

Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.WillardsWater.com ♦ September 2011

Back to Basics... What Mineral is Responsible for All This?

It's September. Back to school. Remind you of the old "back to basics... the abc's, reading, writing, arithmetic"? Maybe we should focus more on the basics of health. Science keeps finding new discoveries regarding health and ways to get or stay healthy, and that's certainly a good thing...but sometimes we wonder if it results in ignoring some of the really critical basic things that are fundamental for good health.

For instance, can you name a mineral (**NOT calcium** and certainly **NOT fluoride**) that is key to **strong bones and teeth**...responsible for creating glassy hard tooth enamel that resist decay, and strong and resilient bones?

More hints...here's a list of some of the conditions that have been linked to a deficiency in this mineral:

- ♦ Alzheimer's Disease
- ♦ Angina pectoris
- ♦ Anxiety disorders
- ♦ Arrhythmia (irregular heartbeat)
- ♦ Arthritis (rheumatoid and osteoarthritis)
- ♦ Asthma
- ♦ Autism
- ♦ Autoimmune disorders
- ♦ Cerebral palsy (in children of mothers with this deficiency)
- ♦ Chronic Fatigue Syndrome
- ♦ Congestive Heart Failure
- ♦ Constipation
- ♦ Crooked teeth/narrow jaw (in children of mothers deficient in this)
- ♦ Dental cavities
- ♦ Depression
- ♦ Diabetes (type 1 and type 2)
- ♦ Eating disorders (bulimia and anorexia)
- ♦ Fibromyalgia
- ♦ Gut disorders such as peptic ulcers, Chron's disease, colitis
- ♦ Heart Disease
- ♦ Hypertension
- ♦ Hypoglycemia

- ♦ Insomnia
- ♦ Kidney stones
- ♦ Lou Gehrig's Disease
- ♦ Migraines
- ♦ Mitral valve prolapse
- ♦ Multiple Sclerosis
- ♦ Muscle cramping, weakness, fatigue
- ♦ Myopia (in children of mothers deficient in this)
- ♦ Obesity
- ♦ Osteoporosis
- ♦ Parkinson's Disease
- ♦ PMS, menstrual pain and irregularities
- ♦ Primary pulmonary hypertension (PPH)
- ♦ Reynaud's Syndrome
- ♦ SIDS (sudden infant death syndrome)
- ♦ Stroke
- ♦ Thyroid disorders

Surprisingly (or maybe not, depending how you look at it), it's been estimated that up to 80% of the U.S. population is deficient in this mineral. And that's even true if you eat foods rich in this mineral, because:

- ♦ Many foods are grown in soil that's depleted of this mineral
- ♦ Handling, refrigeration, transport and storage of fresh produce can lead to loss of nutrients like this mineral
- ♦ Food processing, such as roasting nuts, milling whole grains for white flour, and cooking greens, can lead to a loss of it as well
- ♦ When this mineral is in drinking water that has fluoride added, the mineral binds to the fluoride creating a mineral compound that has been said to be nearly insoluble and it ends up deposited in bones, where its brittleness **increases** the risk of fracture.

Other factors that can also lead to a deficiency in this key mineral are:

- ♦ A diet of **processed, synthetic food, high sugar content, alcohol and soda drinks** all "waste" this mineral, be-

cause a LOT of this mineral is required for the metabolism and detoxification of such "foods" (or fake foods as some call them!)

- ♦ **Mental and physical stress**, with their resultant flow of adrenaline, uses up this mineral quite rapidly
- ♦ Many drugs, including **birth control pills, insulin, diuretics, certain antibiotics, and corticosteroids**, also contribute to deficiencies of this mineral

There is no lab test that gives an accurate reading of this mineral's status in one's tissues. Only 1% of the amount of it in your body is distributed in your blood, which makes a blood test for it highly inaccurate. So doctors who rely on blood tests, as opposed to looking for signs and symptoms of such a deficiency, often miss the diagnosis of this particular deficiency. What is the mineral we're talking about? Good old Magnesium.

