMMON User Reports of RWW instead of the Unusual Ones?

A few years ago, we printed copies of an 8-page compilation a long-time customer of ours had come up with of reported uses of Real Willard's Water ("RWW" for short) that had appeared over the years in this newsletter. After doing that, we realized that many (most?) of the reports we mention in the newsletter and which therefore appeared in that collection, are the more *unusual* uses of the product. Therefore, some of the most common uses and benefit reports from customers were not included.

Given the often heard request here for "what people say most often they use it for", we decided to try to make up a more "common reports" type list. But we're going to make it alphabetical (or at least "a" before "b", even if all the items in "a" aren't in alphabetical order!), so we might include some that aren't the most frequently mentioned, just to see if we can hit every letter!

A —

Acne. People spray RWW on the area, or apply our Aqua Gel (Item AG-4). Plus, as with all skin conditions, the best reports come from those who drink the RWW as well as using it topically.

Acid/Alkaline Balance. WW is highly alkaline and most of us are too acidic, so seems it should help balance.

Allergies. Lots of reports of allergy problems being reduced after people started drinking WW. Sometimes if the allergic reaction is a skin problem, they also spray the water on it, or apply Aqua Gel.

Arthritis. This has to be one of the very most common reports. People tell us about long-swollen joints being much less swollen, and sometimes no longer swollen at all. Also stiffness being greatly reduced, or sometimes even gone. Most of these people are drinking the Willard Water. Many people also find temporary relief by applying the Chinota Gel on the affected areas.

Asthma. Again, a very common report. People tell us they drink the Willard Water and over time their asthma gets much better. Fewer attacks and less severe. Some say they notice a difference starting pretty quickly, and it just keeps getting better and

better. Others say it's a very subtle change over time.

B —

Back Pain & Problems.

Countless people have told us their various types of back problems and pain have been significantly improved after drinking WW for a while. Some authorities say this may be related to WW's ability to increase nutrient absorption (like calcium), or to its swelling-reducing properties. Most back sufferers don't care why, they're just happy to report on their improvement!

Blood sugar. People with both high and low blood sugar problems have told us their sugar level has improved after making drinking WW (especially the dark WW) a regular part of their lives.

Bronchitis. Chronic and otherwise. Numerous reports from people who say they have suffered with bouts of bronchitis for years, and after starting to drink "WW" regularly, their bronchitis problems either seem to come to an end, or come much less often and are much less severe.

Bursitis. Some reports over the years of people saying drinking the WW helped; also rubbing Chinota Gel on it.

C —

Constipation. This has to be one of the very most common reports. Sometimes we think nearly everyone in the U.S., and maybe the world, has a problem with constipation, and WW it seems must help nearly all of them who use it. (When we get to "D", you'll see it also seems to help diarrhea.)

Cold Sores. This is another common report and another application in which people drink the WW, apply it topically, and use Aqua Gel on the sore.

Cancer. We **DON'T** consider RWW to be a cancer treatment. But we have very often heard from people who are taking radiation treatments who say when they sprayed the WW on the radiation sites (or applied the Aqua Gel—Item AG-4), the burns weren't nearly as bad as without them. Also, those drinking WW have reported far

fewer side effects of chemo and radiation than they had when they weren't using the RWW, or than they were told to expect. We would however, to be cautious, say NOT to drink RWW while chemo drugs are in the body.

Chronic Fatigue. Numerous reports from people saying drinking WW has been a big help.

D —

Depression. People drinking WW have said their depression problems have been reduced. Some experts have said it may have to do with bringing various levels into balance.

Diabetes. Most people reporting an improvement in this with WW are drinking the "dark" WW.

Diarrhea. People who have suffered with chronic diarrhea for extended periods, sometimes years and years, have said that after drinking WW regularly, the problem is much improved.

Digestive Problems. Various types of digestive problems have been said to have improved after regular use of WW.

E —

Eczema. Many reports of improvement after drinking WW and using it topically as a spray or the WW gel (Aqua Gel).

Eye Problems. People have reported improvement not only in vision, but in cataracts after drinking the WW regularly, and or using it (the clear WW) as a spray or eyewash.

F —

Fibromyalgia. Many, many, users have said their fibromyalgia pain has been reduced following regular drinking of WW, and temporary relief for painful areas has been received using the Chinota Gel.

Foot Pain/Problems. Oddly enough, we've had a number of reports from people who say that after drinking WW for some time, their aching feet don't ache as much. A couple people have said the dark water had more effect than the clear water. One natural health practitioner said this

would likely be due to the minerals in the water, even as low a concentration as they are, because minerals help the muscles in the feet not to contract as much due to foot problems, and therefore pain would be reduced.

