

POSSIBILITIES. ♦ ♦ ♦

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

20-Year Track Record

Nutrition Beats Alcoholism

A recent study by the Rand Corporation found that within four years of quitting drinking, 93% of alcoholics had resumed drinking. But now some experts say refueling the brain with nutrition could be what it takes to kick the habit for good.

Joan Matthews-Larson, Ph.D., is a nutritionist and has written a book entitled "Seven Weeks to Sobriety: The Proven Program to Fight Alcoholism Through Nutrition". Twenty years ago, Matthews-Larson started Health Recovery Center in Minneapolis, Minnesota, a rehab program focused on repairing the alcoholic brain's chemical imbalance.

Matthews-Larson says the alcohol prevents the brain from producing its own mood-boosters. She found diet could help. Specifically, high protein foods like chicken, fish and eggs reduce cravings for starchy foods, including alcohol. Since the brain is made of fat; olive oil, butter, yogurt, cheese and omega-3 fatty acids help with neurological repair. Finally, supplements are used

to target individual deficiencies.

Matthews-Larson says that alcoholics' cravings usually stop completely within the first week of treatment. The Health Recovery Center's program takes about six weeks and costs about \$10,000. For more information you can call the Center at 1-800-554-9155 or go to its web site at <http://www.healthrecovery.com>.

Editor: Over the course of the past 23 years we have occasionally heard from people reporting a reduced craving for alcohol when they were using Willard Water regularly or Willard Water and our liquid colostrum product.

We always thought that might be a hint there could be some nutritional or chemical balance aspects to alcoholism, but we certainly didn't know what any specifics of such a link might be.

We're happy to report someone has apparently found at least some of the nutritional answers for this difficult problem. ♦

Nothing Nutty About Reducing Risk of Gallbladder Disease

Daily servings of nuts or peanut butter can significantly reduce your risk of developing gallbladder disease, according to a new Harvard study.

The researchers said consuming a one-ounce serving of peanuts or other nuts five or more times week can lower the risk of cholecystectomy, or removal of the gallbladder, by 25%. For those who prefer peanut butter, one tablespoon five or more times a week lowers the risk by 15%.

Even though the benefits of nuts have been identified in several studies, some people dieting to lose weight may avoid them because of the calories they contain. This study adds to previous research that shows frequently consuming nuts and peanut butter does not increase body mass index.

Frank Hu, M.D., Ph.D., of the Harvard School of Public Health in Boston, an author of the study, says the women in this study who consumed more nuts actually tended to weigh less. He writes, "This indicates that the energy contained in nuts tends to be balanced by decreased intakes of other sources of energy or by increased physical activity."

The study used data from the 83,000 female nurses who were followed for an average of 16 years for the Nurses' Health Study. Of these women, 749 reported eating peanut butter almost daily, 82 ate peanuts almost everyday, and 32 said they ate other nuts frequently.

The report said that in addition to the benefits of healthy mono-and polyunsaturated fats in peanuts and nuts, other chemical components, such as fiber and magnesium, may also play a role in their health effects.

The researchers say dietary fiber may reduce the risk of gallstones by improving insulin sensitivity and decreasing recirculation of bile acids; the gallbladder stores bile excreted from the liver. ♦

Antibiotics Causing Allergies and/or Asthma?

The rates of allergies and asthma have increased significantly over the past 100 years. Now, researchers say studying the use of antibiotics may bring them a step closer to figuring out why.

Researchers from the University of Michigan at Ann Arbor conducted a study to see if antibiotic use is linked to allergies in mice.

They treated mice with antibiotics for five days to weaken bacteria in the gas-

trointestinal tract. The mice were then exposed to the yeast *Candida albicans*, which is responsible for causing a specific type of infection. Increased growth of *C. albicans* is a common side effect of antibiotics.

The mice were exposed to mold spores. Results show mice that received antibiotics and *C. albicans* colonization in the gastrointestinal tract had increased lung sensitivity compared to untreated

mice.

Mairi Noverr, Ph.D., from the University of Michigan, says, "The studies presented are the first direct demonstration that antibiotic therapy can promote the development of an allergic airway response."