Some early signs of magnesium deficiency include loss of appetite, nausea and vomiting, fatigue and weakness. And an ongoing deficiency can lead to numbness and tingling, muscle contractions and cramps, seizures, personality changes, abnormal heart rhythms and coronary spasms. So those are at least some signs to watch for.

If you are deficient in magnesium, it is said the best dietary sources are organically grown green leafy vegetables. Other foods high in magnesium include rice, wheat or oat bran; spinach, artichokes, dried herbs; squash, pumpkin and watermelon seeds; dark chocolate cocoa powder; flax and sesame seeds; brazil nuts; sunflower seeds; almonds, mixed nuts, pine nuts.

The reason organically grown foods are stressed is that they may contain more magnesium than those raised by the mainstream farming processes. Mainstream farm practices include the use of chemical

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fertilizers rich in nitrogen, phosphorous, and potassium to make plants grow and appear healthy.

However, since magnesium and other nutrients are often depleted from the soil, unless the farmer replaces them into the soil, they won't be there and the plants grown in that soil will NOT contain the magnesium and other micronutrients it should. Organic farmers often replenish their soils with magnesium-rich fertilizers, so the foods grown on that soil would have magnesium and other nutrients in them.

For many people the easiest way to get magnesium is to take it in a high quality supplement such as Magnesium Citrate. Our Magnesium Citrate is Item No. J-54. It is also present in our much-loved "multiple" called Multi-Vim, which is Item No. J-56.

Multi-Vim really merits an article all its own... it is an extremely high quality formulation. So much so we even received a phone call from a customer once who was astonished at how great our product was... the difference it made for her and her husband...we thought it must be Willard Water she was talking about, but no, it was Multi-Vim! It's unusual for people to feel that obvious a benefit from a "multiple". But they definitely did from Multi-Vim.

Since then, we've had other users tell us they can't believe the positive impact Multi-Vim has had on their lives. ♦

1 More "Basic" and Heart Disease, Dementia, Cancer & Age-Related Problems

Another basic —like magnesium in the page 1 article of this issue—is a trace mineral recent research has found even *small, hardly noticeable deficiencies in*, have been linked to a "rogues' gallery of age-related maladies, from cancer and heart disease to dementia".

Selenium deficiency is more common among the elderly and people already in poor health. Our high quality Selenium is **Item No. J-114** (100 mcg tablet slotted to be easily broken in half for a 50 mcg dose) and is only \$4.50 for a 60 tablet bottle. We also have Selenium in our very high quality "multiple" called "**Multi-Vim**", **Item No. J-56**. The suggested 3-tablet daily dose of Multi-Vim provides 100 mcg of selenium along with what natural experts feel are optimal amounts of key nutrients to be found in a "multiple" and is a great foundation for any nutritional program. The 100-tablet bottle of Multi-Vim is just \$16.95.

One note of interest is that it seems *a lot of multiples do NOT include Selenium at all*...but as we've often mentioned, Daily Mfg, which is the source of our Selenium and Multi-Vim -- and most of our supplements -- can be trusted to never put out anything that's not of the highest quality and best formulation. *A little tip... all the items we carry that come from Daily Mfg have Item Numbers that start with the letter J" followed by a dash.. like J-114 & J-56 etc.*

We know people can tell the quality of Multi-Vim, since they often comment that they are amazed by how much better they feel better after making it a regular part of

their routine, even though any other multiple they ever took didn't seem to result in their being able to actually feel a difference.

But then, again, Multi-Vim IS **an amazingly complete formula** and is very easily swallowed, broken down and absorbed (tablets done right, like Daily's do them, are often MORE easily absorbed than a lot of the very cheap but very hard-to-break-down capsules on the market). For a complete listing of all that's in it, check out its listing in our online store--you will find it in both the Minerals section and the Vitamins section of the store. No multiple ever provides as much of each item in it as you would get in a supplement that provided only one nutrient (if they did the tablet or capsule would be WAY too big to swallow!)... but Multi-Vim at the 3 tablets-per-day recommendation, provides correct amounts of the key nutrients it includes (often not the case in "multiples").

