

# POSSIBILITIES. ♦ ♦ ♦

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.willardswater.com ♦ Sept/Oct, 2006

## 8 Times Better Than Defibrillators

A new study confirmed “an ounce of prevention is worth a pound of cure”. The study found feeding people more omega-3 fatty acids could do more to save people from sudden death than placing automated external defibrillators (AEDs)—which are devices that are used to shock the heart back to normal—in homes and public places.

The study was done at the Heart Center at Regions Hospital in St. Paul, Minnesota. It measured the impact of omega-3 fatty acids and AEDs on a computer simulated population of 100,000 people who mimicked the population of Olmsted County, Minnesota, in 2000. The nutrient typically found in fish oil beat out AEDs in the lifesaving business, as well as beating out another device designed to keep the heart beating in people with heart problems: implanted cardioverter defibrillators (ICDs).

Results indicated omega-3 fatty acids would have eight times the impact of AEDs and double the impact of implant-

able defibrillators on reducing sudden deaths.

According to the study authors, sudden death due to cardiac disease affects half a million people every year, and for half of them, death is the first sign anything is wrong with their hearts.

While AEDs can save lives, the authors noted many things have to fall into place in order for that to happen—an AED has to be available, someone has to witness the heart attack, and then someone has to actually use the AED to shock the heart.

Eating more omega-3 fatty acids, either by consuming more fish or taking supplements, however, is something they said everyone can do on their own before the disaster of sudden death strikes.

The study was published in the *American Journal of Preventive Medicine*, published online August 29, 2006.

Editor: Our high quality omega-3 from fish oil is available in Item J-39 “EPA. For those with fish allergies, high

## Juices and Alzheimer's Risk

Three glasses of fruit or vegetable juice a week might be a way to reduce your risk of developing Alzheimer's disease.

A recent study found people who drank juice on a regular basis had about a 76% lower risk of developing the condition.

**76% less risk of developing Alzheimer's disease...**

The research was based on 1,836 people of Japanese descent living in the Seattle area who were tested for cognitive function every two years for up to a decade. Information on the diets of those involved was also collected.

The effect was said to be especially striking for people who carried a gene linked to the most common form of the disorder, late-onset Alzheimer's disease.

So, what in the juice would have the effect?

The researchers said since other studies have ruled out antioxidant vitamins like C, E, and beta-carotene in preventing Alzheimer's, they are wondering if another type of antioxidant might be responsible.

Polyphenols, which are also found in wine, have been linked to a delay in age-related cognitive problems in animal studies, and they've also been shown to extend maximum lifespan in these studies by nearly 60 percent.

The authors now plan to take their research to the next level by testing the blood of participants for polyphenols to see if levels are related to the development of cognitive problems like Alzheimer's.

The researchers said “Future studies are necessary to confirm our findings and to investigate how intake of different fruit and vegetable juices relate to the risk of Alzheimer's disease.”

The study was published in *The American Journal of Medicine*, 2006;

## Plant Pigments Could Save Eyesight

Colorful vegetables could do more for you than just make your dinner plate look more appealing. It's been found that a diet high in the plant pigments lutein and zeaxanthin, called carotenoids, may reduce the risk of developing age-related macular degeneration (AMD). Suzen M. Moeller, Ph.D., University of Wisconsin, Madison, and her associates in the Carotenoids in Age-Related Eye Disease Study (CAREDS) Research Study Group observed 1,787 women between the ages of 50 and 79 for an average of seven years. The women — all from Iowa, Wisconsin, or Oregon — completed a questionnaire at the start of the study regarding the nature of their diet 15 years before the study, gave blood samples and had their retinas photographed.

Researchers did not find a link between diets high in lutein and zeaxanthin and intermediate AMD in the study group as a whole. However, they did connect intake of the carotenoids and a lower risk of AMD in women younger than 75 with a steady intake of lutein and zeaxanthin, no past AMD and no previous chronic disease.

The carotenoids, which are found in corn, squash, broccoli, leafy green vegetables, peas and egg yolks, could reduce the risk of AMD in one of three ways: by absorbing blue light, increasing membrane strength, or by preventing free radicals from harming eye cells. Researchers say further study is needed to determine if it's the vegetables that are doing this, or if it's because women who eat these foods typically have a healthier overall diet. The study was published in *Archives of Ophthalmology* 2006;124. Editor: Our very popular “**Eye-Vite**”, Item No. J-115, has lutein and zeaxanthin & more. Re-orders of it tell us people feel it's beneficial for their eyes. ♦

## Vegetables May Stop Hardening Of The Arteries

Science has now found yet another reason your mother was right when she told you to eat your vegetables.

