

# Possibilities

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## Raises Dementia or Alzheimer's Risk 53% - 125%

In the largest study of its kind to date on the link between deficiencies of this particular nutrient and various forms of **Dementia** and **Alzheimer's** disease, the researchers were surprised by the rather stunning results.

They expected to see a relationship but they didn't expect it to be as large as it was...

The study, which included 1,658 adults, aged 65 and older, followed for 6 years, found that those who were **moderately** deficient in this nutrient, had a **53% increased risk** of developing **any kind of dementia**, and those participants who were **severely** deficient had their risk of developing **any kind of dementia increase** by **125%**.

Results for the impact of this nutrient on the development of **Alzheimer's disease** were similar.

People with **moderate** deficiencies had an **increased risk of 69%** of developing **Alzheimer's**, and those with a **severe** deficiency had their risk of developing **Alzheimer's increase by 122%**.

What's the nutrient?

Good old **Vitamin D**.

And, the latest news on Vitamin D includes new evidence suggesting it may also:

- possibly **reduce Breast Cancer risk by 90%**
- possibly **Double the chance of surviving breast cancer**
- **decrease risk of ALL cancers by 77% at just moderate levels of Vitamin D**
- **lower LDL Cholesterol**
- help prevent **Autism**
- help the body to **better absorb calcium**, and

- improve part of the **immune system**

The study discussed here on dementia and Alzheimer's was published in the journal *Neurology*, the medical journal of the American Academy of Neurology.

Vitamin D comes from three main sources:

- ♦ **Exposure of skin to sunlight**
- ♦ **Foods such as oily fish**
- ♦ **Supplements**

With regard to the first source... exposure of skin to sunlight, it's important to note that **older people's skin can be less efficient at converting sunlight into Vitamin D**, making them more likely to be deficient and therefore reliant on other sources of Vitamin D.

Also in many countries **the amount of UVB radiation in winter is too low to allow Vitamin D production**. In those areas it's not just the older people who need to rely on foods like oil fish and supplements to get their necessary Vitamin D — it's everyone.

A study of menopausal women who were given enough Vitamin D to raise their serum levels to 40 ng/ml found that even that moderate level of Vitamin D resulted in a **77% reduction in the incidence of all cancers**, across the board, after just four years, in the women in the study.

Researchers found it remarkable not just because it was such a large reduction in risk, but that it occurred at such a modest level of just 40 ng/ml. The latest information suggests the "sweet spot" for Vitamin D is 50 to 70 ng/ml. The researchers said to have such stunning findings at just 40 ng/ml **underscores just how powerful and important Vitamin D is to your body's optimal functioning**.

Carole Baggerly, a researcher of Vitamin D has said that based on what she has seen she believes **90% of ordinary breast cancer is related to Vitamin D deficiency**. Baggerly added that Vitamin D deficiency is "100% preventable".

Vitamin D has also been found to:

- ♦ **reduce the risk of preterm birth by Half**, as well as to
- ♦ **lower the risk of having a low birth weight baby** and
- ♦ **lower the risks of having a C-section**.

The findings just mentioned regarding pregnancy and Vitamin D were reported by researchers Carol Wagner and Bruce Hollis. They gave 4,000 IUs (daily) of Vitamin D-3 to a group of pregnant women and saw the results highlighted above. The researchers noted that **an astonishing 80% of all pregnant women are deficient in Vitamin D**.

Our perception is the same as many experts report regarding Vitamin D, specifically Vitamin D-3... it seems as if new research comes out every week, if not every day, on the critical functions of Vitamin D in our bodies.

We have written a lot about Vitamin D-3 and the essential role it plays in everyone's health. At times we feel we may be "overdoing it"... but then we see reports like these, and we realize we can't overdue it. And, at the risk of overdoing yet another point...

**Willard's Water will help your body absorb and assimilate any and all nutrients you take in by a very significant amount. Poor nutrient absorption** is one of the many reasons so many people are deficient in nutrients they believe they are getting. If the body doesn't absorb them, taking them in is "for naught"...even those people can see results with regular Willard's Water use per experts in the field. ♦

## Avoid Shipping Delays Even to Warm Climates

Fall has arrived. Winter will follow. Picturesque and wonderful as winter is, it does provide some challenges. One of the challenges of winter's cold temperatures is that **liquids can freeze**, break their containers, and spill the contents.

