

POSSIBILITIES. ♦ ♦ ♦

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

Diabetes Prevention & Heart Risks

We ran across a couple of interesting research reports recently regarding two different ways of preventing diabetes naturally.

The first involves eating low-fat dairy products, such as skim milk and yogurt. This was found in a study done on data collected during the Health Professionals Follow-Up Study.

The researchers on this study reported a **9% decrease in risk for each additional serving-per-day** in total dairy intake. It was primarily due to the consumption of low-fat dairy foods and held true even after adjusting the findings to take other diabetes risk factors into account, such as age, family history, smoking, body mass index (BMI), physical activity, high cholesterol, and high blood pressure.

The study included more than 41,000 men who were followed for about 12 years. Over that time, 1,240 of them developed type 2 diabetes.

Researchers said they believe dairy products may work by favorably affecting various risk factors, noting other studies have shown dairy benefits body weight, high blood pressure, and blood sugar. The study was published in *Archives of Internal Medicine*, 2005; 165:997-1003.

The second study we ran across involved protecting children from developing type 2 diabetes. The conclusion was that parents may want to change their children's diets to prevent them from getting it.

The researchers in this case studied the magnesium levels in kids and said lower levels of this essential nutrient are linked to insulin resistance, a precursor to the disease.

The study involved 24 obese children and 24 children of normal weight. None of the children had diabetes. All were tested for magnesium levels in their blood. The obese children, who were

already considered at high risk for diabetes due to their weight alone, had lower blood levels of magnesium. Lower levels of magnesium were associated with higher insulin resistance.

Researchers found obese children were eating fewer foods high in magnesium, such as beans, fish, green leafy vegetables, nuts, peanut butter, and yogurt, than the normal weight kids.

The researchers said they believe magnesium may help protect against type 2 diabetes because of its important role in carbohydrate metabolism. Previous studies have linked magnesium to diabetes in adults and if this study's results hold up in future ones, getting kids to eat more magnesium-rich foods could reduce the number of children diagnosed with type 2 diabetes, the researchers said. The study was reported in *Diabetes Care*, 2005;28:1175-1181. Editor: Our high quality **Magnesium** is **Item No. J-54**.

And finally, for those who already have type 2 diabetes, it was reported recently that fiber supplements could help ward off heart disease in them. The study was presented at The American Heart Association's Sixth Annual Conference on Arteriosclerosis, Thrombosis and Vascular Biology in Washington, D.C. For patients with type 2 diabetes, heart disease is the leading cause of death. Since dietary fiber supplements can reduce cholesterol in the general population, researchers at Umicity International in Orem, Utah, checked what effect fiber would have on those with type 2 diabetes. They found it decreased bad cholesterol and increased good cholesterol. The researchers were employed by the makers of the fiber supplement used in the study.

Editor: We've received many, many reports from diabetics who say their sugar levels, and insulin needs, have reduced with use of **Willard Water**. ♦

Animal Wisdom... We often hear how animals know what's good for them... well... "H.A." called us the other day with a report that just might catch a lot of people's attention.

It seems they have some "outdoor cats" on their farm, and sometimes they put out some Willard Water, along with food that they put out on a little table for them. One of the cats turned up with a sore paw recently.

H.A. and his family were amazed to see what the cat decided to do about it, since they did nothing to encourage it (didn't start the procedure). The cat would come by and stick his sore foot in the dish of Willard Water and swish it around. He would also take up some of the Willard Water into his mouth and then spit it out onto the sore foot!

They didn't see him doing this with any other water. And they did see him start walking better... like the foot was healing. Maybe animals really do have a sense of what's good for them. Maybe more humans should take note! ♦

Sleep and Asthma

Melatonin was found to significantly improve sleep quality in female asthma sufferers, in a study conducted in Brazil. The researchers studied 22 women with mild to moderate asthma between the ages of 18 and 60.

The results showed subjective sleep quality significantly improved in the women who received melatonin compared to the women who received a placebo.

Researchers say medications such as oral steroids help control asthma but can disrupt sleep. Melatonin improved sleep but did not affect asthma symptoms, use of relief medication, or daily peak expiratory flow.

