

Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.WillardWater.com ♦ Sept/Oct, 2015

It's Not a Weight Loss Supplement but Nature Provides It & It Kills Cravings, Burns Fat & Reduces Anxiety

What is it? Quite likely something you haven't heard of in any diet or weight loss discussion. That's because it's only recently been discovered to have some pretty nice benefits for those struggling to lose weight.

It's an amino acid called 5-hydroxytryptophan (5-HTP, for short, thank goodness). It's been long recognized as being highly effective in easing anxiety and depression. However, over the last decade studies have been conducted and are now being reported more widely that found it may provide valuable help as a weight loss tool as well.

Most of the compelling research on 5-HTP and weight loss has been conducted in Italy.

In the first study to come out of Italy, researchers there ran a double-blind, placebo-controlled study on 19 women classified as obese. Half the subjects in that study were given 5-HTP (8 mg/kg/day) for five weeks, while the control group's participants were given a placebo. There were no diet restrictions given in this study.

At the end of the study, it was found that those taking the 5-HTP had a statistically greater weight loss than the control group. They also took in significantly fewer calories and carbohydrates than the control group who were given the placebo.

In short, the 5-HTP participants ate less starchy, sugary, items, and less food overall than the placebo group did.

The same researchers then did a second study to see if calorie restrictions would have any impact on the results. This was also a double-blind, placebo-controlled study. The researchers randomly assigned the participants to either take 5-HTP or a placebo for two 6-week periods. There were no dietary restrictions during the first 6-week period.

During the second 6-week period, a 1,200 calorie diet was recommended, and carbohydrate-rich snacks were prohibited. The results? Patients taking 5-HTP lost an average of 4.39 pounds during the first 6 weeks, and 11.63 pounds during the second six weeks. Patients taking the placebo lost only 0.62 pounds during the first 6 weeks, and 1.87 pound during the second 6 week period. Quite an impressive difference in pounds lost per group, wouldn't you say?

Researchers concluded that 5-HTP can help with appetite control for overweight women following a weight loss program.

Even with the small numbers of participants in the studies, it would be hard to argue that there wasn't benefit in the use of 5-HTP in helping to control appetite when used as part of a weight loss program.

Even though 5-HTP won't make calories vanish from whatever you eat it does seem that it may make it easier to turn down those foods in the first place.

How could it do that? Researchers believe it has to do with 5-HTP's ability to increase serotonin levels in the brain.

The serotonin in your brain often seems to dampen many behaviors, as a result of its inhibiting the firing of neurons in the brain. Some say you could think of 5-HTP as a sort of chemical restraint system.

When there is a serotonin deficiency, binge eating, irritability, and anxiety may result. Also, serotonin deficiency is associated with the brain's perception of starvation and hunger.

Serotonin is produced in the brain from the essential amino acid tryptophan and 5-HTP which is made from tryptophan. If your diet is lacking in tryptophan (needed for your body to produce 5-HTP), your

brain thinks it's starving.

Supplementing your diet with a 5-HTP supplement may help you to overcome serotonin deficiency, which may, in turn, help to ease overeating and help to curb one's appetite.

If you decide to try adding 5-HTP to your weight loss efforts, keep your expectations in check — unrealistic expectations can lead to disappointment which can translate into frustration and an "it's no use" attitude, which could reduce your sticking to the plan, and thereby undermine any possible help the 5-HTP, or your plan, can give you.

It's true the 5-HTP can help reduce cravings and control your appetite, but it's not a magic wand. You still need to follow a reasonable plan.

The suggested dose of 5-HTP for this use is 50 to 100 mg twice a day, taken 20 to 30 minutes before a meal. It's also suggested that you take Vitamin B-6 to ensure the conversion of 5-HTP to serotonin.

The suggested B-6 dose is 50-100 mg. If you notice any side effects such as nausea, simply reduce your dosage for the first few weeks. We wouldn't expect that to be a common occurrence, but should it occur, just reduce your dose. And, as always, before starting on any weight loss plan, consult your health care provider for any insight or suggestions they have for you specifically on such a plan.

Our **5-HTP is Item No. J-101**. Our very popular **Activated Vitamin B-6 is Item No. J-1**—found by countless people to work better than ordinary B-6 supplements.