The study was presented at the 104th General Meeting of the American Society for Microbiology in New Orleans, which was held from May 23-27, 2004. ♦

Vaccine Linked to MS

A new study by Harvard researchers in Boston suggests a link between the Hepatitis B vaccine and multiple sclerosis (MS). In the study, people who received the vaccine were three times more likely to develop MS over the next three years than those who were not vaccinated.

While the researchers said the finding is disturbing they said the overall effect of the vaccine on the development of MS was small—93% of MS patients in the study had not received the vaccination. They say the benefits of the vaccine far outweigh the potential risk. Specifically, they say the hepatitis B vaccine is more than 95% effective in preventing chronic hepatitis B infection. It is also said to be effective in preventing against liver cancer, making it the first vaccine to ever protect against a major form of cancer in humans. It is considered one of the safest vaccines ever pro-

duced.

The researchers also emphasized that they cannot be sure whether the vaccine actually caused people to develop MS or just accelerated the disease process in people who would eventually have developed it. Study author Miguel Hernan, M.D., Dr. PH., says “Our study cannot distinguish whether the vaccine hastens the onset of MS in persons destined to develop the disease years later, or whether it causes new cases of MS in susceptible individuals.” Dr. Hernan and his colleagues call for more study to find out how the vaccine might be impacting the development of MS.

The study was conducted using a large medical database in the United Kingdom that tracks a wide range of health-related factors for about 5% of the population. The study appeared in *Neurology*, 2004; 63:838-842, and was reported on by Ivanhoe Newswire. ♦

Study Findings May Mean Dieters May Want to Watch Certain Carbs

A new animal study found evidence that a low-glycemic index (low-GI) diet can lead to weight loss, reduced body fat, and reduction in risk factors of diabetes and cardiovascular disease.

In low-GI foods, carbohydrates are low in sugar or release sugar slowly. Unlike the popular Atkins diet, which aims to minimize carb intake, the low GI diet makes distinctions among carbs.

High-GI foods, which include white bread, refined breakfast cereals and concentrated sugars, are rapidly digested and raise blood glucose and insulin to high levels. Carbs that release sugar more slowly include whole grains, most fruits, vegetables and nuts.

Results of the study show rats eating a high-GI diet had 71% more body fat and 8% less lean body mass than rats in the low-GI group, despite very similar body weight.

The fat in the High-GI group of rats was concentrated in the rear area in an apple shape instead of a pear shape. According to researchers, having an apple shape is a known risk factor for cardiovascular disease in humans. The high-GI group also had blood triglyceride levels nearly three times that of the low-GI group, another risk factor for cardiovascular disease.

Results also showed the high-GI group of rats had significantly greater increases in blood glucose and insulin levels and far more abnormalities in the pancreatic islet cells that make insulin. All of these changes occur in diabetes.

Many studies, including small human studies, have revealed low-GI diets are beneficial, but the observed benefits may have possibly come from other aspects of the subjects’ diets, such as fiber or overall caloric intake. Children’s Hospital Boston is now recruiting adults for a large-scale, 18-month study of the low-GI diet.

The study was published in *The Lancet*, 2004; 364:778-785. ♦

...it’s the amount of sugar and how quickly that sugar is released that’s watched in this type of diet...

Trivia & Tidbits . . .

1. How many years of schooling did Benjamin Franklin have?
2. What triggered the legendary feud between the Hatfields and McCoys in 1873?
3. What famous frontierswoman was buried in Deadwood, South Dakota, wearing a white dress and holding a gun in each hand?
4. What is the most plentiful metal in the earth’s crust?
5. What is believed to be the largest of all the world’s creatures with no backbone?
6. How many milligrams of sodium are there in a teaspoon of salt?
7. Who was the first person to record that the number of rings in the cross section of a tree trunk reveals its age?

AND THE ANSWER IS...

1. Two—one in grammar school and one with a private teacher.
2. The alleged theft of a pig.
3. Martha Jane Burke, aka Calamity Jane.
4. Aluminum, most of which is extracted from bauxite.
5. The giant squid.
6. Approximately 2,000.
7. Leonardo da Vinci. He also discovered that the width between the rings indicates annual moisture.

