

POSSIBILITIES. ♦ ♦ ♦

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

Risks: Abnormal Bleeding, Suicidal Behavior, Bone Development

We've been stockpiling articles that have appeared regarding antidepressant medications. They do not make for pleasant reading.

One addresses the finding that new users of antidepressants known as serotonin reuptake inhibitors (SSRIs) are at a higher risk of being admitted to a hospital for abnormal bleeding. This data came from researchers in the Netherlands who examined information from 1992 to 2000 on more than 64,000 new antidepressant users. They found that the higher the dose of the medication, the greater the risk of abnormal bleeding.

Researchers believe serotonin is involved in blood clotting and that SSRIs, which affect serotonin levels, may also increase the risk for bleeding. The study was reported in *Archives of Internal Medicine*, 2004; 164:2367-2370.

Another article talked about three new studies that show antidepressant drugs may be associated with an increased risk of suicidal behavior, especially in the early stages of treatment.

The findings varied from one study to the other in these three, but in a concluding editorial, the experts agreed doctors should be aware of these risks and monitor patients closely, especially in the early weeks of treatment. Experts also discourage routine prescribing of antidepressants in children and adolescents. These studies were published in the *British Medical Journal*, 2005; 330: 385-393.

Another study found a common class of drugs prescribed to children with depression may have an adverse effect on bone growth. This study was done by

...the higher the dose, the greater the risk of abnormal bleeding...

researchers at Indiana University School of Medicine in Indianapolis found a reduction in bone mass and size in mice given Prozac.

Prozac is the only prescription antidepressant currently approved by the FDA for children and adolescents.

The authors of this study said further research is needed on the use of these drugs in children. They say bone development early in life is believed to determine lifelong skeletal health.

Other preliminary studies show the use of SSRIs, like Prozac, has been linked to increased bone loss at the hip in elderly women, decreased bone density in men, and decreased skeletal growth in children.

This study was reported in *Endocrinology*, published online Nov. 11, 2004.

According to an article in the *British Medical Journal*, 2004; 328:711-712, the use of antidepressants in children is increasing at an alarming rate. Researchers say

...SSRIs may have an adverse effect on bone growth... the use of the class of drugs known as SSRI's such as Prozac, Paxil or Zoloft, is the most widely debated. The rate of SSRI prescriptions in Italy for adolescents between 2000 and 2004 showed a 4.5-fold increase. Rate in the U.S. are higher but were not specified in the article. The only SSRI approved for children in the U.S. by the FDA is Prozac.

Speaking of debate and controversy, two professional publications ran articles in April of 2004 regarding the possibility that research finding antidepressant use in children to be safe may be misleading.

In one "systematic review" of published and unpublished studies it was found that only Prozac was not linked to negative outcomes for children with depression. But researchers concluded that using published studies alone to guide the treatment of childhood depression could be inappropriate and the pharmaceutical industry may be responsible.

This analysis found that all SSRIs appeared to have a favorable risk-benefit

ratio when researchers examined the published studies alone. But when they included unpublished studies in their analysis, the risk of SSRI treatment exceeded its benefits. For example, the effects of Paxil showed it to be associated with an increased risk of suicidal thoughts or attempted suicide.

"...due to possible misleading reports, published articles alone should not be used to guide antidepressant use for children & adolescents..."

Authors of this study say pharmaceutical companies play a large role in manipulating childhood depression treatment research and withholding critical information. The study was published in *The Lancet*, 2004; 363:1341-1345, 1335. And in an accompanying editorial in *The Lancet*, the authors wrote "The study of research into SSRI use in childhood depression is one of confusion, manipulation and institutional failure. Although published evidence was inconsistent at best, use of SSRIs to treat childhood depression has been encouraged by pharmaceutical companies and clinicians worldwide."

The other study regarding the possible misleading information from such drug studies was published in the *British Medical Journal*, 2004;328:879-883. It

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Risks, from page 1

found what researchers called “disturbing shortcomings” in many of the drug trials of antidepressant use among children. They found some clinical studies may not be reporting all the facts. The authors said it is “vital that authors, reviewers and editors ensure that published interpretations of data are more reasonable and balanced than is the case in the industry-dominated literature on childhood antidepressants.”