A recent study from Wake Forest University School of Medicine in Winston-Salem, N.C., found a diet high in vegetables may decrease the hardening of arteries.

Researchers looked at the effects of a 30% vegetable diet compared to a non-vegetable diet in a group of mice bred to quickly develop atherosclerosis, the formation of plaque on blood vessel walls that causes decreased blood flow.

The mice were fed the two diets for 16 weeks, and researchers approximated the degree of atherosclerosis by measuring cholesterol levels.

Researchers found the mice that ate the vegetable diet had 38% smaller plaques within their vessels than the control group.

“Although the pathways involved remain uncertain, the results indicate that a diet rich in green and yellow vegetables inhibits the development of hard-

**38% smaller plaques within their vessels... 37% decrease in an indicator of inflammation (connected to atherosclerosis development)...**

ening of the arteries and may reduce the risk of heart disease,” said head researcher Michael Adams, D.V.M.

Data also revealed the mice on the vegetable diet had a 37% decrease in an indicator of inflammation, which is connected to atherosclerosis development.

Adams noted, “While everyone knows that eating more vegetables is supposed to be good for you, no one had shown before that it can actually inhibit the development of atherosclerosis.” He added, “This suggests how a diet high in vegetables may help prevent heart attacks and strokes.”

The study was published in the *Journal of Nutrition*, 2006;136. Eat your veggies! ♣



## Keep Xylitol Sweetener Away From Pets ...

that's the word from the Animal Poison Control Center (APCC).

This newer alternative sweetener (comes from birch trees, corncobs, and sugar cane bagasse) which is said to be beneficial for people (for teeth, hormone levels, insulin stabilizing, and for promoting health for people), can cause serious and even life-threatening problems for pets, according to the APCC.

Xylitol is found in many foods labeled sugar-free, including hard candies, meal-replacement drinks, cookies, chewing gums, soft drinks and throat lozenges.

It was once thought that only very large amounts of Xylitol resulted in problems for animals. However, new data reveals smaller amounts can be just as toxic. Dogs ingesting significant amounts of items containing Xylitol can develop a sudden drop in blood pressure, resulting in depression, loss of coordination, and seizures. Signs can sometimes develop less than half an hour after ingestion.

According to veterinarian Erick Dunayer, V.M.D., toxicologist for the ASPCA Animal Poison Control Center, there appears to be a strong link between xylitol ingestions and the development of liver failure in dogs. He also says that with smaller concentrations of Xylitol, the onset of clinical signs could be delayed as much as 12 hours after ingestion. “Therefore, it is important to keep in mind that even if your pet does not develop signs right away, it does not mean that problems won't develop later on,” he says. Keep candy, gum, and any other foods containing Xylitol out of your dog's reach. If you suspect that your pet has ingested a product sweetened with Xylitol, call your veterinarian or the APCC's 24-hour emergency hotline, which is 888-426-4435.

Editor: We do carry Xylitol—Item No. J-118 and J-119. Keep items you make with this out of your pets' reach, even though as stated above, it is believed to be beneficial for people in various ways. ♣

## Trivia & Tidbits . . .

1. What future playwright was expelled from Princeton University by Woodrow Wilson when the U.S.-president-to-be was president of Princeton?
2. What was the name of General Robert E. Lee's favorite horse when he bought it and renamed it Traveller?
3. Who signed the army discharge for Major Clark Gable (famous actor) in 1944?
4. What breed was Sir Winston Churchill's favorite pet dog Rufus?
5. What is a white dwarf in astronomy?
6. How much did the average medieval suit of armor weigh?
7. If all water was drained from an average 160-lb man, what would he weigh?

AND THE ANSWER IS...

1. Eugene O'Neill, for throwing a bottle of beer through Wilson's office window.
2. Jeff Davis, ironic since Jefferson Davis was President of the Confederacy Lee served.
3. President-to-be Ronald Reagan, then a captain, and also a famous actor.
4. A poodle.
5. The dense, burned-out remains of a star, a stellar corpse.
6. Between 50 and 55 pounds.
7. 64 pounds.

