

POSSIBILITIES. ♦ ♦ ♦

From NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 (218-236-9783) ♦ www.willardswater.com ♦ April, 2004

Vitamin Keeps Stroke Patients Alive

Folic acid reduces the risk of birth defects. Now, new research shows it may also keep stroke patients alive.

In 1996 the Food & Drug Administration (FDA) required enriched grains to be fortified with folic acid to help reduce the risk of neural tube defects in newborn babies.

Results of a recent study discussed at the American Heart Association's 44th annual Conference on Cardiovascular Disease Epidemiology and Prevention, show the number of deaths from stroke were 10% to 15% lower in the three years after the FDA required that fortification, compared to the three years before fortification. In 1997, stroke death rates declined by about 1% per year, but after 1997, they declined by more than 4% per year.

Researchers say about 31,000 stroke-related deaths and about 17,000 heart disease-related deaths may have been prevented each year since fortification was implemented.

Folic acid lowers homocysteine levels. People with higher homocysteine levels are at an increased risk for stroke and heart disease, Lorenzo D. Botto,

M.D., from the Centers for Disease Control and Prevention, says, "We think homocysteine somehow causes an insult on the vascular wall, weakening the vessel and making it more prone to damage."

Researchers say their results show the reduction in homocysteine levels was associated with fewer deaths due to stroke and cardiovascular disease. Dr. Botto concluded, "If folic acid fortification is responsible for the improvement in stroke-associated mortality, the public health benefits are substantial."

Editor: Folic acid is contained in our Multi-Vim product (Item No. J-56), and in our Activated B-Complex (Item No. J-2).

We are reminded again, of the years when health food companies were prohibited by the FDA from telling consumers of the known benefits in reducing neural tube defects simply by pregnant women taking sufficient folic acid during their pregnancy. We were elated when the FDA finally allowed this to be told, but also wondered how many other benefits were being withheld from people by the restrictions on this type of information being published. ♦

Heart Health Tips

Numerous studies have found that fiber is helpful in preventing heart disease and/or reducing the risk of heart disease. But few studies have analyzed which foods have the best fiber for this purpose... which ones provide the greatest benefit for heart health.

A Harvard University study analyzed information from 91,058 men and 245,186 women regarding what they ate. The data was studied over a period of 6 to 10-year follow-ups.

The research found that for each 10-gram increment of fiber consumed per day, there was a 14% decrease in the risk of coronary heart disease. They also found for each 10-gram increment of fiber consumed each day there was a 27% decrease in the risk of **death** from coronary heart disease.

Specifically, they found fiber from cereal and fruit seems to be more protective than fiber from vegetables. The researchers wrote, that the recommendations to include an abundance of fiber-rich foods in one's diet to prevent coronary heart disease is "based on a wealth of consistent scientific evidence." ♦

Help for Shingles, Parkinson's, M.S., Arthritis, Fibromyalgia, More

Every year, up to 14,000 people over the age of 60 develop shingles. Shingles is a painful nerve disease that comes from the chicken pox virus. It often results in extreme pain that can last for months on end. Now a study has found a specific type of exercise can protect against the virus.

The study found that tai chi (described as a combination of deep breathing with relaxation and postures that flow from one to another through slow movements) protects seniors against the shingles virus.

Psychiatrist Michael Irwin, M.D. of the UCLA Neuropsychiatric Institute in Los Angeles conducted the study and said that it found three classes of tai chi a week for 15 weeks boosts shingles immunity by about 50%. "There's nothing currently available to boost shingles immunity to match what we did," he said. He added that it also increased the seniors abilities to carry out

day-to-day tasks, and could offer protection against other viruses.

Each tai chi class is about 45 minutes long. Tai chi has also been shown to help illnesses such as Parkinson's disease, multiple sclerosis, fibromyalgia, and arthritis.

Another article on studies of tai chi noted that it has been found to have benefits including effects on balance, flexibility and cardiovascular health. It also helps reduce the risk of falling among the elderly.

