

Possibilities

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5 Foods That Could Possibly Save Your Life

It's been said that some of the most powerful medicines on earth are "masquerading around" as food and spices.

Since they can't be patented, no big corporation is going to spend the billions of dollars required to get them approved by the FDA as medicines. But they have been used for centuries... literally for "time immemorial" to not just provide nourishment for our bodies but also to prevent and even treat disease.

Some of these can be found growing in our own backyards, or sitting ignored in our cupboards and spice racks. People who use them in their cooking and baking may not even realize that those particular foods and spices may be the reason they and their families don't get sick as often as other people they know or spend time with. Here's a look at some of these extraordinary foods and spices:



Garlic. With the increasing frequency and problems of multi-drug resistant bacteria and the failure of conventional drug-based medicine to develop effective solutions against them, spices are getting another look for their prior wide-spread use as broad spectrum infection-fighters — sometimes with life-saving power.

Garlic has several hundred therapeutic properties which you can find on GreenMedInfo.com. One example of garlic's abilities is in killing multi-drug resistant tuberculosis (MDR-TB) which the mainstream media refers to as the "white plague". That "white plague" is presented as something that we are all defenseless against. But Garlic's impact isn't reserved just for MDR-TB, it has also been found to inhibit other pathogens as well, the following are a portion of those:

Amoeba Entamoeba histolytica (parasite)
Cholera
Helicobacter Pylori
Herpes Simplex Virus Type 1
Herpes Simplex Virus Type 2
Methicillin-resistant Staphylococcus A. (MRSA)
Parainfluenza Virus
Pneumococcal Infections
Streptococcus Group A & Group B
Streptococcus Pyrogens
Thrush (oral fungal infections)

Honey. Bees produce a wide range of therapeutic substances beyond honey including propolis, bee venom, royal jelly, bee pollen, beeswax, etc, but sweet, sticky, honey, found nearly irresistible to many people is the best-known and most consumed of all of them. But besides tasting so good, it also is said to be one of nature's most powerful healing agents. A few of its more scientifically researched benefits or applications:

Aspirin-induced gastrointestinal toxicity
Bacterial infections
Burns
Candida infection
Conjunctivitis
Dental plaque (Manuka honey has been found to be a viable alternative to chemical mouthwash to dissolve dental plaque)
Dermatitis
Diabetic Ulcer
Herpes-related ulcers
MRSA (especially Manuka honey)

There are many more uses for honey than this list, but these are some good examples. Additionally, substituting honey for synthetic sweeteners or processed sugars or high fructose corn syrup with a moderate amount of honey may be a great preventive health step.

Apples. One of the most well-established benefits of apples is reducing the risk of colorectal cancer. The more apples you eat, the less apt you have to develop that cancer. Some of the other benefits of eating apples, or apple byproducts (apple vinegar) include:

Reducing the rate of Aging
Allergies
Diarrhea
Insulin Resistance
Liver Cancer
Radiation induced illness
Staphylococcal infection

Sunlight. Since sunlight possesses energy and what is called "information with metabolic value" it is a source of energy for the body and so can be considered a form of food we consume through our skin. In any case, there are definite health benefits from sunlight. First of all, it results in our bodies producing Vitamin D which is a hormone-like substance that regulates over 2,000 genes in the human body. But sunlight's benefits are not limited to Vitamin D production alone. For instance, a study which gathered information from over 100 coun-

tries showed that there is an inverse sunlight exposure correlation with solar UVB for 15 types of cancer, with weaker but still significant evidence for the role of sunlight in 9 other cancers. That information was published in 2018 in the journal Anticancer Research. Here is a limited list of sunlight's additional benefits:

Alzheimer's Disease
Depression
Dopamine Deficiency
Dermatitis
Influenza
Multiple Sclerosis
Psoriasis

Turmeric. Some say turmeric is quite possibly the world's most important herb. It has been scientifically documented to have over 800 applications in disease prevention and treatment. You've probably read a lot about turmeric's benefits in recent years, as it and its primary polyphenol **Curcumin** seem to be recognized more and more for their health benefits. Obviously that's too many benefits to list here, but here are the top 10 per an algorithm used to prioritize them (the number in parentheses by each is the number of studies demonstrating the relationship to the benefit):