Remember to boost the absorption and effectiveness of these & all supplements you take, as well as the nutrients in the food you eat, with Willard's Water...get all you can out of all of them! ♦

Four Nutritional Deficiencies that Definitely Cannot Be Solved Just By Eating the Right Foods

You often hear some mainstream doctors argue that if you “eat a balanced diet” you will get all the nutrition you need, without any supplements. Most natural health doctors disagree with that. The problem is that many of the nutrients people used to get from their food aren’t in there any more... if the nutrients are no longer in the soil, they are no longer in the food either. There are other reasons too, but that’s for another article on another day. For now, our focus is on four very critical nutrients that you cannot get enough of from food to overcome any deficiency of them. They are:

Vitamin K-2 — Experts say this one “isn’t even on most people’s radar” but it is critical for your **bones and heart**, besides the other ways it benefits you which are mentioned in the article on page 6 (the back side of the insert page) in this issue.

People with the lowest blood levels of K-2 had a **57% greater risk of dying from heart disease** than those with the highest levels, according to researched published in The Journal of Nutrition. Those with low K-2 levels also run a **higher risk of osteoporosis and bone fractures**.

K-2 is found in meat, eggs and dairy. However, to get enough K-2 for heart and bone protection from animal sources you would need to eat at least 8 pounds of beef, a gallon of milk, eight egg yolks, and a gallon of yogurt! (The article that noted this didn’t indicate if that’s what would be need per day,

but since that’s how such needs are usually stated, we would assume so — our only question due to the huge amounts.) The only good non-animal sources of K-2 are fermented soybeans found in tamari, miso and natto — none of which are eaten regularly by most Americans.

The best and longest acting form of K-2 is MK-7. (See article on page 6.) Our quality **MK-7 is Item No. J-121**.

CoEnzyme Q-10 (CoQ10) — This helps the body make the main energy source for cellular activity. Modern life steals Q-10 from your body... if you take a cholesterol-lowering drug (a statin), or if you’re exposed to air pollution (who isn’t?), or if you have a chronic disease, your CoQ10 is likely reduced and in short supply. Low levels of CoQ10 in the body have been linked to **heart disease, Parkinson’s Disease, Type 2 Diabetes, Male Infertility, & Fibromyalgia**.

CoQ10 is found in broccoli, nuts, beef and fatty fish, but only in small amounts.

Our high quality Co-Q-10 is available in **Item Nos. J-13 and J-23**, plus it’s in our powerhouse **Ener-Cell — Item J-135** which contains CoQ10, Curcumin, Alpha Lipoic Acid, and L-Carnitine.

Omega-3 — Chronic, low-grade inflammation is an underlying factor in many chronic health problems, including **heart disease, Type 2 Diabetes, Arthritis, Cancer, and**

Alzheimer’s Disease. And as you know, Omega-3’s have been linked to many more health issues.

Omega-3 Essential Fatty Acids are found in fatty fish such as salmon, mackerel and tuna, and in oil-rich plant foods such as walnuts and flaxseeds. But getting enough Omega-3 from these foods is very difficult. Our high quality Omega-3 supplements are our **Fish Oil Omega-3 Capsules, Items J-391 & J-392**, and our **Flaxseed Capsules, Item J-77**.

Magnesium — Eight out of 10 Americans are said to be chronically deficient in this critical nutrient. Some of the health problems said to be caused or contributed to by this deficiency include: **heart attacks & other cardiovascular problems including arrhythmias, heart failure & stroke; some cancers; type 2 diabetes; obesity; osteoporosis; fatigue; depression & anxiety; migraines; muscle cramps; and insomnia**.

Magnesium is obviously present in foods, but given the widespread deficiencies of it in our country, it’s obvious people do not get enough of it from food. Our high quality magnesium is available in our **Magnesium Citrate — Item No. J-54**. Magnesium Citrate is regarded as the most easily absorbed form of Magnesium for most people.

Remember: Willard’s Water helps your body absorb all nutrients better...from food and supplements... so be sure to make it a routine part of your day! ♦



Trivia & Tidbits . . .

1. Who was the subject of Auguste Rodin’s *The Thinker* sculpture?
2. What was the first U.S. city to host the Olympics? What year?
3. A pound of ground coffee yields 50 cups. A pound of tea makes _____ cups?
4. What was Beatle John Lennon’s middle name?
5. How many words were in Washington’s 2nd Inaugural Address?
6. How many tons of jelly beans did the White House buy during Reagan’s terms?
7. How long is the average adult’s spinal cord?
8. How many teaspoons are there in a cup?