Researchers also found improvements in patients who had undergone heart bypass surgery as well as in patients with heart failure, hypertension, heart attack, arthritis and multiple sclerosis. It also appears to reduce pain, stress and anxiety in people. Benefits in balance, flexibility and strength were also reported.

Study authors say it is clear tai chi is helpful for those with chronic health conditions, and that it can be practiced at any age. ♦

The GEL's BACK! And Some Say the New Version is "Even Nicer!"

It's hard to tell who's more excited, us, or the few customers who have found out we have the equivalent of "Gel*Loe" back in our line-up.

"The Gel", as it was often referred to, was a favorite as the "all-around-try-it-first-on-whatever-hurts" product that was basically Willard Water with a little aloe and comfrey added, and then thickened into a gel form for topical use.

The last two batches we received from the lab that has made it for us for over 15 years, had problems, so we took it out of our product line-up.

We now have it available again—it still has a little aloe, plus some Vitamin E and the herb Witch Hazel, but it's mostly "thickened" Willard Water. It's very clear, but since we think of it as

"the water thickened", we've named it "Aqua Gel". (Aqua for "water".)

We actually used that name on our "original" gel, which preceded Gel*Loe, which had essentially nothing but Willard Water in it. Since this new version is a throwback to that older one, we're using that name again, even though it isn't precisely the same as that one, either.

The customers who go back far enough to remember Aqua Gel (1987 and before) have often asked us to bring that one back—they just liked the texture and feel of it better, and some felt it had worked even better than Gel*Loe.

Everyone here loves this new version—it *does* feel even nicer, somehow, than the Gel*Loe. We know everyone

who liked to use "the gel" on their faces, for instance, will really like this version.

And we know everyone who has missed having "the gel" around for other skin uses like eczema, psoriasis, acne, sunburns, burns, bumps and bruises, etc., etc., along with uses on insect bites/stings, hair, sore muscles or muscle spasms, on hemorrhoids, etc., etc., etc., will also be very pleased to have their "old friend" (or one very like it) back again.

We will be having a price increase on it, since it's costing us more than the old one, but if you check out this month's special, you'll see it's available for a limited time at the old price.

We know it's a winner. We know if you try it, you'll love it!

Tangible Evidence It's The Only "Brand" Her Body Absorbs

"L.P." is a quadriplegic who told us that every time she's tried to use a calcium supplement, it has resulted in creating a blockage in her catheter. Her body just hasn't absorbed any form of calcium very well, obviously.

Then she tried our Coral Calcium capsules (Item No. J-203), and has had no problem with the catheter getting blocked. As she put it, "My body is obviously really absorbing it".

We know the products we get from Daily Mfg., including our Coral Calcium products, are always of the highest quality.

But it's always nice to hear reports from real people of tangible, "measurable" type differences, between those quality products and other products that have been tried.

And, of course, it reinforces our belief in the unsurpassed quality of all Daily Mfg products. Daily products include all those that start with a "J", "PY", or "CS", in their item number, along

with H-5.

Reports like "L.P.'s" remind us of other customer reports we've received on the Daily line of products over the years in which the person couldn't believe how much better the Daily St. John's Wort, Magnesium, Multi-Vim, CoQ10, etc., etc. performed for them than other "brands" they'd had of what was supposed to be the same nutrient.

As we've often explained, it's impossible to know what's the "same" if you don't know how old the ingredients were when it was made (and therefore how fresh); the quality of the capsules used—some very cheap ones are just about impossible for anyone's body to breakdown; and even if the product contains what the label says it contains... there have been too many cases of products simply NOT containing what the label says to assume a product does, if you don't know it to be from an ethical source.

Trivia & Tidbits . . .

1. What is the claim to fame of the Turkish site known as Hissarlik?
2. What is the highest scoring three letter word possible in *Scrabble*?
3. What are the odds of having an ear of corn with an odd number of rows?
4. What is the world's largest living fish?
5. How long is a Martian year in Earth days—a year being the time it takes the planet to revolve once around the Sun?
6. What did Lizzie Borden, Napoleon, and Titian have in common?
7. What is the largest amount of American currency one can hold without having change for a dollar?

