

POSSIBILITIES. ♦ ♦ ♦

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

Vitamin E Linked to Lower Bladder Cancer

People's risk of bladder cancer appears to be **cut in half** by getting plenty of Vitamin E in their diets... with food like nuts and olive oil.

Bladder cancer is the fourth leading cancer killer among men. The research was released at a cancer conference in late March of this year.

The researchers said whether Vitamin E does anything to stop cancer is still not

proven, but some think the vitamin may be helpful, perhaps by warding off the damaging effects of oxygen.

The strongest evidence of its help in fighting cancer so far has been against prostate cancer.

The new study did offer a strong hint that dietary vitamin E may also protect against bladder cancer, which kills about 12,500 Americans every

year and is four times more common in men than women.

The study was based on the questionnaires of the eating habits of about 1,000 Houston residents. Those whose vitamin E intake was in the top 25% had just half as much prostate cancer as those in the lower quarter. The actual difference in the amount of vitamin-rich food the two extremes ate was small, how-

ever — the equivalent of a single daily serving of spinach or a handful of almonds.

The research was funded largely by the state of Texas. It was presented by John Radcliffe, a nutrition researcher from Texas Woman's University, at a meeting of the American Association for Cancer Research in Orlando.

Editor: Our high quality Vitamin E is Item No. J-14. ♦

Vitamin C and Arthritis?

Consuming large amounts of Vitamin C may protect against rheumatoid arthritis. That's the conclusion of a new study conducted at the University of Manchester in the United Kingdom.

Researchers there studied 23,000 men and women between the ages of 45 and 74. The participants' diets were assessed by using seven-day-food-intake diaries.

Researchers said 73 of the participants developed inflammation in two or more joints for at least one month. Results showed participants who did not consume large amounts of vitamin C were three times more likely to develop rheumatoid arthritis, which involved inflammation in the lining of the joints and other internal organs.

Participants with a lower daily intake of fruits and vegetables had about double the risk of developing inflammatory arthritis than participants who consumed large amounts of fruits and vegetables.

Researchers recommend patients consume about 40 milligrams of Vitamin C daily.

The study authors concluded, "Low intake of fruit, particularly dietary vitamin C, is associated with an increased risk of developing inflammatory polyarthritis. These results may have implications for the primary prevention of inflammatory polyarthritis."

Editor: We provide high quality, easily absorbed, Vitamin C in both a 500 mg and a 1,000 mg product—Items No. J-68 and J-69, respectively. All natural health providers we know of suggest a minimum of 500 mg daily of Vitamin C, and many suggest thousands of milligrams a day. ♦

Fish, Pregnancy, and Asthma

Pregnant women with asthma can reduce their risk of having asthmatic children by eating oily fish. That was the conclusion of a study presented at the American Thoracic Society International Conference in Orlando Florida in May, 2004.

However, the same study found pregnant women who eat other types of fish may *increase* their risk of having asthmatic children.

The researchers, from the University of Southern California in Los Angeles, said the results showed asthmatic mothers who ate oily fish, such as salmon and trout, during pregnancy, were about **70% less likely to have children with asthma**. In fact, the researchers said the more oily fish a woman consumed, the less likely her child was to develop asthma. Children with non-asthmatic mothers did not benefit from having

their mothers eat oily fish during pregnancy.

However, mothers who ate **fish sticks** during pregnancy were **twice as likely to have children with asthma**, regardless of whether they had asthma themselves.

Frank Gilliland, M.D., Ph.D., from USC, says "Fish sticks are deep-fried, and they contain omega-6 fatty acids, which encourage inflammation of the airways. Oily fish contain omega-3 fatty acids, which appear to be anti-inflammatory and lead to the reduced potential for developing asthma and allergies."