## ON "THE WEB"!

[www.willardswater.com](http://www.willardswater.com)

(Note: "willardswater" is all one word, all lower case with an "s" between "willard" and "water"—that's how people usually ask for it!) *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

### Some Common Nutritional Products With Amazing Potential Benefits For Everyone

Sometimes the “coincidence” of things seems like a message. Such as the string of articles I ran across recently regarding various health type studies. I’ll just give you the headlines with the key item omitted:

**“Low Vitamin \_\_\_ Increases Your Chances of Being Admitted to a Nursing Home”**

**“Strong Link Between Kidney Cancer and Lack of \_\_\_\_\_”**

**“Vitamin \_\_\_ Cuts Pancreatic Cancer Risk”**

And these three were followed by an article by Dr. Mark Hyman who has written health articles for Parade Magazine and has published a number of books on health, that contained these two first paragraphs:

“What vitamin do we need in amounts up to 25 times higher than the government recommends for us to be healthy?”

**“What vitamin deficiency affects over half of the population, is almost never diagnosed, and has been linked to many cancers, high blood pressure, heart disease, diabetes, depression, fibromyalgia, chronic muscle pain, bone loss, and autoimmune diseases like multiple sclerosis?”**

So what is the vitamin that’s being discussed in all these places? Vitamin D. Vitamin D<sub>3</sub> to be exact, in all cases—even when it’s just referred to as vitamin D.

It seems between our societal evolution to spending less and less time outdoors in the sun, combined with the need to use sun-screens to block the harmful rays of the sun which can cause skin cancer, when we are actually out in the sun, a very significant number of us are deficient in Vitamin D. Historically, we’ve gotten the vast majority of the vitamin D we need from being in the sun. That’s just not happening any more.

Dr. Hyman’s article suggests that even 2,000 IU per day, which is the upper limit of what our government currently recommends, may not even be enough for our “sun-deprived population” as Dr. Hyman puts it. Dr. Hyman says that in “countries where sun exposure provides the equivalent of 10,000 IU a day... autoimmune diseases (like multi-

ple sclerosis, type 1 diabetes, inflammatory bowel disease, rheumatoid arthritis, and lupus) are uncommon”.

And, Dr. Hyman adds, there’s no reason to be concerned that levels that high could be toxic, saying a study of healthy young men receiving 10,000 IU of vitamin D for 20 weeks showed no toxicity.

Dr. Hyman also says he’s seen many patients with chronic muscle aches and pains and fibromyalgia who are vitamin D deficient. When these patients are “treated with vitamin D” their symptoms improve.

And, Dr. Hyman also says vitamin D “reduces cellular growth (which promotes cancer) and improves cell differentiation (which puts cells into an anti-cancer state). That makes vitamin D one of the most potent cancer inhibitors — and explains why vitamin D deficiency has been linked to colon, prostate, breast and ovarian cancer.”

Hyman goes on to say that vitamin D also actually regulates and controls genes, saying “It acts on a cellular docking station called a receptor that then sends messages to our genes. That’s how vitamin D controls so many different functions — from preventing cancer, reducing inflammation, boosting mood, easing muscle aches and fibromyalgia, and building bones.”

If you think you ought to try getting more vitamin D, we have great confidence in the high quality vitamin D<sub>3</sub> we offer from Daily Mfg. As we’ve often pointed out, we don’t believe there’s a more ethical or quality conscious manufacturer out there than the Daily firm.

It’s **Item No. J-24** on our order form, and it is a 1,000 IU capsule. It retails for just \$5.95 for a bottle of 100 capsules. Given what we’ve just discussed here, that would seem like quite a bargain, in my opinion. Again, that’s my layman’s opinion—remember, I’m no health expert of any kind.

Speaking of the amazing impact something so taken for granted, and seemingly simple as vitamin D can have on one’s health, reminds me of something else that my wife Kolleen brought to my attention recently.