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

A Horse With West Nile; The Burn that Showed Where WW Couldn't Reach But 'Cost \$40 Million'!

Sometimes we get such detailed reports from customers who have had amazing experiences that it's just best to let them tell their stories. The first comes from "C.L."... she told me on the phone about this first and said she'd write it up because based on her experiences with other horses with the same problem, and given how sick this horse was, everyone knew there was no way this one should have recovered. She felt it was the Willard Water and Colostrum that made the difference, regarding her

Horse With West Nile:

"Here are a few pictures of (her horse). I also sent you one taken last month so you can see what he looks like now.

"Just a brief recall: In 2002, 'the year of the West Nile' this little horse fell sick on the day of one of the biggest races of his life.

"He came down with 106 degree fever. He went down and stayed down for 18 days, we had to flip him over every 2-3 hours so he wouldn't get his lungs filled, the bedsores were horrid. We kept spraying WW on them and kept WW in his drinking water. We gave him powdered Colostrum in his grain. The vet was there morning and night for over a month giving him antibiotics and anti-inflammatories. We were finally able to raise him with the help of a cow sling and a tractor. He needed help getting up for the next 2 months.

"The whole procedure took 3 months, when he was finally walking on his own, it was one baby step at a time. He learned to walk and jog again. He started back on training and raced Sunday night at the (race course). We really will never know why he lived, other than a combination of lots of prayers, strong will, good feed and everything else we could toss down him. He ended up a little spoiled!"

But that wasn't all that "C.L." had

to report. She had a personal story to tell, too, about a **Seriously Cut Hand:**

"I was working in the yard on Saturday afternoon trying to prop a broken 2x4 up against a gate to hold it closed, when the board slipped and ran up my hand and absolutely laid it wide open. It bled for hours. I disinfected it and wrapped it.

Late that night, I got thinking about my Willard Water. This thing was definitely going to scar!

"I soaked a couple of cotton balls in the WW and taped them to the back of my hand. The next morning it looked a lot better than it should have. I repeated the procedure a couple of times the next week. By the next Saturday my hand had healed completely, no scar. You would never have known anything happened. No one could believe how fast that awful mess healed! WW to the rescue!!"

We've written many times about customers who have told us how amazing the healing of their burn had been when they used Willard Water on it.

But recently we heard from someone who thought she'd treated her whole burn with WW, but it turned out she hadn't, and the difference was very obvious, on her **Burned Thigh From Hip to Knee But Blown Chance at \$40 Million!**: "We were driving down to visit relatives back where my husband grew up. It's about a six hour drive, so about an hour-and-a-half into it, we stopped for gas and some coffee.

"My husband went in to get the coffee and when he got back to the car, I set my cup in the cup holder between our seats and started adding the cream he'd gotten me into it. Well, the cup got too full and spilled out on to my leg.... I jumped, which of course caused it to spill. I ended up with about the whole cup on my leg—from right up by my hip down to just above

my knee. The whole top of my thigh felt like it was on fire. We had a spray bottle of Willard Water along — in our suitcase which was in the trunk — but then I remembered that I'd filled my covered water glass that I like to take with me in the car with Willard Water that morning, so I loosened my slacks and poured that WW on my burned leg.

"It was fiery red and hurt like crazy. The WW seemed to relieve it almost instantly... then after a few minutes it started hurting again, so I poured it on again. I repeated that process several times. After a while it quit hurting, except for one spot where my slacks were laying in a fold—I figured it was the weight of that extra fabric that was making it hurt more there.

"We got to our destination with no more problems, but I couldn't believe it when we finally went to bed that night...when I got undressed to get into my nightgown... my whole leg looked normal except for the one spot that had been sensitive from the weight of my folded slacks...that spot was all red and swollen—**in the shape of the fold of my slacks!** I guess what had happened was that the fold in my slacks had prevented the WW from getting to that spot, so it was like untreated. I started putting Willard Water and Aqua Gel on that 'fold-shaped burn area' right away. I kept putting it on for the next several days, although I started forgetting to do it very often after the first couple of days because it didn't hurt any more so I didn't think about it.