Editor: A good source of omega-3 fatty acids, short of consuming fish in your diet, is our Item No. J-39 "EPA". Also, flax seed oil contains the omega-3 fatty acids and is our Item No. J-77. There have been numerous other benefits confirmed by researchers of taking the omega-3's. ♦

From 46%-65% Reduced Risk of High Blood Pressure

Researchers in Taiwan discovered that people who drank between 120 milliliters and 599 milliliters of green or oolong tea a day for a year had a 46% decreased risk of developing hypertension than those who did not drink tea regularly.

People who consumed more than 600 milliliters a day saw even better results. They reduced their risk of getting high blood pressure by 65%.

The findings held true even after researchers adjusted the data to take other factors that could have led to high blood pressure into account, such as body mass index, cigarette smoking, and family history of the condition.

The study, which appeared in the July 2004 issue of *Archives of Internal Medicine*, was conducted with around 1,500 adults ages 20 or older who were free of high blood pressure when the

study began in 1996.

Six hundred of the participants were regular tea drinkers.

The investigators offered a couple of possible explanations as to how tea affects blood pressure.

First, they point out tea contains theanine, a substance found to significantly reduce blood pressure in hypertensive rats.

Second, they note tea also contains polyphenols, which are known to reduce oxidative stress and have beneficial effects on the vascular system.

Given the high number of people around the world who regularly drink tea — the beverage is second only to water in annual consumption — the researchers believe the findings in their study could have a significant public health benefit.

How about a cup right now? It obviously won't hurt you, and based on this report, it just might help you considerably! ♦

Zinc for ADHD?

Zinc supplements may increase the effectiveness of stimulants for children with attention deficit hyperactivity disorder, according to researchers from Iran.

The small study included children who had recently been diagnosed with ADHD but who had never taken any medication for their condition. For six weeks, half of the children were given the standard treatment of stimulants along with zinc supplements and half were given stimulants along with a placebo. Researchers say the children taking zinc improved much faster than the others.

Doctors at Roozbeh Psychiatric Hospital in Tehran, Iran, say behavior improved in both groups of children, but the kids taking zinc showed a more marked improvement in their condition after six weeks. Kids taking zinc were three times more likely to complain of nausea, but the frequency of other side effects did not differ between the two groups. Nearly all of the kids taking zinc complained of the metallic taste of the supplements.

The authors say "Zinc is basic for the production and modulations of melatonin, which helps regulate dopamine function, supposed to be an important factor in ADHD and its treatment." Scientists say dopamine, a neurotransmitter, helps the brain register feelings of reward and pleasure.

Researchers concluded "ADHD children with a zinc deficiency might benefit from a change in diet or from therapeutic trial with zinc supplementation."

Zinc is a mineral that helps the body form proteins, and it assists in wound healing, blood formation, and growth and maintenance of all tissues. Oysters are known to be an excellent source of zinc. Other sources include meat, seafood, and liver. Eggs and dairy products supply zinc, but in smaller amounts. Some vegetables also contain zinc, but nutritionists say it is not absorbed as well by the body. Since their study was quite small, the researchers say further research is needed to confirm the positive effects of zinc supplements on children with ADHD.

Editor: Our Zinc is Item No. J-96. We've also had positive reports on PY-3, PY-4, and Real Willard Water and ADHD. ♦

Trivia & Tidbits . . .

1. Where in the U.S. will you find both Neon and Krypton?
2. How deep is Oregon's Crater Lake, the deepest lake in the United States?
3. Whose bowlegs inspired a furniture style?
4. What popular soft drink contained the drug lithium—now available only by prescription—when it was introduced in 1929?
5. What singer, performing with the Blue Moon Boys, was turned down after auditioning for *Arthur Godfrey's Talent Scouts* TV show in 1955??
6. How many bee trips from flower to hive does it take to make a pound of honey?
7. How many pounds of fish can a pelican hold in its pouch?

AND THE ANSWER IS...