One caution: there are a few areas in the U.S. especially in the western states that have excess selenium in their soils... if people in those areas eat locally grown grains and vegetables that have built-up levels of selenium they may end up taking in too much selenium. If you aren't sure of the selenium levels in your area, ask the local Agricultural Extension Office...or "google" for info on selenium levels in your area.

Remember, natural health experts say **Willard's Water greatly improves absorption of nutrients.. certainly including the basics discussed here. Another reason to make WW a part of your life!** ♦



Trivia & Tidbits . . .

1. What did London blacksmith Charles Moncke invent?
2. What distinction does Maine's 5,268 foot Mt. Katahdin boast?
3. How many islands are there in the Hawaiian islands?
4. Besides horses, what animals did Buffalo Bill Cody bring along for his Wild West Show when he sailed to London in 1887 to appear before Queen Victoria?
5. What did Francis Bellamy write for the 400th Anniversary of Columbus's discovery of America?
6. What law caused police to arrest 42 men on the Atlantic City NJ Beach in 1935?
7. What do Eskimos use to prevent their food from freezing?

AND THE ANSWER IS...

1. The monkey wrench, originally called Moncke's wrench.
2. It's the first spot in the U.S. to be touched by the rays of the rising sun.
3. 132—8 major islands and 124 islets.
4. 18 Buffalo, 10 elk, 10 mules, 5 steers, 4 donkeys, and 2 deer, plus the 180 horses.
5. The Pledge of Allegiance, published in "The Youth's Companion" magazine.
6. The law prohibiting men from wearing topless swimsuits.
7. Refrigerators.

ON "THE WEB"!

www.willardswater.com

Or

www.nutritioncoalition.com

Come visit!

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

Make a List? Healthier Cats; Newsletter Delivery; Better Meat...

A customer asked us recently if we knew if anyone has ever used any of our products for help in **beating any addictions... drugs, alcohol, chemical.**

My wife, Kolleen, recalls her aunt telling her that after she started drinking Willard's Water, she lost the terrible craving she'd "still always had" for alcohol. Until she brought this up to Kolleen, Kolleen hadn't known that her aunt had actually had an alcohol problem and been treated for it. It was very touching that she wanted to let Kolleen know about it, so it definitely has stayed clear in Kolleen's memory for all these years now.

But we don't know of any other specific reports on this, so we're asking if anyone does have any to let us know. The customer who asked about this suggested that it might be helpful for customers if we kept a sort of list of things people say they've been helped with via any of our products. We have such lists "in our heads", and we have sometimes written them down in articles regarding particular subjects, but we're thinking it would be a good idea to start just keeping lists...so if you have anything to put on that list, just let us know. And it doesn't need to be help with an addiction... could be avoiding colds, or beating acne, or whatever... if you would like to add to the list, we'll sure put your item on it. Eventually this list may be very helpful to a lot of people!

So, if you have specifics you could list, we'd love to hear from you! Drop us a note, or write it on your mailed-in order, or e-mail us or phone us. (All those numbers and addresses are listed in the box in the upper right corner of this page about the newsletter going out by e-mail soon...to those who get email.)

Now for a couple customer reports too long for the "mail bag" on page 4.

Cats in Kidney Failure — "L.P." e-mailed us about her cats... so we'll just let her tell you in her own words...

"Willard Water has kept two of my cats alive way past the time they would

have died of dehydration due to their poor kidney function. Currently, I have two 18-year-old cats, one of which is in kidney failure and has been for probably four or more years. I have Willard Water in all the cat's dishes but maybe one or two (to give the other cats a choice).

"Boo (the kidney failure kitty) is still with me, a little rough around the edges, for sure, but she drinks the WW every day, in quantity. I can tell when she has been drinking the other water as her stool gets very dry and she has trouble eliminating. Then I make all the dishes WW for a few days. She goes back to normal in a day or two.

"I have been so grateful to have had WW, as every time a I lose a cat, it is a terrible blow for me. We are a family. A large one, certainly, (I have 18 cats), but I love them all very much."

