

Possibilities

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Revealed: Corruption In Research On Diet and Heart Disease

By Ben

Recently (September 12th), the New York Times reported a pretty amazing revelation that many of you have probably speculated on before: in the 1960s, a sugar industry trade group, the Sugar Research Foundation (now known as the Sugar Association), basically bought off Harvard's nutritional researchers when they were conducting a review of the evidence of nutritional factors and coronary heart disease.

The SRF provided a total of a little under \$50,000 (today's dollars) to the three researchers conducting the review, in return for access to drafts of their reports and being able to suggest studies to be reviewed.

Unsurprisingly, the researchers' final review, published in the New England Journal of Medicine, came down on the side of sugar not contributing to heart disease, but said that cholesterol and saturated fat likely did.

One of those researchers, D. Mark Hegsted (who, to be fair, was critical of saturated fat before being financed by the SRF), would later become the head of nutrition at the USDA, where he helped author the government's nutritional guidelines, which again advised avoiding saturated fat, again giving sugar a comparative pass.

Now, to my knowledge, nobody's suggested that the studies these researchers examined were corrupted, but rather that the evidence on both fat and sugar was mixed, and that the researchers instead scrutinized fat far more intensely than they did sugar.

The consequence, of course, of that greater scrutiny of fat, and a sort of "pass" for sugar, was nutritional guidelines that have contributed immensely to America's obesity, diabetes and heart disease epidemics. Seemingly, all for the

price of a used car for each of three researchers.

Amazing. And likely exceedingly common, especially since what the researchers did wasn't even considered unethical at the time: it wasn't until the 80s that medical researchers were required to disclose financing in their articles.

So what do we make of this? To answer that, I think we need to discuss the broader issue of what research we consider valid.

If you're looking for unbiased research with no conflicts of interest and completely dispassionate researchers, you're going to find a very short list of studies you can draw conclusions from.

Even when research isn't financially conflicted, researchers have their own biases: we all have pet theories we would like to validate, and therein lies the birth of bias.

Moreover, an issue like food seems to be inherently filled with strong feelings. I've had far more heated arguments in recent years over nutrition than probably any subject, and I have a LOT of discussions with people about every subject under the sun.

Vegetarians believe their diet is the most healthy, meat-eaters LOVE their meat and don't want to be told it might be killing them, and everybody thinks their diet is superior to that of everybody else. To expect that scientists are immune to these feelings is to be willfully naive.

Which means that I expect that, even though the body of evidence now appears to be in favor of saturated fat not being particularly harmful, in another ten or twenty years, the consensus may be back on the side against eating meat. The people convinced that their

lifestyle is superior won't take recent setbacks lying down, and they'll find evidence for their views.

At which point, the fat-lovers will debunk their research, and the cycle will continue. And likely most of the research won't be intentionally biased; rather biased people interpret nebulous findings in a way that confirms their prejudices.

So what does this mean for you and me? What's a person to do? As I've said elsewhere (including in this issue), my general suspicion is that no particular nutrient is inherently bad for you, but the dose can make it so.

The research on calorie restriction and its connection to longevity is in its infancy, but it appears robust.

And, given the fact that nobody's making money on getting people to eat less, it also seems credible from that angle. After all, the food industry makes money on people eating more of the foods it makes, and the diet industry makes its money on people that have already bought too many of the prior person's products, and in some cases by selling them something to help them with their weight loss efforts.

I expect that, whatever the negative impact of a particular nutrient (sugar, fat or even protein—many people do now believe many Americans eat far too much meat), a greater dose will have a greater effect. In other words, it seems to me (in my layman's opinion) that we might all benefit by just eating a little less, and eating whatever we find most satisfying on the least amount. And, I believe that we should take supplements to counter any nutritional deficiency in our diet, and wash down both those supplements and the food we eat, with Willard's Water — to help us get the most we can out of those foods and supplements. Food for thought! ♦

Non-Drug Item People Love for Pain, Acne, Sunburns, & Much More!

We've read that rubbing **lavender oil** on your forehead is said by many to be an effective **natural headache cure**.

Incidentally, our very own **Chinota Gel** also contains lavender, among other herbs.

So, for any **headache sufferers**: if you have both **Chinota Gel** and **headaches**, you're may be depriving yourself if you don't pit them against each other.