"I know my whole leg would have been at least as bad as that untreated spot, if I hadn't gotten the WW on the rest of it. We joked that the WW healing it like that cost us a \$40 million dollar lawsuit like that woman who sued that fast food place over a burn from their hot drink! But, seriously, we're still glad we had the Willard Water along and used it, and we'll always use it on all burns!"

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“An Act of God?”

“Writing’s been my life. News reporting mostly. With a few periods of public relations writing.

“Funny thing is I never intended to do anything like this. I was planning to major in political science and then either going into law, or becoming a professional political aide.

“I took one introductory journalism class when I was a freshman in college because it was the only thing that fit my schedule, and counted for some of the credits I needed in my minor field—speech. The professor for that journalism class was the toughest I ever had, or anyone else I knew ever had. We all agreed we’d **never** take another class from him, no matter what. Somehow I got an A from him, but figured it was an act of God.

“When I went to register for classes for the next semester, nearly every class I needed was filled or didn’t fit with my other classes, leaving me short on credit hours. Even my adviser couldn’t find a way to make it work. Then I heard him... that

impossible-to-please journalism prof, screaming out my name, and demanding to see my schedule.

“He proceeded to admonish me because I hadn’t yet gotten signed up in his advanced journalism class! I explained that it didn’t fit my schedule. He grabbed my registration card right out of my hands, looked it over, and said ‘Sure it does, right here!’, and filled in his class on my card. I didn’t have the nerve to tell him I didn’t want to take it, and I did need the hours.

“That semester, in that class, I realized I had found what I truly did want to do with my life. Maybe it was an act of God after all, because that professor told me later even he was surprised by what he’d done to get me in that class, since he basically believed no student should ever think he thought that much of their work or their abilities. He didn’t know what had gotten into him... maybe it was ‘who’ had gotten into him. Maybe we should all look closer at things that happen that change the course of our lives...maybe there’s more to it than we think.”♦

(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. . .

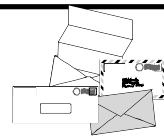
Man’s Best Friend’s Best Relief —

“T.B.” from Maryland told us his dog’s hot spots became past history after he began putting about a teaspoon of Willard Water concentrate in each gallon of water the dog drinks. But, when he ran out of the WW for about 10 days, his wife noticed the dog starting to “chew on himself again”. So they quickly called and re-ordered WW.

Works Like Magic on Acne — That’s what “L.G.” from Hawaii says about **Chinota Gel**... just works like magic on acne. We’ve also heard that drinking WW has been helpful in getting rid of acne.

Marigold Success — “B.L.” planted marigolds he’d treated with Willard Water for a condo association and they

came up in 3 days, instead of the 7-14 days it usually takes. And with a 95% germination rate!



To the Rescue at the Rescue — “J.W.” spends her Sundays playing with the animals at the local Animal Rescue place. She’s done it for 36 years. Bless her. One Sunday she was playing with two very friendly dogs — one of them ended up tearing open her arm when he jumped up to play with her. It was a very nasty wound. She left the dog pen immediately and the attendant running the place brought peroxide to put on it and bandaged it, but when J.W. got home, and removed the bandage, the skin was red and swollen underneath. J.W. applied Willard Water to it. She repeated it several times before going to bed and by morning it had formed scabs and the swelling was down. By that Tuesday two of the scabs were gone and skin looked good. Nobody could believe how fast it was healing. ♦



More Product Highlights & Updates from Charlie

Natural Immune System Boosting and More on Heart Health Reports

NEW PRODUCT .. Customers frequently make suggestions as to “green products” we should be carrying . . . Various mixtures of algae, chlorella, barley, wheat, etc. There are quite a number of such things out there in the marketplace and I believe many are very good. They all have their fan clubs, so to speak.

I’m certainly a believer in the allegation that there are “super foods” that are chock-full of powerful nutrients. I have little doubt that a person could live almost entirely on an assortment of such things.