Editor: Melatonin is our Item No. J-3 (60 capsules, 9.95). Also, many asthma sufferers have told us Willard Water has greatly reduced their asthma symptoms. ♦

Help For Autism: Brain Food

It's now said that autism affects one out of every 166 children. It's now the most common childhood developmental disorder. Some researchers are now saying that changing an autistic child's diet could change his life forever.

Psychiatrist Lewis Mehl-Madrona, MD., Ph.D., who received his medical degree from Stanford, has worked with autistic children for decades. But he hasn't used just traditional medicine. He also has tried alternative approaches. His treatment for a 3-year-old named Trevor Schwarzkopf wasn't a drug — he changed his diet.

Trevor's mother, Lin Schwarzkopf, said "Trevor's been on a wheat-free, gluten-free, organic diet. And it's working. When Trevor stopped eating gluten, found in wheat products, and casein, found in milk, he started walking and talking.

Dr. Mehl-Madrona, now of the University of Arizona in Tucson, says he doesn't know how to explain it, but it's common when you eliminate these particular substances from the diet, to see such improvement.

One theory is that foods containing wheat and milk may actually work as a narcotic and cause some of the behaviors of autism.

Dr. Mehl-Madrona says, "Really the most frustrating thing about working with autism is, for the most part, we don't have a clue what to do. We just have to try

different things."

Susan Haubrock is trying a different approach on her daughter, Reanne, who has autism. When Reanne was 4, she refused to wear clothes and was just starting to talk. Then Susan started Reanne on vitamin therapy. "We were on the vitamins for maybe two weeks and we noticed all of a sudden she started cooing," Susan says.

Today, Reanne is 7, and is home-schooled, and learning her three R's.

Dr. Mehl-Madrona says vitamins B-12, B-6, folic acid, omega-3 fatty acids, and magnesium have all shown a strong effect on autism. "When you super-saturate the brain with nutrition, you can override some defects."

Dr. Mehl-Madrona admits this therapy does not work for everyone, however, many studies have shown the benefits of these nutrients. In fact, 18 studies that have looked at vitamin B-6 for autism have all shown positive results.

For more information, contact: Dr. Lewis Mehl-Madrona, M.D., Ph.D. University of Arizona, (520) 722-9787 mehlmadrona@aol.com <http://www.healing-arts.org>

Editor: Our **B-12 is Item No. J-20, B-6 is J-1, Folic Acid is J-113, Magnesium is J-54, and Omega-3 Fatty Acids is J-39.** And, **Willard Water**, of course, is believed to increase absorption of these and all other nutrients. ♦

Vision Therapy; Attention & Learning

Have you heard of vision therapy? It's often given to children who are struggling in school and sometimes labeled as having attention problems or learning disabilities. Many parents and optometrists say it works, but not everyone agrees.

An article published by Ivanhoe Medical Breakthroughs discussed the case of 8-year-old McKay Shively. She can see clearly. Her vision is 20/20. But she struggles with schoolwork. She says, "I was squinting. I wasn't reading very well and I wasn't getting very good grades on my tests."

Her Mother, Michele, took her to optometrist Sharon Berger, O.D., at Roswell Eye Clinic in Georgia, who recommended vision therapy to train her eyes to work with her brain. Berger said McKay had trouble using her eyes together and with visual sequential memory—being able to look at something and remember what she was seeing.

Those who offer vision therapy say it helps children who skip words, can't keep their place, are clumsy, or even see double. Most ophthalmologists don't agree with it. Many insurance companies don't pay for it, but those who have used it say it's well worth it. For positives on it contact College of Optometrists, Vision Department, for negatives: American Academy of Ophthalmology.

Editor: Our personal experience with it years ago was very positive. ♦

Trivia & Tidbits . . .

1. What animal always gives birth to identical quadruplets?
2. How many domestic silkworm cocoons does it take to make a man's tie?
3. Some armadillos give birth to duodecuplets. How many is that?
4. How long does a nanosecond last?
5. In mathematics, what is the meaning of the term googol?
6. How many pints of air per minute does the average adult use during normal quiet breathing?
7. What is your buccal cavity?
8. How many miles per hour can a crocodile move on land? In water?

AND THE ANSWER IS...

1. The nine-banded armadillo, the only armadillo native to the U.S.
2. 110. It takes 630 to make a blouse.
3. 12.
4. One billionth of a second.
5. It represents the number 1 followed by 100 zeroes, or 10¹⁰⁰.
6. Almost 13 pints, or 6 liters.
7. The inside of your mouth.
8. On land, up to 30 mph; in water, 20.

