

POSSIBILITIES. ♦ ♦ ♦

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

No Broken Hips!?!

A person's blood may offer real clues as to their risk for osteoporosis and hip fractures.

Two new studies have found that high levels of homocysteines are associated with an increased risk of fracture.

High levels of homocysteine have been known to be linked to an increased risk of heart disease and stroke. Now, these two new studies have found high levels of homocysteine are also associated with an increased risk of fracture.

One study was done in the Netherlands and one was done at Tufts University in Boston.

Study authors say total homocysteine concentrations can be easily and effectively modified through dietary intake of folic acid and vitamins B6 and B12. The researchers said if further research confirms this, nationwide folic acid fortification of food could help reduce fracture rates in the U.S.

Editor: We offer **Activated B-6** as **Item No. J-1**; **Activated B-12** is **Item No. J-20**; **Folic Acid** is **Item No. J-113**; and our **Multi-Vim, Item No. J-56** contains Folic acid and "B's". ♦

"Easy Way" to Reduce Cancer Risk

Two studies presented at the American Association for Cancer Research's annual meeting in Orlando, Florida, found patients who consume Vitamin E may have lower risks of developing prostate and bladder cancer. Those reports prompted a medical writer for *Ivanhoe Medical Breakthroughs* to suggest that "for those who want to lower their risk of cancer, the answer may be as simple as getting enough vitamin E."

The first study was conducted by researchers from the National Cancer Institute and elsewhere included 100 men with prostate cancer and 200 men without prostate cancer.

Researchers found men who consumed the form of vitamin E known as alpha-tocopherol had about a 50% lower risk of prostate cancer. Those who consumed the form of vitamin E known as gamma-tocopherol had nearly a 40% lower risk of developing the cancer. Researchers found men who had the highest vitamin E levels had the lowest risk.

Gamma-tocopherol is the type of vitamin E that people in the U.S. consume in greater amounts. Many vegetables, nuts, fruits and oils contain both types of the vitamin.

The second study, at the University of

Texas M.D. Anderson Cancer Center and Texas Woman's University, included 468 newly diagnosed bladder cancer patients and 534 cancer-free patients.

It was found patients who consumed higher intakes of alpha-tocopherol vitamin E had a significantly lower risk of bladder cancer. There was no association found in this study between gamma-tocopherol vitamin E and a lower risk of bladder cancer.

High intake of alpha-tocopherol vitamin E from dietary sources was associated with a 42% reduced risk of bladder cancer; whereas a high intake of vitamin E from dietary sources and supplements combined reduced the risk by 44%. Foods richest in alpha-tocopherol E include almonds, red and green peppers, spinach, mustard greens, sunflower seeds, and vegetable oils.

Editor: We offer **Item No. J-14, Vitamin E** 400 IU containing mixed tocopherols as the most natural form of vitamin E. Natural health experts believe while vitamin E activity is only claimed for the alpha tocopherol, the other naturally occurring tocopherols have biological activity as well. We also have **Item No. J-110 Tocotrienols** available which contains Tocotrienols from rice combined with d-alpha tocopherol vitamin E. ♦

Help for High Blood Pressure? Bad Cholesterol? Arteries & Circulation?

Supplementation with Pycnogenol (an extract from the French maritime pine tree bark) may allow those with high blood pressure to "almost halve their current prescriptions", according to a new study published in the January 2, 2004, issue of *Life Sciences*.

The article reported on a study in which its fifty-eight subjects, all on high blood pressure medication, were able to take half the dose of their prescription when they used Pycnogenol.

The trial was double-blind and placebo-controlled, according to the report.

One of the study's authors, Peter Rohdewald, Ph.D., of the Institute of Pharmaceutical Chemistry, University of Munster, Germany, said, "Taking into account its ability to inhibit platelet aggression and its diverse antioxidative and anti-inflammatory actions, we suggest that French maritime pine tree bark extract offers a broad spectrum of protection for the patient with high

blood pressure." The study also demonstrated benefits such as reduced LDL (bad) cholesterol, alleviated artery constriction, and improved circulation.

Editor: Many natural health authorities have pointed out that the active ingredient in the pine bark extract is available in greater concentrations in grape seed extract than in the pine bark extract.

