

# POSSIBILITIES. ♦ ♦ ♦

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

## Arthritis Knee Pain: Acupuncture Works, NSAIDs Don't

Taking over-the-counter Non-Steroidal Anti-Inflammatory (NSAIDs) pills, such as aspirin, ibuprofen (sold as Motrin, Nuprin, Advil), or prescription drugs like Celebrex (possibly being taken off the market due to cardiovascular risks recently found) won't do much to relieve knee pain associated with osteoarthritis, report investigators who analyzed the results of 23 studies comparing the drugs to placebos.

While the medications did appear to have a very small benefit in the short-term, long-term results showed no difference in pain relief between people who took the active medications and those who received the placebo treatments.

The analysis was done in Norway and published in the *British Medical Journal*, and involved nearly 10,900 patients. Since long-term use of NSAID drugs has been linked to serious side effects in the elderly, including gastrointestinal bleeding, high blood pressure, congestive heart failure, and kidney failure, the investigators concluded the drugs should not be used for long-term pain relief.

In contrast, a study conducted at the University of Maryland School of Medicine in Baltimore, found that the ancient Chinese therapy of acupuncture can help those suffering with arthritis of the knee. The study was the largest clinical trial on acupuncture reported on to the date of publication (December 2004, in *The Annals of Internal Medicine*).

The study included 570 patients, aged 50 or older with osteoarthritis of the knee. Participants were placed in three groups: 191 received acupuncture, 191 received sham acupuncture, and 189 followed a self-help course to manage their condition. They all received their standard medical care from their physicians.

Acupuncture involves inserting thin needles into specific body points to stimulate the body and improve health. In the sham acupuncture group, the needles were taped to the skin, so the patient would feel some sensation, but the needles were not inserted.

By the eighth week of the study, patients receiving acupuncture showed an increase in function of their knee. By week 14, the patients in the acupuncture group had a decrease in pain compared to the other two groups. Specifically, the patients receiving

acupuncture reported a 40% decrease in pain and a 40% increase in function.

Editor: We feel obligated to remind you of earlier studies we've reported on in *Possibilities* which found that glucosamine sulfate, chondroitin sulfate, and MSM, have been found to be helpful in arthritis of the knee, in various combinations with each other.

Our **J-91 Glucosamine-Chondroitin Blend** has been a big favorite with many people for the benefits they say they've had with it on their knee pain. Others have really liked our **J-98 MSM-Glucosamine Sulfate Blend**.

**New Product!**

We now have a new product which we've had only one person try, but with such outstanding results we're adding it to our product line.

It's a liquid called Vegetable Glucosamine (all vegetable sources, no shellfish) with MSM, and a number of other beneficial items also added. It's **Item No. EN-1**, and is \$23.95 for a typical month's supply. For many people, the liquid form will be preferable if their body doesn't break down capsules well, or if they just "can't take enough of the capsules". ♦

## Harvard Study Concludes

Past studies have indicated that multi-vitamins may play a role in the progression of HIV. Researchers from the Harvard School of Public Health in Boston conducted a study to determine if vitamins have an impact on the disease.

The study included 1,078 pregnant women who were infected with HIV. They were given daily supplements of either vitamin A, a multivitamin, both vitamin A and a multivitamin, or a placebo. The women were followed for almost 6 years.

Researchers reported just 67 of the 271 women on a multivitamin progressed to stage 4 of the disease or died. In comparison, 83 of the 267 women on placebo progressed to stage 4 or died. The women on the multivitamin also had lower viral loads. However, the effects of receiving vitamin A alone were not much different than those of placebo. Plus, adding vitamin A to the multivitamin seemed to reduce some of the benefits, according to the researchers.

The study's authors concluded a daily multivitamin supplement may be a cot-

effective way to delay the progression of HIV in infected women. However, they say further research is needed to look at the use of vitamin A in patients with this disease.

The study was published in *The New England Journal of Medicine*, 2004; 351:23-32.

Editor: This study was reported on back in July of 2004. Doesn't it make you wonder why there has been no fanfare in the media regarding this hopeful finding?