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

Your Insurance May Cover Natural Health

Americans spend up to \$47 billion a year on complementary or alternative medicine. Up to \$20 billion of that is paid out of pocket.

Alternative therapies include acupuncture, massage, chiropractic, and herbal supplements.

An article by Ivanhoe Medical Breakthroughs published on May 13, 2005, asked the question, "So why are you still paying out of pocket for them?"

Good question!

The Ivanhoe article then went on to discuss the case of a Jim Zechman who woke up one day 11 years ago nearly deaf in one ear.

He went through months of expensive tests, but ultimately the doctors had no answers.

Three years later, a friend of his suggested he try a specialized massage therapist. He did. Zechman said "he worked on me for about an hour in that region, and it was all of a sudden like a burning sensation in my ear, and then I could actually hear drainage in the area and then 'Pop!'"

Instantly, he could hear. As the article said, a \$70 visit to a massage therapist gave him what thousands of dollars in modern medicine could not.

Zechman decided all that meant there was a better way to treat people, offering them solutions on a non-pharmaceutical, non-surgical basis.

So he started a group called Alternative Medicine Integration Group that encouraged Illinois' largest insurance company to let people choose holistic doctors or chiropractors as primary care providers. His company plans to roll

the program out across the country.

Zechman said "We did this to prove up the theory that keeping people healthy is the least expensive way of providing care".

Until the idea catches on, Zechman has some tips on getting your insurance company to cover these therapies now.

First, he says, read the fine print on your current policy. Many already cover some therapies.

Also, he suggests talking to your employer, because many large employers are self-funded and they decide what benefits are offered and what benefits they are willing to pay for. Those decisions are made by the company (your employer), not by the insurer, Zechman says.

His next suggestion is to consider choosing a chiropractor as your primary care provider, or PCP. You can also choose a naturopath if you live in one of the 14 states that licenses them, he says. He added that many offer a range of services and it's easier getting them covered if they're billed through from a Primary Care Provider (PCP).

Zechman's last suggestion was to open a health savings account. In 2003,

the IRS started to allow re-imbusement for over-the-counter medications, which could include supplements, he says. By using these pre-tax dollars, he says, you can cut out-of-pocket costs by one-third.

Zechman summed up his feelings

by saying "We need to provide true health and wellness care, rather than just disease care in this country. It's time. The time is now. The future is now."

More than half of Americans use some form of alternative therapy, according to the Ivanhoe article. These tips might be very helpful for all of them.

And, along these lines, we received a suggestion from one of our customers who said she has a "Health Maintenance Account" with her insurance policy (from an insurance company called "Life Wise"), which has some benefits for people using natural health options. She suggested people should check with their own insurance companies to see if they have

such accounts, or find a company that does.

We're just passing that information along in case "anyone out there" might benefit from it.

And, if you would like more information on Zechman's group and its effort, here's the contact information:

Jim Zechman, CEO
Alternative Medical Integration Group
473 Central Ave, Ste. 2
Highland Park, IL 60035 ♦

Summary of Suggestions:

1. Check your current policy.
2. Talk to your employer—if your company self-funds their insurance, they decide what to cover.
3. Choose a chiropractor as your Primary Care Provider (PCP). You can choose a Naturopath if you live in one of the 14 states that license them.
4. Open a Health Savings Account, now allowed by the IRS. It could save you one-third of your out-of-pocket costs.
5. Check with your insurance company on something called a "Health Maintenance Account".

Editor's Added Thought:

Check for new insurance company of current one doesn't have any thing to offer in your policy or #5 on list!



POSSIBILITIES...from NUTRITION COALITION, INC.
For Real Willard Water & "No Nonsense Nutrition"
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Who Knows?

Many people say they don't have particular stories for this column, however, we're often hear amazing stories from people who tell us about the fact they "never should have found" our company or

Willard Water or any of our other products. And they often comment on how those products were an answer to prayer... perhaps their finding them in such unlikely ways really would qualify as "unexplained help". Such as:

One woman who found our products to be really helpful to her, found us from a torn piece of paper from one of our mailings which had been destroyed by the sorting machines in the Post Office in which she worked...that piece survived and it had our 800 number on it and enough information about some product to get her attention. She was always so glad that piece of information had survived for her to find it—and that for some reason she stooped down to pick it up.