AND THE ANSWER IS...

1. The poet Dante.
2. St. Louis, Mo. 1904.
3. 200.
4. Winston, after Winston Churchill.
5. 135 words — the shortest Inaugural address in U.S. history.
6. 12 tons.
7. From 17 to 18 inches. Its weight, minus membranes and nerves, is 1-1/2 ounces.
8. 48. And there are 3 teaspoons in a tablespoon and 16 tablespoons to a cup.

ON “THE WEB”!

www.willardswater.com

Or

www.nutritioncoalition.com

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

From Oxygen-Dependent to... “Return the Equipment, You Don’t Need It Any More & You Don’t Have to Move Either”

One of the most common customer requests we get are for reports from other customers regarding their experiences with Willard’s Water. So I thought I’d provide a more detailed one than we often get.

It’s an amazing report of going from being so dependent on an oxygen tank without enough improvement that her doctor said they would soon need to move to a more favorable climate for her...to a “not so fast” argument against that prognosis... “C.W.” told us all about it....

“Charlie & Co

“Lest you think that sending out monthly newsletters is futile, I do keep them and then end up using some or all of the material each time I give some WW and articles to someone to try.

“A group from a class at temple had just coalesced into a monthly luncheon outing in October and I had met some of the significant others of my classmates. One of significant others, in her early 60’s, was on portable oxygen. She was dispirited about the instruction from the docs that they would need to move to a lower altitude in order for her to get off the oxygen, as the respiratory condition was not improving.

“I think it was November’s 2014 Newsletter that contained the article about how your wife’s respiratory problems were reduced/eliminated with regular WW use. The Newsletter arrived just after that lunch. I still had my free, clear quart from Jan 2014 gallon purchase and decided to buy a quart of the dark. When the order arrived, I found gift bags (wine gift bags work well with the quarts !), and articles and printouts and some little dropper bottles in order to take WW to work. I gave both quarts to my friend from class.

She gave some to her friend who was dependent on portable oxygen and who was told to move to a higher altitude due to her condition. About 4 months later, the friend’s doctor told her to return her oxygen equipment as it was no longer needed.

“Well, class ended, but the lunch bunch still gathers once a month. Dec, Jan, and Feb lunches went by; I refrained from asking about whether they had tried either

or both of the WW formulas, did they notice any difference, etc. It was hard, but I thought they would say something when they were ready.

“March’s lunch date was arranged, and, sure enough, the significant other was no longer toting the oxygen tank. She had said that the week before, during a bi-monthly check with the pulmonologist, the nurse was all aflutter about her oxygen being too high. She needed to stop using the cannula immediately. After a week of daily O2 checks, they got the OK to send the oxygen equipment back.

“A new lease on life and they do not have to move to a lower altitude. The only thing that they’d been doing differently is adding the WW to drinking/cooking water.

I love this gig: I get to introduce my friends to WW and they get positive results!

“Thanks for the fine product and Service. — “C.W.”

Talk about a “feel good story”... it’s easy to imagine how great that turnaround was for her friend... and also, as she said, how great it is for C.W. to see her friend improve so much! As C.W. said we had written about the great turnaround my wife experienced with WW and the disappearance of repeated bouts

of bronchitis she had had all her life when the seasons changed. My wife, Kolleen, actually averaged 5 rounds of bronchitis every year... sometimes more and sometimes fewer, but on the average, about 5 times a year. What made Kolleen’s experience really amazing was that once on WW regularly, she didn’t get bronchitis with the change of seasons, until without knowing it she was given an imitation product that claimed to be WW, but wasn’t. Then, when she was given genuine WW again, — once more without knowing of the change — her bronchitis went away and never came back. For the details of her story, see http://www.willardswater.com/information.php?information_num=9

I have to say this is one of the most exciting reports we’ve ever gotten on WW and respiratory issues, but it’s far, far, from being an isolated report. We hear from people again and again who tell us their “numbers” have improved so much at their regular doctor’s visit that the doctor is really pleased... but equally surprised — never expected to see that kind of improvement.

Whether it’s Asthma, Bronchitis, COPD, Emphysema, or constant colds, WW and reduced respiratory problems seem to very common. Willard’s Water (WW) is not a treatment for respiratory issues, and is no substitute for professional medical care. But when people battling such problems start taking WW since they know it can’t hurt anything and seems to be in use when a lot of people with issues like theirs start improving, and then see such improvements themselves, they have a hard time believing the WW didn’t have anything to do with it.