As a result, we have provided both options for a number of years. Our **Item No. PY-3** is a **combination of Grape Seed and Pine Bark Extracts**; **Item No. PY-4** is just the **Grape Seed Extract**. Personally, we use PY-4, the Grape Seed alone, since it's slightly less expensive, and the authorities we trust have all indicated they feel the grape seed extract is even better than the pine bark extract.

But for those who want the Pine Bark, we have **Item No. PY-3**. It's always nice to have a choice! ♦

Unrelated-Related Topics: Ear Infections, Antibiotics, Asthma & Ear Infections; Wheezing & Bedding; Chiropractic & Ear Infections

We were struck recently by a series of articles we read on children's problems with ear infections, and the growing problem of overuse of antibiotics for children, and the possible link between antibiotic overuse and increasing asthma in children, and the possibility that chiropractic care just might greatly reduce the problems with ear infections and that overuse of antibiotics, and therefore also the possible increase of asthma in children due to too much antibiotic use.

Whew! That was one long sentence, even for us!

Back to the point.

One article we recently reviewed pointed out that 80% of children with ear infections get better without antibiotics. That article said that the American Academy Pediatrics and the American Academy of Family Physicians has released new guidelines to help doctors and parents decide on the best course of treatment for ear infections. Those guidelines recommend parents use ibuprofen or acetaminophen, such as Tylenol, immediately to relieve the pain of the ear infection, since antibiotics will have no impact on pain in the first 24 hours anyway. It said antibiotics shouldn't be prescribed until enough time has passed to determine the antibiotics might be helpful in a particular case. It also said a doctor's supervision

should be used. Further, it suggested amoxicillin as the medication most useful for most children, saying it's generally effective, safe, low in cost, and has an acceptable taste for most kids.

Another article said a study from researcher at the University of Chicago found children who have multiple ear infections are more likely to be diagnosed with asthma. The study included 7,538 children between 2 and 11 years of age. Those children with multiple ear infections were found to be twice as likely to suffer from asthma than children with no history ear infections. They're not sure what the connection is between ear infections and asthma. Speculation was it might be that specific viruses or bacteria that cause recurrent ear infections may also play a role in developing asthma. Or, it may be that the **antibiotics used to treat ear infections may increase the risk of asthma.** (*Emphasis ours.*)

After reading these two articles, we found one that was published in the March 29, 2004 peer reviewed journal *The Journal of Vertebral Subluxation Research*, (JVSR) which showed that chiropractic adjustments had a positive effect on children with acute ear infections. In the study 21 children were examined. All of them showed acute inflammation in the inner ear with a red

and bulging tympanic membrane accompanied by an increased mean oral temperature of over 100 degrees F.

The study showed that after the chiropractic adjustments, the red and bulging tympanic membrane returned to normal in 95% of the children and a decrease in average oral temperature to 98.6 degrees F. also occurred.

Another news report indicated that chiropractic care also helped babies with colic. That report said a study found the babies treated with chiropractic care cried two hours less after having adjustments than those who received the standard drug treatment.

Finally, we found an article regarding a study that found the cause of children's respiratory disorders may be related to the type of bedding they sleep on. That was especially true for those who sleep on their backs, since the bedding comes closer to their nasal passages in that position, than if they slept on their sides or stomachs. The study found synthetic quilts and pillows and electric blankets were linked to frequent wheezing in children. The study defined synthetic pillows are those made of foam, sponge, tontine, polyester or Dacron. Quilts of Dacron, polyester or other synthetic composition were considered synthetic by those conducting the study. ♦

Trivia & Tidbits . . .

1. What popular treat did an 11-year old invent by accident in 1905 and patent 19 years later in 1924?
2. How many quarts of whole milk does it take to make 1 pound of butter?
3. Who were the 5 Civil War generals who went on to be U.S. Presidents?
4. The giant panda is a member of the bear family. To what family does the much smaller red panda belong?
5. The kidney was the first human organ to be successfully transplanted. When?
6. Where are sea horses hatched?
7. If you hear thunder 10 seconds after seeing lightning, how close is the lightning?

AND THE ANSWER IS...