Another woman found us because a page of one of our

mailings had been left on the seat she took when she got on the bus one day. She, too, was extremely grateful to have made the connection, but said it wasn't like her to have even read the item before simply throwing it away, in such a situation.

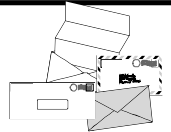
A couple of people have even said Willard Water was mentioned in a *dream* they had, even though they'd never heard of it before, and then they found us either on the web or from "800 Directory Information" the following day, and were so very glad they did.

Answers to prayer? Given the fact the people involved feel so certain the products have really been invaluable to them, who knows? Some might say that's a stretch, and this may seem self-serving, but those *people* certainly believe they were led to the products. As one person said, the One who can do miracles, certainly could arrange for a piece of paper to turn up in the right spot at the right time!

(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. . .



Quick Response — "A.B." noticed within the first couple of weeks of starting with Willard Water that she's sleeping better, has more energy ("even in the afternoon?!") and her long-standing digestive problems are improving.

Muscle & Joint Pain — "C.W." realized one day that her muscles and joints were much worse than they had been, and then she realized she'd been off the Willard Water for some time, so she got some again and sure enough her muscles and joints quite aching so much. She also found it helped to calm down her infant grandson when they put it in his milk.

Low Back Pain — really responds to Strauss "Bone & Joint" Support. That's what "S.T." told us. He said he'd done alternative therapies for it but could still feel the problem was

still there. But now, with the "Bone & Joint Support" it's about gone.

Gum Problems — that's what "J.W." says she's been dealing with for years. She's had gingivitis and really red gums for a long time. She decided to increase the amount of Willard Water she drinks (from "a couple glasses a day to more than that") and now her dentist says her gums are much better.

Bad Circulation — That was said to be the cause of the swollen and painful feet a customer of "D.H." had. After a few weeks on the Strauss Heartdrops, they were much better. But he ran low on them before telling D.H. he needed more, so D.H. told him to take half as much until he could get more for him. He did and was still doing fine when his new bottle came in. ♦



More Product Highlights & Updates from Charlie

Some Personal Thoughts on Cancer Options; Reports from Just One Circle of Friends

WILL WILLARD WATER CURE MY CANCER?

Answer: we certainly don't think so! But we hear that question fairly often, so we'll give you a more complete answer and touch on some related issues.

But first, the appropriate disclaimers: No one here has any formal health practitioner training of any kind, so anything we say should be regarded as simply our own uneducated opinion and it should be given no more credence than it deserves.

But if you came to me and said, "I have been diagnosed with cancer and I've already decided to avoid the standard sort of treatments my doctor recommends. That's because of what I've read and also what I've seen happen to family members and friends and others. They have typically gone with those treatments and they have all died, and I think some of them would have lived longer and lived better if they'd done nothing. So do you have any suggestions as alternatives? I've learned about some things on my own, but you talk with a lot of people. What would YOU suggest I look into?"

And my answer would run along something like this: "Well, first, don't AUTOMATICALLY reject the conventional treatments. Depending on what kind of cancer you have, where it is located, and how far along it is, it is not inconceivable to me that there might be some help there. A sensible person tries to look at as many alternatives as he/she can . . . help is help . . . I tend to be rather biased against those type of treatments, and I doubt that I'd make use of them, but it depends on the situation. They DO have their advantages . . . They normally are

covered by insurance, so if you have insurance, that's a factor.

"Also, you probably would avoid having to fight with all your friends and relatives. They may well believe the 'cut, burn and poison' options are the only ones, and if you go along with that, you'll 'keep peace in the family'. And, whatever the outcome, hardly anyone will second-guess your treatment choice.

"And you won't have to do battle with your doctor, either. If he/she is typical, he/she is going to think you are nuts if you don't go along with what he/she is recommending, and it takes a fair amount of internal fortitude to stand up to those opinions. You are dealing with someone you consider to be something of an authority figure, even though you rationally know that he/she is working for you, not the other way around."

