

POSSIBILITIES. ♦ ♦ ♦

From NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 (218-236-9783) ♦ www.willardswater.com ♦ February, 2005

Supplement & Certain Foods for Depression, Mood Boosts, En-

Researchers who studied it, concluded that the over-the-counter hormone supplement DHEA may prove beneficial for many people who develop **depression in midlife**.

That was the key finding from researchers who studied DHEA in 23 men and 23 women who became depressed between the ages of 45 and 65. Prior research has shown that DHEA levels in the body drop with age, and has also suggested DHEA has an antidepressive effect.

In the current study, all participants spent six weeks on DHEA and then six weeks on a placebo pill. All were evaluated for depression using a standard depression test before the study started and then again three weeks and six weeks into each study period. After treatment with DHEA, 23 of the subjects scored at least 50% better on the standard depression test compared to just 13 after treatment with the placebo.

Sexual functioning also improved

among the subjects when they took DHEA.

The researchers said that although DHEA was not as effective as prescription drugs for depression, since some people fail to respond to standard medications for depression, the authors believe DHEA may provide a second line to treatment for this debilitating condition. They concluded "We find DHEA to be an effective treatment for **midlife-onset major and minor depression**".

The study was published in *Archives of General Psychiatry*, 2005; 62:154-162.

Since we're talking about depression, an article on some "tips" for foods that can **boost your mood, and energy**, caught our eye. A family practice physician by the name of Wendy Kohatsu, M.D. of Oregon Health & Science University in Portland, Oregon, recommends "More whole grain. Cut out a lot of the white flour, getting healthy fats in (foods) like nuts."

Those simple changes helped her reduce her own **menstrual symptoms**. She recommends foods with omega three fats, fiber, magnesium and vitamin E. Oatmeal has a lot of fiber. Flax is a good source of omega threes. Avocados and almonds are high in magnesium.

Dr. Kohatsu says "Magnesium helps to decrease some of the **cramps** associated with **PMS**, and the fiber actually helps to bind the excess estrogen."

For **depression and anxiety**, she recommends increasing omega threes, B vitamins and whole grains. And she says to cut down on caffeine. Salmon is another good source of omega threes, leafy greens contain vitamin B. Rye crackers are a good choice for whole grains, and tea has less caffeine than coffee.

She says all these foods help to "put the person in balance mentally".

To fight fatigue, she suggests iron-rich foods like tofu, chard or spinach to get more vitamin B, and drinking more water.

She also says taking a multi-vitamin is a good idea because it's hard to get enough of all the nutrients you need solely through diet. And she said people with food allergies should be careful when trying out new foods (to get the benefits discussed here).

Editor: We offer many of the items mentioned in this article in these high quality products:

DHEA—Item No. J-32;

Flax Seed Oil Capsules— J-77;

Omega-3 in "EPA"— J-39;

Magnesium in Item No. J-54;

B Vitamins in:

Activated B-Complex—J-2,

Activated B-6 alone in J-1,

Activated B-12 alone in J-20.

"Multi-Vim" — Item No.

J-56, our high quality multi-vitamin, which contains many vitamins and minerals including the B Vitamins and Magnesium. ♦

Fight Breast Cancer with Seaweed?

Kelp seaweed may be the next food enlisted in breast cancer prevention, if findings from an animal study conducted at the University of California at Berkeley are duplicated. Researchers there found the seaweed effectively reduced levels of estradiol, a hormone associated with breast, endometrial and ovarian cancers, in rats. These rats also experienced a lengthening of their menstrual cycles, another good sign when it comes to preventing breast cancer. Women who have longer cycles have fewer periods over their lifetimes, and fewer periods are linked to a lower risk of the disease, according to the report.

The study was prompted by a doctor who was treating two women with menstrual problems. After they began taking kelp supplements, they saw a significant decline in painful symptoms and a lengthening of their menstrual cycles. One of the women had a drop in blood estradiol levels, which is one of the reasons that prompted Christine Skibola, the study author, to do

the study. Another reason she decided to study kelp was because the food makes up about 10% of the Japanese diet, and Japanese women typically have lower breast cancer rates.

The study authors said kelp supplements are not for everyone due to their high levels of iodine and their tendency to accumulate heavy metals.