That doesn't happen often, but, because the colder it gets, the higher the risk, if the weather gets too cold where you are, where we are, or any area along the route to the delivery location, we sometimes have to delay shipping liquids in winter.

The 3 products most effected by this are: **Willard's Water Alpha-Whey III Liquid Colostrum, and Colloidal Silver.**

Freezing doesn't hurt any of the products, it's just the fact that containers can break. As far as **Willard's Water** goes, it's usually the gallon size that has the most problems from cold temps, so if there is going to be any delay on WW it will likely be on the gallons.

But many people depend on a couple other liquids -- **Alpha-Whey III Liquid Colostrum** and **Colloidal Silver** -- to get through cold and flu season, as well as for auto-immune issues and much more, so they stock up at this time of year.

We can always ship at some point, but normal winters usually bring a number of times when we have to wait a few days to ship some of these items. So, try not to run too close to "out" before re-ordering during the winter, and be as well-stocked as possible before winter. ♦

## Virus's & Bacteria's Enemy

This product has been said to help people get over or avoid colds, the flu, and nearly any bacterial or viral infection you can think of (not Ebola — don't think we've ever heard that one). It's harmless. It's been used for centuries, and to this day has mainstream uses. We're talking about Colloidal Silver.

Silver has "mainstream" uses for its bacteria-fighting properties. According to Dr. Mercola's web site, colloidal silver is still **used in hospitals to treat wounds and burns**, and is even in use in the form of a silver bandage line from Curad.

We checked on the Curad bandages and this is part of what Curad said in introducing its silver line of bandages, **"Silver solutions are applied to newborn babies' eyes to prevent common eye infections after birth and they are applied topically in creams and dressings to help heal burns** in the hospital setting. Now it is available in stores for at-home use with the introduction of new Curad ® Silver, a line of first aid products that use silver in the wound pad to protect minor cuts, scrapes and burns..."

Curad went on to quote Philip M. Tierno, Ph.D., Director of Clinical Microbiology and Immunology at New York University Medical Center and author of *The Secret Life of Germs* (Atria Books 2004), **"It (silver) fights germs with much less fear of developing antibiotic resistance."**

In fact, the U.S. Government agency that regulated such things before the current Food & Drug Administration (FDA) came into being, had acknowledged the

silver was **effective against over 600 disease organisms, including viral infections**. Most antibiotics are said to be effective against only about 6 different types. As we know, mainstream medicine has found little or nothing to this day that effectively fights viral infections, but silver does.

In our opinion the "controversy" over Colloidal Silver (silver in extremely small particles, hence called "colloidal" meaning small, but silver nonetheless) has been created by people or entities who may have a vested interest in thwarting its use instead of antibiotics, etc.. What they "warn" people about is that your skin may turn blue if you use Colloidal Silver. There WAS a man who turned blue back in 2008... he took the equivalent of **6,528 TIMES the recommended amount** of colloidal silver for years. His skin turned blue, but he had no other negative side effects and he said it benefited him in reducing his problems with arthritis, acid reflux, and more.

He passed away in September of 2013, but no connection to his colloidal silver use was ever reported, and he believed in its benefits the rest of his life.

We'd bet 6,528 Times the recommended dose of any Rx medicine, or something as safe as water, would be far more debilitating than bluish skin.

Nipping viral & bacterial infections in the bud will keep us silver fans using it even if we can't take 6,528 times too much without the skin thing! ♦



## Trivia & Tidbits . . .

1. Who is stenophobia?
2. What animal always gives birth to identical quadruplets?
3. What is the largest rodent in North America?
4. The giant panda is a member of the bear family? To what family does the much smaller red panda belong?
5. Which is larger — a crocodile's egg or a duck's egg?
6. How many hairs does the average human scalp contain?
7. How many bones are there in the human wrist?
8. How many eggs at a time do the most productive starfish release ?

**AND THE ANSWER IS...**

1. The fear of narrow places.
2. The nine-banded armadillo — the only armadillo native to the U.S.
3. The beaver; the porcupine is second.
4. The raccoon family.
5. They are about the same size — three inches long.
6. Between 120,000 and 150,000 (we wonder who counted?).
7. Eight.
8. Up to 2.5 million.