So unless you have more self-assurance, guts, and knowledge, than the average person, you may well decide to simply go along with the standard recommendations, although asking a great many questions about the pros and cons of what is being suggested, and the likelihood of positive outcomes.

Some people simply go along with the standard

stuff for "political" reasons, but also try to offset as much of the damage done by them by also taking a lot of supplemental things.

If you decide you are going to say, "thanks, but no thanks . . . I'm going to 'pass' on your suggestions and go my own way", then my best advice is this: "If you keep looking on the Internet and elsewhere, within a couple of weeks you are going to be just overwhelmed with options. Since you certainly don't have the time and the money to try all of them, I recommend that if you are a praying person, you pray diligently for guidance, then listen carefully for answers. I have little doubt that you will indeed be led to answers, but they will most likely come to you in rather subtle fashion, so you need to pay

In Just One Circle of Friends...

That was one of the striking things about the call from "H.P." in California the other day... just one person with numerous interesting reports of what the people he'd introduced to Real Willard Water said they'd noticed. Among those reports:

◆ One friend was on **anti-depressant** medication and began using Willard Water. She ran out of her prescription, but continued on the "WW". She did just fine. After a couple of weeks, she had a doctor's appointment and the doctor was justifiably alarmed that she'd quit "cold turkey", telling her that was dangerous (it IS—we would have told her, and anyone else, NEVER to do that, and still want to emphasize nobody should do this)—but since she'd already gone without the meds, with no problems, she just continued using just the Willard Water and has felt just fine.

◆ Another friend with **MS** had gone away for about 5 days and had no Willard Water along. The pain in her chest returned, and as soon as she returned she asked "H.P." to bring her some more.

◆ A number of people have told H.P. they're "regular" for the first time in a long time, and he is too. And he says with his emphysema, constipation can make breathing even tougher, so **regularity** is appreciated. His doctor also said he was really impressed with his general overall health when he saw him the last time, after having been on WW.

◆ "H.P." said he'd originally gotten what was supposed to be genuine Willard Water from a health food store, but it hadn't done a thing for him. Then he got ours (the one bottled right at the plant where it's made) and **could tell the difference** right away. ♦

attention and watch for them. I've heard it said you'll know the answer to prayer when the idea or information just seems to give you a 'certain knowing' that it's the answer you were seeking."

Now, back to the Willard Water ... while I can't think of more than a couple of people over all these years who have believed that Willard Water cured their cancer all by itself, and those few could well have simply been coincidences, you certainly do want your body to be "in fighting form" and working as well as possible, and we believe the Willard Water is helpful in several ways.

We, and many natural health professionals, believe it is helpful in detoxifying, in getting maximum benefit of nutrients we consume, and it is highly alkaline. A good many people believe that cancer thrives in an acidic environment, and does not like an alkaline environment, so for those reasons (none of which have ever been "proved" scientifically . . . simply things that we and many natural health authorities believe to be true) it would seem to make sense to be drinking the very low-cost Willard Water.

And we also believe that colostrum is helpful in strengthening the immune system. (I'm not sure if any of the many studies that have been done on colostrum have proven that or not, but it's what we believe based simply on our own experience with this remarkable substance since 1983.) And I know if I were told that I had cancer, I'd certainly think that that meant that my immune system was compromised. Whether colostrum would help me AFTER the cancer had gotten started, I have no way of knowing, but, like the Willard Water, it is certainly inexpensive and obviously helpful in many ways, in any case.

We have received numerous reports of Willard Water and colostrum being used along *with* chemotherapy and radiation and there being none (or greatly reduced) side effects of the chemo and radiation from either what was expected or what had been

experienced before the Willard Water and colostrum use was started. We've even heard of Willard Water or the Aqua Gel being applied to the site of radiation treatment, and there being no burns appearing in those areas.

Given the number of years we have been in this business, and the fact that our customers tend not to be youthful, several times a year we get a call that goes like, "Mom died in February. I know she was a customer of yours for many years and she always spoke well of her friends at Nutrition Coalition, so I figured you'd want to know".

Occasionally, we learn that the person died of cancer. I don't RECALL that anyone who faithfully consumed Willard Water and colostrum ever died of cancer, but we're talking about a pretty small "sample population" here and we certainly don't, much of the time, learn of the exact cause of death, so I'm not suggesting that we have any "secret weapons" here.