Just another benefit of our very popular **CHINOTA GEL** -- which is also loved by people suffering from:

- ◆ **arthritic pain,**
- ◆ **back pain,**
- ◆ **neck pain,**
- ◆ **fibromyalgia,**
- ◆ **carpal tunnel,**
- ◆ **sore muscles,**
- ◆ **general aches & pains,**
- ◆ **pain from various injuries, and**
- ◆ **more!**

And don't forget Chinota Gel's "sister product", the truly multi-purpose use product, **AQUA GEL**, which is loved for so many different things by different people, but some of

the most common favorite reasons people use Aqua Gel for include:

- ◆ **sunburns**
- ◆ **burns**
- ◆ **acne**
- ◆ **many other skin problems like eczema, psoriasis, rashes, etc**
- ◆ **poison ivy**
- ◆ **aches & pains**
- ◆ **insect bites**
- ◆ **itches**
- ◆ **shingles**
- ◆ **seemingly any kind of "owwies"**
- ◆ **and much more!**

Ironically, as I was writing this, a customer from Wisconsin called in to order **seven** of the 4-oz **Aqua Gels**. Why so many? As she put it, *"that's one product I won't be without... I can't afford to be without it!"*

She said she uses it *"on my face every morning and night and I love it for that, and we have cats and it just heals up any of the scratches from the cats, and also gets rid of any kind of itch... just so good for so many things!"*

We can just hear a chorus of "Exactly" or "You got that right", from the loyal users of these gels as they read this! ♡

Gels' Users Reports: "Priceless"

Here are some other feedback reports from the "most commonly listed favorite uses" of Aqua Gel & Chinota Gel from its users:

"L.P." from Wisconsin, told us that after only 3 weeks use — "and then not even every day" — the **unsightly brownish scar tissue** on her legs from a terrible skin rash she'd battled, was very significantly improved. And it had seemingly defied every other treatment. She said it was so unsightly she couldn't even wear shorts. But **Aqua Gel** made all the difference —she was **happy!**

We've also heard from many, many people who said the **Chinota Gel** gave them the **first good night's sleep** in "like forever" as it relieved their pain from **carpal tunnel**, or **fibromyalgia**, or **arthritis**, or any number of **other painful conditions**, or **itching**, etc...to say nothing of the joy of pain relief all day!

We've lost track of how many people have called us about the positive impact **Aqua Gel** had on psoriasis, eczema, all kinds of skin problems, as well as on adult & teenage **acne** that had defied the onslaught of "everything dermatologists could throw at it", but it was **Aqua Gel** applications and drinking **Willard's Water** that worked. The boost to the person's self esteem was beyond words.

Many say they **won't be without Aqua Gel & Chinota Gel...** because they say — to them — the Aqua Gel & Chinota Gel are **priceless.** ♡



Trivia & Tidbits . . .

1. Alexander Graham Bell was 1 of the founders of what magazine?
2. The world's first electric traffic light was installed in what city?
3. What item did Armenian-born Sarkis Colombosian introduce to U.S. in 1927?
4. ? Invented Waxed paper, electric pen, & synthetic rubber into goldenrod plants?
5. Italian mozzarella cheese comes from what animal's milk?
6. What is Max Yasgur's claim to fame in the world of music?
7. Who wore a Beatle wig on Esquire Magazine's July 1965 cover?
8. What is the largest deer in the world?

And The Answer Is...

1. National Geographic.
2. Cleveland, Ohio, at the intersection of Euclid Ave and East 105th St.
3. Yogurt, produced at his Colombo dairy in Methuen, Massachusetts.
4. Thomas Edison.
5. The water buffalo's.
6. He owned the Bethel, NY, farm used for the first Woodstock rock festival in 1969.
7. TV variety show host Ed Sullivan.
8. The Alaska Bull Moose—has been 7-1/2 ft at shoulders and up to 1,800 pounds.

ON "THE WEB"!

www.willardswater.com

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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

What You Don't Know Can Cost You!

We'd like to believe that all supplements are high quality and they are what they say they are. Unfortunately that's not always true. An example is St. John's Wort. It's been one of the top-selling herbal products world-wide for many years, and its popularity and value apparently make it too much of a temptation for unscrupulous manufacturers and marketers to resist.

“..._____’s work better. I can take **1 of their Grape-seed**, but it would take **6 or more of any other (brand) ... same with the CoQ10... you get what you pay for”.**

A recent study of St. John's Wort analyzed 37 samples of St. John's Wort herb, dry extracts, and commercial products and found about **38% were “proven inauthentic** either due to admixture of synthetic dyes combined with an uncharacteristic flavonoid pattern (approximately 22 percent) or by exhibiting an uncharacteristic flavonoid pattern only (approximately 16 percent). None of the raw herb samples were adulterated with dyes; the latter were only found in extracts and finished products”, as the study authors stated.