She was looking over some information on a new product on the market that does look beneficial in many ways. It’s a liquid product that delivers lots of nutrients in just an ounce of that drink per day. The promotional material on it looked very intriguing,

but as Kolleen often does, she kept digging to get to the details. Those details listed the precise amount in milligrams and micrograms of each of the nutrients this drink contained. She then compared the list to our “Multi-Vim” product (Item No. J-56) which comes from Daily Mfg., just like our vitamin D<sub>3</sub> and most of our other supplements do. It turned out that in all but a very few of the ingredients, the Multi-Vim had more of each ingredient than the “new fangled, better than anything ever-before available in a single drink” product had. And in the case of the ingredients in which Multi-Vim had less, those ingredients were in a chelated form in the Multi-Vim which normally then reduces the amount taken, so that would seem to explain why the Multi-Vim had less of those ingredients.

Kolleen said she thought about making the comparison between the new product and Multi-Vim because she remembered a few years back a lady called in and talked to Kolleen, who was just raving about the improvements she and her husband had felt with “your product”. Kolleen assumed she must be talking about Willard Water, but she asked the customer anyway... and was amazed when the lady said she was talking about Multi-Vim. Guess we should NEVER overlook the importance of simply giving our bodies the key nutrients they need. It’s a wonder what can happen when we “feed” our bodies properly.

Even though Multi-Vim is a tablet, it dissolves so readily (a drop of water on it and it starts dissolving—try it yourself), we have no doubt it’s easily absorbed by most people’s bodies. There are, of course, still situations where a liquid may be even better for some people. So don’t dismiss the benefits of liquid products just because of this discussion.

I do think the “new product” we looked at has merit. We may even add it to our lineup. But this certainly was one more case of having our eyes opened to the benefits of a product we’ve just sort of come to take for granted. Good old “Multi-Vim” has been with us for so long, and we’ve had so many customers tell us how much more they think it’s done for them than the other multivitamin they’d been taking before finding Multi-Vim that we just expect it to be better than most. But we really need to tell people that. And the new product made that clear. ♦



POSSIBILITIES...from NUTRITION COALITION, INC.  
**For Real Willard Water & "No Nonsense Nutrition"**  
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It is used for address information in the mail version.



### *The Sign?*

"I had no time to deal with it then... fixing the clock I'd accidentally unplugged, which now, due to the power interruption, displayed the totally wrong time. It's a clock that projects the time on to the ceiling so it's nice when lying in bed at night—you don't have to turn over to see the time. But I couldn't get it corrected—I couldn't even find the way to change the wrong time it was showing, so I unplugged it and left it there.

"I had to get to the hospital since my uncle was asking for me and his condition was worsening. I stayed there all that night with him and the rest of the time until he passed away. During those final hours he talked a lot about a lot of things. Including whether or not we actually get to see those loved ones who have died before us when we get to heaven. He said he believed that but, ever the devil's advocate, he said maybe there really wasn't any real proof.

"After he drifted into sleep again, I mentally asked him to give me a sign when he got to heaven, if he found he did get together with his loved ones and could still communicate with us here. I asked him to make it something that I would immediately associate with him. I didn't speak these words to him, I just sort of tried to

do it by sort of sending my thoughts to him.

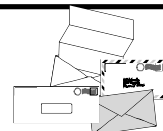
"After he'd passed away, and after his funeral, when I got back home and to some sort of normalcy, I went to retrieve that non-working clock, to take it to our son to have him try to reset the right time on it. To my astonishment when I picked it up, it was already showing the right time! I'd left it unplugged, but it did have batteries—however I'd tried for several minutes to set it, after I'd unplugged it and it just maintained a blank screen. I don't believe battery-backed-up clocks somehow reset themselves to the correct time, if they don't maintain the correct time during the power interruption, which was the case with this clock.

"No, somebody had obviously fixed it. But it wasn't me. Turned out not to be my husband. And it wasn't our son—he had not come by and fixed it, since I hadn't even had a chance to tell him about the problem... my uncle had been an avid clock collector—he quit counting how many at 220-something. He also made clocks. I think he did get my mental message that night. And I think he did send me a sign. Nobody else has to believe that, but I do." — *Name withheld by request* ♦

*(Editor: You're invited to send your own inspiring stories, for sharing.)*



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



### **Dogs Tear-Stained Faces & Yeast Infections in Their Ears**

— That's what "C.K." from Texas had been battling for years with her seven Maltese dogs. She called here just delighted one day, reporting that after those years of fighting those two problems, they were a thing of the past. After less than three weeks of Willard Water in their water, she has no more cleaning of the ears and no more tear stains from their running eyes to deal with. She was ecstatic and telling all her friends. She also said her entire family is now drinking Willard Water. And, she emphasized that she did not use the Willard Water topically on their tear-stained faces or in their ears—she just put it in their water at the normal one ounce of Willard Water concentrate to one gallon of water ratio.