Oxidative Stress (160)
Inflammation (51)
DNA Damage (48)
Lipid Peroxidation (34)
Colorectal Cancer (24)
Breast Cancer (60)
Colon Cancer (52)
Chemically-Induced Liver Damage (34)
Alzheimer's Disease (34)
Tumors (23)

When speaking of health benefits from foods we would be remiss if we didn't remind you, our readers, of the positive impact Willard's Water has on the body's ability to absorb nutrients into the cells... resulting in a very significant increase in the benefit any foods (or supplements) will have if the person is also drinking Willard's Water.

For the details, see this article on the study done on this particular benefit of Willard's Water — and note especially that WW was found to improve the absorption of the very hard-to-absorb turmeric and curcumin at a much better rate than the item previously known to be the best at increasing the absorption of that very hard to absorb item: <https://www.willardswater.com/img/cms/newsletters/MayJune2016FinalRevisedWebVersionPDF.pdf>

Take 2 Minutes to “Save Your Brain”



Most people in today’s world probably spend most of their day sitting... at work, school, wherever. Then they come home for the evening

and sit for dinner, and likely in front of their TV or computer most of the rest of the evening

We’ve all heard that too much sitting is very bad for our heart, our weight, our muscle strength, etc. Only recently have we started hearing about its negative impact on our brains. The brain damage from it is due to the fact that when we sit, our muscles don’t contract very much, so our heart doesn’t beat as fast and blood doesn’t pump as quickly. All of that results in less oxygen and nutrients flowing into our brains. And our brains need oxygen and nutrients to stay sharp, and to help us focus and preserve memory and cognitive functions — especially as we age.

There is a “fix” for this problem that scientific research has proven works. It’s to **take a break every half-hour, to walk for just 2 minutes... 120 seconds...** to “save your brain”. The study conducted on this also had participants take a break after 2 hours and walk for 8 minutes, and another group that didn’t take any set breaks, but only took “restroom breaks” as needed.

The group that took the break every half hour and walked for 2 minutes had the blood to their brains increase significantly, while the other two groups had their oxygen to their brains decrease. In other words, the key was to take short but regular breaks and move during them. So if you want to preserve your brain health, it would be a good

idea to set a timer (on your phone, watch, egg timer — whatever) to remind you to get up and spend 2 minutes moving every half hour, or as often as you can make it work in your situation.



Other brain boosters:

- ◆ **Regular exercise** — Shooting for 30 minutes 3 to 5 days a week of moderate exercise is suggested to increase circulation and enhance your brain power.
- ◆ **Go with a Mediterranean diet** — plenty of veggies, fruits, and lean meats.
- ◆ **Take a nap** — Studies have found people do better on memory tests after taking a nap, so try it.
- ◆ **Practice Meditation** — 20 scientific studies found people who meditate have positive changes in the brain in areas of memory and emotional regulation as well as body and self-awareness.
- ◆ **Support your brain** — Just as your brain needs oxygen it also needs the nutrients mentioned earlier to support it (and movement helps keep your blood and the nutrients it carries into your brain). So eat brain-healthy foods and/or take supplements good for the brain.
- ◆ **Drink Willard’s Water** — It’s been said to help carry oxygen into the brain better, and to help you better absorb the nutrients you take in through your food and supplements, so it would seem to be a true ally for any brain support plan. And many people have noted that they or someone they know has seemed mentally sharper after starting on WW on a regular basis.



The Most Nutrient Dense Foods

There’s only so much food a person can eat in a day... even if it does seem that on days like Thanksgiving everyone seems to be able to eat with no limits, there really are limits (and should be!).

Given the limit, it’s been said that we should try to eat the foods that carry the greatest amount and variety of nutrients to get the most out of our eating. The 4 foods said to be the most nutrient dense on the planet are:

- ◇ **Fatty Fish like salmon.** It’s loaded with beneficial fatty acids, protein, vitamins and minerals. It’s certainly a good idea to eat fatty fish at least once a week.
- ◇ **Kale** is another of the most nutrient dense foods you can eat and it contains large amounts of vitamins, minerals, and cancer-fighting compounds.
- ◇ **Garlic** is very tasty (to most people) and extremely healthy. It’s highly nutritious and has bioactive compounds in it that are known for disease fighting properties. See the story on page 1 in this issue if you missed the part on Garlic.
- ◇ **Blueberries** are very nutritious compared to most fruits and are “loaded” with powerful antioxidants, some of which can increase the antioxidant value of the blood and have protective effects on the brain.