It seems when there's a report of a new drug that might benefit HIV there is all kinds of excitement in the mainstream press. The other odd thing, it seems to us, is that the researchers pointed out the multi-vitamin treatment would mean a cost savings, but at least the report we saw, said nothing about the savings in terms of health savings for those affected since multivitamins would pose none of the side effects risks of any drug for HIV. Our high quality multivitamin is **Item No. J-56 Multi-Vim**. We've had extremely positive feedback on it compared to other multivitamins. ♦

## Grape Seed May Protect Against Age-Related Dementia

A new study has verified the long-held belief that grape seed extract is good “brain food”. There is now direct evidence that the dietary supplement affects healthy brains in ways that may protect against future age-related dementia.

Researchers from the University of Alabama at Birmingham say, “This is the first identification of specific molecules in mammalian tissues that are changed in response to oral intake of complex dietary supplements like grape seed extract.”

Researchers analyzed global protein changes in the brains of rats fed a high but non-toxic level of grape seed extract in their normal diet. They found the direc-

tions of the changes measured were opposite of those measured by others for several of the same proteins in diseased brain tissue. That finding leads researchers to the conclusion that grape seed could protect against potentially pathologic changes that eventually lead to dementia.

This group of researchers has been interested in the molecular basis for the believed health effects of supplements marketed for their antioxidant benefits.

The study was published in the *Journal of Agricultural and Food Chemistry*, 2004; 52:7872-7883.

Our very high quality Grape Seed Extract is **Item No. PY-4**. ♦

## Night Lights and Leukemia?

Researchers have found a pitch-black room may be the healthiest environment for children at bedtime.

Research at the Imperial College in London and the University of Texas in San Antonio, have found increased light at night may put children at risk for leukemia.

Light at night is found to disrupt the circadian rhythm and suppress the production of melatonin.

Russell Reiter, Ph.D., co-author of the study, says, “As an antioxidant, in many studies melatonin has been shown to protect DNA from oxidative damage. Once damaged, DNA may mutate and carcinogenesis may occur.”

Past research has found a correlation between night workers and an increased risk for breast cancer, further supporting the theory that light at night is a risk factor for leukemia.

Reiter concluded, “If, in fact, melatonin levels are altered by magnetic fields, a potential relationship between these fields and cancer, including leukemia, would be possible.”

The study was reported on at the Children with Leukemia Conference in London, September 6-10, 2004.

We’re reminded of studies that found difficulty in getting to sleep related to too much light too close to bedtime, for children and adults. ♦

## Little Known Flu Shot Facts... in case you’d like to know.

The flu vaccine contains formaldehyde, a known cancer causing agent. It also contains the preservative thimerosal, a derivative of mercury, a known neurotoxin linked to brain damage and autoimmune disease. Aluminum is also an ingredient in the vaccine and it is also a toxic heavy metal that has been linked with an increased incidence of Alzheimer’s Disease.

According to Hugh Fudenburg, M.D., “the world’s leading immunogenetecist [sic] and 13th most quoted biologist of our time” (nearly 850 papers in peer review journals)—if a person has had 5 consecutive flu shots between 1970 and 1980 (the years of the study) his/her chance of developing Alzheimer’s is 10 times greater than if they had 1, 2, or no shots. When asked why, Dr. Fudenburg stated it is due to the mercury and aluminum buildup that is in every flu shot (and in almost all childhood shots). The gradual mercury and aluminum buildup in the brain causes cognitive dysfunction.

This isn’t terribly new information...Dr. Fudenburg’s comments were in a speech he gave at the NVIC International Vaccine Conference, Arlington, VA, September 1997.

Additionally, health officials say the flu vaccine only reduces your chance of getting the flu to 50/50. Our thanks to local chiropractor, Dr. Stacy Roth, for bringing this information to light again, on her website. ♦

## Trivia & Tidbits . . .

1. The thigh bone is connected to the knee bone but what bone in the human body is connected to no other bone?
2. Whose last meal turned out to be 4 scoops of ice cream and 6 chocolate chip cookies?
3. Your fingerprints are not the only unique prints you body makes; what other body part makes a very unique print?
4. On what article of clothing might you find a “keeper”?
5. How many sides are there on a “No. 2” pencil?
6. The first e-mail was sent in what year?
7. What was the first novel ever written on a typewriter?

AND THE ANSWER IS...

1. The Hyoid in the throat is a bone all alone.
2. Elvis Presley.
3. Your tongue.
4. On a belt—it’s the loop that holds the loose end.
5. Six.
6. 1971.
7. The Adventures of Tom Sawyer.