AND THE ANSWER IS...

1. It is the site of ancient Troy.
2. "Zax" (a tool for cutting roof slates), which earns a minimum of 19 points and much more if the z or x is placed on a bonus square.
3. Zero. There are always an even number of rows.
4. The harmless whale shark, which reaches up to 50 or more feet in length and weighs up to 20 tons.
5. 687 days.
6. They were all redheads.
7. \$1.19. Three quarters, four dimes and four pennies.

ON "THE WEB"!

www.willardswater.com

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

Please Note: We are not health authorities of any kind. This newsletter represents our own views—presenting information we believe to be true and correct, but is "opinion", nonetheless. We also have a vested interest in most of these topics, so don't claim to be impartial. This newsletter, or anything else we publish, is no substitute for a competent health professional. User reports, though published here, don't prove anything—we pass them along because they certainly are of interest to others using the same products, or who have an interest in them.

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PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

Don't Forget those Critical Minerals!

CHARLIE, WHAT MINERALS DO YOU TAKE?

I believe that no other group of supplements are as important as minerals. It has always been my understanding that minerals are absolutely essential building blocks for our bodies. I also believe that it is essential to take supplemental minerals because our food is deficient in them. That doesn't mean that we won't necessarily live long lives without supplemental minerals. Our bodies are incredibly clever at surviving despite deficiencies of a great many things. However, to enjoy anything close to optimum health, I do think we need the added minerals.

Some folks will bristle at that and say, "I spend a lot of time and additional money seeking out organic food and that's pretty much all I eat. I should be fine." I beg to differ. Organic food should not have anything in or on it which will HURT you. . . It should not have been sprayed with toxic materials, for example. However, if the soil that produces the produce is deficient in many minerals, they are NOT going to be in the produce, regardless how "pure" the grower's practices are. I believe a small but growing number of the really conscientious organic growers are beginning to add sea products or similar things to their soil to try to appropriately re-mineralize, but that is probably quite rare, yet.

In any event, based on what Kolleen and I believe about such matters, here's what we take for supplemental minerals. We both drink the dark Willard Water, all day, for starters. All the major and minor minerals are in it, to some degree, and to a somewhat varying degree, since those minerals are from a natural substance, so the exact amount of each mineral will vary somewhat. While the minerals which are in there are certainly a "good buy", costing each user about a dollar per month. The difference between the

price of a "dark quart" and a "clear quart" is about four dollars and it normally lasts one person four months, hence the "dollar a month". .we don't consider it to be all the mineral supplement a person needs, by any means.

We both take the normal recommended amounts of Daily's **coral calcium (items J-201 and J-203)**, plus additional **magnesium citrate (J-54)** to get total magnesium up to about the same amount as the calcium. If using the coral capsules, we take 6 of them a day, getting 1000 mg of calcium and 500 of magnesium, plus three or four capsules of the J-54 magnesium, which means we are getting 800-900 mg of magnesium a day, in total, plus, of course, whatever much smaller amounts of calcium and magnesium are in the Willard Water. In addition to the trace minerals in the WW, we are, at least in theory, getting the full array of needed trace minerals from the coral calcium. Then we both also take about four capsules a day of **potassium (J-62)**. If you eat plenty of fruit and other natural sources of potassium per day, that would seem to be unneeded, but we typically don't. The sodium/potassium balance in the body is one of the crucial balances needed, and most of us tend to get a great plenty of sodium, so it makes sense to try to balance that with some supplemental, or dietary, potassium.