We’ll repeat ourselves --drinking **Willard’s Water** will significantly increase the benefits from the foods you eat by boosting your absorption of their nutrients, which we get worse at as we age.



Trivia & Tidbits...

1. How long did Edison’s first incandescent light bulb burn?
2. What time shows on the clock on the back of the \$100 bill?
3. In what unusual way did Ashrita Furman retrace Paul Revere’s route?
4. How many banks and trains did the notorious Jesse James rob?
5. Who was Florence Nightingale Graham?
6. Where was the 1st library in North America established in 1638?
7. What American first got oil drilling rights in Saudi Arabia & Kuwait?
8. Who was Time Magazine’s first Man of the Year?

AND THE ANSWER IS...

1. Forty hours when he tested it in 1879.
2. 4:10.
3. She somersaulted the entire 13-1/4 mile route.
4. 12 Banks, 7 Trains.
5. nursing for a brief time.
6. Beauty entrepreneur Elizabeth Arden. (Consistent with her given name, she did pursue
7. John Paul Getty.
8. Charles Lindbergh, in 1927.

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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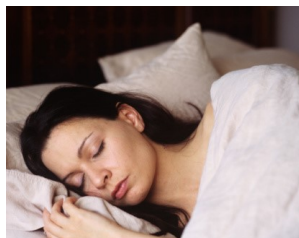


PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

You Need All Sleep Stages Multiple Times a Night; Dangers if You Don't Get Them, & Foods to Help Sleep

We've written a lot about the importance of sleep, as have many others.

That's because new research has found more and more evidence of the damage too little sleep does to the human body, and more and more is being learned about its benefits for the human body, as well.



chairman, president, and editor-in-chief of the Huffington Post Media Group, told National Geographic in an article it did on sleep, that "One of the metaphors I use is that sleep is like the laundry. You're not going to take out the laundry 10 minutes early to save time. You have to complete all the cycles in the washing machine.

Our sleep cycles have to be completed too; otherwise we wake up and feel like wet and dirty laundry."

Research says adults need between 7 and 9 hours of quality sleep each night for good health. But surveys have found at least a third of Americans don't get those amounts. If you do get 7 to 9 hours a night, good for you! And hopefully the information about the benefits of that sleep will encourage you to always maintain that schedule. If you don't get enough, hopefully the information here will encourage and inspire you to do whatever it takes to get that much.

Healthy sleep has 5 stages. And you cycle through them four to 5 times during a healthy sleep cycle. All of those stages are important and it's important to go through all of them enough times every night. And it's especially important to cycle through the deeper stages of sleep enough times each night.

Here's a quick rundown on the various stages of sleep. During stages 1 and 2 the brain remains active as it begins a sort of editing process in which it makes decisions about which memories to store and which ones to let go. During stages 3 and 4 you enter a deeper sleep — almost coma-like. It's during these deeper stages of sleep that the physiological cleansing and detoxifying processes of the brain takes place.

Your brain is said to actually shrink by about 60% during this deep sleep. This results in more space in-between the cells, which gives your cerebrospinal fluid more room to flush out the debris. And finally, there is stage 5 of your sleep, when rapid eye movement (REM) sleep occurs... this is when dreaming occurs.

All the stages are important. But as we said the deeper stages are especially important. If stages 3 and 4 are missed, your brain ends up clogged with debris associated with Alzheimer's disease, and, as we've reported before, sleep deprivation is a risk factor for severe dementia. Ariana Huffington,

Getting less than 6 hours of sleep actually leaves you cognitively impaired and unfit for many functions. In 2013 drowsy drivers caused 72,000 car accidents and 800 deaths and 44,000 injuries in America. That's more than the number of people killed by texting and drunk drivers combined.