Editor: We provide kelp in Item No. J-22 called "Algazim". It is a special low salt Norwegian fjord kelp that is rich in iodine (225 mcg per capsule) and small amounts of other trace elements. It is one of few vegetarian sources of Vitamin B-12. I have personally found the Algazim to be helpful in reducing swelling in my hands and since I've always also taken it with Willard Water ("WW"), I didn't notice any increase in length of periods, however, the article didn't say what length they were talking about. My periods had been too long (9-14 days), prior to "W.W." but reduced to 4-5 days after starting on WW. ♦

Ritalin May Lead to Depression; ADHD “Tips”

A study by researchers from McLean Hospital/Harvard Medical School in Boston, found that the misdiagnosis of attention deficit hyperactivity disorder, combined with prescription drug use in children, may lead to depression in adulthood.

These researchers conducted one of the first studies in rats to examine the effects of early exposure to the drug Ritalin on behavior and brain function later in life.

Ritalin is a medication prescribed for children with ADA. The disorder is typically diagnosed in childhood and affects between 3% and 12% of children. These children are likely to have other disorders, such as learning disability, oppositional defiant disorder, conduct disorder, depression, or anxiety.

Investigators exposed rats to twice-daily doses of Ritalin. They then conducted several tests on the rats after they reached adulthood, which showed the animals had a reduced ability to experience pleasure and reward, particularly when it was measured by sensitivity to cocaine. The rats were also more prone to express despair-like behaviors in stressful situations. Researchers say these findings are critical because they suggest Ritalin can have long-term consequences on normal-functioning brains. They say, “Ritalin can be highly effective in the treatment of ADHD, but our work highlights the importance of getting a proper diagnosis. An experienced health care professional is best-trained to make the final assessment and recommend avenues of treatment.” The study was reported on at the annual conference of the American College of Neuropsychopharmacology in San Juan, Puerto Rico, held Dec. 12-16, 2004.

In a related article it was reported that researchers in France have found that simple iron supplements may help kids with ADHD.

Those researchers found children with ADHD had significantly lower blood levels of iron than kids without the condition. Additionally, kids with low iron levels also had more severe ADHD symptoms as measured by a parental survey. Researchers believe the link between ADHD and iron deficiency probably comes in the form of dopamine, which is affected by both conditions. Their study involved 53 children ages 4 to 14 with ADHD and 27 healthy children who served as controls. Abnormal iron levels were seen in 84% of the ADHD children and in 18% of the healthy children. Overall, the children with ADHD had iron levels that were twice as low as children without ADHD.

The authors believe the results suggest iron supplementation could have a major impact on the treatment of children with ADHD. They also said such use might decrease the need for psycho-stimulant drugs commonly used now to treat ADHD.

The study was published in *Archives of Pediatrics and Adolescent Medicine*, 2004; 158:1113-1115.

Another study, published in *Pediatrics*, 2004; 114:1640-1648, reported that children who snore or who have sleep apnea were found to be more likely to have behavior problems like hyperactivity or social problems. This led researchers to say some kids with such problems may really just be having trouble getting a good night’s sleep.

Editor: Do NOT attempt to treat ADHD without professional guidance. Besides this report on **iron** (our iron is a liquid and is Item No. J-102), we have seen reports that **Grape Seed** (Item PY-4) has helped ADHD, and some say **Willard Water** and **Liquid Attention Nutritional Supplement** (Item LQ-3, 10 oz. and LQ-4, 36 oz.) have helped it. ♦

Opinion

Are You Thinking What We’re Thinking?

... about the FDA hearings on whether or not to take Vioxx, Celebrex, and Bextra off the market due to the fact that they are known to increase the risk of heart problems and strokes, that is. The manufacturer of Vioxx, which had voluntarily taken the drug off the market some months ago when the risks were documented, has argued that if it has to remain off the market, so should the other two drugs which have been found to have the same types of risks, although lower than the risks of Vioxx. The FDA advisory panel that held the hearings ended up recommending that all the drugs should be allowed to stay on the market, but consumers should be made aware of the risks. I guess it’s logical if they have the same risks, they should be treated the same.

But that’s where “our thinking” comes in... why take an herb like Ephedra off the market due to alleged risks, while leaving the actual drug version of it (Ephedrine) on the market in colds pills, etc.? Especially in view of this apparent new philosophy of simply letting consumers know of drug dangers, but leaving the drugs on the market, because of the benefits they provide to some people.

There were millions, after all, who benefited from Ephedra, and little actual risk from it, based on non-biased reports we ever saw. And even the biased reports indicated nothing close to the problems with these three drugs. ♦

Trivia & Tidbits . . .