We also carry Daily's excellent **"Liqui-Min" (Item No. J-12)** another worthwhile source of trace minerals. This type of product was a huge seller some years ago, but the coral calcium crowded it off center stage, so to speak. Some customers have used it faithfully for years and it deserves more attention than it currently gets. If I weren't taking the "coral", I'd be taking the Liqui-Min. But (especially with using dark Willard Water) I see no reason to take both Liqui-Min and the coral calcium. But I wouldn't be without one or the other (Liqui-Min or coral calcium). ♦

"Lucky" *(continued from Page 4)*

"Not possible", he said. The road to it hadn't been plowed since the last storm. But I wanted to try. He was right. Half-way there, I was about to turn around, but I saw something up ahead. Looked first like a fox, then I saw it was a dog.

"I walked down the road to him. He was young, and thin and cold and lost. I picked him up and took him back to the pick-up and he curled up between us on the front seat. I named him 'Lucky' right on the spot. Because he sure was.

"What were the chances of me meeting the guy who had 'my' rifle, particularly when he needed to sell it, on the very day that Lucky was out there basically in the woods almost certainly going to die? And there was no reason for the scope to be that out of adjustment. The mounts are solid. Someone must have been messing with it.

"What really blows my mind is that it was about 50 years ago that I started wanting a Model 70. And for about the last 40 years, I could have bought one. But it was always a luxury I didn't need and there was always some good reason not to buy one—for one thing, I had a perfectly good deer rifle—a lot better than my Dad's. And I never had one just drop into my lap. Till the day I needed it so I'd be led to Lucky. And that's when it all came together to put me out on that semi-blocked road just at the right time. I've had Lucky with me ever since. He's a really good dog. And he's been great company for me. I think I was the lucky one!

"Somehow it's always seemed to me to be some kind of sign of how God really does take care of all His creatures...and in taking care of Lucky, He's given me a real blessing, too, by giving me such a good little buddy, and more than that, giving me that feeling of confidence in how much He really does take care of us. And that's done something beyond words for me." ♦

Editor: We invite our readers to send us their experiences of unexplained help, for sharing with others, anonymously if they wish.

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Who Was The Lucky One?

“No way I should have ever found Lucky . . . Absolutely no way. It happened only because I’d gotten that Winchester rifle. I grew up on a farm 70 miles NE of here, near a small town. There were more kids than money . . . Farming was tough up there, but hunting was good. My dad put a lot of meat on the table that way, and us boys helped out as we got older. But as important as the guns were, they were pretty primitive. We had an old 12 gauge double with outside hammers, and a 30/40 Krag from WWI, which was our deer and bear gun, and a bolt action 22 from Monkey Wards. That was it. We took turns using them.

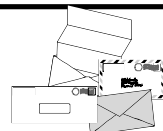
I read a lot about guns in a friend’s dad’s hunting magazines. What I really wanted for a real deer rifle was a Model 70 Winchester, 270 caliber. Didn’t figure I’d ever get one, though. But seven years ago last winter I was up there in my home area, and stopped at the gas station and a local guy I really didn’t

know, asked me offhand if I wanted to buy a 270. He was laid off and the deer season was over and at least until the next fall he needed the money a lot worse than the rifle. So he got it out of his pick-up, showed it to me, named a price and I thought a minute and wrote him a check for 25 bucks more than he was asking . . . It was still cheap and as you probably guessed, it WAS a Winchester model 70.

“I headed out of town toward our old farm and right near the road I saw a skunk. In the daylight. In the middle of winter. It WAS an unusually warm day, but regardless, you don’t see skunks out in February, in this part of the country, particularly in the daylight. I figured it was probably rabid so I stopped, hauled out my new prize and put the crosshairs on him. Missed him clean. Snow flew up a couple of feet away from him, and he scurried off into the brush. I’m no Annie Oakley, but I’m not bad, so I knew the scope needed a lot of adjusting. Picked up my son who is living on the old home place and told him I needed to go out to the rifle range. (Turn to “Lucky”, Page 3)



From Our Mailbag & Phone Calls. . .



More Energy, No Cramps — “W.S.” told us that since starting to use the Strauss Heartdrops he got from us he has more energy and no muscle cramps. He’s been taking these “drops” for more than a year, and says he sure doesn’t plan to quit.