### ON "THE WEB"!

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

Or

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

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# PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

## One Item Many People Say is Their First & Best Ally in Their Health Routines

Why do so many people say that **THE first and best ally in their healthy choices**, is **Willard's Water**?

Maybe because **Willard's Water** is **one item that gives them all these benefits**:

1. **Permanently Raises the pH** of the water they add it to. Unlike every other product we're aware of, Willard's Water does not lose its alkalinity in hours or days, but is permanently raised. And when you regularly drink it, it helps raise your body to a healthier, more alkaline, or less acidic, state.

2. **Increases the benefits of nutritional supplements and foods** taken in, because it increases very significantly one's body's absorption and assimilation of those nutrients into the body's cells.

3. **Improves digestion, regularity, and elimination of toxins and wastes** from your body.

4. It's a fantastic **Free Radical Scavenger**, eliminating those damaging free radicals from your body. So whatever benefits you've heard of associated with getting rid of Free Radicals would seem to apply to Willard's Water, as well.

5. Willard's Water is also a great **Anti-oxidant**, and would offer the same kinds of benefits of other antioxidants such as Vitamin E, Vitamin C, etc. etc.

6. It **reduces inflammation**, which may be why so many people with **arthritis** get relief and see their swollen knuckles, for instance, reduce in size. Reduced inflammation may also have a role in the benefits people with **asthma, sinus problems, injuries** of various kinds, etc, often report.

7. It **improves hydration** more than regular water does. **Veterinarians have reported** animals so sick they were "off

water" (refusing it) and seriously dehydrated, becoming **hydrated much faster** than they should have for the amount of Willard's Water they voluntarily drank when they wouldn't drink other water at all

**Bodybuilders** have also said when they drink Willard's Water before working out **have not dehydrated** as much as they usually do from the same workout.

And women who have sprayed it on their faces have found the increased hydration to apparently **reduce wrinkling** and **other signs of aging**.

8. **Willard's Water benefits the skin** and skin problems. **Acne, eczema, psoriasis, rashes, etc.** have all been reported to improve remarkably with the topical application of the Willard's Water and/or our Willard's Water-based gel known as **Aqua Gel**.

Even more surprising to many people has been the improvement others noticed in their complexions when they were simply drinking the Willard's Water without any topical applications — often they were told their **"color was better; or they had such a healthy glow"**

A few of the other items many find essential to their health routines include:

**Aqua Gel** for:

- all kinds of **"owies"**,
- **sore muscles**,
- **insect bites**,
- **sunburns**, and as the best-thing-they-ever-found for **Acne & other skin problems**. Yes, **Acne**. We've had countless reports through the years of Aqua Gel helping to clear up acne when all the prescription and over-the-counter items failed. So if you know someone dealing with acne who hasn't found the help they're looking for, you might want

to tell them about the amazing reports on Aqua Gel and acne.

**Chinota Gel** for **more severe or more chronic** types of pain such as:

- **Arthritis**
- **Severe muscle pain, cramps or spasms**,
- **Fibromyalgia**
- **Carpal Tunnel Syndrome**
- **Etc.**

**Colostrum** for:

- **Boosting one's immune system**
- **Providing antibodies to infections**

The combination of these two benefits have resulted in people reporting improvements in terms of greatly reduced numbers of **colds and flu bouts** people have had compared to their prior "normal levels", along with benefits for all kinds of other problems.

**Various High Quality Supplements**:

- to help their **bodies and minds function at top level**
- with **specific kinds of support from specific supplements**

As noted previously, any supplements you take and any of the nutrients in foods you eat, do you significantly greater good if you are also drinking **Willard's Water** on a daily basis. That's because the Willard's Water significantly **increases the percentage of nutrients your body actually absorbs and assimilates**.

So if you take supplements, or if you eat foods (!), your body will probably thank you if you give it some Willard's Water in addition to the nutrients you take in.

Does WW being seen as a 1st & best ally for health make sense now? 💧



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### They Said He Didn't Know He Was Dying... So Why The Benediction?

They never told my grandfather he had cancer. Much less that it was in his lungs, pancreas, and liver. He never asked, and his doctors assumed that meant he didn't know his condition was critical. I've always believed it simply meant he *did* know, and he didn't think there was anything to discuss.