1. The popsicle. Frank Epperson left a glass of lemonade with spoon in it on a windowsill overnight and it froze; first sold as Epsicle, later changed to popsicle.
2. Almost 10—9.86 to be exact.
3. Ulysses S. Grant, Rutherford B. Hayes, James A. Garfield, Chester A. Arthur, and Benjamin Harrison.
4. The raccoon family.
5. In 1956 in Chicago by Dr. Richard Lawler into Ruth Tucker, who lived 5 more years.
6. In a pouch on the male's belly. Eggs are deposited there by the female.
7. Two miles. Sound travels about a mile in 5 seconds.

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

Yes, It Is Worth One More Mention...

I thought about getting into this topic and at first decided not to, simply because we've talked about it so much in this newsletter over the past few years. And, it's been so widely publicized even in the mainstream media, it seems very much like "beating a dead horse". But then I thought back to when estrogen therapy was so "standard" anyone questioning its use was looked at suspiciously.

Now, study after study after study, has reported on the dangers of Hormone Replacement Therapy (HRT, for short). And instead of confirming the long-alleged benefits of HRT, those studies have been finding instead that HRT increases a woman's risk of heart problems, various kinds of cancer, strokes, and more.

To sum up the recent reports on HRT, let me just cite these headlines:

- ◆ "Cancer Risk Halts Hormone Therapy Study"
- ◆ "HRT Increases Recurrence of Breast Cancer"
- ◆ "HRT Risks Could Have Been Found Sooner"
- ◆ "Hormone Therapy and Colorectal Cancer" (this one said HRT was found to decrease the risk of this type of cancer, but it once again "identified more overall health risks than benefits of taking HRT")
- ◆ "Warning About Estrogen Therapy" this one said it does not reduce the risk of heart disease and can lead to an increased risk of stroke
- ◆ "Hormone Replacement and Respiratory Disease"; this one says hormones after menopause could increase a woman's risk of developing asthma.

All of which leads me to think again about how grateful I am for the late Dr. John Lee, who I believe was one of the very first (if not the first) to sound the alarm about the risks of

HRT.

Not only did he sound that alarm, he presented the very solid case for the benefits and need for natural progesterone to be a part of every woman's daily routine—at least every woman nearing menopause, and many much younger women, if they had what Dr. Lee called an estrogen imbalance.

That imbalance is the result of the fact that we all get estrogen from the food we eat (meat and dairy products especially) and from the air we breathe (various chemical pollutants sort of transform themselves into estrogen-producing substances that we all breathe in on a regular basis). All this extra estrogen results in women having much more estrogen in their systems than progesterone, and nature requires that these two key hormones (estrogen and progesterone) be in balance, or numerous bodily functions just don't work properly.

That's why today's women need to supplement with progesterone, while our ancestors did not.

Once estrogen and progesterone come into balance, many women report tremendous positive changes in their lives. Everything from just a greater feeling of wellness, to reduced problems with adult acne, no more mood swings, no more depression, no more irregular periods, help with fibrocystic breasts, no more PMS, no more excessive bleeding with their periods, greatly reduced headaches, help with losing weight, no more hot flashes and other menopausal symptoms, and on and on.

But don't confuse natural progesterone with the synthetic drug known as progestin. Dr. Lee pointed out (as adamantly as he could) that the human body does not "recognize" progestin since it's a chemical unknown to it, and therefore it is no substitute for natural progesterone.

Again, I thought about not reiterating all this, but after reviewing all the articles connected to the headlines

cited here, it just seemed to me this is too critical an issue to ignore, or let go of, when too many women are probably still not being given the message that seems so clear to us. HRT is not something to take without very seriously considering any alternatives. Especially given the countless women who have found natural progesterone to be such a huge help in their lives.

Our natural progesterone product is Item No. HP-1, and HP-1P. The one with the "P" on the end is the same product as the HP-1, but it comes in a pump dispenser. The pump is handy in that it measures the product out for you, so you don't have to use a measuring spoon, and simply guess at the amount to use.