## ON “THE WEB”!

[www.willardswater.com](http://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

### *Drum Roll Please... Willard Water Skin Care Products!*

Given the number of reports we've had on the great way Willard Water works on skin conditions of all kinds, we're continuously asked if we have skin care products that contain Willard Water. Now, we do!

Radiance International has some products that have those few people we've had try them, raving about them.

Reports include how the products have helped to soften and smooth the skin, as well as helping to reduce and/or eliminate the fine lines and wrinkles so common around the eye area as we age.

Others have reported how the "Overnight Conditioner" has not only benefited their facial area, but when applied to dry, flaky, skin on heels, has eliminated the problem within a few days. After the problem was gone, applying the Overnight Conditional to those heel areas just once or twice a week has been enough to maintain the smooth skin.

I guess I'll try to tell you about these new products in a more organized fashion from here on. First, there are three products in this line, including:

#### SKIN RESTORER MOISTURIZING

CREAM. This is a great product for the face, neck, hands, or anywhere on your body, with special attention to those areas that tend to be dry. Some of its benefits are said to include:

- ◆ Renewing skin texture, making it softer, smoother and firmer;
- ◆ Promoting more youthful looking complexion
- ◆ Restoring skin's natural balance
- ◆ Oily/combination skin is refined, blemishes reduced
- ◆ Skin regains a luminous radiance
- ◆ Moisture balance is revitalized
- ◆ Uneven pigmentation marks are minimized
- ◆ Fine lines around eyes and mouth gradually decrease

Some of the Moisturizer's ingredients, besides the Willard Water, include: aloe vera gel, jojoba oil, pineapple-papaya-nasturtium extracts; olive leaf extract; wheat germ oil; pineapple oil, collagen protein; ginkgo biloba, CoQ10, Grapefruit Seed extract; numerous other

herbs and vitamins, along with thickeners, preservatives, and such.

#### RADIANCE OVERNIGHT CONDITIONING CREAM. This product is said to:

- ◆ Retard the skin's aging process
- ◆ Have exceptional moisturizing effects
- ◆ Especially good for dry/sun damaged skin
- ◆ Restore damaged connective tissue
- ◆ Enhance skin smoothness and promotes firmness
- ◆ Soothes irritated skin
- ◆ Stimulates suppleness, elasticity and tone

Some of the Overnight Cream's ingredients include: aloe vera gel, jojoba oil, olive leaf extract; cucumber oil, peach oil, extracts of corn flower, German and Roman chamomile, lime tree, marigold, and other vitamins and herbs, and thickeners and preservatives.

PREMIER EYE GEL. This is great for the eye area, as the name implies, but also for other areas. Its benefits include:

- ◆ Non-interference with other moisturizers or make-up
- ◆ Removal and regression of wrinkles and reconstituting the skin around the eyes
- ◆ Can also be used to reduce or eliminate fine vertical lines that may appear between the nose and mouth

Some of the Eye Gel's ingredients include: aloe vera gel, olive leaf extract; rose hip extract; rhubarb extract, mulberry root extract, other herbs and vitamins, and preservatives and thickeners.

If you live in a dry area, or have exceptionally dry skin, you may want to apply the moisturizer to hands, for instance, 3 or 4 times a day, instead of once or twice a day, until the dryness problem is eliminated. Once the problem is gone, reduce the frequency and amount of product applied.

Bruce McFarland, Ph.D., is the originator of the formulas and personally oversees the manufacture of each batch. He introduced the creams and eye gel in 1994, and has added Willard Water to them not only because it's so good for the skin, but also to accelerate absorption of the products and to allow a small amount of the creams and gel to spread efficiently

and effectively.

The Moisturizer Cream and the Overnight Cream come in two-ounce jars. Because the Moisturizer Cream is often used more than once a day, one jar may last from 15 days to three months. The Overnight Cream is used once a day in decreasing amounts and should last several months.

The Premier Eye Gel comes in a one ounce jar. A very small amount is applied to eyelids, directly below the eye and at the temples. A jar should last two months or more depending on skin condition. As you continue using it over several months, it's said you will notice using it only once a day in the morning before make-up will be sufficient to reduce fine lines around the eyes and with continued use, maintain the desired appearance.