I’ve personally tried a number of these products, just to see what they’d do for me. Unfortunately, I’m a poor test subject, because I really have minimal health problems, and, for a relatively old guy, I feel pretty energetic most of the time. So I can go through a canister of some miracle product that has other people “leaping tall buildings with a single bound”, and I don’t notice anything different.

And no one else here finds a bunch of green powder stirred into a glass of water all that appealing. So we have no neat personal testimonials here for any such product. And if we don’t see such results, we will give a product such a luke-warm endorsement that hardly anyone will buy it and experience whatever wonderful benefits it may well have!

The exception would be if Daily’s came out with such a product. We’ve been using and selling Daily products in very large amounts for over ten years now, and our experience with all Daily products is so positive that we can, in absolutely clear conscience, recommend a Daily product simply because we know what, in theory, such a product

should do for you, and we know that if the Daily label is on it, it will be absolutely the best such product.

Accordingly, we’ve offered Daily Green Barley powder, Wheat Grass powder, and Wheat Grass capsules for years (Items J-7, J-76, and J-75 respectively). We’ve never said nearly enough about them, so sales of them have been pretty light, and because of that, they’ve been on and off of our order forms, depending on space requirements.

They still don’t provide one of these “all the good green stuff” products, but they now do offer one that is very convenient, compared with the bulk powders, and does have several interesting ingredients.

They call it “**POWER CAPS**” . . . Each capsule contains 185 mg each of dehydrated wheat grass juice, dehydrated barley grass juice and dehydrated beet juice. Recommended usage is “two capsules with each meal or as directed”. Ninety vegetarian capsules in a bottle . . . Retail price is \$13.95.

I’ve been taking just a couple of capsules a day for a couple of months now. Am I feeling dramatically better? No, and I don’t expect to, for reasons cited earlier. Might YOU feel a lot better? There’s one way to find out! Ask for product number J-103.

NO WORK LOSS FROM COLDS OR FLU IN 20+ YEARS, AND MORE... In last month’s newsletter we announced that we were belatedly picking up Daily’s **Beta Glucan** product (Item No. J-95), something which is widely regarded to be extremely beneficial to our immune systems. Obviously, that is something that people DO care about (the

effectiveness of their immune systems, I mean), because readers ordered a heck of a lot of Beta Glucan. We kept cranking up our inventory targets every couple of days and still were out of it much of the time during the few weeks after the newsletter got to you.

Given that, why do our customers not buy more **colostrum**? We’ve been using it (steadily) and preaching about it (intermittently) for over 20 years now.

For a long time, it was as if no one was listening. We and a small handful of customers faithfully consumed it, but no one else did.

Then about ten years ago, Symbiotics, in AZ, began marketing colostrum . . . very competently . . . with tapes, books, “newspapers”. Relatively soon, we found ourselves “selling more colostrum by accident than we used to on purpose”. Our customers read the other firm’s materials and recognized that this was “what Charlie has been talking about for a long time”. They trusted us, because they were used to dealing with us, so they came to us for their colostrum.

So by comparison with earlier times, we sell a lot of colostrum. But every time I look at the amount that goes out the door each month, and calculate how many steady users it would take to account for that amount, and then compare that with the number of people reading this newsletter, I get discouraged.

I believe that everyone reading this who can afford it, should be taking it. It is NOT spendy . . . Well, compared with Willard Water it is, but practically everything costs more than WW! So, conservatively speaking, about 80% of readers should join me in taking colostrum every day. In actuality, the

current figure is a lot closer to 8% than 80%.

Why do I continue to take it? Because, as I've told hundreds of people over the phone, in the 20-plus years I've been faithfully using colostrum (along with WW), I have not missed a day's work because of a cold or flu bug. And that certainly was not the case in the 20 years BEFORE that.

That doesn't mean I've never STARTED to get a cold. I probably start to get the sniffles or a sore throat once or twice a year.