Last month we said that the pump's one downside might be an inability to get all the product out of it. We didn't mean that to be as negative a comment as many took it to be. We don't *know* that much product is lost or wasted in that way—haven't had the pump long enough to know that, but it just seemed to us it could be a *possible* frustration with it. On the other hand, we're hearing so many positives from women relieved to finally be able to just press the dispenser and have the right amount, we believe the pump really is a big step forward. Still, it's really personal preference.

But whether you prefer the pump or the jar, we still feel obligated to tell as many women as possible about the benefits of natural progesterone. And certainly the benefit of dealing with some women's health issues with it instead of with the very risky estrogen or Hormone Replacement Therapy that's been in such widespread use for so many years.

It really does make a person appreciate pioneers like Dr. John Lee, and others in the natural health movement who did so much to "push the ball forward" when it wasn't popular, but they recognized as so essential. ♦

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“That Should Be Impossible”

“I’m a wedding coordinator at a wedding chapel in a country setting. We have an actual old church that is used as the ceremony location, with the bridal party on the porch of the church, and guests seated on chairs on the ground.

“In the evenings, we have clear lights on (like mini Christmas lights, but mostly larger and better technology) outlining the front of the church and the two front windows. A year ago we had a bride who was particularly fond of the lights around the side windows, and specifically requested that they be on for their ceremony.

“The day of their wedding was especially hectic because it rained early in the day and put us behind. I noticed shortly before the ceremony that the lights on one side window were out, and asked a couple of the guys working here to fix them.

“As the bride was about to go down the aisle, I noticed

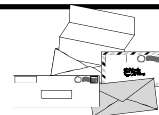
those lights were still out. There was nothing to do about it then. Except, I thought, one thing. I prayed, giving thanks that if possible He would somehow make those lights work. I looked up a couple minutes later, and they were on! I asked the guys if they had fixed them and they’d just gone out momentarily, but they said they’d never touched them.

“Just the other day, the company that maintains the larger lights was out doing their spring maintenance, and the man in charge commented that he couldn’t believe those little lights were still working, adding, “they’re not even the stay-lit technology, but a couple of them are burned out and the rest of the string is still on, and that should be impossible.” I told him then how they’d quit working at one time, came on after my prayer of thanks, and been working ever since. Must have been some kind of electrician that fixed those lights, and Someone who takes care of all our needs.”

(Editor: We invite you, our readers, to send us your own “unexplained help” stories, for publication in this newsletter, with or without being identified.)



E-Mails, Mailbag & Phone Calls. . .



“I Feel Terrible” — “L.N.” e-mailed her thoughts... “I have been using **Willard Water** for several years now...I was beginning to feel that there were no benefits to my drinking the water so when I ran out the last time I was not going to reorder. It’s been a couple of months now and I feel terrible.

“I have **arthritis** in my all my joints, especially my knees. While I was drinking ‘the water’ joint movement was smoother, more fluid. Now it hurts to stand, walk, bend, etc. Guess it really does help! One thing I did notice when I was drinking it daily is that I seemed to crave it. That helped remind me to consume a glass or two.

“Just wanted to put my two cents worth in. Oh yeah, here’s my order for ‘Willard’.”

A Family Affair — “G.R.” emailed us from Japan where he’s stationed... “Your newsletters introduced me to the Strauss **Heartdrops** which have helped both my Dad and brother a great deal. My ticker is fine but I use the Heartdrops, too. Just to keep the blood vessels clear of gunk.”

Tomato Time — “P.L.” meant to use **Willard Water** on her **tomatoes** for years, but this year finally remembered it at the right time. She soaked the roots of the tomato plants with Willard Water, before planting them in the evening. Usually, when she goes out the morning after planting she sees the stressed new plants lying flat...they would gradually recover over time. This time, she went out and all 24 were “standing upright like little soldiers!”



More Product Highlights & Updates from Charlie

Rather than the Unusual, What About the More Common Reports Regarding this Versatile Product

Not too long ago, we printed up copies of an 8-page compilation a long-time customer of ours had come up with of reported uses of Willard Water that had appeared over the years in this newsletter.

After doing that, we realized that many (most?) of the reports we mention in the newsletter and which therefore appeared in that collection, are the more unusual uses of the product. Therefore, some of the most common uses and benefit reports from customers were not included in it.