After all this, it is both comforting and disturbing to read the comments of a British researcher who is now asking the critical question...are kids actually depressed or just unhappy? Sammi Timmi, a child and adolescent psychiatrist, said the increase in the number of children labeled as “depressed” may have more to do with changing societal values than anything else. Timmi points to permissive parenting, excessive pleasure-seeking among adults and kids, and profound changes in the organization of family life as factors that could lead to childhood unhappiness. Timmi says society today is more likely to use medical terms like “depressed” to describe children who appear unsatisfied with life than more common language like “unhappy”.

...but they're safe for nursing mothers....???

He says the medical evidence for psy-

chiatric problems in childhood, however, is not well established and could lead to mistreatment, particularly with antidepressant drugs, which he says have been found to have little effect in those under age 18 and may even be dangerous. This information was published in the *British Medical Journal*, 2004;329:1394-1396.

...society uses terms like “depressed” instead of “unhappy”... which could lead to misdiagnosis and treatment...

Given “all of the above”, imagine our surprise (disbelief) when we read a recent headline “Study Shows Antidepressants Safe for Nursing Mothers”. This study was presented at the American Society of Clinical Pharmacology and Therapeutics in Orlando, Florida, March 2-6, 2005. Postpartum depression certainly needs to be dealt with, but we have to wonder how inclusive the research could be that would find it harmless to nursing mothers’ babies, long-term.

So what can someone fighting depression do, besides the drugs discussed here? For some people they may well be the only answer. But studies have found that for at least mild to moderate depression, **St. John’s Wort** (Item J-90) and **5-HTP** (Item 101) have been helpful—some studies saying as helpful as the drugs. Users have also said **Willard Water** has helped, along with our **B-Complex** (Item J-2) and our **B-6** (Item J-1).

◆

No More Bags Or Puffiness?



People are raving about our new skin care items — **R-101, R-102, and R-103**. One possible benefit we didn’t mention when we discussed them before, was that of reducing, and possibly even eliminating, the puffiness or bags most of us deal with at some time under our eyes. One person who was using the **Premier Eye Gel** (Item R-103) had noticed that the bags under her eyes had quite suddenly gotten much better, but didn’t know why. Then she started reading the written information on the product which said it could reduce puffiness.

The explanation from the supplier of these products is as follows: “...works extremely well to remove and regress wrinkles and reconstitute the skin around the eyes. Our special ingredients including Rhubarb offer super hydration, epidermal restructuring and a visible increase in firmness. Rhubarb contains lycopene...a primary skin protector. Lycopene appears to be the primary antioxidant that knocks out free radicals in skin. Lycopene also holds the moisture level in the lids, tightens the delicate eye skin safely, increases the elasticity and removes fine lines. Under eye puffiness disappears, redness fades and new tightness is evident as the regimen continues.” ’Nough said? ◆

Trivia & Tidbits . . .

1. Which is the smallest and shallowest ocean in the world?
2. What country was the world’s largest potato producer in 1990?
3. What country was the first to impose a general income tax?
4. What is a tittle?
5. What is trinitrotoluene?
6. If you’re taking a class in pistology, what are you studying?
7. In the days when last names were linked to a person’s trade, what was the occupation of someone named Travers?
8. How much did the first ballpoint pens cost when offered for sale in 1945?

AND THE ANSWER IS...

1. The Arctic Ocean.
2. The Soviet Union. The U.S. was fifth, after China, Poland, and India.
3. Great Britain—in 1799—to finance the Napoleonic Wars.
4. The dot over the letters “i” and “j”.
5. The chemical compound we know as TNT.
6. Faith.
7. Toll bridge collector.
8. Twelve Dollars.

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

No Wonder It Puts A Smile On Their Faces!

Indulge me for a moment. Just so I can share with you how I came to the thought that headlines this article.