1. In Kentucky. They're small towns named after the two elements.
2. 1,932 feet deep. The lake is in the crater of Mount Mazama, an extinct volcano.
3. England's Queen Anne.
4. 7-Up, originally sold as "Bib-Label Lithiated Lemon-Lime soda". Lithium, now used to treat manic-depression, was eliminated from the formula in the mid-1940s.
5. Elvis Presley.
6. Forty thousand.
7. About twenty-five pounds.

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

Too Good to be True? And “Now that You Mention It, I Realize I Don’t Have that Any More”...

Too Good to Be True? Over the last 23 years, my wife, Kolleen and I have sometimes received testimonials and/or photos of such amazing results from using Real Willard Water, we’ve hesitated to share them with anyone, because they just didn’t seem believable. Even to “true believers in Willard Water” like us.

Like the GIANT African Violet photos we received from a wonderful lady out in Washington state... we knew she wouldn’t make it up, but the difference between her treated African Violet and the untreated ones was like something you’d see in one of the credibility-challenged tabloids. I mean she had a MONSTER of an African Violet!

And then there were the seedlings planted outside one of our earlier office buildings. There was a row of about 4 seedling trees. About a year after we’d opened the office there, Kolleen was looking out her office window one day and noticed how much larger one of them was—so much larger, in fact, that she assumed it had been planted LONG before the rest, since its size made her forget she’d seen them when they were all the same size. Turns out one of the young guys who worked in the warehouse there, would occasionally dump some of his left-over Willard Water drink on that one tree, “just to see if it did anything”. Well, it certainly did. But so much so, it just wasn’t believable.

Not even to us. Kept thinking it must have been bigger when we moved in. But then we found some “moving in pictures”, and sure enough... there were those little seedlings—all the same. Not any more!

And we’ve seen and heard other things that were equally as hard to believe. But I think the one that takes the cake is one we received just last month. If it didn’t come from one of our oldest

customers, someone we know is not regularly involved in flights of fancy, or ridiculous exaggerations, we wouldn’t believe it ourselves.

Because of that we weren’t even going to print it. But then we started thinking “What If”... what if it could help even one more person in the same situation? We certainly don’t know that it would ever help anyone else as it apparently did this woman, but what if it did? What if it just helped half as much? Do we really have the right not to relay it, if that was possible?

And, again, it comes from someone we know to be a highly credible source.

So, here goes. Just as “S.C.” from Houston, TX, e-mailed it to us:

“Hi Charlie. Here’s the story I told you earlier today...A long-standing friend of mine visited several years ago. Usually, she was dressed beautifully, and made up, but that day she looked awful, and wore a brown muumuu. When I asked what was wrong, she lifted her dress, saying ‘Help me’, revealing what appeared to be one enormous lesion. Her skin was red, raw and weeping from her neck to mid-thighs. I could not maintain an unruffled demeanor when I asked ‘What IS that?’ She blurted out ‘It’s herpes. I hardly ever have it, but this is what it looks like when it happens.’ I said, “Don’t touch anything, please!” and though in a panic about how I could help her without touching... then it dawned on me to try Willard Water.

There was some in a sprayer, so we sprayed her from her neck to her knees. She said immediately that it helped her, so we waited for it to air-dry, and then sprayed her again. We waited again, and sprayed again, for a total of three times. The redness had diminished to bright hot pink, and she was breathing sighs of relief. I sent her home with a bottle of Willard Water and instructions to drink, and suggestions to keep spraying. She had ‘new skin’ in a few

days, and after a while we lost touch until last week. We met for lunch. She has never had another outbreak in all these years... I think there’s nothing that won’t improve on skin or mucous membranes when Willard Water comes to the rescue! Blessings to you and for your efforts.”

Again, if we hadn’t known “S.C.” for a long time, and developed a real respect for her knowledge in the nutritional area (she has worked professionally in the field of natural health), even we would have trouble believing that report. But we do know her. And we believe her. That’s why we felt compelled to relay her report, even at the risk of our own credibility.