Even if you don't drive while drowsy and kill or injure anyone, you still have to deal with the risks to your own health from your poor sleep. Some health problems linked to insufficient sleep:

- ♦ Reduced productivity and creativity, impaired memory and reduced ability to learn new things
- ♦ Increased risk of neurological problems from depression to dementia and Alzheimer's disease
- ♦ Increased risk of Type 2 diabetes
- ♦ Decreased immune function
- ♦ Increased Obesity risk
- ♦ Increased Cancer risk
- ♦ Increased risk of high blood pressure, heart attacks, and cardiovascular disease
- ♦ Increased osteoporosis risk
- ♦ Increased risk of pain and pain-related conditions such as fibromyalgia
- ♦ Increased susceptibility to stomach ulcers
- ♦ Impaired sexual function
- ♦ Impaired regulations of emotions and emotional perception
- ♦ Increased risk of depression and anxiety (including post traumatic stress disorder) schizophrenia and suicide
- ♦ Premature aging
- ♦ Increased risk of dying from any cause

A lot of people know it's best to "unplug" some time before you go to bed... stay off the computer, dim the lights, don't watch TV or stress-inducing newscasts, etc. And don't eat a big dinner right before bed.

However, you may not know that there are some foods that can help you sleep... if you eat the right ones, at the right time.

We've seen them called "sleep index foods"... but we don't know who coined that phrase. But on the list of such "good sleep foods" is one unsurprising entrée — tryptophan. **Tryptophan** is the amino acid often blamed for people becoming lethargic after their Thanksgiving dinner... because **turkey** is a tryptophan-rich food and those foods make us sleepy. Besides turkey, **hummus**, **lentils**, and **kelp** are tryptophan-rich foods that also make us sleepy. **Bananas** are also "good sleep foods" because they contain **tryptophan, potassium and magnesium**, all of which are natural muscle relaxants. **Cherries** are a good source of **melatonin** so can help us get a more restful, reparative sleep.

Carbohydrate-rich foods are excellent at promoting better sleep. A study published in The American Journal of Clinical Nutrition found that high-glycemic carbohydrates, which rapidly raise sugar levels, encourage sleep **when eaten about four hours before bedtime**. **Jasmine rice, potatoes, carrots, corn** and **honey** are healthy options.

Eating "good sleep foods" calms the nervous system and triggers sleep-inducing hormones, but timing is critical. A large meal before bed can interfere with sleep. Tryptophan takes at least an hour to reach the brain so plan meals accordingly. Avoid rich, high-fat foods close to bedtime. They require a lot of work to digest and may cause heartburn or other stomach issues. Also drink beverages in moderation—too much fluid may cause a lot of trips to the bathroom during the night. And remember beverages with caffeine stimulate the body and act as diuretics, so they are double-trouble when trying to sleep.

No story about good quality sleep would be complete without mentioning that many, many people have reported drinking **Willard's Water** helps them sleep better. Many drink it right before bed, and even if they wake up during the night, and a few say they just drink it earlier in the day and find their sleep improves coincidentally, but they get so much energy from it, they don't think they should drink it right before bed. Others get energy all day from it but find it relaxes them before bed and drink it right before. Everyone's different so whatever works!

Here's to a great night's rest! ♦



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It is used for address
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She'd Have Fallen Into An Open Grave...

"I've been surprised how important it is to me to place wreaths, or some type of decoration on my parents' graves for the Christmas season every year.

"I'm surprised because I do know that they are not there... their spirits are free now, is my belief. But it's the one place I can still sort of 'do something for them, or to honor their memory', and so I do it.

"A couple years ago, it was dark by the time I got there. But I knew the lay of the land well enough I thought I could see well enough to safely place the little Christmas trees with their bright lights that would come on with the help of a timer every day at the same time.

"Well, I made it to their grave site okay. But when I tried to place the trees, the ground was already so frozen, it snapped the stake on one of the trees, and I started to fall backwards. It was one of those falls where I knew I was going to hit the ground

because I had lost total ability to right myself, so I prepared for the landing. But, in mid-fall, I suddenly stopped falling... like someone had set a brace of some sort behind me, it felt like an arm around me, but I knew there was nobody else out there.