### **One of Those Extremely Hard-to-Believe Reports**

— Since she has nothing to gain from making up such a thing, there's no reason to doubt her but this report is so amazing, we know it's hard to believe... "S.D." called in to say that she had been suffering from an **eye infection** for some time and the medication for it was not working. She then sprayed Real Willard Water into her eyes, and the next day the infection was gone!

Editor: We feel compelled to emphasize that nobody should expect such results as this. We have received a lot of reports over the years that have seemed as unbelievable as this and we normally don't even publish them because of that. But sometimes it doesn't feel "right" not sharing them when good-hearted people like "S.D." take the time to share them with us. ♦



# More Product Highlights & Updates from Charlie

## Reports on Acne, Arthritis, Digestive Problems, Pain, PMS, Migraines, & More; How WW May Work

My wife, Kolleen, and I were talking one night about a call from a customer telling us how much the Real Willard Water had helped his son's **acne**. We were talking, specifically, about the fact that we can't even remember how many times different people have told us that Willard Water has helped someone they know with their acne problem. Often it's been said to be a problem so severe "nothing had helped"—no matter how much money had been spent on doctors' visits, prescriptions, etc. To say nothing of the cost emotionally, and in the acne sufferer's self-esteem.

Kolleen said she often thinks we just don't tell people enough about how well Willard Water and Aqua Gel seem to work on acne. We don't know why. We know Willard Water seems to benefit a lot of skin problems. We don't know why it works on any of them. We just know we keep getting these reports over and over and over again... someone's child, grandchild, cousin, friend, whoever, has struggled with acne for a long time and finally, are somehow led to Willard Water and/or Aqua Gel and the problem is GREATLY improved.

Just a day or so after Kolleen and I were talking about this, another report came out on a study that found the side effects of the commonly-prescribed acne drug isotretinoin, commonly marketed as Accutane, may be worse than has previously been believed.

The report said patients taking accutane may have higher cholesterol and liver enzyme levels more often than previously thought.

The study done at the University of California, San Francisco, analyzed the frequency of abnormal lab tests in 13,772 acne patients who took the drug between 1995 and 2002. The study revealed participants on the drug are more at risk for higher triglyceride, to-

tal cholesterol and liver enzyme levels.

Among those who had normal blood tests before they took the drug, 44% developed high triglycerides, 31% developed high cholesterol, and 11% developed high liver enzymes while they were taking the drug.

The authors wrote that the abnormal levels only seemed to be present while the patient was taking Accutane. Many of the patients returned to normal or slightly elevated levels after stopping the Accutane treatment.

The study was published in *Archives of Dermatology*, 2006; 142:1016-1022.

After reading this, Kolleen and I both decided we really should try to make it clear that a lot of users have said Willard Water and Aqua Gel have worked on some pretty tough acne problems. We certainly don't know that it will work on every person's acne problem. But, we do know it won't anyone, so there would seem to be little risk in trying it. And think how great it is when it works!

Most people using it for acne, or any other skin problem, drink the Willard Water, and apply either the water or the Aqua Gel made from it to their problem areas. The Aqua Gel is nice because it doesn't run off or evaporate like WW applied in water form is bound to do. Aqua Gel can also be applied under make-up, which many girls like to do.

Let me emphasize, once more, Willard Water is not a treatment for acne. Nor has it ever been tested and proven to be an acne cure of any kind. We've just heard from so many people over all these years (since 1982) that it's helped some very tough acne problems, that we felt compelled to mention it once more.

We do know that Willard Water is very good at removing toxins and wastes from a person's body, and that it

helps to bring a lot of things into balance—perhaps those two characteristics have something to do with all those reports of acne improvements over the years. Whatever the mechanism, since Willard Water has never been found to be potentially harmful in any way, and countless people have reported benefits in reducing acne problems, it would seem there would be nothing to lose by trying it for that purpose.