Another Energy Report, but with a different product — “J.M.” tells us that she really notices decreased energy when she runs out of the Colostrum PLUS (Item H-2). She has Multiple Sclerosis and has found both the Colostrum and Willard Water to be helpful, but notes the energy from colostrum. She’s not alone—a number of people find energy in the colostrum bottle!

Boiling Water Burn—No Problem — “M.A.B.” told us she was cooking and splashed boiling water on her finger. She had the Willard Water concentrate handy (not the mixed-up-gallon), so she poured the concentrate on it and rubbed it around the burn. Basically, the “instant” the water got on it she felt the pain stop and redness went away in minutes. She said she applied the concentrate again later in the day, and “that was the end of it”. No more problem, or scar or anything.

Pain Be Gone — “J.G.” fell on her kitchen floor and jammed her fingers into a cabinet—they wouldn’t bend and were very painful. She sprayed Willard Water on them and in minutes the pain was gone and her fingers were flexible. ♠



More Product Highlights & Updates from Charlie

Customer Comments; Liquid Supplement Options; Homocysteine and Cholesterol News

“FOR PETE’S SAKE, BRAG A LITTLE!” That’s what “Anne” (not her name), a very long-time customer, told me, in a recent phone conversation. She grew up in a nutrition-conscious family, in an era when few people were “into supplements”. Her parents were early distributors for a VERY early food supplement MLM company. Anne can’t remember not hearing about vitamins and minerals!

Which tends to either turn a child very much off, or very much on, to nutrition. In her case, it “took” . . . She did follow her parents’ example. She was an MLM distributor before she was legally old enough to be enrolled and she worked in a health food store for some time. She’s been a huge fan of Willard Water and colostrum for a good many years.

This particular day she was really on a roll, and she continued to lecture me: “ALL nutritional products are over-hyped. We know it and we expect it. We all expect there is SOME value in all the products, and a LOT of value in some, but we take it for granted that the advertising will over-dramatize the benefits. Case in point, the coral calcium that used to be on TV all the time. I am sure that GOOD coral calcium is a very worthwhile product. I had my doubts about that TV product, but I’m sure that some people, at least, did get a lot of benefit from it, and that’s where the testimonials came from, of course. If a million people buy it and a thousand get some fairly dramatic help, there’s a lot of potential for testimonials! But people like you and I know that we are seeing the very tip of the tip of the iceberg, so to speak.

“But YOU folks, I swear, do just the opposite. You’ve shared some really interesting stories with me, on the phone, but then you print things that aren’t such a big deal. It is like you are deliberately trying to downplay the benefits of Willard Water!”

I have to confess that she is probably correct. The problem is really rooted in my own psyche. I grew up in a

conservative rural atmosphere in a Norwegian family. If you’ve heard Garrison Keillor’s monologues on public radio, those small-town Norwegian Lutherans are very much the kind of soil that this particular plant grew in. If you come from that kind of background, it is just about impossible to give a product the kind of praise that Willard Water (and colostrum and Strauss Heart Drops, and progesterone crème) really warrant. You are afraid that one person out of a hundred might be disappointed. Rather, you tend to say, “Yah, this is pretty good stuff . . . It sure is . . . You might want to give it a try some time.” And then have people be really blown away by the benefits of the product and have them say, “You told me that this was pretty good, by My God, let me tell you what it did for ME!” You prefer to “under-sell” and let the product speak for itself. You’d rather have it perform much better for nearly everyone than they really expected, than to have a few people be somewhat disappointed.

But in a commercial environment when you and your products are competing with a thousand screamers, your reticence may cause thousands of folks who SHOULD have used WW, and COULD have used WW, to go without its benefits because you were too bashful to say what should have been said.

It is hard to go against one’s nature, but we’ll at least try harder.

In fact, I’ll begin right now. With a couple of animal stories. They are always the most impressive accounts because you know it isn’t “just in their heads”.