We men can also benefit from these products. The Skin Restorer Moisturizing Cream is a special favorite of men. It's often used as an excellent before-and-after shave lotion. And for men who have severe dryness and bleeding cracks on their hands, the restorer moisturizer really does restore those hands. In a matter of a few days to a week or so, depending on the severity of the problem, hands are said to be healed and soft.

After 30 days of continuous use (and often in less time than that) your skin should have significant softening, lines should be noticeably decreased or be markedly smoother.

The three products are guaranteed to perform to your satisfaction.

We are excited to have these products in our line! Kolleen, my wife, has been using them, and has really pushed for us to market them. She had tried various more expensive "department store" products to fight the fine lines around her eyes, but hadn't found anything that really worked. Then she tried this Premier Eye Gel and was amazed at how quickly she could see the difference. I have to say she certainly didn't have a serious problem with that, but still, she could see more impact from this, than those more expensive products. **Moisturizing Cream is Item R-101; Overnight Cream is R-102, and Eye Cream is R-103.** ♦

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## *It was her distinct giggle...*

“Our dear friend, Joanna, and I shared a love of angels figurines. We were collecting them long before their renewed popularity in recent years.

“For the last many years, maybe 15, more or less, I’ve been finding a special angel to send to Joanna at Christmas. Just after last Christmas (December 2003), Joanna passed away. So this year, I found myself starting to ‘hunt for Joanna’s angel’ several times and then would remember she was gone. It felt so empty. And a little of the joy of Christmas seemed to be gone.

“Over supper one night, I told my husband how sad it felt and he suggested maybe I should continue looking for angels, either that Joanna would like, or just pretend I was looking with her somehow accompanying me... in spirit.

“The next time I was at the mall, I started to bypass a Christmas store, but then I thought I’d go look for angels ‘with

Joanna’. To my disappointment, they didn’t seem to have many at all. I just decided to look over what ornaments they did have, despite the deficiency of angels.

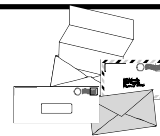
“I noticed a decorated wreath hanging on a wall across the store and went to look at it... when I got close I very clearly heard a familiar voice saying ‘I’m looking down on you, watching over you, eh eh...’ It was Joanna’s little giggle that was unmistakably her, but which I’d forgotten about. I couldn’t hold back tears when I looked up at the wreath and saw the most beautiful angel I’d seen all year, sitting in the middle of it, looking down at me!

“You can believe it was Joanna’s laugh or not, I’d know that laugh anywhere. And whether it was her spirit or the good Lord allowing me to hear it once more to reassure me our friend was still with us, I don’t know, but I know more than ever loved ones will meet again one day.” ♦

*(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. . .



**Arthritic Hands No Problem** — “J.M.” told us that since she’s been using Willard Water, there are two things that convince her it’s really helped. She has arthritis in her hands and she couldn’t button her blouse or use a hand can opener before, but now she can. And, she added, the pain is basically just gone. “Praise the Lord”, she concluded.

**Fire Ants & Kitchen Burns** — “S.R.” emailed us about two experiences with Willard Water... first, her dog was bit by fire ants on her paw. “She got very agitated and even had difficulty breathing”. S.R. sprayed it with WW and “she settled down” and had no residual bites... same thing happened on S.R.’s own fire ant bites gotten while gardening...she sprayed them and

the sting stopped immediately and no little ant bite pustules appeared. And, she has also found it wise to keep a spray bottle in the kitchen for accidental burns, such as when her arm touched the oven rack—”it immediately removed the burning sensation and no scarring”.

**Radiation Treatment Burns** — “E.H.” told us her husband had had radiation treatment which left him with some really nasty burns... she described them as huge sores filled with pus. She cleaned them with hydrogen peroxide, then diluted WW concentrate with only a small amount of water and cleaned them with that. Then sprayed them with the regular dilution of WW a number of times a day and also applied colloidal silver after the Willard Water. She said they healed up in a very short time and with no scarring whatsoever. ♦



# More Product Highlights & Updates from Charlie

## Sorry, But I HAVE to Add This “P.S.”; Thoughts on Vitamin Studies; More!

I know we’ve been inundating you with information on a particular product lately, but we received a report from a customer very recently that I just HAVE to share with you—consider it a “P.S.”!