I was thinking about trying to summarize the wide array of benefits users have reported to us about a particular product. They ranged from **migraine headaches, to stomach ulcers, to acne, to back pain, to eczema and other skin problems, to asthma and emphysema and other respiratory problems, to hemorrhoid relief, to arthritis to ... on and on and on.**

And the final thought I was going to add was **“to putting a smile on her face and laughing more”**. That one — putting a smile on her face laughing more — has always seemed especially nice to me. It came from a customer who said her co-workers could tell when she was using this particular product because they said she smiled more, and laughed more.

That’s when it hit me: if all the health problems I mentioned above really did get better when the people involved were using this product, or any product, they would most likely all be smiling more!

Which reminded me of the lady who said she felt her religious faith and relationship with God had improved along with her use of it, because when she had previously been fighting pain all the time it was hard to even think about God, or anything other than the pain.

Amazing what indirect benefits come from improved health, isn’t it?

Maybe that’s why everyone seems to agree that “when you’ve got your health you’ve got just about everything”.

So, what is the product all these reports were about? Real Willard Water.

Those of you who are reading this and are regular users of “the water”, are not surprised, I’m sure.

Those of you who are reading this who aren’t regular users of it, or who may never have used it for any length of time, probably think “Yeah, right”.

I could detail again the reason, or reasons, it’s logical to say one product could seemingly do all those different

things. (Here it is in a nutshell: It doesn’t do all those different things — your body does. But your body is better able to do them if

...migraines to stomach ulcers, to acne, to back pain, to eczema and other skin problems to asthma...to hemorrhoids...to arthritis...

you’re using “the water” because “the water” helps your body to a better nutritional balance by helping it to better absorb and utilize the nutrients you take in,

Co-workers said she smiled more... one lady said she got closer to God when she wasn't in constant pain...

and by helping your body to better eliminate wastes and toxins it may have been accumulating. It also helps by getting rid of many free radicals in your system, and by reducing any swelling or inflammation (like in arthritic joints, or muscle spasms, or injured areas),

and it helps your body become more alkaline which makes it less susceptible to diseases. And it just seems to help the skin get healthier, likely due to these other ways it helps your body get healthier.)

But I think since for most people the “proof is in the pudding”, and “seeing is believing”, it might make more of an impact on non-users to think about the tangible results that have been reported from its use on plants and animals.

After all, even if it could “work in the head of a plant or animal” it probably wouldn’t, because I don’t think any farmers tell their individual plants or crops that they’re putting Willard Water on them so they will be healthier, and withstand either drought or too much moisture better; and I don’t think ranchers tell their cattle they’ll be feeling better now because they’re putting Willard Water in their water. No, that just doesn’t happen. So it can’t be working on the cattle’s heads, or the wheat stalks’ heads, or whatever.

Yet time and again, we’ve heard from farmers, ranchers, gardeners, and pet owners who have been amazed to see how Willard Water has obviously affected their plants or animals.

Crops that have far better root systems than normal. Horses that have

healed from injuries far faster than expected. Horses that have run faster. Dogs and cats that refuse other water and “hold out for Willard Water” after having been introduced to

Willard Water. Even deer that eat the Willard Water treated portions of a garden, and leave the untreated portions.

Maybe animals and plants do know something about what’s good for them.

And that may well mean it’s good for us, too.

Worth a thought? Worth a try?

Especially when it can’t hurt anyone or anything.

As we’ve written before, the FDA has tested it, the “60 Minutes” crew had it tested, and various other people have had it tested and nobody has ever come up with anything to indicate it could ever hurt anything. I must hasten to add that the FDA has certainly never said it could help anything, since the FDA “efficacy tests” to prove it was effective for “this or that” has never been done—because none of us involved with the marketing or manufacturing of it have ever had the millions of dollars available to fund such tests.

But that may well be to the benefit of the “greater good” anyway. Think of it this way... if those tests were done, the hundreds of millions of dollars would have to be recouped somehow... and it would most certainly be by charging much more for the product.