Let me stress—and I MEAN this—we have NO scientific evidence regarding WW and kidney disease much less kidney failure. We have had a number of reports about cats in kidney failure really coming around with the Willard Water, but that proves nothing. So we certainly don't want people assuming they can take care of this for their cats without professional help. We urge anyone with a sick pet to find out from a professional what they are dealing with and what treatment is possible. We know Willard Water won't hurt anything but we also don't want people to use it instead of something else the pet may need or benefit from. And, that CERTAINLY all goes for people too! We are not just doing this as a legal disclaimer... we mean it... Willard Water is an amazing thing and we believe it does amazing things... but we also urge you to remem-



Coming Soon... Many of you have asked us to **send this newsletter by e-mail**, and we will be very soon!

So make sure we have your correct e-mail address. You can e-mail it to us (WillardWtr@aol.com), or give it to us when you phone in an order (**1-800-447-4793**), or drop it in the mail to us (**PO Box 3001, Fargo, ND 58108-3001**).

We plan to continue mailing to active customers (those who have ordered within a number of months) for whom we don't have an e-mail address at least for a while. Given the possible increases in postage rates, we are bracing for the potential cost increases of mailing it, and hoping it will be just as enjoyable for those with email to get it that way, as by mail.

Some customers have told us they prefer e-mailed newsletters because when it is "something like your newsletter" they like to put them in a separate folder, or save them on their computer some other way, so they are easier to access than keeping the printed copies on hand.

But we don't want to leave anyone without a newsletter so **let us know if e-mail won't work for you!**

ber to find out what you're dealing with for your pets, or yourself.

Now, for an amazing report on making **cheap meat taste a whole lot better...** From "L.R."... I had an inadvertent chance to try WW as a meat tenderizer. Purchased some tasty yet VERY tough meat the other day—saw by perusing the old newsletters the info on using it as a tenderizer. I'm no expert on meat cuts, and the best cuts for which cooking purpose (other than the more expensive, the better the cut:)), so I must have chosen the wrong one—yet it was a gift in disguise!! Some of the meat was too large for the container I had to marinate it before cooking, so I cut off a little to fit into the bowl, and cooked it—it was so tough I couldn't chew it! I was so bummed! Then I saw your info in the (July, or August, or was it June of last year), and decided to add some WW to the marinade. It worked!! Yeah!!

We've heard many reports over the years of WW making cooked and baked goods have a "fuller flavor"...even when using cheaper ingredients, but we've only had a couple on making cheaper meat cuts tastier and more tender. Guess we'll try this one ourselves and save some money at the meat counter! If any of you try this let us know how it works out! ♦



"Possibilities" . . . from
NCI...The Willard's Water People
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Coincidence? I think not.

"We recently had to put our dog to sleep... only people who have been through that can know how painful it is. My husband and I couldn't even *think* about getting another dog for a *long* time, if ever.

"It sounds crazy but I swear I heard our little guy we'd just lost tell me two different times that 'when you get the little dog, know that the way he loves you is from me too'... that didn't sound like our little guy at all.. we were *sure* he'd be *very* offended if we ever got another one! Only a few weeks after that, our youngest son (adult, long since 'out of the nest') asked what I'd think about a ____ puppy. Not much, since it was the only dog breed I'd never liked and my husband didn't like them either! We're not naming it so we won't offend anyone!

"Well, our son's friend Allison had such a dog and that dog, 'Olive', had a litter and Allison wanted to give us her favorite from it because she felt so bad for us and that particular one she just felt was meant for us. That was such a kind offer (she was selling them for a good amount), I had to at least go look... I was

astonished at how unlike everything I thought I knew about his breed he was, so the next day I picked him up to meet my husband and grandchildren and the rest of the family. They ALL had the same bad opinion of the breed as I did, but, they ALL fell in love with him! It turned out Allison hadn't wanted her dog to get pregnant and 'Olive' only did because the bathroom where Allison had her locked in when Allison had to leave for awhile, flooded, so 'Olive' chewed her way through the bi-fold door, and 'Homer' was there waiting! Allison said that was a bad day ... I home to a flood and a pregnant dog... she was so embarrassed her dog was pregnant again she wished there was a home of some sort to send her to! This little guy (who IS even smaller than the one we lost and who, one night, inexplicably smelled like the very unique & wonderful smell of the little dog we lost!) has touched our hearts and is so good for us—keeping us laughing even when we're stressed. Allison's litters always sold immediately but she couldn't get rid of the last litter until we got 'ours', and then they sold quickly! All this was **not** coincidence. Someone far wiser pulled this off!" *Name Withheld* ♦

Editor: We invite you to share your own miraculous/unexplained help experiences with us for sharing with others in this column, anonymously if you choose.