“J.H.” called in to re-order some items, including one she’d only begun ordering a few months back. (She’s been ordering Willard Water and other supplements from us for many years.)

She told me that 2 or 3 years ago she’d had an “echogram” done on her heart and was told two of the valves were “leaking”.

Not too long ago she was feeling sort of under the weather, so she went to the clinic—I guess wondering if she had the flu, or what.

Since the echogram was on her record, they did another one (not because she was complaining of any heart problems).

After the results came in, the clinic called her to come in. That usually means bad news. But this time, the clinic staff wanted her to come in because they were perplexed by the results — apparently against all odds, the valves weren’t leaking any more! They wanted to know what she’d been doing.

She didn’t tell them because she didn’t think they’d believe her anyway, but she did tell us. She’d been taking the Strauss Heartdrops. And that was the only thing she’d changed in her routine.

After “J.H.” told me this, I was relating it to another customer who called in after that, and she said she’d had the same thing happen to her... had a leaking valve, went on the Heartdrops, and the leaking valve somehow quit leaking.

Two reports prove nothing of course. And maybe these are the only

**her leaking heart valves weren’t leaking any more...**

two people who will ever have such a thing happen, coincident with using the Heartdrops.

But it sure is interesting, isn’t it?

As you know, the price on the Heartdrops went up on January 15, 2005, and despite our ordering more and more at the old price, the demand for them was so much higher than we’d even anticipated “in our wildest projections”, that we didn’t end up with any surplus in here at the old prices. So we really did have to go with the higher prices immediately on January 15th.

But, you know what? None of the people who have called in since then to reorder have had any problem with the new prices. Guess they figure like my wife Kolleen and I do, that given how much better we’ve felt, and how symptom free we’ve been with the Heartdrops, there’s about no price that would seem too high to pay for them.

And it seems that’s true for people who have been referred to us for them, but haven’t had them yet themselves, too. Those people have usually been referred by someone who has been using the Heartdrops and has had such impressive results that anyone hearing it decides that’s a product worth “whatever”.

One last thought, like everything else we sell, Heartdrops can’t hurt anyone. I suppose some would say if they caused someone not to get the medical attention they needed, they could be said to be harmful, but most people don’t just turn a blind eye to the necessity of getting solid information from professionals on their health condition. We certainly always urge everyone to find out what their condition is, and to work within the guidelines of what their health care provider tells them their situation is.

Nobody should ever try to self-diagnose or self-medicate. But if some

supplements can be used along with whatever else is necessary, and the condition gets better, isn’t that a win-win situation? In my opinion it is. Again, though, remember, everyone here, including me, is just a layperson. Don’t consider us experts or authorities in any way!

### ABOUT THOSE

**MULTIVITAMINS AND HIV:** I was struck by the article on page 1 of this issue regarding how multivitamins were found to be helpful in slowing the progression of HIV. It’s great that there are now studies to prove that.

What is made me wonder, though, was just what sort of quality multivitamins they were using in the study. I know I’ve seen some reports on some studies that not-very-high-quality supplements get used, because many of the mainstream health authorities still don’t “get” the difference between natural and synthetic supplements, for instance. They’re so used to drugs, that they often forget that the body “recognizes” and reacts far differently to natural substances than to synthetic/foreign substances. They also often aren’t aware of the impact that age of

ingredients and quality of capsules, for instance can have on a product’s performance. Given all that, I was certainly glad to hear that at least the multivitamins used were good enough to show the

potential! But, I can’t help but wonder if they’d used “the best” (assuming they didn’t) how much more “the best” might have done!

All of this reminds me of something else I often mean to tell our customers, but often forget. That is that we deliberately avoid stocking so much of any one product — no matter how popular it is — that it could get older than desirable before we sell it to the

**No need to wonder about freshness and quality, ours is guaranteed...**

ultimate consumer of it. That means that sometimes we won't have everything here the day you order it, but we will always get it to you very quickly anyway.

And we won't ever charge you for the extra shipment if we have to ship your order in more than one shipment as a result.

We want to know that our customers always get the freshest, and the best, possible for their money.

**FOLATE AND WOMEN'S BLOOD PRESSURE**... Saw a report on a study that found women who consume more folate are less likely to develop high blood pressure. This study was done by researchers at Brigham and Women's Hospital and Harvard Medical School in Boston. They analyzed data from two large studies, which included more than 156,000 women. The women were given questionnaires by the researchers, that asked about their folate and supplemental folic acid intake. None of the women participating had high blood pressure at the start of the study.