If you don’t believe that, just think about the reasons given for the higher drug prices in the U.S. than for the same drug in Canada or Mexico. The drug companies have to get back their costs of bringing it to market.

So, since it can’t hurt anything, and thousands of people will swear to you of the improvement in their health that followed their use of it, and plants and animals can give evidence of the same thing, why not try it?

While it’s still (relatively) cheap! ♦

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Do Angels Drive Late Model White Chryslers?

“A few years ago, my niece drove me out-of-state for a medical appointment. We made the 4 hour trip there easily.

“However, on the way home, we kept getting lost. We couldn’t find the expressway home to Pennsylvania. We stopped to ask directions a third time at yet another convenience store.

“As I started speaking to the clerk, a tall woman with blond short hair and a beautiful cherub-like face spoke from behind me. She said ‘Do you need to find some place? I am not from this area, but I do a lot of traveling!’ Then she actually winked at me!

“She said she knew a shortcut to the expressway and led us to a small, obscure road behind the convenience

store. I wondered about this. But, sure enough, it did lead there. She said she would get on the expressway with us, but at a split in the road, she would go the other way. At the split, we headed toward Pennsylvania, and she went the other way. She honked, waved, and smiled as she drove away in her white late-model Chrysler.”

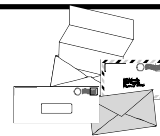
“P.M.” who sent us this story, added that she couldn’t figure out how someone who wasn’t from that area would know of such a seemingly odd, little known, shortcut. And, another odd thing ... why was she even in the store, since she didn’t buy anything... the only business she conducted in there was telling “P.M.” and her niece about the shortcut and then leading them there.

“P.M.” says, most of all, she wonders if angels drive late-model white Chryslers! ♦

(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. . .



Lumps & Sties on Eyelids — are a thing of the past for “J.T.’s” friend who is subject to them, because of excessively oily skin. But she has found out tht if she mixes up a clear Willard Water solution and puts it on her eyelids it solves the problem.

The Mildest Cold He Ever Had — that’s what “G.R.” told us in his e-mail regarding our Alpha Whey PLUS Colostrum (Item H-2). He said “I’m really glad I ordered the first batch of (H-2) a while back. I started to come down with a cold last week and increased the dosage. This was the mildest cold I’ve ever had. Colostrum is definitely some GOOD stuff. Thanks for beating the drum about it.”

Sunburn’s Gone, Tan Takes Over —

“J.F.” told us that Willard Water is great, “especially for sunburn. It takes the pain away and turns to tan very quickly.”

Speaking of Burns — “B.B.” now from California, told us of his experience with Willard Water back when he lived in South Dakota and the ranch he worked on used it on the calves they were branding. Branding, of course, is done with a red-hot branding iron. He saw how the calves that had the WW sprayed on the brand almost immediately got to their feet, quit bawling, and ran to their mothers—obviously in much less pain than the ones who were branded without the WW sprayed on them. Ever since then, he’s has always kept some WW around for burns, sunburns and various other skin problems. ♦



More Product Highlights & Updates from Charlie

Back to Work; Great Help in Fighting Common Colds; Beautiful Complexion; Alkaline Balance

WALT (long-time very popular “old time” dance band leader in this part of the country) **WAS OBVIOUSLY GOING TO HAVE TO GIVE UP PLAYING HIS ACCORDIAN.**

Roger, his drummer, told me, “You know Walt’s no complainer, but he is in big-time pain . . . he has a heck of a time just making it through the (dance) job. I’m sure this year (that was ‘04) is going to be his last. He’ll play the jobs we have booked and that will be it”. And we both agreed that that was really a shame. He’s well into his seventies, but in pretty good health, and he just loves to play.

His left shoulder was the problem. That’s what does the heavy work when playing the piano accordion, Walt’s instrument. Walt didn’t know what caused the problem, but Roger’s theory made sense. “It’s the painting”, he theorized, “He’s been a painter for thirty years or so . . . all that reaching up over his head painting ceilings and the high parts of walls. The shoulder is just worn out”.