Given the often heard request here for “what people tell you most often that they use it for”, we decided to try to make up a more “common reports” type list. But we’re going to make it alphabetical (or at least “a” before “b”, even if all the items in “a” aren’t in alphabetical order!), so we might include some that aren’t the most frequently mentioned, just to see if we can hit every letter! Here goes:

A —

Acne. People spray it on the area, or apply our gel product (current version to use would be the Aqua Gel). Plus, as with all skin conditions, the best reports come from those who drink the Willard Water, as well as using it topically.

Acid/Alkaline Balance.

WW is highly alkaline and most of us are too acidic, so seems it should help balance.

Allergies. Lots of reports of allergy problems being reduced after people started drinking WW. Sometimes if the allergic reaction is a skin problem, they also spray the water on it, or apply Aqua Gel.

Arthritis. This has to be one of the very most common reports. People tell us about long-swollen joints being much less swollen, and sometimes no longer swollen at all. Also stiffness being greatly reduced, or sometimes even gone. Most of these people are drinking the Willard Water. Many people also find temporary relief by applying the Chinota Gel on the affected areas.

Asthma. Again, a very common report. People tell us they drink the Willard Water and over time their asthma gets much

better. Fewer attacks and less severe. Some say they notice a difference starting pretty quickly, and it just keeps getting better and better. Others say it’s a very subtle change over time.

B —

Back Pain & Problems.

Countless people have told us their various types of back problems and pain have been significantly improved after drinking WW for a while. Some authorities say this may be related to WW’s ability to increase nutrient absorption (like calcium), or to its swelling-reducing properties. Most back sufferers don’t care, why, they’re just happy to report on their improvement!

Blood sugar. People with both high and low blood sugar problems have told us their sugar level has improved after making drinking WW (especially the dark WW) a regular part of their lives.

Bronchitis. Chronic and otherwise. Numerous reports from people who say they have suffered with bouts of bronchitis for years, and after starting to drink “WW” regularly, their bronchitis problems either seem to come to an end, or come much less often and are much less severe.

Bursitis. Some reports over the years of people saying drinking the WW helped; also rubbing Chinota Gel on it.

C —

Constipation. This has to be one of the very most common reports. Sometimes we think nearly everyone in the U.S., and maybe the world, has a problem with constipation, and WW it seems must help nearly all of them who use it. (When we get to “D”, you’ll see it also seems to help diarrhea.)

Cold Sores. This is another common report and another application in which people drink the WW, apply it topically, and use Aqua Gel on the sore.

Cancer. We **DON’T** consider WW to be a cancer treatment. But we have very often heard from people who are taking radiation treatments who say when they

sprayed the WW on the radiation sites (or applied the gel — like the Aqua Gel), the burns weren’t nearly as bad as without them. Also, those drinking WW have reported far fewer side effects of chemo and radiation than they had when they weren’t using the WW, or than they were told to expect.

Chronic Fatigue. Numerous reports from people saying drinking WW has been a big help.

D —

Depression. People drinking WW have said their depression problems have been reduced. Some experts have said it may have to do with bringing various levels into balance.

Diabetes. Most people reporting an improvement in this with WW are drinking the “dark” WW.

Diarrhea. People who have suffered with chronic diarrhea for extended periods, sometimes years and years, have said that after drinking WW regularly, the problem is much improved.

Digestive Problems. Various types of digestive problems have been said to have improved after regular use of WW.

E —

Eczema. Many reports of improvement after drinking WW and using it topically as a spray or the WW gel (Aqua Gel).

Eye Problems. People have reported improvement not only in vision, but in cataracts after drinking the WW regularly, and or using it (the clear WW) as a spray or eyewash.

F —

Fibromyalgia. Many, many, users have said their fibromyalgia pain has been reduced following regular drinking of WW, and temporary relief for painful areas has been received using the Chinota Gel.

Foot Pain/Problems. Oddly enough, we’ve had a number of reports from people who say that after drinking WW for

some time, their aching feet don't ache as much. A couple people have said the dark water had more effect than the clear water. One natural health practitioner said this would likely be due to the minerals in the water, even as low a concentration as they are, because minerals help the muscles in the feet not to contract as much due to foot problems, and therefore pain would be reduced. (Also speculation has been that WW minerals are absorbed extremely well.)