The researchers found younger women in the study who consumed at least 1,000 micrograms of total folate (including what they got from their diet and what they got from folic acid supplementation) had a 46% reduced risk of developing high blood pressure compared to those who consumed less than 200 micrograms of folate a day.

Researchers also said older women who consumed more folate had about an 18% reduced risk of developing high blood pressure. About 65 million people in the United States have high blood pressure, according to the report.

The study authors concluded that "Higher intake of folate is associated with a decreased risk of incident hypertension, especially in younger women. Supplemental folic acid appears to be independently associated with a reduction in risk, and future trials should examine folic acid supplementation as a means of lowering blood pressure and preventing

**never any extra shipping costs to you, to guarantee the freshest products possible...**

hypertension in young women." The Study was published in *The Journal of the American Medical Association*.

As you long-term customers know, my wife, Kolleen, has been up in arms for decades about the slowness with which the American public was allowed to be told about how essential folic acid is for the prevention of neural tube birth defects. It's been said by many experts that you cannot have a child with spinal bifida, for instance, if the mother has enough folic acid during her pregnancy.

It was years and years after this was an established fact, backed up by studies, before the FDA would allow the food supplement industry to tell people about the link between folic acid levels in pregnant women and neural tube birth defects. Kolleen has often said if tobacco companies can be sued for not telling smokers themselves (even though everyone else was telling them) about the dangers of cigarettes, it would seem the federal government and the FDA should be sued for not allowing the folic acid information to be disclosed. I'm including this opinion of hers because if I don't, I'm sure she'll add it somewhere else! (She does most of the writing and editing of this newsletter, contrary to the impression most people have that it's "my" doing.)

So that's one more study indicating the importance of folic acid for women's overall health as well as the health of their offspring. It would be interesting to know if anyone has ever studied folic acid and men's blood pressure risks. If we find one, we'll let you know. Folic acid is in Item Nos. **J-113 Folic Acid, J-2 Activated B-Complex, and J-56 Multi-Vim.**

**REPEATED EAR INFECTIONS NO MORE, AND NO MORE "TUBES"** ... We mentioned an earlier study that reported on chiropractic manipulation and reduced ear infections in children, here's another report. This one from an osteopathic perspective.

Miriam Mills is an M.D. at Oklahoma State University. She has been performing an osteopathic manipulation on children who have had

repeated ear infections, and therefore the need for tubes to be inserted in their ears. Since she's been doing the osteopathic manipulation on such children, the need to prescribe surgery or antibiotics has greatly decreased. The doctor says her standards are the same, but she just doesn't see the same need for surgery or antibiotics anymore.

The reason the manipulations make a difference, Dr. Mills says, is that part of the reason for drainage problems which lead to the infections can be "at the base of the skull, where the venous drainage all drains out" if the area is compressed and irritated and tight, it leads to problems with drainage, and as we understand it, the drainage sort of pools or stagnates and then comes the infection. That's the same reason chiropractors have given for their success in eliminating childhood ear infections with chiropractic adjustments.

**MUSCULOSKELETAL PAIN AND VITAMIN D** ... This may be of interest to those with sort of undefined pain all over... Researchers at the University of Minnesota found a link between musculoskeletal pain and Vitamin D deficiency. They examined 150 children and adults with non-specific musculoskeletal pain for their levels of Vitamin D.

Lead author of the study, Greg Plotnikoff, M.D., says it's a misconception to believe vitamin D deficiency is only prevalent in older or housebound people, adding they found the worst deficiencies in young persons — "especially women of childbearing age". Risks with vitamin D deficiency include women giving birth to children with adverse fetal effects or neonatal illnesses, young adults not developing optimal bone mass, and older adults experiencing fractures. It's also associated with risks for osteoporosis, hypertension, diabetes, cancer and autoimmune diseases such as M.S.

Our high quality Vitamin D-3 is **Item No. J-24**. Vitamin D is also included in our Coral Calcium products **Item Nos. J-201 and J-203**. Since Vitamin D is needed for the body to absorb calcium, I wonder if some calcium deficiencies are due to D shortages? ♦

**46% less risk of developing high blood pressure...**