E-Mails, Mailbag & Phone Calls. . .



Skin Tags on Her Dog — "L.M." told us

her dog had 30 or more skin tags around his anus. She decided to try **Willard's Water** on them... "I soaked a cotton ball in Clear Concentrate and held it on the skin tags for about 30 seconds two or three times a day". And she was pleased to report that "they're all going away". We're sure "Rocko", the 1/2 Rottweiler and 1/2 Cocker Spaniel who turned up on her doorstep and is now the much loved pet in this report, is pleased too! (Editor: either Clear or Ultimate Dark Willard's Water should be interchangeable for such a use.)

Thundering Headache & Nosebleeds No More

— "J.M." had experienced them before when in high altitudes like she was in—this time she rubbed **Willard's Water** on her head and into her scalp etc—problem solved!

Nasty Cold & Cough — "C.S."

fought off a very nasty cold and cough much faster than other of his family members and he said maybe it was due to the fact that he "in the last 2-1/2 days I drank or put up my nose about 16 ounces of **Colloidal Silver**". No scientific proof but he did get over it faster than others, he was happy to report.

Hiking Dog Knows the Good Stuff — "J.Z." told

us she is a firm believer in the Ultimate Dark WW she's used for some time. "My dog drinks it too. Whenever we go hiking etc. and I give him ordinary water he won't drink as much and actually waits until we get home to drink 'the good stuff'! And that is a true statement!" We, and countless other dog owners believe you—we've seen our dogs act that way! ♦



More Product Highlights & Updates from Charlie

Even the Most Finicky of Dogs LOVES this Food! And It's Arguably the Healthiest Available Anywhere!

We know a lot of our customers prefer a raw food diet for their dogs. And there's certainly a lot of benefits reported for doing so in the literature.

But having the time to routinely provide such a diet makes it nearly impossible, (or flat-out impossible!) for many of us.

Enter our most recent "find". A freeze-dried raw diet food mix that every dog we've had try it, has absolutely loved! Even the pickiest eater amongst them!

I have to tell you about "Duncan"... our daughter's Soft-Coated Wheaten Terrier... he's going on 10 years old and has not had nearly the energy he used to. But boy has that picked up since they started Duncan on this new food....and boy does Duncan LOVE it besides!

He even seemed to wear out Henry the other day... Henry is our son's 1-year-old rescue Chocolate Lab Mix. And believe me, Henry is FULL of energy.

The only "downside" to Duncan's new-found vibrancy is that he even attempted to get out the back gate the other day... he hasn't made such an escape attempt in years! Certainly shows he's energetic and interested in lots of things again!

And, speaking of Henry... he's the "pickiest eater" I referred to. Before we found this food, it seemed the only way to get Henry to eat was to have a sort of "buffet" of dog food choices... all natural, canned, quality ones, but he wouldn't eat if it was just one thing. No, Henry preferred variety and choices in his meals. Henry is delighted with the new food, too!

And, of course, I have to tell you my wife Kolleen and I have a new little Chihuahua ("Teddy") who was also very adamant about "no dog food please", until he

"met" the new one... his enthusiasm at the food dish is really funny to watch... he'll even step right into the dish to be SURE he has licked every last sliver of it out of that dish!

And, from what we've heard, Duncan, Henry, and Teddy, are far from unusual in their enthusiasm for it.

Guess I should give you some details on it... but my own enthusiasm for it required me to convey how much dogs seem to love it, before I got into the "nuts and bolts" of it!

It's called Sojos, and it's made "from scratch" with people-quality WHOLE foods. Unlike kibble, it has no preservatives, and nothing artificial. As the manufacturer puts it, it's "just simple, real ingredients like you'd find in your own kitchen".