And we’ve never known any of them to quit taking WW, after seeing the changes in their health. My wife didn’t after her 5-times-a-year bouts of bronchitis ended in 1982, never to return. ♦

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“That Should Be Impossible”

“I’m a wedding coordinator at a wedding chapel in a country setting. We have an actual old church that is used as the ceremony location, with the bridal party on the porch of the church, and guests seated on chairs on the ground.

“In the evenings, we have clear lights on (like mini Christmas lights, but mostly larger and better technology) outlining the front of the church and the two front windows. A year ago we had a bride who was particularly fond of the lights around the side windows, and specifically requested that they be on for their ceremony.

“The day of their wedding was especially hectic because it rained early in the day and put us behind. I noticed shortly before the ceremony that the lights on one side window were out, and asked a couple of the guys working here to fix them.

“As the bride was about to go down the aisle, I noticed those lights were still out. There was nothing to do about it then.

Except, I thought, one thing. I prayed, giving thanks that if possible somehow those lights would work. I looked up a couple minutes later, and they were on! I asked the guys if they had fixed them and they’d just gone out momentarily, but they said they’d never touched them.

“Just the other day, the company that maintains the larger lights was out doing their spring maintenance, and the man in charge commented that he couldn’t believe those little lights were still working, adding, “they’re not even the stay-lit technology, but a couple of them are burned out and the rest of the string is still on, and that should be impossible.’ I told him then how they’d quit working at one time, came on after my prayer of thanks, and been working ever since. Must have been some kind of electrician that fixed those lights, and Someone who takes care of all our needs.”

(Editor: Reprinted from May 2004. We invite you, our readers, to send us your own “unexplained help” stories, for publication in this newsletter, with or without being identified.)



E-Mails, Mailbag & Phone Calls. . .



“I used too much, but let me tell you it WORKED!” — “A.H.” called in to order another Ultimate Dark WW Gallon. She asked how much WW people put in their tub when taking a bath. We told her about 1 to 2 cups of the “ounce-to-a-gallon-mixture”. “Ohhh” she said, “I did use too much, but . . .” and she went on with the details. She said she has terrible calluses on her feet. The day before this happened her daughter had said they better get her an appointment for another pedicure as her calluses were so terrible again. So she decided to add WW to bath. “I put a CUP of the CONCENTRATE in the bathtub. By the time I came out there was strange stuff floating in the tub... it was dead skin that came off my calluses! When I told my daughter and she saw the improvement on my feet, she tried it and

couldn’t believe how great it was either. She was very excited about how much she’s going to save on pedicures!”

Facial Rash Gone — “C.M.” told us she’d had a rash on her face for about 6 months. Then she got some of our **Willard’s Water Ultimate Soap with Goat’s Milk** soap and used it on her face. Her rash went away completely and very quickly after she started using that soap—**Item E-104**.

“Thanks for the Tip for Whiter Teeth ” — “D.L.” called to thank us for passing along the report of spraying one’s toothpaste with Willard’s Water before brushing, and spraying one’s teeth again when done brushing and leaving the spray on. She tried it, and it removed staining on her teeth that her dentist said wouldn’t come off.



MORE PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

NEW! May Benefit Joint Health, Immunity, Better Moods, Relaxation, Clearer Thinking, Focus, & Sleep!

By Ben

We're very excited to announce three new products from our friends at Daily Manufacturing that we believe may provide a lot of help for

- ◆ **joint health,**
- ◆ **immune health,**
- ◆ **relaxation,**
- ◆ **improved mood,**
- ◆ **clearer thinking and**
- ◆ **better focus, along with**
- ◆ **better sleep.**

They are

◆ **Easy-Flex 2**, a new formulation of their famous (and discontinued) original Easy-Flex, and

◆ 2 forms of their Relax formula: **Relax Daytime** and **Relax Evening**.

A little about each.

Easy-Flex 2 is a blend of ingredients meant to help with **joint pain, inflammation**, regulate the **immune system**, and protect against damage to the **tissues around the joints**.

The Easy-Flex 2 ingredients are:

Par-Actin: for joint pain, including from rheumatic conditions.