"As soon as I stopped falling, I walked up to where my large flashlight had landed when I began my fall. I turned back to the grave site to see if I could get the stake into the ground or if it was totally broken.

"When I aimed the flashlight to light the area, I got a glimpse for the first time, of what was behind the area I was working in when I began falling... it was like a partially dug grave... open... and my footprints from where I was standing during my fall, were right on the edge of that opening... not an inch to spare!

"Had the unseen arm or brace not held me up, I would have fallen into that hole, and nobody would have known."

Editor: Reprinted from an earlier issue. You're invited to submit your own "unexplained help/fork-in-the-road/inspirational stories" for this column, too, anonymously if you choose.



Emails, Mailbag & Phone Calls. . .



Ultimate Dark Works 3 Times Better than Clear WW for Plant Growth? — This would seem to be indicated from the experience "A.E." from Arizona told us about, but since that wasn't a scientific experiment, we can't actually conclude that.

However, when she switched her plants from Clear WW to **Ultimate Dark WW** she says "they have grown to 3 times the size they were just a month ago. I almost feel like I'm cheating them as I try to use up the bottles of Clear WW that I have on hand."

Humane Societies Tend to Know Something About Animals — So when "J.B." told us that the Humane Society she is involved with "uses **Willard Water** for all incoming animals who appear to be in distress from disease or injury", we were very impressed and grateful for the help they were giving their animals—even to the point of getting them the WW when they're in distress.

She added that that Humane Society is "convinced that it has been helpful in facilitating a quick recovery" in the instances it's been used. We're very happy to hear of that Humane Society's use of the WW to relieve some of the suffering those rescue dogs are dealing with. We salute them!

Even at Half the Recommended Amount, She Was Very Pleased with Blood Pressure Report — That's what "A.P." told us about her use of "**Blood Pressure Support**" (Item No. PN-2).

Because she has an extremely "sensitive-to-everything-system" she never takes a full amount of anything...so at **half the dose**, along with her **Willard Water every day**, her blood pressure went from 186/90 at her last doctor's check-up 6 months before, to 156/80 in the time she'd been taking the PN-2—at half a dose but along with Willard's Water. Needless to say, "A.P." is a very happy camper!



MORE PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

8 Plants for Indoor Health Benefits

I stumbled onto some interesting information recently on 8 plants that you can grow yourself — indoors or out — that are said to have health benefits from reducing anxiety, to purifying indoor air (thereby helping our immune systems, etc), and to reduce anxiety. So I thought I'd pass it along.

The article pointed out that anxiety is the most common mental illness in the U.S., affecting around 40 million adults every year which is around 18% of the total U.S. population. The level of anxiety varies from mild to severe, of course, and for some people brining one or more of the plants I'm about to tell you about, may make a noticeable difference in their anxiety levels. But if you are being treated for anxiety (or anything else), don't even think about stopping it to see if these plants would do the trick... it's far too risky to change or stop treatment on your own, so again don't even think about it.

But, having some of these plants around can't hurt, if you are undergoing treatment and for a lot of people just bringing some "nature" inside will have a positive impact on moods, and health — air purification etc. now to the plants:

Lavender — this always seems to be at the top any list of natural anxiety relievers. It's also said to be easy to grow (so maybe it won't even stress out those of us without green thumbs when we try to grow it!). It's reported benefits include lowering your heart rate, and blood pressure, while also decreasing stress levels.



As it grows, you can pick the flowers and use them in tea or hang them up to dry and then use them for fragrant décor around your house — on your desk (if you have one at home, or at your office) or in your bedroom as two places where relaxing a little more is usually especially helpful for clearer thinking or ease of sleeping.

Growing tips: well-drained soil, direct light, and some time outside each week — though I doubt you have to walk it like your dog — just setting it outside should do it!

Jasmine — Speaking of sleep, Jasmine can help you fall asleep faster if you place it in your bedroom. That's good news for a lot of people... and especially so if and when anxiety strikes as anxiety definitely makes sleep more difficult. It's also said to even help with anxiety during intimate moments with your partner as its also known as an aphrodisiac, so it may help reduce that stress too.