However, the primary reason I take Willard Water and colostrum and a large number of other supplements is that I am convinced that doing so makes me significantly less likely to get cancer, heart, and other problems I'd prefer not to have. I can't prove that, but it would seem the better nourished we are, the better our health will be.

Another thing to possibly consider is the animal research that's shown repeatedly that under-fed animals live much longer than control groups. Based on that, I'd think that if we want to live the longest, healthiest lives, we'd eat very modest quantities of the very best quality food, restricting caloric intake to well below what others do. I say this because I do believe what we put into our bodies, or don't put into our bodies, has a lot to do with whether we wind up being one of the large number of people who eventually do develop cancer.

Back to dealing with cancer once it has been found. I certainly recommend Tanya Harter Pierce's recently published book which we told you about last month. ("Outsmart Your

Cancer . . . Alternative Non-Toxic Treatments That Work"). It does not, of course, cover nearly all your options, but it is a good place to start. As one customer told us, based on the experience she and her husband had in dealing with his cancer, "you want to have an idea what you'd want to do *before* you're diagnosed with cancer. Because the doctors may want to do surgery that day, or the next day, like in my husband's case". So, even if you're not dealing with cancer right now, you may want to read through "Outsmart Your Cancer" anyway.

A couple of other things I'd do myself, if dealing with cancer, would be to try to figure out a dietary regimen that would provide as much in the way of beneficial things as possible, and an absolute minimum of the non-helpful foods. Everyone seems to agree on eliminating white sugar and white flour from our diets. Less agreement on dairy and other animal products . . . you'll need to come to your own conclusions on that. It is my understanding that many people with advanced cancer basically starve to death, for a variety of reasons. One certainly needs to try to take in enough nutrients to keep from wasting away.

Internal cleansing is another thing I strongly believe in. If you get onto the Internet and start looking for help on enemas, colonics, coffee enemas, etc., you'll find a lot of information, and I think it's very well worth looking into, since we know people who have used these options with very positive results.

Another thing that seems obvious is it is probably easier to prevent cancer than to cure it. Harter-Pierce's book also is helpful in dealing with causes, and strategies for avoiding them.

One final thought that occurs to me as I'm writing this is that if there are changes in my diet that I'd make if I was diagnosed with cancer, why am I not making them now? Why indeed? I'd probably enjoy even better health and more energy than I already have. But my guess is that few of us eat nearly as wisely as we know how to. ♦



LAST NIGHT (6/2/05) ON ABC'S "PRIMETIME" there

was a segment that dealt with a product that is a combination of five long-used, relatively well-known, herbal items which some preliminary research has shown to greatly reduce "oxidative stress" in the rats they were tested on. And they also tested it very briefly on one of the people who host the program . . . just a couple of weeks use, and his blood tests showed huge improvement! They were all careful to report that this was all very preliminary and did NOT prove that using this combination was automatically going to increase your life span by 20%!!!! But the researchers were obviously impressed and excited.

Reducing "stress" in the blood... reminds me of something "Doc" told us about 20 years ago...

I think this "oxidative stress" is exactly what Dr. Willard was telling us about over 20 years ago. I recall him talking about a health lecturer who would draw a sample of blood from a volunteer, check it under a microscope, then have the volunteer drink a glass or two of Willard Water, then, later in the presentation, take another blood sample, check it again, and show the rather dramatic differences on an overhead projector to the audience.

While we know of no one who has attempted to replicate Dr. Willard's work on the anti-oxidant properties of his product, Doc was totally convinced that it did indeed "create a nearly inexhaustible pool of free electrons" each one of which could then pair up with, and neutralize, a free radical. Being the scientist that he was, Dr. Willard typically spoke very conservatively . . . if he said something was "this", that normally meant it was "at least this".

We are strictly lay-people and we've always struggled for explanations for all the very positive health changes we've seen ourselves, and those reported to us by so many customers over the years. And the "neutralizing of free radicals" is certainly one reasonable "cause" to credit them to.

SEEING IS BELIEVING... Things that we see ourselves are always the most credible to us. Ignoring our own experiences, if we simply look at the long, healthy lives our PETS have enjoyed over the past 23-24 years, we would have to be impressed. The dogs and cats are what we think of mostly, and they've enjoyed notably long and healthy lives, but at one point when the kids were quite young, we got four gerbils for them. The gerbils spent their days happily reducing the cardboard cores of paper towel and toilet paper rolls, to scraps for litter. They also lived much longer than we were told to expect... long, healthy lives at that. They did, of course, drink nothing but Willard Water.