Walt had been to one or more MD’s, but got no relief. I recommended a chiropractor, who suggested some exercises, which might have helped long-term, but short-term, made the pain worse, so Walt gave them up.

I’ve known Walt a number of years. He and his wife have bought Willard Water from us for most of that time. One time last fall he called us and asked us to send some over. Just on an impulse (Walt’s guardian angel must have whispered in my ear), I threw in a 4-oz container of the **Chinota Gel** as a gift from me, and put a note in the package telling him what it was good for.

It seemed this popular band-leader would have to give up playing... but now he’s back to playing without pain, and even back to his other strenuous job...

help to him and his wife really liked it too (for her arthritic fingers), so he wanted to have one for her, too, plus a spare!

I ran into him at a restaurant today (3/20/05) and asked him how his shoulder was. “Fine,” he said, “Played last Sunday at East Grand Forks and I forgot that it was ever a problem. Went the whole four hours and could have played four more!”

Frankly, I was amazed. My rationale for sending it to him was that it very likely would give him some temporary relief. But the problem is totally gone. I don’t know how to explain it. He had had the problem for at least a year despite many attempts to “fix it”. Then part of a \$15 tube of Chinota apparently did it.

I called him before writing this. Checked some of the details. He said that before the Chinota he could only play 15 or 20 minutes before the pain got bad. NOW, he’s also back to **PAINTING!**

I WAS WONDERING WHAT TO WRITE IN THESE PAGES . . . We’re right up against the self-imposed deadline for the next newsletter. I don’t

A few days later his check came in the mail, but it was for the Willard Water, for the “free” Chinota Gel (Walt likes to pay his own way!), and payment for two additional containers. Said the Chinota was a big

think that it was coincidence that we and Walt and his family wound up in that restaurant at the same time. I’m obviously supposed to talk about the Willard Water-based gels. Haven’t done that for a long time. For good reasons. The lab that had made both products for us for many years had problems with a couple of large batches of what at that time we called Gel’Loe (the predecessor of the current Aqua-Gel). These gels are very difficult to make . . . as the chemists put it, the Willard Water concentrate does not like to be “confined” (thickened into a gel state), so it tends to break down the thickening agent and turn the gel back into water. So, we had no Gel’Loe and while we had a good supply of the Chinota Gel, when that was gone, we were facing the possibility that it was going to be GONE permanently. So, needless to say, we didn’t want to encourage sales . . . wanted to make the

Even when we didn’t talk about the Chinota Gel for all those months, sales of it held up well... people don’t want to be without it and don’t need a reminder once they’ve experienced it!

existing supply last as long as possible to take care of the people who were dependent on it.

The gel problems, FORTUNATELY!, did get solved some time ago. However, they are costing us MUCH more, so even though we now have both products, they aren’t something we can offer large discounts on, although

we still include them in the “10% off for ordering more than one item” long-running deal.

Our experience is that the Chinota Gel is very helpful for any kind of muscle or joint aches and pains, and a great many customers will testify to that. During all those months of being basically silent about it (except for leaving it on our web site and answering questions about it when people asked,

sales of it held up well . . . Mostly, of course, to long-time customers who have used it for years. Which would have told us what a truly meritorious product it is, if we hadn't known that already from years of rave reviews from users of it.

During the many months when no Gel'Loe (current version now called Aqua-Gel) was available, we discovered that we could indeed use the Chinota Gel for just about anything that the other product normally would be used for. Which includes? Just about any

problem on the skin . . . itches, rashes, poison ivy, fire ant and other insect bites, bee stings, burns, sun burns, hemorrhoids, "age spots" . . . inventive customers have come up with dozens of uses for the Aqua-Gel. When it wasn't available, we turned to the Chinota. It tends to smart a bit on irritated skin, but not for long. Best thing is to have both, of course, but if your primary motivation to acquire one of the gels is for the aches and pains, and you don't want to buy two, then go for the Chinota.