Growing tips: Direct sunlight and moist soil throughout spring and summer. Be sure to prune it back after it is finished blooming for the season (so in the Fall).

Chrysanthemum — this plant is often called "Mum or Mums" for short, so I'm doing that from here on. Mums help remove toxins from the air, thereby helping the body to relax a little more... if our lungs aren't struggling for healthy air, it sets the rest of the nervous system at ease. Besides that, Mums have been used to treat dizziness, headaches, colds, fever, high blood pressure, and type-2 diabetes. (Again if you're being treated for any of those things do NOT stop your treatment unless your doctor at some point tells you to!)



Mums can also be used in tea and they naturally brighten any space they're in — they're said to bring a sense of joy and calm to the area they're in.

Growing tips: Place near natural light during the day, but be sure to keep them away from artificial light at night. Water them regularly under the leaves to prevent the growth of fungus.

Aloe Vera — it's known as the "plant of immortality" (wow!) and yet it's said to be one of the easiest plants to grow indoors. In fact, they say even people who don't have a green thumb can't seem to kill it! It purifies the air by lowering the level of carbon dioxide levels overnight and it's been shown to lower anxiety when planted indoors. As a bonus — and as most of you reading this likely already know — you can use the gel inside the plant for a number of physical ailments.

Growing tips: the info on this literally says "minimal attention and minimal water". But it didn't define "minimal". Guess we have to play that by ear...

Rosemary — It's said to be so easy to grow outside that some people plant it instead of more traditional shrubbery outdoors. Indoors, though, it takes a little more care but its benefits are said to be worth the extra effort. One of its biggest benefits is improving indoor air quality. And it can also reduce stress, decrease anxiety, and boost memory! And it can also be a handy ingredient for cooking. Just grab (or snip) a sprig or two of it and add it to your favorite recipes.

Growing tips: It has to have moist soil always and it needs to become acclimated to less sunlight indoors — it's suggested you may want to get a plant light for rosemary you grown inside.

Valerian — The root of the valerian plant has been used for hundreds of years as a tea that helps reduce anxiety and helps you sleep. It's also said to be able to help control ADHD and hyperactivity in children and adults, decrease menopausal symptoms, and cure restless leg syndrome. It grows best outdoors but if you're up for a challenge, try growing it inside. People are said to love its ability to relieve stress and its delicate white blooms.

We can attest to the fact that Valerian does help with sleep and also to just relax during the day or when trying to go to sleep. We've carried Valerian capsules for years and we've found them useful ourselves and have had countless customers tell us they really find them helpful. They're Item J-72 and you'll find them under "herbs" on our website and order form.

Growing tips: A minimum of 6 hours of Sunlight every day, uniformly moist soil, enough space to spread out and well-drained, nitrogen-rich soil.

Bamboo — It's said depending on the variety you choose it can be a plant that will grow without much thought or be challenging. NASA classifies Bamboo as one of the best air purifying plants indoors. As a result, it helps boost the immune system, reduces inflammation, and reduces anxiety levels. It may even defend the body against bacteria like E. coli, Staphylococcus aureus & others.

Growing tips: ample water and shade or indirect light.

English Ivy — people say English ivy cascading down the shelves of a bookcase brings a sense of calm, while the plant itself can help remove formaldehyde from the air (it's often in carpet and other fabrics, as well as in some other indoor items), calm allergies and promote sleep. And improved sleep can help people overcome stress and anxiety during the day. It's also said to eliminate 94% of airborne mold within 12 hours, which would be a very nice bonus I'd say.

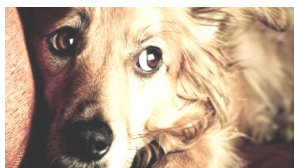


Growing tips: Bright light and slightly dry soil. It also needs excellent drainage and regular fertilizing.

Speaking of watering & fertilizing... Ultimate Dark Willard's Water is legendary for use on plants... For info check out the WW Info portion of our website: <https://www.willardswater.com/content/category/2-willards-water-info> and then click on the various WW on lawns, etc. and the PlantCatalyst info, or call or email us with questions: service@willardswater.com is our email. or call us Toll Free at 1-800-447-4793

8 Natural Ways to Calm Your Dog During Storms & Other Times

Not all dogs are afraid of storms, but most dogs will be nervous about something sometime(s). If not storms, maybe fireworks, to the vet, moving to a new house, getting a new baby in the family, or another pet... etc etc.