“I Don’t Have That Any More Either”... that’s what a few customers told us when they called in after receiving last month’s issue and reading about Kolleen’s experiences with her bad (painful) feet and bunions.

What we discussed in that article was the fact that after using Real Willard Water for some time, Kolleen’s feet quit hurting... even her extremely bad bunions that had been scheduled to be surgically removed before Willard Water came into our lives.

One customer reported that her bunions had bothered her “all the time” for years, but they haven’t bothered her now in years.... And she’s been drinking Willard Water for years now. Could it be a connection?

Another lady told us she’d had foot pain for years, and that it had stopped after she’d been drinking Willard Water for some time. Then, more recently they’d started hurting again and she couldn’t figure out why. Then she got last month’s issue. That article made her realize she hadn’t been drinking the water during the time they’d begun hurting, so she mixed some up, and within short time (days I believe) the pain was gone again... ♦

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“It Seems to Be a Mystery...”

From “C.P.”

“I had a car accident on September 6, 2003. Went to sleep and the car rolled over twice. I prayed ‘God, send someone to help me.

“A guy in a red t-shirt came running with a cell phone. He called my husband even before the ambulance came. The ambulance was on another call two miles away where they weren’t needed! They had to cut the steering wheel to get me out.

“We have not been able to locate the guy who called 911. It seems to be a mystery.

“The accident was 60 miles from home; by the time my husband got there, they released me because X-rays showed nothing broken! And when the EMT guys took my blood pressure they took it twice because they thought it should be higher after a trauma!

“I had prayed to stay calm, everything will be alright”.

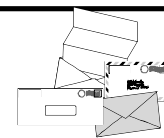
Editor: We often hear of miraculous rescues, and unexplained helpers who appear at accident scenes and then can’t be found... some people feel they must be “actual angels” and others will argue until “the cows come home” that there’s no “proof” of that. We don’t think it matters.

C.P. prayed for calmness and for help. She received both, and likely her calmness helped to reduce the injuries she might have sustained as well. We believe her prayers were answered, and whether the “guy in the red t-shirt” was an “actual angel” or a person God used as his messenger (the definition of an angel is “God’s messenger”) to call 911, it really doesn’t matter... the result was the same. And we believe so was the message... we’re never alone, especially when we ask for help.

(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. . .



Irregular Heartbeat — “R.C.” tells us that her irregular heartbeat is much better since she’s been using the Strauss Heartdrops. She’s not the only person to report that, either. But it was one thing we didn’t expect to hear about that amazing product.

Clicking Ankle No More — That’s what “A.S.” told us she noticed after using Real Willard Water. She has arthritis and she had developed a clicking sound in her ankles. But that clicking sound has disappeared since she started using the Willard Water regularly. And she says, she also drinks more water when she has Willard Water available... almost like she craves it. Again, numerous people have said that over the years, some of whom had never liked water before they got Willard Water.

No Swelling or Pain from

Radiation Treatment — That’s what “D.S.” told us they noticed when her son had his second radiation treatment... “He sprayed (with Willard Water) before and after and drank a glass of (the Willard) water last night. Totally different results from the fist radiation — no swelling and no pain this time.”

Dental Surgery, No Problem — That’s how “F.S.” summarized her experience. She had surgery back in March of this year. They were taking off crowns and diseased pockets were found. She ended up with six hours of surgery. The only thing she took before and after the surgery was the Strauss Heartdrops. She never took any pain medication or anything. In 3 days, it had healed “amazingly”.



More Product Highlights & Updates from Charlie

Weight Loss Benefits; Great Sounding Product for Many Reasons; 20+ Year Favorite; Eye Help

HOW IS THE WEIGHT LOSS PROJECT COMING?

I mentioned recently that I had acquired about ten unwanted pounds right under my belt buckle and was beginning to use the **METABOLIC FACTORS (Item J-78)** to try to do something about it. This product has always been my first recommendation when anyone asks us about weight-loss products. The three ingredients (L-Carnitine, choline and chromium picolinate) are items I would normally be taking anyway, for other good reasons, so taking them in combination to try to take off some weight becomes sort of a “no-brainer” . . . Even if I don’t lose weight, I get the benefits of those three items.