“D.O.”, a friend via e-mail . . . Currently living thousands of miles away, wrote very recently, “My wife and I have been giving our 10-year-old dog WW for about a month now. My dog jumped up on me last night (she hasn’t done that in years) I actually think my (skeptical) wife was really impressed. Plus, my dog just seems to feel & look younger.”

Which reminded me of a friend’s situation . . . This was nearly 20 years ago. She had an old German Shepherd, who was getting so stiff with arthritic joints

that she had to lift him over the threshold of the front door, taking him in and out. The dog was like a child to her, but caring for him was getting to be really tough, and he obviously was hardly enjoying his life, so she was strongly considering ending his life. But she found out about WW and colostrum from us . . . Got them . . . Gave them to him, and within a few weeks he was moving around just about as well as he had years before. Acted much younger. Even showed significant interest in the neighbor’s female dog!

A woman who worked for us some years ago took in a very sorry-looking stray cat. It was emaciated, frightened, apparently ill, its fur was a complete mess. She began feeding it, giving it WW to drink, and brushing it occasionally. Within only 2-3 weeks the cat was completely unrecognizable. It looked like it had been a pampered pet all its life. Obviously, the food and the rest of her loving care would have, even without the WW, likely made a big difference. But she was an old veteran at rescuing cats, and she said she’d never seen one “turn around” at anything remotely close to the speed that this one did.

Our standard recommendation for dogs and cats is to mix one to two TEAspoons of WW concentrate per gallon of drinking water, and keep that in their water dishes all the time. That’s compared with the two TABLEspoons (one ounce) we mix in a gallon for our own use. Animals simply respond to it at much lower levels than we do. However, if I had a dog or cat which was ill, I’d give it the same mixture I drink myself.

NOT AN ANIMAL STORY...

“Mark” in Idaho, is a customer and Willard Water dealer who “goes back” at least 10 years with us—he thinks he started in 1990.

I asked him recently how he found us. He said he got an advertising card from us in the mail and had also heard from someone else how beneficial Willard Water was.

At that very time, a wealthy friend

had become very ill. He had access to the best “mainstream medicine” and he also knew a great deal about “alternatives”. He sought help from all quarters, but his condition continued to worsen. Mark got our card, called and had us “overnight” him a bottle of Willard Water and his friend began on it immediately.

Within a week or so he was perfectly well. The problem was never really diagnosed and it could have been something that ran its course and his body’s own healing forces finally got the upper hand. The Willard Water may have had nothing to do with it—it could have been just a coincidence. But Mark was convinced it wasn’t. He has brought Willard Water to hundreds of people since then.

LIQUID PRODUCTS

Based on our own family’s experience, there are a lot of people who can’t or won’t take pills or capsules. I didn’t develop any real ability to take pills until I was in basic training in the summer heat in Texas and the instructors made us take a lot of salt tablets. When I was a little kid I just couldn’t swallow pills. I can recall having strep throat, needing sulfa tablets, and my mother crushing them up and mixing them with raspberry jam and spreading that mixture on toast. That “crunchy jam” was pretty bad. Recalling that, I’ve never been too hard on our kids when they had similar difficulties.

There are also plenty of adults with the same problem. For both groups, there are good liquid formulas available. Not from the incomparable Daily line, but we have had some experience with the “Liquid Health” line and found it to be apparently real good. They have a “daily multiple”, both an adult one and a child version. Also a formulation aimed at helping ADD/HD kids. Also a Glucosamine/Chondroitin/MSM formula. Also a couple of diet products, a “day diet” and a “night diet”. The latter is something like the collagen-based products that came along a dozen or more years ago and were very helpful to many people.

Other things being equal, liquid products tend to be better absorbed. However, because of their shipping weight, they tend to be somewhat spendier than their dry equivalent. But if you, or your kids, or grandkids, have problems taking pills and capsules and you are looking for an alternative, let us know. We’re going to try to pull together some information on these products. We

do have both the children’s and adult’s versions of the daily multiples in stock. They are in the \$25 to \$30 range for 36-oz bottles . . . Roughly a month supply. Call us and ask for details, if interested. (1-800-447-4793— email from our site www.willardswater.com)

HOMOCYSTEINE, CHOLESTEROL, ETC.