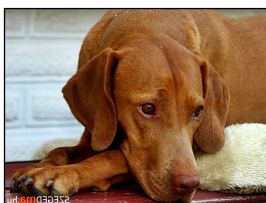


hours. Warning: be sure to read the ingredients on any Melatonin you purchase as some of them contain Xylitol which can be toxic (even fatal) for dogs.

There are prescription medications to help calm dogs, but many of us would prefer finding a natural item to help them if possible, to avoid the potential side effects of drugs. So we're bringing you some options of natural items that can be used for dogs and have been used successfully to calm down stressed and anxious dogs.

Valerian — is an herb that relieves tension (as we mentioned on the other side of this page in the article on plants you can grow inside your home). If you do plant Valerian inside per the article on the front side of this story, maybe that will also help calm your dog, as it calms people.

Valerian can be given to dogs in a powdered form or in capsules or in a chewable form (which may be easier, given the strong "fragrance" and not-so-good taste of Valerian). If giving it in powdered or capsule form, like most pills, people usually give them to their dogs wrapped in cheese or coated with peanut butter or some other favorite treat of the dog involved.



We don't carry chewable or powdered Valerian... we do have an excellent Valerian in capsule form in our J-72, however if you want to find a chewable one for your dogs, or powdered option, we'd suggest searching online or asking your vet or others who may have had experience with it.

Melatonin — Melatonin is a hormone that naturally rises in the bloodstream of animals when they sleep. It's said that giving it to them when they're awake can help to calm them when they're stressed. We've also read that it may be helpful for dogs with separation anxiety since its effects can last up to 8

Lavender — Another item discussed on the front side of this page as a plant to grow indoors for its calming effects on people. Your dog may enjoy it when he is stressed since it is also known to have that calming effect on dogs. Lavender's scent actually reduces the body's production of cortisol, the stress hormone, and it doesn't have the sedating effects that some of the other natural items on this list for dogs have. A drop or two of Lavender oil where you dog CAN'T digest it is said to reduce their anxiety.



Passionflower — has been used since the 1500s as a sleep aid and sedative. Studies have show it can actually lower your brain activity and boost levels of GABA — a feel-good chemical. In people it's been shown to be as effective as benzodiazepine medications such as Valium and Xanax in treating anxiety. It also has less of a sedative effect than other herbs. This is said to be a great option for highly anxious dogs. It's suggested that you may want to get it in a soft chew variety — again we suggest asking your vet, or searching online for such an option.



Lemon Balm — Lemon Balm is a member of the Mint family and has been used since the Middle Ages to soothe nerves, relieve indigestion, and as a remedy for insomnia. This sedative herb is said to be effective in treating excitability and anxiety in dogs.

Chamomile — Anyone who has suffered from insomnia has probably tried chamomile tea at some point. It is known to calm the nerves and induce sleep. It can also calm the stomach and ease digestive problems. You can give chamomile tea to your dog or soak a dog treat in it. Or

again, look for a soft chew version of it.

Full-Spectrum Hemp Oil — This is probably the most talked about natural supplement for dogs in at least the last 10 years, it's speculated. Many dog owners have been pleasantly surprised by the calming effect of hemp's cannabinoids on their dog's demeanor during a thunderstorm.

You — You can help calm your dog, as you undoubtedly know. If you're not going to be able to be with your dog when you know there's going to be a thunderstorm, or some other stressful event for your dog.. Fireworks, etc., leave an object that has your scent on it for your dog to keep with him... a shirt, socks, pajamas, pillowcase, or whatever else you can find. Dogs really can be calmed by having something with your scent on it with them when they're stressed & you're not there.



Willard's Water — It is well known for calming animals down. Dr. Willard even had a patent on its use to calm down chickens which are extremely anxious creatures. And reports of it calming dogs, horses, cats, and more have been legendary for years.