1. Seeing-eye dogs were introduced in what year?
2. What is taresthesia?
3. Which came first: baseball cards, the Yo-Yo, or Silly Putty?
4. What city—more than 2-1/2 times the size of Rhode Island—is America’s largest in area?
5. What was astronaut Neil Armstrong’s total annual salary when he walked on the moon on July 20, 1969?
6. What synthetic fabric, introduced in the 1970’s, is made of Teflon?
7. How many feet per minute does the standard escalator move?

AND THE ANSWER IS...

1. 1938.
2. It’s the term that means your foot fell asleep.
3. Baseball cards, in 1900; the Yo-Yo came along in 1929, and Silly Putty in 1945.
4. Juneau, Alaska. It covers an area of 3,108 square miles. Rhode Island covers 1,214 square miles.
5. Just over \$30,000.
6. Gore-Tex, used in water-proof shoes, etc..
7. 120.

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

Good News for Smokers; Bad News on HRT; Flu Shot?

This would seem to be

“Good News or Good News” ...

smokers who were assigned to a quit-smoking program, regardless of whether or not they actually quit, had lower death rates than those assigned to usual care, according to a new study. The study participants were followed for 14-1/2 years. The 5,887 participants were middle-aged smokers with mild lung disease who were randomly assigned to either a quit-smoking program (behavior modification and nicotine gum) or “usual care”.

Even though only 21.7% of those in the quit-smoking program had actually quit smoking after 5 years (compared to 5.7% of those who received “usual care”), even the non-quitters in the quit-smoking program had a 15% lower death rate than smokers who were not in the quit smoking program.

Study author, John E. Connett, Ph.D., at the University of Minnesota School of Public Health in Minneapolis, says “People quit, restarted, and quit again. However, quitting had such a statistically large impact on the overall population that even though many people quit and started smoking again, as long as they were smoke free for periods of time, they had better outcomes than those who continued to smoke.”

As would be expected, the people who quit smoking altogether during the study had death rates that lower than those who continued to smoke—lower by 46%. Study was reported in *Annals of Internal Medicine*, 2005; 142:233-239.

I’ve always said I think quitting smoking would be harder to do than stopping drinking, in some ways, since until recently, you could smoke just about anywhere, just about any time...so those who were “hooked” were also hooked on simply always having cigarettes in their hand.

So, even though I’ve never smoked, I’ve always had real sympathy for those who were trying to stop. This report is encouraging in that, even if you can’t stop for good, if you can manage to quit for a while, you’ll do yourself some good, and won’t have to think it was wasted effort.

In fact, knowing this, maybe it could be the encouragement to keep going just “one more day”, and then another, and then another....?

Another study has come out recently that links HRT (Hormone Replacement Therapy) with an increased risk of strokes. It involved studying recent health data of 39,769 HRT patients by researchers at the University of Nottingham in the United Kingdom. Results showed HRT may be responsible for a 29% increased risk of stroke and may also increase the risk of stroke severity. The article was first published online by the *British Medical Journal* on January 7, 2005.

I don’t even know how high the stack of articles in our office on documented problems with HRT is by now... but I know it’s amazing. Everything from cancer risks, to heart risks, to stroke, depression, etc. etc. It does make a person think that women and their doctors should be focusing on finding some other way to deal with menopausal problems.

In fact, as we’ve mentioned on more than one occasion, the late John Lee, M.D., said research showed that HRT wasn’t even the best available treatment for menopausal, and other menstrual, problems. He said it came down to the balance needed between estrogen and progesterone. Most women (and men) have way too much estrogen compared to progesterone in their body because we all end up ingesting estrogen in meat and dairy foods, and breathing it in from polluted air. This extra estrogen throws the body’s balance off, because we don’t get progesterone from any source outside our own bodies. And, unlike estrogen, women’s bodies do decrease the production of progesterone right down to zero ultimately. So, as the progesterone production decreases, even if estrogen is dropping off as well, the balance between the two is lost because of the estrogen from outside sources (meat, dairy, air). That’s why today’s women need to supplement with progesterone, to keep that vital balance. Dr. Lee said it was that imbalance that leads to problems with

menstrual cycles, PMS, depression, menopause, and on, and on.

Women who have used our Natural Progesterone (Item HP-1, HP-1P, and HP-2) have certainly agreed it’s a benefit. But I’ve said all this before. It’s just that every time I see another study that found serious risks from HRT, I feel we need to keep pounding away at the importance of progesterone.