This isn't a new problem, unfortunately. Back several years ago (in 2010) a report by Consumer Lab found that **25% of the St. John's Wort products they tested were Not Approved.** Either they didn't contain the amount of the key ingredient that their label claimed or they also contained “unacceptable levels of lead”, or they didn't meet FDA labeling requirements. These are, sadly, fairly common problems in all kinds of supplements, not just St. John's Wort.

All of this made us realize we haven't “disclosed” often enough some VERY important information about **our products...**

- ◆ **Nearly ALL our Nutritional Supplements** plus our
- ◆ **Willard's Water,**
- ◆ **Aqua Gel,**
- ◆ **Chinota Gel, and**
- ◆ **Willard's Water Soaps and Lotion are MADE in the USA!**

We think that means a lot... especially in view of all the health scares associated with overseas products in recent years. For another thing, you **won't find cheap capsules that can't be easily digested in our quality products.** You may have noticed nearly all our supplements have **Item Numbers starting with “J—** “ (with the letter J-plus-a dash, and then the number). All of those products come to us from Daily Mfg., a family-owned U.S. firm known for high quality

standards. Do those standards make a difference in how well the products perform? Well, when “G.E.” phoned us recently to place an order she volunteered that “out of all the products I've tried, Daily's is the most pure. I can take **1 Grapeseed of theirs and in any other (brands) it takes 6 or more** to the one I take of

the Daily's... and it's the **same thing with the CoQ10... you get what you pay for.”**

Her husband overheard her and yelled out “more bang for your buck” with the Daily

products. Both G.E. and her husband have been using nutritional supplements for many years, and have tried a lot of different brands. Their report isn't even unusual — a LOT of people tell us that **our St. John's Wort, or B6 or B12 or Coral Calcium, or Magnesium, or you-name-it works better than any other “brand”** they ever tried of the “same thing”, “G.E.'s report” is just one example. .

Another example... Daily Mfg. was using vegetarian capsules in all of its capsulized products LONG before such capsules became “well-known enough” for customers to ask for them. As the biochemist at Daily's told us “we switched to those long ago because the capsule is key to being certain the product gets absorbed.” He went on to explain that a lot of inexpensive supplements on the market are encased in some **really cheap capsules from China...** they are one of the cost-cutting-corners that make it possible to produce those really cheap products, but those capsules are basically **non-digestible in anyone's digestive system,** rendering the product pretty much useless--which actually **makes it a pretty expensive product** for the consumer, since it doesn't stand much chance of doing any good if it isn't absorbed. Unfortunately, most consumers don't know about practices like this, so are really misled by those cheap prices.

For another thing, the **Daily firm will NOT sell a product that doesn't contain what the label says** it contains. Unfortunately, that's far from always the case. It's actually a legal loophole for a label to indicate that the capsules in the bottle each contain 300 mg of whatever is being sold in that bottle, but to NOT actually contain 300 mg. That loophole allows for far less than the label states is in the product to be in it... al-

legedly to allow for errors by filling machines. Daily's simply won't do that. It's a family firm and it's their last name going on the bottles, and if their last name (Daily) is on the bottle, it's going to contain exactly what the label says it contains. And you can take that to the bank, as the saying goes!

If you want to know that you're getting what you pay for, and that it is manufactured to the highest standards, right here in the USA, you can't beat the items from Daily Mfg. They'll probably never be the cheapest option, but they are far from the most expensive — quite competitive, and we don't believe you can

...they've been using only the better-absorbed but more costly vegetarian capsules since long before consumers asked for them, just because they knew they were better...

find any better quality at their reasonable prices.

We are just as confident in all other manufacturer's products we carry (or we wouldn't offer them), and many of them are also made in the

U.S. However, like most manufactured goods, you have to check the label to see where it was made. With Daily's, you know it's made in the USA. The reason we carry so many from Daily's is that we learned a long time ago any product from Dailys always seems to be “even better than people expect” when they bought it. So, if we can get an item from Daily's, that's the one we'll carry.