He'd know he was ready. He'd have no fear of death. I knew that. He was a retired Lutheran minister. Retired from the ministry long before he wanted to, because (in the 1930's) his pastor's salary wouldn't let him feed his wife and 6 children.

But even after he was no longer an active minister, he was the one who filled in for the vacationing minister at our church, who helped when an extra pastor was needed, and who apparently "ministered" to many people in our small town who didn't go to church, or have a minister of their own.

After he passed away, many people told us he was a real "man of God". He was the one who never failed to say grace even over his afternoon coffee in the little restaurant where he and so many others were "regulars". And all those people said he demonstrated his faith in such a way that it never made them

uncomfortable...in fact, it made them want to participate like they'd never wanted to before. It seemed to me that ability was a gift from God, for sure.

Like I said, everyone thought he didn't know what was happening. But there was no doubt that at least at the very end, he knew. That afternoon, after days of being "basically comatose", without any verbal responses from him, he suddenly opened his eyes and looked across to my Grandmother who was there as she had been every day, all day.

He started reciting the Lord's Prayer and motioned for her. She stood by his bed and held his hand as they prayed it together.

Then, as he made the sign of the cross, he said, "In the name of the Father, and of the Son, and of the Holy Ghost, May God be with you and give you peace". He closed his eyes and was gone.

All who knew him felt it was very appropriate that his life ended as he'd lived it...with that prayer, and Benediction. I think it also was a gift from God to let us see him go that way...as a reminder that Grandpa was still going with God. ♦

*Reprinted from earlier issue. Editor's Note: You are invited to send your own "unexplained help/fork-in-the-road/inspirational stories" for sharing in this column, anonymously, if you choose.*



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



### Bleeding Rash Defied Treatment

**Until...** — "S.D." told us she had such a rash on her legs it was bleeding. She had seen the doctor, and had "tried everything" and nothing helped. Her husband looked at it at its worst and said "How are you going to live with that?". S.D. told him "Not long". After that she decided to try our **Willard's Water Aqua Gel** on it. She put one application on, and the next day it was already half healed. The amazement and relief was evident in her voice when she called to tell us. We added this to our mental list of amazing reports from people who have used **Willard's Water** and/or our **Willard's Water Aqua Gel** on all kinds of **rashes, dermatitis**, and "**skin problems that defied diagnosis**", to say nothing of all the people with **acne, eczema, psoriasis, poison ivy, Shingles**, and more that have also sung the praises of **WW** and **WW Aqua Gel**.

**Yellow Jackets, Mosquitoes, & More** — "S.S." called in to order and said she had to tell us about her husband's experience with our Willard's Water Aqua Gel. He was stung by four or 5 yellow jackets at once, and she said she flew into action quickly and applied our Aqua Gel to those bites. She said it was amazing how fast her husband had no more pain... "nothing, not even any redness".

S.S. told us she's also learned from experience that it works like crazy on mosquito bites too. She says it just was amazing to see not just how well it worked but how fast it worked.

Again, we've heard similar reports before... from **bee stings** to **spider bites** (even **brown recluse spiders**) and **fire ant bites**. . . along with providing relief to the **sunburns, WW** and **WW Aqua Gel** just seem to spread a lot of relief on a lot of different problems. One lady once told us she "didn't think anyone should go outside without having Aqua Gel real handy". We'd guess a lot of folks would agree with her! ♦



## PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

### New Willard's Water Lotion! New Willard's Water Soap! Both with Goat's Milk & More!

#### Fantastic News!

We now have a new Willard's Water Lotion... **Ultimate Willard's Water Lotion with Goat's Milk**, and a new Willard's Water Soap.... **Ultimate Willard's Water Soap with Goat's Milk!**

To understand why we're so excited about these products, you really need to experience them. But, since you don't have any yet (this being the first moment you've even heard they exist!), we'll give you some details on them so you can begin to grasp why they're so exciting.

Before getting into those details, we can also tell you that people who have tried the lotion have loved how smooth it is with no greasiness to it, and no fragrance but also no "hospital like" or "cleaner chemicals" type smell either. And, they love how it seems to instantly soften the skin.