And not just for women. As I’ve said before, MEN benefit from progesterone, too. I won’t cite all the possible ways, here, but I can tell you this: men who have ordered and used our progesterone products, have continued to re-order them, and have done so because of tangible benefits in how they feel.

The newest progesterone item we have is HP-2. It’s less expensive because it has fewer of the additional ingredients that HP-1 and HP-1P have. It (HP-2) has the same amount of progesterone, but fewer of the herbs that are nice for skin, etc. One key difference, though, is that HP-2 does not contain any Saw Palmetto, which is an herb of particular benefit to men, so perhaps most men would be better off with the HP-1 or HP-1P. Although the amount of Saw Palmetto may not be enough to make a noticeable difference to most men.

Did anyone else wonder, as I did, about the impact the recent research that said the Flu Vaccine’s positive impact on deaths in the elderly has been greatly exaggerated, will actually have on the practice of encouraging/hounding all “seniors” to get the vaccine?

I certainly can’t tell anyone else what to do with regard to getting the vaccine. But I can tell you that before such decisions are made, it would seem to me that more information regarding the vaccine’s risks, as well as its claimed benefits, should be made clear to the “patient”.

But, I guess that would be my view on just about any vaccine or medication. Goes back to the story on page 1 about drugs like Vioxx, etc., people should be given far better and more understandable information before they decide what risks to take with their health, in my opinion. ♦

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The Best Good-Bye and Mother's Day Gift ever...

"I can still remember from my childhood in the 50's and 60's how my Dad would cringe every time my grandmother (his mother) would insist on giving him one of her "wet kisses" which was every time she said good-bye to him (even though we lived in the same town and saw each other often). He also had noticeable discomfort when she would end each good-bye with 'I love you' and then wait expectantly for him to reciprocate the phrase. My whole family always got a kick out of it.

"My Dad died unexpectedly in May of 1983. Since it happened after 10:30 at night, my mother waited until the next morning to go up and tell his mother. But when Mom and my sister walked in to Grandma's apartment, Grandma wasn't surprised at all... She had been worried about him, because she said his behavior was so unusual when he left her on

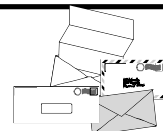
Sunday night (the night before he died). She'd been down to my parents' house for supper, since it was Mother's Day, and my Dad had taken her home. He'd already said good-bye and gotten her 'wet kiss', and had gone out into the hallway. Then, to her surprise, he came back in through her door, walked over to her in her chair, looked at her and said 'I love you, Mom', and then he kissed her.

"I don't think my father had any conscious inkling that his time was so near, but I do believe he was guided to do that... giving his Mother the greatest Mother's Day gift of all... knowing that before he died, he wanted her to know how much he did love her...even though he'd always cringed at her wet kisses...I believe we get guidance like that from the One who knows how important love is and how important to any mother a son's love is. I know it helped to sustain Grandma through that time, and I know it helped the rest of us, too." ♦

(Editor: We invite you, our readers to send us your own "unexplained help" stories, for publication in this newsletter, identified or not.)



E-Mails, Mailbag & Phone Calls. . .



Allergies & Colds — "J.S." says her allergies are greatly reduced from what they were "before **Willard Water**"... she lives on a farm and has apparently always had allergies to grain dust, but now if she's right in the grain, she still needs a mask, but otherwise being on the farm around the grain isn't the problem it used to be. The only other lingering allergy symptom is when she works directly with flour—she sneezes, but other than that, she has no remaining allergy symptoms. And the **Colostrum Capsules** (Item H-5) have kept her cold and flu-free... and she only takes one capsule twice a day! Her husband wasn't a real believer in the colostrum so didn't take it and kept getting colds... after the third one this year, he started taking the colostrum capsules himself, and guess what?, he now has had no more cold problems, either!

Leg Pain & Swelling — "R.G." told us they are seemingly in the past... he started on the **Strauss Heartdrops** during the last 10 days of November, and by January 6th he reported that his legs are not nearly as swollen as they were and he has no pain in his legs when he rides in a car, which wasn't the case before the Heartdrops.

Good for the Shepherd — "M.M." told us she believes Willard Water gave her dog two extra years of life. The Shepherd dog had diabetes and Cushing's Disease, and was in a very bad state when she first got him using the Willard Water. In fact, she says her veterinarian could not understand how/why, but after they started him on Willard Water, his enzymes came back up and he lived another two years. ♦



More Product Highlights & Updates from Charlie

Thoughts on Cancer Prevention, Depression, Nutrition, Trust in Us, and Heartdrops

JUST FOR THE RECORD . .