One thing we recommend for sure, is that you consider getting the 8-oz JAR of Chinota, if you have arthritic fingers, or little patience with the more-difficult-to-use 4-oz container. The four ounce container is a rather "stiff" squeeze bottle/tube sort of thing with a flip top cap on it. It is a secure sort of container . . . doesn't get contaminated by fingers stuck in it, so if you're concerned about that in a situation with multiple people using it or where it's being used out in a barn or something like that, then you want that 4-oz container, but it can be something of a challenge to get the gel out, particularly if you have arthritic finger joints, which may be the primary reason you are using it. The jar is, of course, very easy to use. Also about a 16% lower cost, per ounce.

DO COLOSTRUM USERS TAKE IT EVERY DAY? Some do; some don't. I've probably taken

colostrum 99% of the days in the past 22 years. Been VERY healthy. Haven't missed a day's work for cold or flu in that entire time.

I put a level teaspoon of the bulk colostrum (Item H-6) in my blender breakfast every morning. When, once or twice a year, I do notice a cough or sniffles beginning, I get into the concentrated liquid colostrum (Item H-2), and take two or three teaspoons twice a day for a couple of days, along with about three tablespoons of our colloidal silver (CS-32). Seems to work every time. The symptoms quickly disappear.

Most colostrum users do take it every day, routinely, doing roughly what I do . . . modest amounts daily and a lot more when needed. Some keep it simple, just using the H-2 item all the time . . . small amount daily . . . much larger amount when there is a particular challenge.

The capsules (Item No. H-5) are a very convenient way to take it every day. Three a day is typical adult usage, so a bottle lasts a bit more than a month. But for young kids and others who can't/won't take capsules, or for pets, the liquid is awfully nice to have. Also, since it hasn't been heated, it's the very best colostrum .

We've always felt that Willard Water was the most important item we provided and the colostrum was the second most important . . . in both cases because they seem to be very beneficial to EVERYONE, and have (particularly the WW) a wide variety of benefits. People (particularly women) who have found the natural progesterone crème (HP-1, HP-1P and HP-2) to be anything from "noticeably helpful" to "life-transforming", and the many who have found equally dramatic benefits from the rather incredible "Strauss Heartdrops", would probably disagree. But in both cases the beneficiaries are minorities of our customers (mostly women in one case and mostly "us older folks" in the other. As I said, our

experience with Willard Water and colostrum are that they seem to be very beneficial to essentially everyone.

THE COMPLIMENTS ON HER BEAUTIFUL MAKE-UP KEEP COMING, BUT SHE ISN'T WEARING ANY! That's a happy

"coincidence" she's noticed from daily use of the **Moisturizer (Item No. R-**

101) we've been talking about recently. She actually says she doesn't even remember to use it every day. Nevertheless, a number of her

friends have asked her what make-up she is using, because her skin looks so good, and the coloration is so even, which it wasn't before. It used to be a bit blotchy.

"She" is our 28-year-old daughter, whom we see nearly every day, so we know this is the case. All of you who are already using these new skin care products (R-101, R-102, and R-103) can thank her for the opportunity, because she was one of the handful of people trying them out, and as a result, was strongly encouraging us to add them to the regular product line.

WILLARD WATER AND YOUR BODY'S ACIDITY. Dr. Willard was way ahead of his peers on a great many things, but we are quite sure he didn't fully understand the significance of the alkalinity of his product. Rather, it was simply "the way it turned out".

However, in more recent years, more and more people have come to the understanding that most of us are "over-acidic" and that the alkalinity of the WW is therefore, very important.

Some people, who know about the importance of the acid/alkaline balance for good health have said when they learned how alkaline WW is, "that's all I needed to know... being that alkaline, and that cheap, and that harmless, I felt it was worth using for that reason alone. I'll just take any and all other benefits as a bonus!"

...itches, rashes, poison ivy, fire ant and other insect bites, stings, burns, sunburns, hemorrhoids, "age spots", etc.

Her skin looks so great, friends want to know what make-up she switched to... but she isn't wearing any!

Some say they'll use it just for the alkalinity and take any other benefits as a bonus...