IF IT ISN'T FROM US, IT VERY LIKELY ISN'T . . . REAL FULL-STRENGTH WILLARD WATER, THAT IS.

Hey, I understand. Before we got into this business, and even, to a modest degree afterwards, before we had a pretty full line of supplements, I bought my share of cheap, low-quality supplements. Never could resist what appeared to be a bargain. But one of us was talking to a customer the other day who claimed to be drinking a lot of Willard Water, and had for some years, yet was sort of "doing it on faith" . . . Had never really noticed any particular benefits. Looking back at our records, we saw that the person had purchased from US, about a FOUR ounce bottle of WW concentrate about once a year! At the rate she claimed to be using it, she should have, just for her own use, been buying about three QUARTS a year from us, instead of just enough to keep on getting our newsletter. We've commented on this before, but if you go to the drug store or the discount store and get some "one a day multiple" that costs you about eight bucks a month, and you don't feel any better, are WE surprised? Should YOU be surprised? Same way, if you buy some alleged full strength WW concentrate that says all the right things on the label, and, in fact, looks far more impressive than our bottles, but it is really ALREADY diluted about 10 or 20 or 50 or 100 to 1, and you don't perceive any benefit, you shouldn't be surprised.

She said she'd never noticed any benefits... turns out she'd been buying only 4-ounces a year from us... must have been buying _____ ... no wonder she saw no benefits...

REAL FULL-STRENGTH Willard Water, put in its final container at the Willard plant (the one you get from us) isn't necessarily going to have you "leaping tall buildings with a single bound", but if you don't try the REAL thing, FROM US, you'll never know what it will do for you.

too important to be subtle...

Same way on **REALLY GOOD** colostrum! Same way on the best natural progesterone cream. Same way on Strauss Heartdrops (yes, there are some knock-off products out there by now). Same way with really good vitamins and minerals. We were introduced to Daily's wonderful product line back in about '93, when Kolleen found that one or two capsules of Daily's B-6, did FAR more for her carpal tunnel problem than nine or ten capsules of a "seemingly identical" product from an "okay" source. That incident led us to all the rest of their products, and we are everlastingly grateful for that!

I semi-apologize for the semi-tirade, but some things are too important to say subtly!

Charlie



- WOULDN'T YOU LIKE TO KNOW ABOUT:**
- ◆ Preventing Diabetes & Damage From It?
 - ◆ Wisdom of a Stray Cat?
 - ◆ Better Sleep for Asthma Sufferers?
 - ◆ Food to Help Autism?
 - ◆ Possible Health Insurance for Natural Items?
- ALSO ...**
- "Who Knows?"
 - How long does a nanosecond last?
 - Much More!

Some
“B.O.G.O.”
at **Half**
Off!

↔
Act ***FAST*** to
Save Most!

WOULDN'T YOU LIKE TO KNOW ABOUT:

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ALSO ...

- “How DO You Know?”
- How long does a nanosecond last?
- Much More!

**Lion-
Sized
Savings, and
Quick
Response
BONUS Inside!**



- WOULDN'T YOU LIKE TO KNOW ABOUT:**
- ◆ Vitamins Found to Prevent Alzheimer's?
 - ◆ A Chance to Make Your Dog Famous?
 - ◆ Nutrients that Lower Children's Asthma Risk?
 - ◆ Possible Prevention of Osteoporosis; Heart Problems?
 - ◆ Rx Drug Could Affect Up to 35% of Unborn Babies?
- ALSO ...**
- "Healing of Another Kind" ...
 - How many teeth does a turtle have?
 - Much More!



**INCLUDING
FREE SHIPPING!**

DO YOU KNOW:

- ◆ 90% LESS CANCER WITH ADEQUATE LEVELS OF _____?!!
- ◆ FOODS THAT BENEFIT COMMON HEALTH CONCERNS!!
- ◆ M.S. PATIENT WALKING FIRST TIME IN 2 YEARS!
- ◆ POSSIBLE BENEFIT FOR CROHN'S DISEASE?