If you're reading this, you're probably aware of **Ultimate Willard's Water's** (UWW's) legendarily **positive impact on skin**. Well, imagine that legendary-for-the-skin UWW, combined with Goat's Milk, and some other amazing items, and you may get an inkling of how great this is. We're going to detail some of the ingredients in the Lotion to give you that "glimpse" of the goodness of this product.

First, there's nothing harmful in it. Even eating it wouldn't hurt a person. Though as always tell children not to eat lotions, soaps, etc. — especially since many of them could be harmful.

Reported **benefits of Goat's Milk for skin** include:

◆ **Delaying signs of skin aging** due to its high alpha-hydroxy acids levels such as lactic acid. Alpha-hydroxy acids

break down dead skin cells, and leave new cells in their place making skin appear smoother and more youthful.

◆ **It's Not a chemical counterfeit:**

Many (maybe most) soaps available in mainstream markets use harsh chemicals to **break down dead skin cells**. Alpha hydroxyl acids found in goat's milk work with skin instead of breaking it down and aging it further. Dr. Willard said that WW also broke down and removed dead skin cells which was what he believed was the reason many people said it made skin younger-looking.

◆ **Anti-inflammatory properties:**

Goat's milk reduces skin inflammation due to its fat molecule content. The cream in goat's milk is a moisturizer, soothing dry and damaged skin with its anti-inflammatory effect. Willard's Water also is anti-inflammatory so that's another double benefit in this item.

◆ **Loaded with essentials:** Goat's milk is packed full of essential nutrients and vitamins like vitamin D, C, B1, B6, B12, and E, that feed the skin and are absorbed into the body. Ultimate Dark Willard's Water is known for the great boost it gives to the body's absorption of nutrients.

◆ **Treats acne:** Studies show goat's milk is effective for treating acne and skin conditions. This is primarily because goat's milk has anti-bacterial properties that delay the growth of microbial organisms that spur the spread of acne.

This lotion also has **Meadowfoam** in it. Meadowfoam got its name due to its resemblance, when blooming, to the white foam on the ocean's whitecaps. It's native to northern California, southern Oregon, Vancouver Island, and British Columbia.

**What are the relevant benefits of Meadowfoam to this lotion?**

It has amazing **moisturizing and rejuvenating capabilities**, and is very stable. When applied to the skin, it forms a moisture barrier that helps to **prevent moisture loss**. When in lotions, it **re-moisturizes dry or cracked skin**.

Another ingredient in Ultimate WW Lotion with Goat's Milk is **organic soybean oil**. This oil is a rich source of linoleic acid, which is a type of omega-6 fatty acid. Soybean oil is high in mono-unsaturated fat and polyunsaturated fat. It is also a cholesterol free oil.

Soybean oil or soy oil contains vitamins such as B vitamins, Vitamin E and Vitamin K. In addition, soy oil is a great source of linolenic acid. Linoleic and linolenic acids help the body to **absorb nutrients**. Ferulic acid in soybean oil plays important roles in skin health.

#### **Benefits of Soy Oil for Skin Care: Mosquito Repellent/Sunscreen**

- One of the major benefits of soy oil is that it's very good for **protecting skin from UV rays** and is a very effective oil for treating skin damage from strong sun &/or **air pollution**, and gives skin back a healthy glow.

- Strong **antioxidant properties** of soy oil from the vitamins it contains are great for improving skin health. These antioxidant properties help to **protect skin cells from free radical damage** and keep the skin healthy and young. Soy oil is an effective anti-wrinkle and anti-aging oil. Willard's Water is also an antioxidant, so this product has those benefits from both WW & soy oil.

- Organic soybean oil is a useful oil for **moisturizing the skin**. Vitamin E in soybean oil keeps skin smooth and healthy.

- Caution: **apply only pure or organic soy oil** (not commercially made soy oil) (Continued on Other Side)

## New WW Products (Continued)

on face as facial moisturizer. Organic soy oil is mild and doesn't cause any skin irritation.

- Soy oil is very effective at **removing skin blemishes including acne**. Ultimate Willard's Water is also widely known for its amazing benefits in the fight against acne.

- **Mosquitoes don't like soy oil** and are reported to stay away from it. One woman who was having a terrible time with this season's mosquitoes and seemed to be covered in bites, said when she began using this lotion, she's had no more bites!

Whether it will do that for most people we don't know, but it's very nice to know that unlike many skin products it doesn't attract mosquitoes and may ward them off..