Boswellia: for controlling the immune response to injury and preventing further damage.

Histidine: to help the immune system, including relief of allergies.

Curcumin: One of our favorite herbs, included in here to protect bones and joints from the immune responses caused by injuries.

Quercetin: another immune regulator.

Bioperine: to increase absorption of other ingredients (which Willard's Water will

contribute further to).

Ginger: for pain relief.

Cayenne Pepper: More pain relief.

All of these ingredients have some research supporting their individual applications, and when rolled into one, you can presumably expect a great deal more impact than any individually.

If you already have **creaking, stiff, or painful joints** or you have **allergies**, this might help.

If you want to **prevent such joint problems** or to **prevent getting sick**, this might help. I think that means this is likely good for everybody, especially if you do any sort of repetitive motion or hard physical activity.

Onto the "**Relax**" **Formulas**.

Personally, I think the name "Relax" is somewhat misleading. Both do contain **stress-relieving compounds**, true, but they both contain several ingredients meant more for **mood improvement**, with both also having **cognitive benefits** (meant to keep you **thinking and concentrating well**).

In other words, the Relax Formulas are not just for the **chronically stressed and fatigued**, but also for **anyone feeling a little bit down in the dumps** or who wants their **brain working its best**. Once again, I think that should likely be everybody reading this.

In addition, the **Evening formula** is meant to **aid in sleeping**, with the inclusion of melatonin and tryptophan.

Because of the number of compounds in these that can elevate dopamine and serotonin, **consult your doctor about using either if you're currently taking an antidepressant, and especially do not take the Daytime formula if you're**

using an MAO inhibitor, since it contains Tyrosine, the amino acid in cheese that's notorious for interacting harmfully with those drugs.

Ingredients in Relax Daytime:

- ◆ L-Theanine 150 mg
- ◆ L-Tyrosine 125 mg
- ◆ GABA 125 mg
- ◆ Bacopa Extract 30 mg
- ◆ Mucuna puriens 25 mg

Ingredients in Relax Evening:

- ◆ Tryptophan 250 mg
- ◆ Bacopa Extract 225 mg
- ◆ Melatonin 2 mg
- ◆ 5-HTP 5 mg

So there you have it. Are you stressed? Finding it hard to concentrate? Having trouble sleeping? Feeling not as vigorous as you used to? Both of these formulations may help.

And, not to sound like a broken record, but given the large number of people who have reported that Willard's Water has helped them relax, to deal with stress better (less nervous eating, or bad moods when stressed), and maintain focus and concentration, we'd be less than candid if we didn't mention some people say Willard's Water alone helps those.

And, many other people have told us that combining the Willard's Water with any sort of supplement meant to help with such things has worked better for them when they took Willard's Water along with those supplements than they had worked without it.. And studies show Willard's Water boosts absorption of all nutrients, so adding it to your routine will benefit your absorption of all nutrients from food or supplements.

Bottom line: to get the most out of the Relax Formulas, as well as the Easy-Flex 2, you might want to be sure to use Willard's Water with them, as well as with any other supplements and/or food you eat!

Better Bone Density, Insulin Sensitivity, Reduced Hardening of the Arteries, & More from this Vitamin

By Ben

We're very excited to announce that we now carry, through our friends at Daily Manufacturing, **MK-7, the preferred supplement form of Vitamin K.**

We've had many customer requests to add Vitamin K to our line in recent years, due to the increasing publicity on its benefits which have followed the recent increase in studies of Vitamin K.

But, given our and our customers' experiences with the very high quality supplements produced by Daily Manufacturing, we held out until Daily's came out with one. We know Daily's always put out very high quality supplements and that those supplements always contain exactly what the label says they contain. We also know we just never get any complaints on any of Daily's products. In our opinion, you can't do better than Daily Mfg., for any supplements.

Vitamin K is the least-known vitamin, but one well worth considering supplementing with.

First, a note on vitamin history: why do the Vitamin letters jump from E to K? Previously, there were compounds named Vitamins F-J, such as essential fatty acids (Vitamin F), all of which were eventually decided to not meet the definition of "vitamin," typically because it was shown that we do produce those vitamins in our bodies (like Vitamin H, or biotin) or for other reasons of historical argument (some were classified with the B-Complex series later).

K was named Vitamin K because the German speaking biologists who first isolated it, found that it was essential for Coagulation, and in German, coagulation is spelled with a K. Enough history.