Sales of this product have been increasing in recent months, anyway, but in July, they really took off, thanks to the mention in the newsletter. I feel bad that we really haven’t given it much attention over the several years we’ve had access to it. So many of us would like to lose some weight, easily and safely, and this will obviously help at least many of us.

How am I doing? Well, I got concerned when I hit 160 pounds which, for “a little skinny guy” was unknown territory. Last night, I “weighed in” at 150, after probably a month and a half of more or less faithful use of the product. I say “more or less” because we are supposed to take three tablets twice a day. I always remember the morning three, but remember the other three probably one third of the time, so I’m certainly not getting the full amount. Also, I haven’t lost the full ten pounds . . . It was still back in the spring when I weighed 160 and I was wearing somewhat heavier clothing . . . Didn’t think about using the J-78 until somewhat later.

Another good thing . . . The tablets have been improved . . . They are smaller and easier to swallow. Also can be chewed . . . Don’t taste bad at all!

Having seen some success, I’m trying harder to remember to take the full six each day . . . Still have more “padding” on my tummy than I want there.

BETA GLUCAN — One of Those Products With a Variety of Apparent Benefits... Here’s another case in which we’ve fallen short in bringing a really good thing to your attention. We’ve heard of Beta-1, 3-D Glucan (we’ll refer to it as simply “beta glucan”) for a number of years, but really didn’t pay much attention . . . Mainly because I heard that it was “something to help the immune system”.

Well, we’ve had access to **COLOSTRUM**, and taken it, for over twenty years. In that time, I’ve not missed a day of work because of a cold or flu, so of course I have such a level of belief in the colostrum, that I’m just not much interested in something else, that probably costs more, to seemingly do the same thing. We tend to rely VERY heavily on our own experience and that of relatives and others close by, and long-time customers whose judgment we trust. Written material is interesting, but our experience is that the written material may tell you much more about the skill of the writer than the benefits of the product!

However, two things have happened recently: 1) A very good customer in Alaska, a very knowledgeable guy, has been ordering beta glucan from us by the case, for use by various friends and associates. He has great things to say about what it has done for them. 2) Daily’s have recently provided us with a

very interesting brochure. That’s simply “written material”, of course, but written material from someone we totally trust is something we pay attention to.

Considering what we’ve seen from colostrum, we still aren’t 100% certain that beta glucan is even better, but the information on it is certainly eye-catching. Here are some bits and pieces from the Daily brochure (we’ll send you a copy of the brochure, at your request, when you place an order for the beta glucan or anything else.)

“Beta glucan triggers an immune response in the body, creating a system of defense against viral, bacterial, fungal, parasitic or neoplastic invaders . . . In one study . . . Beta glucan was injected into . . . Nodules of malignant melanoma. Subsequent biopsies of the sites found no evidence of melanoma. . . Other studies have shown effectiveness . . . On a myriad of conditions, including malignant ulcers following mastectomy, HIV infections, infectious complications from severe trauma, and radiation exposure. . . Has been shown to increase the effectiveness of antibiotics and antiviral medications. . . A Harvard study described that there is a cascade of events that is triggered because of beta glucan, making the body into an ‘arsenal of defense’.

“ . . . May be the only and first true anti-aging supplement. It is a defense against the negative effects of infections, tumors, radiation exposure, including UV radiation from the sun. . . Works by activating the macrophages, or immune cells, which trap and engulf foreign substances, similar to the way a ‘Pac Man’ works. Also the activated cells start a cascade of events that cause the entire system to be alerted and mobilized, in an entirely naturally activated system. The result is an

amplified immune system response until the “invaders” are defeated.”