And the benefits to your dog are real and numerous:

- ◆ Healthy immune system
- ◆ Balanced weight & increased muscle tone
- ◆ Increased energy & mobility
- ◆ Healthy, full and shiny coat
- ◆ Healthy skin
- ◆ Fewer vet visits
- ◆ Improved digestion
- ◆ Renewed passion for mealtime!
- ◆ Fantastic results reported with allergies

Sounds pretty good, doesn't it? It's basically a way to take the guesswork and time out of providing your dog a raw, home-cooked diet.

We have two flavors to choose from: The Complete Beef, and the Complete Turkey.

They both contain freeze-dried *raw* meat (one has beef, one has turkey, as indicated by their names!). The details on each:

The **Complete Beef:** (Item No. P-101) Freeze-dried raw USDA beef. Grain-free. Simply add water.

Ingredients: sweet potatoes, beef, celery, carrots, cabbage, whole egg, flax meal, tricalcium phosphate, cranberries, papaya, pumpkin, rosemary, parsley, ginger root, dried alfalfa, dried kelp, zinc sulfate, vitamin E acetate, vitamin D-3, vitamin A palmitate.

The **Complete Turkey:** (Item No. P-102) A grain-free blend of freeze-dried raw turkey, veggies, fruits, nuts and herbs. Simply add water.

Ingredients: sweet potatoes, turkey, whole egg, broccoli, celery, apples, flax meal, pecans, tricalcium phosphate, pumpkin, cranberries, basil, dried alfalfa, ginger root, dried kelp, zinc sulfate, vitamin E acetate, and vitamin D-3.

Besides all the other good things about this, it's also pretty economical. One bag lasts 2 to 4 times longer than an equal-sized bag of traditional dog food. The 2-pound bag makes 10 pounds of fresh food.

The manufacturer says the food is designed to simulate a dog's diet in the wild... fruits, veggies, nuts, berries, etc.

You may have noticed that the ingredients lists don't include many supplements. That's because this fresh, real food, approach, allows for many of the needed nutrients to be derived from those foods instead of having to be added in supplement form like so many traditional dog foods require. The manufacturer says the supplements that are included are in there to reach AAFCO guidelines.

With regard to the nutrients in these foods... since you just add water, to rehydrate the mix... guess what... using

Takes the guesswork & time out of providing a raw, home-prepared diet for your dog.

...nearly 10-year-old Duncan is even back to trying to get outside his fenced yard to go for a run!

Willard's Water in that role makes it even better, in our opinion, since WW helps to boost the absorption of all those rich nutrients in those great WHOLE foods. And, no, using WW to mix up this food for your dog won't result in any sort of "overdose" of WW for your dog. As with people, most animals also can make use of a lot of the WW.

And, this Complete dog food is formulated to meet the nutritional levels established by AAFCO for dogs of all life stages. And, as we've seen here, it's great for all sizes of dogs... from a 4.5 pound Chihuahua to a 55-pound-and-growing Chocolate Lab Mix, and sizes in between and beyond!

Details of "mixing" this food up for use. All you need to do is add water and let it soak for at least 30 to 60 minutes before feeding it to your dog. Letting it sit overnight is even better, as the longer it soaks, the easier to digest it becomes

But the dogs seem to like it best "as soon as they can get it"... Duncan (who I told you about earlier), even managed to get the dish of it off the kitchen counter right after it was mixed and before its "soaking time" had passed, and enjoyed that meal immensely! But it IS best to let it "soak" for a half hour to an hour, at least, before feeding it, according to the directions. And, to make life simpler, a lot of pet owners, mix up a week at a time and keep it in the fridge until feeding it. Some even make up a month at a time, and keep it in the freezer, until needed.

Can you tell we're excited about this new food? If you can't, let me clarify... We're EXCITED about this new food! And we think once you see how your own dog/dogs enjoy it, you'll be excited too.