As noted, Vitamin K first became known for its role in blood coagulation, or the stoppage of bleeding. For this reason, **DO NOT take Vitamin K if you're on Warfarin or other blood-thinning prescription drugs**, as the purpose is exactly opposite.

In recent years, it has become abundantly clear that K has benefits far beyond coagulation.

It's now known to be, along with Vitamin D, essential for **bone health**. Supplementation with both these vitamins enhances the bone density benefits of each, and K supplementation by itself is known to **reduce bone density loss with age**.

Furthermore, it helps **prevent or reduce the calcification (hardening) of the arteries** in cardiovascular disease.

It also helps **reduce insulin sensitivity, and a deficiency of Vitamin K causes a greater spike in insulin levels** after a meal.

It's even been used (in VERY high doses) in limited trials of treating **liver cancer** with impressive results.

And it's very important in the body's ability to **absorb calcium**.

What foods contain Vitamin K? Good question. It, like Vitamin D, comes in several forms, with the primary ones being K1 and K2.

K1 is found in leafy green vegetables (chiefly), and then converted into K2 in the intestine by bacteria.

Fermented foods, like cheese, sauerkraut, kim chee, and natto, all contain K2 (since fermentation is caused by friendly bacteria).

K2 has many forms, mostly referred to by "MK-(number)," with the number referring to the amount of chemical "side chains" in the compound. Hence, Daily's **MK-7, or seven side-chains**.

Recent studies have found that MK-7 is the most efficient form of Vitamin K for supplementation. MK-7 is a newer agent with more practical applications because it stays in your body longer; its half-life is three days, meaning you have a far better chance of building up a consistent blood level, compared to MK-4 or K1. MK-7 is extracted from the Japanese fermented soy product called natto. You could get a lot of MK-7 from consuming natto, as it is relatively inexpensive and it's usually available in most Asian food markets. Few Americans, however, tolerate its smell and slimy texture.

Vitamin K2, particularly MK-7 (menaquinone-7) has been the subject of a great deal of research because it does stay active in your body longer which also means people can benefit from it at much lower levels. A study from the Czech Republic evaluated the role of **MK-7** in inflammation and found that **it prevents inflammation** by inhibiting pro-inflammatory markers produced by white blood cells called monocytes.

NattoPharma reported: "The novel finding in our study supplements our three-year clinical study showing **MK-7's ability to slow down cardiovascular aging and osteoporosis**,

and it should further serve as the catalyst to create the urgency of daily consumption of MK-7... We know that in Western populations, most people do not obtain enough due to modern diet.

"Our food is increasingly deficient in vitamin K2 in particular, and **up to 98% of the general healthy population may be vitamin K2 insufficient with long-term detrimental impact on bone and cardiovascular health.**"

What else is Vitamin K2 (MK-7) good for as a result of its reducing and/or preventing chronic inflammation? Some of the chronic health problems linked to Vitamin K2 (MK-7) deficiency include:

- ◆ **Osteoporosis**
- ◆ **Inappropriate calcification from heel spurs to kidney stones**
- ◆ **Heart disease**
- ◆ **Brain Disease**
- ◆ **Heart attack and Stroke**
- ◆ **Cancer**

One important note for supplementation K, like Vitamins A, D and E, is fat-soluble, so make sure to **take with a fat-containing meal or with a fatty capsule** (like our Omega-3 fish oil). Without fat, it cannot be absorbed. And, as always, remember that **Willard's Water intake will boost your absorption** of any nutrient. So be sure to include Willard's Water in your routine while using this, or any supplement.

In fact, if you take no supplements at all, you will get more benefit out of the nutrients you take in from the food you eat, if you're drinking Willard's Water routinely, since the Willard's Water will boost your body's absorption and assimilation of nutrients from food as well as from supplements.

However, remember, other than the nutrients contained in the Ultimate Dark Willard's Water, there are no nutrients added to your diet from the water... so unless you think you are getting all the nutrients you need from your food, you probably need to be taking some supplements. That's because the way foods are raised now, they usually don't contain the same amounts of nutrients they used to contain. Add that to the fact that most of us don't seem to eat as healthy diets as in years gone by, and you begin to see why so many natural health experts say most people need some nutritional supplements.

Given just this quick overview, it's easy to see why there's real excitement about Vitamin K — especially MK-7. ♦