While thinking about how often we've heard people say Willard Water helped with serious acne problems and deciding we should really make that potential use clear to those who might benefit from it, we started thinking about a few of the other extremely common reports we hear from Willard Water users. Like the way their:

- ◆ **arthritis** has improved,
- ◆ or their long-standing **digestive problems** of all kinds including both **constipation** and **diarrhea**—just becoming "regular",
- ◆ or their **respiratory problems**—**asthma, emphysema, chronic bronchitis**, etc.
- ◆ And **burns** healing far faster and better (no scars) than expected
- ◆ Also **sunburns**.
- ◆ And those who **sleep better**,
- ◆ and whose **cold hands and feet** aren't cold any more.
- ◆ And **migraine** sufferers who say their headaches grew less and less frequent and less and less severe, until finally they rarely have them any more at all
- ◆ **Back** and **neck pain** of various types and causes,
- ◆ And reports of **pain** of many kinds becoming less and less severe, and finally basically gone
- ◆ And **menstrual problems** being greatly reduced, including **PMS** and **cramps, irregular** periods, etc.
- ◆ Also **menopausal** symptoms greatly improving

I know there are many more common kinds of reports but these are the ones that come to me “off the top of my head”.

Again, we’re just lay people here—no expertise in health at all. We’re just telling you what we’ve observed and been told over the many years (since 1982) since we’ve been using Willard Water ourselves and then getting involved in the sale of it.

So don’t take any of this as a suggestion that you should diagnose and treat yourself. That is always foolish. If you have a problem, check it out with a health professional. But if you aren’t finding a solution, and Willard Water has been found by others to help the type of problem you’re dealing with, and since Willard Water can’t hurt anything, sometimes it just seems sensible to give it a try. That’s all I’m saying.

This reminds me of a report phoned in recently about a situation that had been going on for some time which was seemingly resolved by using our **Aqua Gel**. (Aqua Gel is simply Real Willard Water thickened into an easier-to-use-topically-gel with a little aloe vera and vitamin E added.)

“P.K.” from Arizona called in and said her husband had a **skin infection** on his back side (buttocks) that was a result of diabetes. His doctor had said it would never heal.

Well, P.K.’s husband had applied Aqua Gel four times a day for several weeks and it gradually got better and better... until the infection was gone. The infection that the doctor had said would never heal.

That’s the kind of situation I’m talking about—you’ve done what you should by getting proper medical attention and advice, and then you’ve tried something that “can’t hurt and maybe it will help”. In this case, it’s certainly fortunate they tried it, despite the “knowledge” that it could never heal.

And then there was the note from “G.H.”... she said:

“I would like to tell you that my 11 year old **cat has been terminally ill with a rare neurological disease** for several months. The vet sent him home with high-powered meds in January indicating no further need for monitoring. The seizures and atrophy in his hind

quarters grew more serious weekly. He required hourly administration of meds, so it has been impossible to get anyone other than myself to care for him.

“A friend of mine arranged for a car trip to Yellowstone, turning the back seat into a comfortable ‘house’ for the kitty so I could be with him. I was still worried about his stamina, so to prep him for our journey I started him on **colostrum** to strengthen his muscles and **Willard H<sub>2</sub>O** to detoxify and boost his oxygenation. I saw improvement in a week, so I continued the regimen for the 2 weeks away and he thrived! I intend to continue, as the quality of his life is very close to pre-diagnosis. While I don’t anticipate a cure, I’m delighted with his new comfort.

“Thank you for all your wonderful products and newsletters. You do make a difference in today’s world!”

Talk about a day brightener!

We’re always happy to hear such touching reports. And we certainly agree that even though Willard Water and colostrum aren’t at all likely to provide a “cure” for her precious cat, it’s sometimes just as important to simply provide that better quality of life, however long it may be.

Whenever we relay such amazing reports as these, I feel compelled to clarify that we don’t believe the Willard Water is doing all these different things—affecting a skin infection, and a neurological problem in a cat, for instance. We believe it’s the handful of unusual characteristics for water that this Willard Water has, that somehow explain what’s occurred in both of these cases, and all other reports of benefits from the Willard Water.

In that regard, I’m always reminded of how Dr. Willard (“Doc”) often pointed out that all the differences between diamonds and graphite (pencil lead) result from the rearrangement of their molecular structures, which is what causes them to have such different characteristics. They are both carbon. But with the change in the molecular arrangement, you get very different characteristics: diamonds are valuable and very hard, graphite is worth very little and is extremely soft.