When you read an "Editor's Note", that is normally from Kolleen . . who is the editor of our little newsletter. Readers think it is my work, but she is the person who is normally the source of the front page materials, back page, the "trivia", and she edits the testimonials and what we refer to as "the angel stories". I normally write the inside two pages and everything in the newsletter has to pass final inspection by both of us. Not that "who writes it" is a big issue . . we think similarly and write somewhat similarly. I just want her to have the credit that she SHOULD have!

What caused me to note this right now, however, is that she has, as usual, written most of the rest of the issue already, and I am, at the last minute, working on these interior pages, and some of what will follow is reaction to them! Particularly:

1) **The note about kelp and cancer prevention:** That study is interesting, but I have far more faith in the work of the late John Lee, MD, who was convinced that natural progesterone crèmes are very helpful in preventing cancers of a variety of types . . particularly breast. His rationale is that "estrogen causes things to grow; progesterone has the opposite effect" and he certainly included cancer in "the things that could grow". WE are not telling you that progesterone crème will reduce the incidence of cancer. We are telling you that Dr. Lee believed so. You can check it out in any of his books which you can find in the natural health section of large book stores, or we can get them for you. The last book he wrote before he died was titled, "What Your Doctor May Not Tell You About Breast Cancer". It was his work that initially caught our attention and caused us to add those products to our line-up.

Correction: it was some "out ahead of the curve", well-informed customers who initially told us about this type of product . . they'd had so much obvious benefit that they wanted us to help them tell others. But it was Dr. Lee's writing that made us completely comfortable with the products and gave us some understanding of why they were so important. Millions of people owe a huge debt to Dr. Lee!

If I were to list the groups of products that we all regard as the "most important that we provide", obviously, we'd rank Willard Water as number 1 . . it is so helpful and so harmless and so inexpensive, that that's an automatic call. After that, come three that readers will rank differently, depending on their own experience, but we will list them in this order . . Colostrum, progesterone crèmes and Strauss Heartdrops . . Simply because that is the order in which they came to our attention. Many would certainly make the Heartdrops number one over all, based on their own experience with the product.

2) **More on depression:** a female relative of ours had been treated for clinical depression for some years. Took a very spendy prescription drug which she really couldn't afford and didn't like the side-effects of, and which really didn't seem to be all that effective against the depression anyway. At some point, she began faithfully taking the B Complex from Daily's, which she got from us, and was amazed to find that it seemed to do more for her than the Rx and there were no side effects. This was a few years ago and I think she likely did some other modest nutritional things, too, but she gives the B Complex most of the credit, and of course it cost her about 15% as much as the drug!

3) **Good Nutrition:** Did you notice on the front page where this rather

progressive MD is noting that it is difficult to get all the nutrients you need solely through your diet!! My reaction is: NO KIDDING!!

Of course the people we talk to on the phone all day, certainly aren't a cross section of USA society, but I probably don't talk to one person a week who would think that they could get all the nutrition they need from the grocery store. I certainly don't think so. I regard the saucer of pills and capsules I wash down with my blender drink in the morning, as being the "serious nutrition" I get during the day. I eat "regular food", too, of course. It fills the tummy; some of it tastes pretty good, and it is a habit! But my belief is that it is short on a great many things which are essential to a HEALTHY life. Our bodies are incredibly good at making the best of bad situations. I have little doubt that if you gave 1000 people a steady diet of grits and gravy and Camel cigarettes and cheap whiskey, that a certain number would survive, into their eighties or longer, anyway. But probably none of that lot would enjoy anything remotely like optimum health. If you followed the advice of many of the mainstream dietitians (the people who provide hospital food), you'd doubtless be a good bit better off than the first group.

Most readers would think that group would still have its share, and more, of health challenges, but the body WOULD struggle on, clinging to life, making do with rather inadequate "fuel".

I do believe that if one takes the time and money and energy to learn how best to eat, and do so, and also take appropriate supplements, that should result in a good deal higher level of health.

Do I think that supplements are actually essential if a person really DOES eat extremely appropriately? Yes, I still think so. It would seem to

me that getting enough of the major and minor minerals would be the toughest part of it. I have had people tell me, "WELL, I eat nothing but organic food, so I should be fine."