One of the most popular categories of Daily's products is their “Activated B's”...their **B-6** (Item J-1), **B-12** (Item J-20), and **B-Complex** (Item J-2), are all in the “activated” forms—already converted to the substance one's body has to convert “regular” B supplements to in order to use them. In fact, our first experience with Daily's quality was my wife, Kolleen's, experience with their Activated B-6. Because of carpal tunnel type problems she was taking 6 to 10 good quality, natural, B-6, per day. She still could not use a computer mouse at all, and could only use a keyboard with a good deal of pain. Once taking just ONE Activated B-6 per day she was able to use a computer mouse—she then took 2 of the Activated B-6 for a very few days, and after that had NO Problem at all in using the mouse or the keyboard! That was about 23 years ago, and still no problem as long as she takes those Activated B's.

Additionally, we can't even tell you how many customers have told us how well our **St. John's Wort** (Item No. J-90) works for them, when other brands “didn't seem to do anything”. Perhaps that's enough said! ♦

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Bathroom Flood Helps Create Beautiful “Tapestry”?

“I’ve heard it said that only at the end of one’s life can you see how the various events that seemed to have no connection actually came together to weave that beautiful tapestry of one’s life. Well... consider this...

“Losing two much-loved dogs within 3 months of each other, leaving us “dog-less” for the first time in over 30 years, left a void and a heartache only other dog and pet lovers can imagine.

“Unbelievable to us, a great step forward from that pain came in the form of a little dog, who was a member of a breed we said we’d never want. He was offered to us as a gift, which seemed far too sweet to simply turn down, so we agreed to meet him, knowing we wouldn’t even consider actually taking him home.

“Well... apparently he didn’t know he would be easy to turn down! He was the most loving little dog we’d ever seen, contrary to our apparently false impression of his breed. False, too was our belief that we “could go back home without him”. We knew the offer to give us this very saleable little pup was amazingly

generous. What we didn’t know was that the owner of the pup’s parents had been adamant about them never having another litter so if “fate” hadn’t intervened, this little guy would not have been.

In fact, when the mother dog was in heat, she was locked in a bathroom if her owner left the house, so no “accident” could occur while the owner was gone. But one day, “Olive’s bathroom” flooded, so Olive chewed her way through the bi-fold door, and “Homer was waiting”!... so, within a few weeks of the loss of our two dogs, the friendliest little guy in that litter was offered to us, stole our hearts, and has made every day brighter ever since. Oh for the kindness of friends, and the foresight of a “planner” much smarter than us, piecing our “tapestry” together beautifully! Coincidence? Maybe, but reminds me of a quote from ‘Anonymous’: ‘A coincidence is simply a miracle in which God has chosen to remain anonymous.’ Take your pick.”

— *A Loyal Reader*

Editor: This story was reprinted from our Feb/March 2013 issue, due to reader requests.

We invite you 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 . . .



Stopped WW & Arthritis Flared Up Again —

“J.V.” from Nebraska, told us that...she went off the **Ultimate Dark WW** and a few weeks later her Arthritis really flared up again. She vows she’ll never be without it again. We’ve heard that type of report from more people than we can remember over the years, but it’s always great to hear it from one more person! Thanks for letting us know, J.V.!

Cellular Vitality goes from 10% to 90% — “S.Z.”,

another **Ultimate Dark WW** fan, told us the Naturopath she sees uses a “full body scan” that uses quantum physics to take the measurements, and her levels went from **10% to 90%** over just 2 years... she believes it’s the **Ultimate Dark Willard’s Water** made the difference, as she can’t think of any other changes she’d made. Thanks, S.Z., for letting us know!

Hay Fever & Other Lifelong Allergies + Arthritis

— “E.B.” an **Ultimate Dark WW** fan from Florida, told us he has seen those lifelong **allergies** including his **hay fever** that was the worst of them, “all taken care of” by the **Ultimate WW**...plus he has **arthritis** and is 76 years old, but with the **WW**, he “feels like 50”! Glad to hear it—Thanks, E.B.!

Overnight Success on Arms He Couldn’t Raise Much At All —

“D.G.” said after the new set-up at his work required him to reach way up throughout the day to fill containers from the top, he couldn’t raise his arms hardly at all by the time he got home each night. He always drinks **Ultimate Dark WW** and he took 2 of our **MSM Capsules** (Item J.-92) and 1 of our **Activated B-6 Capsules** before he went to bed—by morning he had **NO pain & NO problem** raising his arms! He was so glad, he wanted others to know too. Thanks, D.G.!