Willard Water is water with its molecular structure changed. That’s what

it’s patented for... for the change in the water molecule’s arrangement that occurs when you add the Willard Water concentrate to other water. What you get is what we all refer to as “Willard Water” and the characteristics it has which are different from regular water pretty much explain all that anyone has ever said it’s done. Those unusual characteristics include:

- ◆ Improved absorption and assimilation of nutrients
- ◆ Improved elimination of wastes and toxins from the body
- ◆ Being an extremely good antioxidant
- ◆ Being extremely good at eliminating free radicals from the body (being a “free radical scavenger”)
- ◆ Reducing swelling and inflammation
- ◆ Raising the pH level to bring most people closer to neutral rather than remaining in the “too-acid” state many of us are
- ◆ Better hydrator of the cells of the body than regular water
- ◆ Benefiting the skin and hair, for whatever reason.

So there you have it. Doesn’t sound so amazing when you just list those characteristics. At least not until you really think them over, and then it “hits you”. If a hundred different people each had a different vitamin or mineral that their bodies weren’t very good at breaking down and absorbing, they’d each have a different health problem as a result... someone who doesn’t absorb vitamin C very well will bruise very easily, but if after Willard Water use they do absorb Vitamin C better, they may see far fewer black and blue marks on their body; the person who doesn’t absorb calcium very well may have a lot of leg cramps at night... if after Willard Water enters their lives they start absorbing calcium, they may have far fewer “Charlie horses” at night. But in these cases it was just the one characteristic of Willard Water that may have resulted in their improvements—just the increased absorption and assimilation of nutrients.

And we can go on from there about the rest of the list of its characteristics. Free Radicals cause a lot of health problems... if Willard Water helps get rid of them, it will appear to do a lot of different things just from that one of its characteristics. I think you get the picture. ◆

# New Organic Coffee...Of Course They're Fair Trade Certified, Organic, Shade Grown And Taste Scrumptious!

We told you recently we'd found a replacement organic coffee for the ones we were carrying—these have a more reliable delivery time and we actually like them better, taste-wise. Which is saying a LOT, given how much we, and our customers liked the other coffees. These seem even smoother.

Kolleen, who is the decaf-drinker here, was upset when she ended up with this new decaf coffee at home—she'd wanted whatever we had of the older decaf, because she was just sure the new one wouldn't be as good. WRONG! She actually found out she likes this one better—tastes even more like regular, non-decaf, coffee. We're EXCITED about these new coffees!

They are, of course, Organic, Fair Trade Certified Coffees. They are also “Shade Grown”.

Few of us here knew it, but coffees grown in the shade are, according to the researchers at the Smithsonian Migratory Bird Center, second only to undisturbed forests in their ability to support bird life. As few as half as many birds are crossing the Gulf of Mexico now compared to 20 years ago. Reduced bird counts in North America have been attributed to lost habitat and deforestation in Latin America. The simple truth is that Shade-grown coffee reverses this trend. So, when you buy these coffees, not only are you receiving the benefits of organically grown coffee for yourself, but you're also helping to give coffee farmers a living wage (that's what “Fair Trade Certified” means), and you're helping to reverse the trend of reduced birds in North America!

And you're getting a GREAT CUP of COFFEE to top it off!

These coffees are all “whole bean” — you have to grind them before you can make your coffee. But true coffee lovers feel that's the best way to get the freshest coffee and best taste. Each of these coffees are \$10.95 per pound. You can find them in the bottom section, on the back of our order form.

The descriptions as written by the roaster, our supplier:

**Colombian Dark Roast (Item No. PC-1)** — Nice balance between fruity, sweetness and rich chocolate.

**Ethiopian (Item No. PC-2)** — From a land of beginnings. A sense and suggestion of citrus. Fresh with an abundant aroma. A winery uplift.

**French Meadow Bakery Blend (Item No. PC-3)** — Known for its delicious organic breads and pastries, this blend is named after the popular French Meadow Café & Bakery located on Lyndale Avenue in south Minneapolis, Minnesota.

**Decaf Full City (Item No. PC-9)** — A lighter decaf to please your palate. Brews a smooth cup of seemingly regular coffee but without the caffeine and chemical free.

Like we said, we think these coffees will be even more popular than our previous ones!