That's great; we should all have the availability of such food and the time and money to seek it out, buy it and prepare it. We could be relatively certain that a much lesser amount of toxic junk was coming into our bodies. However, I could rent some land outside Fargo, raise grass on it for several years so there will have been a required amount of time since any chemicals were applied to it . . . then set out to grow organic carrots. We have really good soil here. If I knew what I was doing, I could probably grow a lot of really nice carrots. However, that soil would have been farmed for about 120 years and in that time, maybe some calcium was applied to it but probably no other minerals were. If the 120 years of continuous crop use extracted some of the minerals that were originally there from the soil, how many are going to be left for that carrot? If the carrots don't happen to need any minerals to grow to maturity, the carrots can look and taste very good, but are they going to be providing any minerals to you?

Seems unlikely, so I turn to supplements for the minerals.

Our family spends a fairly significant amount of money on supplements each month, but we spend practically nothing on prescription drugs and very little on doctor bills and we've enjoyed what I'd say is remarkably good health.

Does that prove anything? Of course not! But as the years go on, we see more and more studies that show that what "us health nuts" have been saying all along was more or less correct.

One thing I find convincing is the obvious "healthiness" of so many of the obviously "very senior" citizens we talk with by phone—people who are very nutrition-conscious.

We're planning to attend a birthday

party for a great guy named Cliff, in early April. Will be his 80th birthday. Cliff was running, recreationally, long before that was a "cool" thing to do. He has been taking supplements since back in the early "Adele Davis" days (the 1960's) He eats extremely prudently; exercises faithfully, and is a very positive thinker! Last I knew he still had the stamina to play tennis several hours a day, when he had the time, and beat most college players. He is still an extremely active, and very successful realtor. Works long hours. Does that prove the benefits of that kind of life style? Certainly not; but how many 80 year olds do we know who look and act like Cliff? And I'd speculate that a great many of those who do, have lived a good deal like he has.

I shouldn't get off on such tangents . . . I'm gratified whenever some mainstream health professional DOES acknowledge the need for some supplementation. Most of us have probably had experience with those who told us that we should "just eat a balanced diet" (whatever that is!) and we'd be fine. (One sharp-tongued customer recently said something like "sure, we'd be fine . . . For the medical profession . . . Well enough not to die, but sick enough to make money for them and the drug companies!")

Clearly, the parade is marching in the right direction. More and more of the mainstream types are catching on to the desirability of supplementation . . . A close relative was recently conferring with an MD on behalf of an elderly parent, and she was amazed by how open he was to such things and how much about them he obviously knew. So if your own health care provider scoffs at supplements as "only good for making expensive urine", it may be worth looking around for another provider who is more knowledgeable and helpful about nutrition.

Very few, however, even of these progressive ones, seem to have any understanding of the differences in quality between supplements. If they tell you to just "go down to the drug store and get the cheapest multivitamin; they are all the same", that is doing you

no favor. That belief is understandable. In the highly regulated world of prescription drugs, there should be little or no difference in quality from various sources, with various labels, but it certainly isn't that way in the supplement world. I long ago figured out that what I could buy the cheapest, was usually the most expensive, in terms of what I got per dollar spent. At the lower end of the spectrum, it is obvious that there is more manufacturer cost incurred in the bottles and labels than what goes inside the bottles.

TRUST: We are absolutely humbled by the demand for our three new skin care products, items R-101, 102 and 103.

YOUR TRUST IN US IS JUST INCREDIBLE. I really didn't think many people would buy skin care products if they couldn't look at the jar and try a little sample, etc. But we've been just overwhelmed by demand.

Have been way behind in filling the demand. All back orders will have been shipped by the time you are reading this, but it has been interesting indeed. One or two issues from now we should have early reports from very pleased users, based on what the folks here who have used them long enough to see results, have found.

HEARTDROPS: Demand for this product was just incredible, once readers learned that there was going to be a price increase on January 15, '05. Seemed like everyone who had been using the product for even a week or two, decided to buy ahead, a one, or two, or six or twelve month supply at the old price! We can get them in from Canada "only so fast", and have just now finished filling the last of the backorders. I'm sure we've never offered a product that had the "reorder rate" that the Strauss Heartdrops do. But based on our own extremely positive experiences with the product, we are hardly surprised.

(All the preceding is, of course, simply our opinion and should be given no more credibility than it warrants.)

I guess I'm out of space, so "I'll see you next time"!