### Ingredients in Ultimate Willard's Water Lotion with Goat's Milk:

Ultimate Dark Willard's Water in distilled water, Goat's Milk, Aloe Vera, Sunflower Oil, Jojoba Oil, Meadowfoam Oil, stearic acid, soya oil, cetyl alcohol, emulsifying wax, veg. glycerine, palmitic acid, tocopherol, potassium sorbate, vitamin C, citric acid, Germall Plus.

Now, about our New Soap....

### Ultimate Willard's Water Goat's Milk Soap!

Again, you have to experience this to really know how great it is, but taking a look at its ingredients can start you on the road to appreciating it.

The ingredients are: Ultimate Dark Willard's Water, Olive Oil, Coconut Oil, Goat's Milk, Dead Sea Mud, Glycerin, titanium dioxide\*, & Honeysuckle Fragrance Oil. (\*very safe form of titanium dioxide, not milled) .

Yes, this new soap also has the **Dead Sea Mud** in it like our WW Dead Sea Mud Soap, so it has the **exfoliating of dead skin cells**, and the **calming-of-irritated skin from eczema etc** of "the Mud" and also the benefits of the Goat's Milk, the Ultimate Dark Willard's Water and all the rest of its great healthy ingredients.

If you're keeping track, this brings our types of Willard's Water Soaps to three.

The **Very Natural Willard's Water Soap** was our first and is a fabulously popular item. People often say it leaves them feeling fresher and cleaner far longer than normal soap does.

The **Ultimate Willard's Water Dead Sea Soap & Bath Bar** is also exceedingly popular. The main difference between it and the Very Natural WW Soap is the Dead Sea Mud which gives the soap the extra exfoliating properties of the Dead Sea Mud, along with that mud's calming effect on sore and irritated skin from problems like eczema, etc.

And our new **Ultimate Willard's Water Goat's Milk Soap** has all the benefits of both of the other bars.

One tip: the Willard's Water Soaps have been a big hit as Christmas gifts for the last few years, so you may want to give that some thought for your Stocking Stuffers and gifts with lower dollar limits imposed.

We can tell you that many people have said the recipients have been truly grateful once they try the soap... and people always say these soaps are worth far more than the price suggests... some even call these priceless!

Given what's NOT in these soaps or our new lotion, we can understand people who have chemical sensitivities feeling that they are priceless. It's hard to find Chemical-free soaps that are as effective as these are. And most people say these soaps seem better than other soaps... leaving their skin feeling cleaner than after using any other soap.

Plus, these have the added benefits of the Ultimate Dark Willard's Water, and all the other wonderful natural ingredients in each of them.

The only caution on these soaps is that once people use them they usually don't want to go back to their old soaps. So get ready for a pleasant and healthful lifestyle change. Those who have tried our new lotion, say it happens with it, too! ♦

## Willard Water's Skin Benefits...

Improving people's skin and complexions, as well as improving animals' coats, are a couple of the most common reports we get on Willard's Water.

Why it helps everything from **acne, to eczema, psoriasis, diaper rash, age spots, unknown rashes**, all the way to seemingly **reduce fine lines and wrinkles**, and more, we don't know.

Way back in the 1980's Dr. Willard told us he suspected its ability to break nutrients down for greater absorption and toxins for better elimination, might have something to do with its skin benefits as well. Especially regarding the widely reported "younger looking skin" benefits. Doc pointed out that as we age, our bodies aren't as good at getting rid of the dead skin cells, but from what he'd seen, he believed the WW was great at doing that, and leaving much younger looking skin behind. Technically that's called **exfoliating**. WW is great at that it seems.

But even people who don't use it topically report getting compliments on how nice their complexions look, and that they're "looking younger". We have to think that's related to the other better known benefits of improving nutrient absorption, eliminating toxins, and getting rid of free radicals. That's our best guess anyway. And that may apply to the improvement in animals' coats, too.

And there aren't many reports that make us feel better than finding out some young person's life has gone from "tortured" to happy, because they no longer feel self-conscious about their complexions. Their acne that defied all treatments from the dermatologist and cosmetologist disappeared with WW and Aqua Gel used topically, along with drinking the WW... the most dramatic results on skin always occur when the person drinks it as well as applying it or the gel topically. ♦