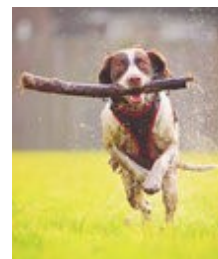
Nearly all the people we know who give WW to their pets, are giving them the **Ultimate Dark**, though some use the Clear but not many. Most people give it to them every day but it certainly wouldn't hurt to give them some extra when they are stressed.

One dog rescue outfit told us some time ago that when they get new dogs in who are clearly stressed, they always give them Ultimate Willard's Water and those stressed dogs always calm down.

It's certainly worth a try for your own dogs... and horses, and cats... birds, hamsters, pigs.... Etc etc.

Isn't it great when you see them relax, stop shaking, and return to their happy selves?

You bet it is! ♦





Happiness Tips, and Tips to Foil a Burglar

Only 33 % of Americans said they were happy in a 2017 national survey.

There are ways to increase your happiness, and we've got a list of 5 of them for you.



- ◆ Surround yourself with loved ones. People who spend 6 hours a day with family are 12 TIMES more likely to report feeling joyful than stressed or anxious.
- ◆ Make a lot of friends. A British study found people who have regular contact with 10 or more friends were significantly happier than people who didn't.
- ◆ Making the right amount of money can also help. A Princeton University study found an annual salary of \$75,000 was the "magic number" for peak happiness.
- ◆ Some of the happiest people also have pets. One study found pets increase self-esteem and also bring a deeper meaning to one's

life.

- ◆ Don't think about it — about being happy! One study found that people who focus on trying to be happy actually wind up less happy than those who don't think about it or strive for it.

- ◆ And, yes, having sex has also been studied for its impact on happiness. A University of Colorado study found that people were 55% more likely to report being happy if they had sex two to three times per week.

- ◆ We haven't found a study on this but we'd bet if it was studied, research would find that people who make other people happy, are happier themselves.

We've heard that said many times, and we've probably all heard (or experienced) lifting our own spirits when we stop thinking about our own problems, and help someone else with theirs.

- ◆ Being grateful. We have seen

studies that have found "practicing an attitude of gratitude" increases a person's happiness and can even have beneficial impacts on their health.

It's recommended that you write down 3 things you are grateful for every day, and you will see your own happiness and satisfaction increase.

One last idea: try forcing the corners of your mouth up into a smile... my mother used to do that to me when I was a kid and it really irritated me, but it always made me smile... and feel better (and as annoying as it was that it worked, it still did work). And recently I've seen reports on studies that have confirmed it does indeed make you feel more positive when you simply force yourself to smile — even by physically pushing the corners of your mouth up into a smile! Somewhere my mother is smiling right now!



— Kolleen Sunde

Now... How to Foil a Burglar..

Over two million home burglaries are reported in the U.S. every year. And only about 13% of them are solved, due to lack of witnesses or physical evidence.

Every 13 seconds a home is broken into, so, unfortunately, any of us could have our home burglarized at some point. We would point out, however that most people's homes are never burglarized so even though it makes sense to do what you can to minimize your losses, we would urge you not to spend a lot of time worrying about this — see item above and remind yourself to do things that make you happy, not worried or fearful. However we did find a list of places to hide valuables so since one way to reduce your losses, would be to put valuables where burglars might not find them, we thought we'd pass the list along.

Don't hide valuable under your mattress — it's so obvious and so often-used, that burglars are certain to look there. Ditto the bedroom closet. However, if you use a little creativity you might still get away with storing valuables in your bedroom closet — if you label the box "college text books" or "high school yearbooks" or "wedding pictures"... you get the idea.

Along those lines... if you're thinking of putting some valuables in an empty vase, try adding some artificial flowers to the vase along with your valuables as a vase filled with flowers won't look like an obvious hiding spot to thieves. One great idea we saw is to put your valuables in an old frozen vegetable container, or white butcher paper and label it "liver" or "fish" or something, and keep it in your freezer! Just remember to sort of camouflage things when you "hide them in plain sight". And, if you're going to be gone, have your mail held at the Post Office until your return, and any newspapers stopped until you return as well. Don't let your empty house be obviously empty — have timers on lamps to go on in the evening and turn off at a normal bedtime.

So, do what you can and then don't worry about it... most of us will never be burglarized. Remember that.