And maybe you'll even see some tangible health benefits... like an older dog like Duncan, acting years younger and looking to make a great escape to adventure! Don't worry... everyone knows to be CERTAIN the back gate is always latched, so Duncan's safe... but he's also very engaged. And seeing that, makes us also believe that high quality food like this will probably keep all our dogs... including the youngsters Henry and Teddy, doing really well even longer. Especially with Willard's Water added to this already rosy (and mouth-watering!) picture! ●

Natural Health Products for Pets

We're often asked by pet owners what nutritional supplements and other natural products are appropriate for pets. There are quite a lot of them, actually. We can't recommend highly enough the book on this subject by the very well respected health writer C.J. Puotinen. It's entitled "Encyclopedia of Natural Pet Care" and is likely available at most bookstores, and certainly online at Amazon.com and other booksellers. It covers vast amounts of material and has been deeply appreciated by countless pet owners. She's an expert in this field. We are not.

But we can tell you about the items in our line that people often buy and give to their pets. There are others, I'm sure, that are sometimes used for pets, but these are the ones very commonly purchased by our customers for their pets:

- ◆ Willard's Water
- ◆ Colostrum
- ◆ Colloidal Silver
- ◆ Digestive Enzymes
- ◆ Glucosamine Chondroitin or Glucosamine MSM
- ◆ MSM
- ◆ Omega-3 Fish Oil or Flax Seed Oil
- ◆ Probiotic
- ◆ Valerian

Now that I've given you the list, I'll touch on the highlights at least of why they are often given to pets.

First, **Willard's Water**. We have a separate information page on giving Willard's Water to pets that usually goes out with any orders going to anyone we know to be a "pet person". We also have those details in our little shopper type newspaper called Dakota Dialogue. But since you likely don't have either of those items right at hand, let me just summarize very briefly.

If a dog, or cat, or other animal is sick, owners usually give them the same "mix" as people... the 1 oz of concentrate to a gallon of water formula.

If the animal is not sick, but just getting WW for the long-term health maintenance type reasons, then it's often mixed weaker than that... as weak as 2 or 3 teaspoons in a gallon of water. That can be the only type water your pet gets... there's no concern about overdose, etc. The list of reported benefits includes everything from very serious illnesses to simply a nicer coat, or help with hot spots, or wound healing, etc.

Dosages on the following items: Best option is to check with your vet, or if that's not an option for you, check online for your specific species of animal (dog, cat, horse, etc). If you don't have online access, ask

someone you know, or your local library. Or find answers in books on the subject. We aren't going into doses here because there is such wide variation depending on the size and type of animal involved it seems impossible to cover it adequately here. We CAN tell you that all the items listed here ARE commonly given to animals and as far as we know none of them are a problem for any animal.

Colostrum: often used when an animal is sick. Since it boosts the immune system that makes sense. Either the liquid or capsules will work... if capsules usually they are broken open and the contents mixed in with something your pet will readily eat or drink.

Colloidal Silver: again, used to help fight off infections of any kind... it even works on viruses. Usually also used only when they are sick, not routinely.

Digestive Enzymes or a Probiotic: Digestive enzymes are often suggested for pets who eat grass, since it can cause stomach upset in some pets...nothing wrong with eating a little grass but, if it upsets their stomach, enzymes are said to be of possible benefit. Probiotics are often given routinely for the same benefits these provide to people. Both of these items are often given to pets if they are on antibiotics to reduce some of the problems caused by the antibiotics wiping out the good bacteria in their digestive tracts. If not certain if your pet needs them, check with your natural vet if you have one... even mainstream vets sometimes recommend them.

Glucosamine Chondroitin or Glucosamine MSM: Generally used for animals with joint pain or stiffness, just like people. **MSM:** often used for pets with allergy problems, or joint pain or stiffness (if for this use, often the Glucosamine MSM combo is used).

Omega-3: Either the Fish Oil source or the Flax Seed source can be used. Besides the vast benefits reported for people, many vets (even mainstream vets) recommend Omega-3s for dogs for the benefit to the coats and skin, and for dogs dealing with allergies.

Valerian: this herb is often used by people to help them calm down without feeling "out of it" or drowsy. It seems to help dogs calm down too... whether simply nervous by nature, or afraid of thunder storms, or some particular situation, it is seen as a safe and natural way to help your pet relax when needed.

Always best to get expert guidance, but as we said, these items are used for pets and are considered safe and good for them. ●