(Also speculation has been that WW minerals are absorbed extremely well.)

G —

Gout. A very common report is Dark RWW reducing the pain and frequency of bouts of gout. Both drinking it, and soaking the affected area in it.

Gum Disease. Some reports of improvement when WW and colloidal silver are combined and used while brushing one's teeth.

H —

Hemorrhoids. Countless reports of relief by spraying the water on; soaking in a bathtub with a couple cups of the "mixed-up-gallon" solution added to the bath water, or by applying Aqua Gel.

High Blood Pressure. Many reports of blood pressure coming down after regular drinking of WW, though it certainly won't help everyone's. If on medication for high blood pressure, be sure to keep monitoring it because if your pressure comes down, the medication will keep pushing it further down, and it could go too low!

I —

Immune System. Many people report their immune system seems to function much better, and they get far fewer colds, flu, etc. *Caution: People who have had organ transplants should not drink WW, since it does seem to boost the immune system, and they need to suppress their immune systems.*

J —

Joint pain & stiffness. Very common to hear these are reduced after regular drinking of WW. Also, topical application of the Chinota Gel (HG-4 or HG-8) provides more immediate (temporary) relief.

K —

Kidney problems. Numerous reports of improvement with regular drinking of WW.

Kinesiology. Some kinesiologists and chiropractors who use kinesiology say that they've never found anyone who *didn't* test positive for Willard Water.

L —

Lactose intolerance. Reports

of reduced problems with milk, and ice cream, after regular drinking of WW

M —

Migraine Headaches. Many reports of reduced number of headaches and severity after regular drinking of WW.

Menopausal Symptoms.

Many reports of reduced problems with regular drinking of WW.

Mood Swings. Numerous reports of improvement with regular WW drinking.

Muscle spasms and pain.

Lots of reports of improvement with regular drinking of WW, and more immediate temporary relief with use of Chinota Gel.

N —

Nervousness/Nervous Stomach/Nervous Eating. Reports of improvement in all these with regular drinking of WW.

O —

Oxygen Level Increase.

Some experts have said WW raises the oxygen level in one's blood after drinking it.

P —

Pain. Many reports of reduced pain from drinking it, or from topical use of the water, or the Chinota Gel (HG-4 or HG-8).

Panic Attacks.

Some speculate the nutritional balance believed to be associated with WW is what results in users saying their panic attacks reduce after drinking it regularly.

PMS. Many reports of reduced problems with regular WW drinking.

Poison Ivy. Spraying the site with WW or applying Aqua Gel has been said to provide a lot of relief.

Psoriasis. Many reports of relief—the best ones from those who were drinking WW as well as applying it topically (or the Aqua Gel topically).

Q —

"Q-10" as in CoQ-10—just one of many supplements reported to work better when Real Willard's Water is also used.

Quick. Lots of people say "Quick, get the water!" Or the gel, claiming it's the quickest relief on all kinds of "owwies"—WW, Aqua Gel, or Chinota Gel.

R —

Rash. Whatever kind of rash, WW used topically, or by drinking, seems to help. Also Aqua Gel use is a favorite for this.

S —

Sinus Headaches/Problems. Lots of people have reported more relief than in years after drinking WW regularly.

Sleep. Countless users have said their sleep has improved with regular WW drinking.

Sunburns. Spraying the burn with WW or using Aqua Gel has impressed many people.

T —

Tired eyes. Some spray their eyes with (clear) WW and report relief.

U —

Ulcers, Digestive. Many reports of help after drinking WW regularly.

Ulcers, Skin or Leg. Many reports of improvement with topical use, and regular drinking of WW.

Urinary Tract Infections.

A number of reports of help when drinking WW regularly, and also when combined with other treatments (mainstream or alternative).

V —

Vitamin Absorption. Many reports of people reducing the amount of a vitamin they take and getting the same or greater benefit when taking it with WW.

W —

Wrinkles. Many, many, many, reports of less noticeable wrinkles with regular spraying of the face with WW, and drinking WW.

X —

X for Unknown. Numerous reports of WW helping a skin or other condition, which had defied diagnosis.

Y —

Yeast Infections. Many report great improvement with regular WW drinking.

Z — Zinc & other Mineral absorption increased with regular WW drinking. ♦

Editor: This article is a slightly modified version from an article that first appeared in our May 2004 issue of "Possibilities".