MORE PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

Bad Foods? Good Foods? Type? Amount? Frequency? What IS the Key to Healthy?

By Ben

I was recently reading about the FDA's new war on sodium in foods, which I don't want to get into the specifics of for space reasons. The short of it is that they're currently trying to get food manufacturers to "voluntarily" reduce sodium levels in their foods, with potential mandates to follow if they don't comply.

As I've written about before, sodium is a largely incorrectly demonized essential nutrient (it IS necessary to limit sodium with certain conditions, like heart failure, kidney dysfunctions, and sodium-sensitive hypertension).

In response to this development, I went off on a rant about how people assume that if a nutrient isn't safe to have on an IV drip all day in very high doses, it must be unsafe for everybody. By that standard, of course, literally everything is bad for you. People can die from drinking too much water (usually in contests, mind you).

But this got me thinking more about something I've long been feeling: I'm becoming much less certain that the traditional divide between "healthy" foods and "junk" foods is really worth sustaining. Why do we consider foods "junk"?

Because they're low in nutrients to calories, or because they contain too much of some hated nutrient (like "bad" fats and sugar), because of processing, or because of added chemicals.

All of these (especially the added chemicals) are valid concerns, but, this raises a question: "Couldn't it be that the problem is less that some foods are good and others are bad, and more that the

problem is the amount of food?"

Let me explain, because I know this article will irk some of you, and bear in mind, this is just my opinion, and I'm not a doctor or any sort of health professional. I'm a supplement marketer.

... actually fat and salt are essential for life, and though sugar is not essential, it is very useful for energy and powering the brain...
Could it be these items are tasty to help ensure that we do consume some of them... enough of them?

A major part of why we regard a food as bad is because of excessive nutrients, like fat, salt, and sugar. Or because they're low in nutrients compared to calories. These are both issues of amount.

Fat and salt are both essential to life (in certain amounts), and sugar, while not strictly necessary, is very useful for energy, powering the brain, muscular performance, and for the simple fact that it makes food tasty. Those three hated nutrients (fat, salt, and sugar) are tasty because they keep us alive, and our brains reward us with good feelings when we do things that keep us alive.

Fortunately, we live in a place and time where the issue is hardly ever getting enough of those to live.

Unfortunately, the problem tends to be one of us getting too much of them. Unlimited portions are readily available to us, and taking in excess is very easy, especially taking in excessive amounts of junk food which is always readily available.

The flip side of this is that we can also get endless amounts of healthy food, though it IS more expensive and less convenient.

I personally know many extremely health-conscious people that won't touch anything not organic. Yet they're still

less healthy than I am, by every reasonable measure, and I eat anything (more on that in a second).

Why is that? I believe it has to do with portions, more than anything, as well as the frequency of eating.

Basically, they overeat, and they eat far more often than I do.

And I think part of this may be a result of the idea we have that some foods are innately healthy and others less so. And if food is inherently healthy, you can't eat too much of it... Can you?

There have been studies done that strongly indicate that people dramatically underestimate the calorie content of foods they think of as healthy, and overestimate calories in foods they see as unhealthy.

Therefore, I think that thinking of food purely in good or bad terms inclines people to not only avoid bad foods (which is probably good for a lot of reasons), but to eat an unhealthy amount of "good" foods, and thereby make them not so good for health...

"The dose makes the poison," as Paracelsus said hundreds of years ago in reference to medicines: all good things can be bad in excess.

More than that, study after study shows that body fat (particularly around the middle) is a risk factor for virtually every disease we struggle with today. Lean people still get all those diseases, but not at nearly the same rates.

Beyond weight, and getting into my view that eating too often is bad, there's the fact that damage can be done by eating. As I've written about at length, I'm a big believer in intermittent fasting

"The dose makes the poison"... all good things can be bad in excess. Even foods we think of as inherently "healthy", can have negative consequences if we consume too much of them.

because of the issues related to digestion.

Eating carbs or protein (i.e., anything but fat) will cause insulin release, which is related to developing a tolerance to insulin. The more you do this, the more likely you are to become insulin insensitive, which can lead to Type II diabetes.

It could be argued that my approach of eating huge amounts in one sitting, thus requiring a very big insulin response, is the same as just having many smaller insulin releases, and that requires an advanced degree in biochemistry that I don't have to know, but think of it this way: it seems logical that the more time spent in a state of balance, with blood sugar stable and no insulin needed, the better.