On the front page of this newsletter, there is a reference to folic acid being helpful in reducing homocysteine levels. What we read from the people who claim to know, is that one should also be getting good amounts of B-12 and B-6. It would seem that those of us who are taking Daily’s excellent Activated B-Complex (Item J-2) should be doing the right thing by those standards. The normal daily dose of two capsules contains 400 mcg of folic acid, 20 mg of B-6 and 40 mcg of B-12 . . . Both the B-6 and B-12 are in the “activated” (co-enzyme) form.

Personally, I also take one of Daily’s B-6’s and one of their B-12’s (items J-1 and J-20) in addition. Which may well be unnecessary, but neither are particularly “spendy”, and there’s a long list of reasons why those nutrients are helpful to us, particularly as we get older. And unneeded B vitamins are simply flushed out of the body . . . No known harm in taking “too much”.

We have recently added an interesting product which one could take, in addition to the B-Complex. We mentioned this a month or two ago . . . Called “**Cholest**” . . . **Item No. PN-1** and it may or may not be on the order form we’ll enclose. Price is \$29.95 for a one-month supply. Comes from a firm which had a cholesterol-fighting product which we had very limited experience with, but one of the two or three people we told about found it so helpful that he re-ordered a very large quantity. Which was a smart move because it soon became unavailable. A key ingredient which was MUCH better quality than other sources, became unavailable. Rather than substitute an inferior ingredient, these people completely reformulated the product. This time they used Policosanol and non-flush niacin because they have a cholesterol-lowering reputation and they also added B-6, B-12 and folic acid. Obviously, where they are coming from is that they, like a great many people, have come to believe that cholesterol levels, by themselves, may not be nearly the problem we’ve been led to believe, while homocysteine levels really ARE a problem, and this product would seem to

be helpful on both fronts, and at a relatively affordable price.

Customers sometimes think to ask, “Charlie, what are you taking?” Well, sometime when I have time to really “write a book”, I’ll write down all the supplements that Kolleen and I are taking, and why. One tidbit of information from that, you might find interesting. Kolleen and I frequently go to a buffet-type restaurant for a Sunday brunch at about noon. The food is pretty good, the prices are reasonable, and I get my senior discount! Any other day than that, I faithfully make up my “blender breakfast” and wash down a saucer full of pills and capsules with it. Also have a small bowl of oatmeal, one poached or boiled egg and a piece of whole wheat toast. Which is enough to leave me with no food cravings for many hours. Now, is this practical old Iowa farm boy going to eat all that just two or three hours before hitting a buffet line? Of course not! But I don’t like taking the pills and capsules without the thick liquid from the blender to wash them down with. So I get down to what I consider to be “the basics”. Which is 2 capsules of the B-Complex and one or two of the time-release Vitamin C (J-69) washed down with a glass of Willard Water. I may or may not think to take along to the restaurant a capsule of the “Eye Essentials” (V-3), which is supposed to be taken with meals, and I’m really trying to remember to take that all the time, to give it a good “test” . . . Also perhaps one each of the V-1 and V-2, weight control products. Given all the carbs and fat that I’ll take in at that buffet, I figure I need their help! (Note: I don’t necessarily believe that the B Complex and C are the most important supplements I take, but unlike many other nutrients, our bodies don’t store them, so we do need them every day, according to the “authorities”.)

Getting back to the “Cholest” product . . . I’m not taking it because the last I knew, my total cholesterol level was only moderately high and the ratio between “good” and “bad” was really excellent, so I’m simply not concerned about that. And as to the homocysteine-fighting B vitamins, I not only get what is probably sufficient from the B-Complex, I also take additional B-6 and B-12, so I’m comfortable I’m doing enough.

However, for anyone who has cholesterol levels which are at a “concern” level, and who is able to spend a dollar a day on something harmless to see if it will help, I suggest taking a look at the Cholest. ♦