Most recently it happened just a couple of weeks ago. Both Kolleen and I were involved in a huge personal project that took a great many evenings and several weekends of "spare time". Both of us really ran ourselves down. We knew at one point that we were both coming down with very severe colds. Kolleen was at the point of already having developed very swollen glands, because in the hectic schedule she'd been forgetting to take any colostrum at all for that extended period.

Both of us took large quantities of our liquid **colostrum** (H-2) and **colloidal silver** (CS-32) over a two day period, and the symptoms passed.

Which is usually the case for us. I've had a very few times when I actually did get a cold, but it was trivial and passed in a few days. There's a big difference between having an occasional cough and a slightly congested head . . . And actually being sick!

Now, is it going to do that for you? Based on my own and my own extended family's experiences, I'd certainly think so. But there's only one way for you to find out.

Larry is certainly a believer. He's a first cousin of mine. He is very intelligent, hard-headed, stubborn and analytical. Mechanical engineer by training, and part-time farmer all his adult life.

I knew what a challenge he would

be, so never even bothered to tell him about colostrum and WW for many years.

Somehow, though, he got interested, did his own, extensive testing, and now his entire extended family consume large quantities of WW and colostrum. Because he satisfied himself that they performed.

I heard, back in '83, when first exposed to colostrum, that it was beneficial to people who had auto-immune problems.

MS is an auto-immune problem. So is Type I diabetes, rheumatoid arthritis, scleroderma, lupus, and a large number of other conditions. Some people think fibromyalgia is. Will colostrum cure someone's MS? I sure don't think so, but feedback from our customers indicate that people with MS do significantly better with colostrum than without it. We certainly have no research to prove that, but if someone did run such a study, I'd bet strongly on a positive outcome!

How about other auto-immune conditions? Who knows? But if you were my sister or brother and had such a condition, I'd feel guilty if I didn't mention colostrum to you. Taking significant amounts for a month or two, should answer the question, "will this help me?"

STRAUSS HEARTDROPS . . . We are REALLY thankful that customers told us about this incredible product (Item No. S-100 and S-101). And a growing number of readers are thankful that that happened, and that we picked up that particular ball and ran with it.

Kolleen and I have had REALLY remarkable benefits from taking it . . . Now nearly 2 1/2 years . . . Kolleen with some obvious angina-type pains in her throat area and with shortness of breath when going up stairs, and me with my irregular and rapid heartbeat that now seems to be "history". And reports from a great many readers echo our own experiences. Most of us take a lot of supplements and most of what we are taking, we are pretty much "taking on

faith" . . . Don't notice any obvious benefits, but we're taking them because we are intellectually convinced that, long-term, we will feel a lot better with them than without them. I'd have to say that the only supplements I've taken which really did make a discernable difference to me have been Willard Water, colostrum, progesterone crème (Item HP-1), Daily's prostate formula called "Prosta-Min" (Item J-64), and (big-time) the Strauss Heartdrops! And those Heartdrops continue at bargain prices. As I write this (and it could change by the time you read this), the one-month and two-month sizes are still \$33 and \$59. Normally, they have been \$40 and \$75, but there's been something of a price war going on the Internet for many months now. The hour that quits, our prices will go back up, because they aren't contributing much to "paying the rent here" at these price levels. ALSO, the US dollar continues to weaken against the Canadian dollar, but the Canadians have not raised their prices in US dollars, so they are, in effect, selling them to us for about 18% less than they were a couple of years ago. If the price war goes off AND the Strauss folks raise their prices to compensate for the declining US dollar, the prices could be about \$47 and \$88, without much warning. So if you are able to keep about a six month supply on hand, that could be a good "investment".

We regard the Willard Water and all the supplements we take, as great investments in our future health. We can't *prove* what our health would be now, if we hadn't been using all these good things, but we know what we think would be the case. But in Kolleen's case, she was *told* by M.D.s, neurologists, and chiropractors before Willard Water entered our lives that her days of mobility were numbered, and that she was going to be spending more and more time in bed, until she'd simply be bedridden with her back problems and arthritis that had begun. That was in 1981... since then she's led a very active life, without the pain she lived with for the 21+ years before WW. So we think we do know what her life would have been without WW. No wonder we're grateful "believers". ♦