The same is true of salt. Salt causes a temporary increase in blood pressure, hence the concerns of health authorities, but since blood pressure returns to normal after a bit, it stands to reason that this isn't a huge problem for people who aren't already suffering from very high blood pressure.

BUT! If you eat like many do, with 2 or 3 meals a day and snacking throughout, and it all contains decent doses of sodium, your BP can't stay normal for very long. Instead, you're constantly spiking your BP, followed by your BP returning to normal. It seems very reasonable to me that one increase a day, even if by a lot, is probably healthier than many increases in a day. I don't have any proof of that so please do NOT change your diet or try to influence or control your blood pressure by "experimenting" with this... always get guidance from a trained professional... I am not one, nor is anyone else here at NCI... we always want to remind our readers of that fact... we're bringing you information of possible interest but nothing we write should be considered guidance for your health... work with a certified health care provider for specific guidance for your particular situation.

Back to the discussion at hand... next, there's the fact that digestion is itself a damaging process, in a sense.

Metabolizing food is basically a very slow combustion (burning) process, which releases free radicals that are linked to cancer. Now, the evidence

indicates that some level of free radicals (oxidants) are good for health, because the stress makes cells adapt, but too much is bad.

The more you eat, the more free radicals you'll have to deal with, though this will be the same if you eat 3000 calories at once or 3000 throughout the day, but most people following a diet of one or two meals within 8 hours each day will find they eat less. This means weight loss (which is usually good) and fewer free radicals.

Furthermore, calorie restriction has been shown repeatedly to have many health benefits, because it induces just enough stress to cause cells to adapt (or so it's been theorized).

Now, I have a confession: I have a terrible diet... though it IS actually by design...

A few years ago, I decided to use myself as a guinea pig for my theories on nutrition. I decided to do an all-fast food diet, with the goal of cutting down to almost no body fat then replacing the lost weight with muscle, while using supplements to make up for all the nutrients I wasn't getting from junk food. I wanted to prove (to myself, if nobody else) that you could be perfectly healthy and develop whatever body you wanted through eating and taking supplements. (And yes, I have followed our cautions to our readers... I have gotten guidance from a real gem of a mainstream M.D. who also has a vast understanding and appreciation of the value of nutrition in one's overall health... I haven't done this "experiment" without the advice and guidance of an expert I trust.)

I dropped from 200 lbs (at 6'2") and probably about 25% body fat (I didn't have the means to measure at the time) to 155 lbs and skeletal in 6 months. Then I started packing on weight by just eating more.

Since then, I've done a number of bulk (gaining) and cutting (dieting) cycles, with the only difference being the amount of calories I take in. I've been as high as 209 lbs and 17% fat to 171 and 9%. Currently, I'm at 176 (and gaining) and right around 9%. My blood pressure, once borderline hypertensive, is steadily showing at around 110/70 every time I visit my doctor.

I went from having a 37" chest and waist, to a 43" chest and 31" waist (currently). It's often difficult to find clothes that fit right, but I'm pretty happy otherwise.

Now, again, I'm NOT recommending this diet to any of you. I would never do that (and therefore I'm not even going to tell you the specifics of how to do it). As I said before, the concerns about chemical additives are valid (which is why I plan on ending this soon), and I'm almost embarrassed to share this story with all of you, but it's necessary to illustrate my point. I don't think you necessarily need to eat "healthy" to be healthy (with proper supplementation and frequency, etc), though it's certainly easier to be healthy if you eat real food.

The fact is, I take a LOT of supplements each day; about 40 or 50 pills. If I wanted to cut it down to just what I need to make up for nutrient deficiencies in my diet, I could probably get it down to 20 or 25. My guess is most of you would rather eat organic than swallow down that many pills.

So, to recap:

- 1) No nutrient is inherently bad, but excess is. The dose makes the poison.
- 2) Thinking too much about "good" or "bad" foods can encourage overeating of good foods.
- 3) Limiting food quantity and amount of meals helps with weight loss as well as maintaining balance in the body's systems.
- 4) While eating "good" foods (again, not in excess) is preferable, you can live well off of anything (in moderation).

And now, remember, no matter what you eat, studies have shown that washing it down with Willard's Water will help your body to get the more benefit out of the nutrients in that food, since you will absorb more of the nutrients it contains with Willard's Water to give it a "boost". But don't drink a gallon at a time. Once again, even water can be bad for you in excess...again "the dose makes the poison", even when we're not talking about poison or anything detrimental. Bottom line: all things in moderation. 