G — Gout. A very common report is WW reducing the pain and frequency of bouts of gout. Both drinking it, and soaking the affected area in it.

Gum Disease. Some reports of improvement when WW and colloidal silver are combined and used while brushing one's teeth.

H — Hemorrhoids. Countless reports of relief by spraying the water on; soaking in a bathtub with a couple cups of the "mixed-up-gallon" solution added to the bath water, or by applying Aqua Gel.

High Blood Pressure. Many reports of blood pressure coming down after regular drinking of WW, though it certainly won't help everyone's. If on medication for high blood pressure, be sure to keep monitoring it because if your pressure comes down, the medication will keep pushing it further down, and it could go too low!

I — Immune System. Many people report their immune system seems to function much better, and they get far fewer colds, flu, etc. *Caution: People who have had organ transplants should not drink WW, since it does seem to boost the immune system, and they need to suppress their immune systems.*

J — Joint pain & stiffness. Very common to hear problems like this reduced after regular drinking of WW. Also, topical application of the Aqua Gel provides more temporary, and immediate, relief.

K — Kidney problems. Numerous reports of improvement with regular drinking of WW.

Kinesiology. Just of interest that we've been told by some kinesiologists and chiropractors who use kinesiology that they've never found anyone who didn't test

positive for Willard Water.

L — Lactose intolerance. Reports of reduced problems with milk, and ice cream, after regular drinking of WW

M — Migraine Headaches. Many reports of reduced number of headaches and severity after regular drinking of WW.

Menopausal Symptoms. Many reports of reduced problems with regular drinking of WW.

Mood Swings. Numerous reports of improvement with regular WW drinking.

Muscle spasms and pain. Lots of reports of improvement with regular drinking of WW, and more immediate temporary relief with use of Chinota Gel.

N — Nervousness/Nervous Stomach/Nervous Eating. Reports of improvement in all these with regular drinking of WW.

O — Oxygen Level Increase. Some experts have said WW raises the oxygen level in one's blood after drinking it.

P — Pain. Many reports of reduced pain from drinking it, or from topical use of the water, or the gel (Aqua Gel, or for more severe pain, Chinota Gel).

Panic Attacks. Some speculate the nutritional balance believed to be associated with WW is what results in users saying their panic attacks reduce after drinking it regularly.

PMS. Many reports of reduced problems with regular WW drinking.

Poison Ivy. Spraying the site with WW or applying Aqua Gel has been said to provide a lot of relief.

Psoriasis. Many reports of relief—the best ones from those who were drinking WW as well as applying it topically (or the Aqua Gel topically).

Q — Quick. Had to get a Q in! Lots of people do say "Quick, get the water!" Or the gel, claiming it's the quickest relief on

all kinds of "owwies"— WW, Aqua Gel, or Chinota Gel.

R — Rash. Whatever kind of rash, WW used topically, or by drinking, seems to help. Also Aqua Gel use.

S — Sinus Headaches/ Problems. Lots of people have reported more relief than in years after drinking WW regularly.

Sleep. Countless users have said their sleep has improved with regular WW drinking.

Sunburns. Spraying the burn with WW or using Aqua Gel has impressed many people.

T — Tired eyes. Some spray their eyes with (clear) WW and report relief.

U — Ulcers, Digestive. Many reports of help after drinking WW regularly.

Ulcers, Skin or Leg. Many reports of improvement with topical use, and regular drinking of WW.

Urinary Tract Infections. A number of reports of help when drinking WW regularly, and also when combined with other treatments (mainstream or alternative).

V — Vitamin Absorption. Many reports of people reducing the amount of a vitamin they take and getting the same or greater benefit when taking it with WW.

W — Wrinkles. Many, many, many, reports of less noticeable wrinkles with regular spraying of the face with WW, and drinking WW.

X — X for Unknown. Numerous reports of WW helping a skin or other condition, which had defied diagnosis.

Y — Yeast Infections. Many report great improvement with regular WW drinking.

Z — Zinc & other Mineral absorption increased with regular WW drinking. ♦