“Who needs it? People with impaired immunity from any cause, including those who are susceptible to infectious diseases . . . With HIV infection, . . . Undergoing radiation or chemotherapy, . . . Geriatric patients . . . Exposed to radiation from UV or electromagnetic fields . . . In a chronic disease state or have diabetes . . . Under physical or emotional stress . . . At high risk for cardiovascular disease.”

Well, now you know about as much about it as we do! We haven’t even used it ourselves yet because we’re dealing with no particular health issues and, of course, have our old friend, colostrum, to rely on. But from now on, we’re going to try to remember to tell callers about it, when they are discussing some particular health issue where it would seem particularly appropriate. And one could certainly make a case for simply taking it every day as a “preventive”. Not really inexpensive at \$29.95 for what is normally a month’s supply, but then as customers often remind me, “being sick isn’t cheap, either”. It’s **Item No. J-95** on our Order Form.

COLOSTRUM . . . Which we’ve thought for years was the second most important substance we were providing. Many big-time fans of **STRAUSS HEART DROPS** and **NATURAL PROGESTERONE CRÈME** will take issue with that ranking, because they’ve seen such huge benefits from those two products, but hey, we’re entitled to our opinion!

Kolleen and I take colostrum EVERY DAY, and have for over 20 years. Kolleen notices that she has more energy when she’s taking it . . . If she misses a day, she knows it. Given what it has done to keep me well, I think of it as basically something to optimize the immune system. I’m certainly not the only colostrum user who believes that it helps keep us well!

It also seems to somehow keep the immune system from “going nuts” and attacking body parts instead of invading “bugs”. The first person who ever tried

to explain colostrum to me told about persons with Multiple Sclerosis doing a lot better when they had access to colostrum. I think of it in connection with any auto-immune condition. If a relative of mine had MS, or Type I diabetes, or rheumatoid arthritis, or lupus or scleroderma, I’d strongly suggest that they give colostrum a try. I’d say, “can’t hurt you, should be helpful in many ways . . . Might just help you significantly with your particular problem . . . and it doesn’t cost very much . . . Just try it for about two months and you should know”.

We have four different colostrum products in the line-up. By far the cheapest is the bulk powder (H-6). At a half teaspoon a day, it is a 20 month supply! However, it doesn’t go into solution very easily (I put mine in my blender breakfast drink, which works fine, of course), it is a sizeable outlay (\$90) for trying something, and, since it has been heated, it isn’t as powerful as the liquid.

The capsules (H-5), have also been heated, but they don’t cost much (\$15.35 for a month’s supply) and they are, of course, convenient. (However they don’t have quite as high an IgG level as the liquid and powder products do. IgG contains 80% of the antibodies in colostrums and is therefore the ‘benchmark’ for checking its quality. Our capsules contain the highest IgG level of any colostrums capsules we’ve found, but are still less than that in our liquid and powder products.)

The liquids (H-1 and H-2) are the premier products. Give them a 1-2 month try, using fairly aggressive amounts, (perhaps two-three teaspoons per day of H-1; one or more tsp. of H-2), and you will almost certainly experience whatever noticeable benefits colostrum can provide. Once you have determined what it does for you, then you can experiment to see what amount you really need as “maintenance” . . . Liquid or dry product.

We’ve been using colostrum and “preaching” about it for a long time, but didn’t really sell much of it until a much larger firm (Here’s a big vote of thanks

to Symbiotics of Sedona, AZ) with much deeper pockets, began promoting it. Suddenly we began finding ourselves “selling more colostrum by accident than we used to on purpose”. People had been reading our material for years but until they heard a second voice talking up colostrum, most were too skeptical to try it.

Even now, selling what seems to us to be quite a bit of it, we’re still doing a really lousy job of sharing it with people. I recently took a look at our sales of the various colostrum products, roughly calculated how many “person/days” that represented and compared that with the number of people who read these newsletters, and the answer is just embarrassing. We aren’t selling even close to 10% of the amount we would reasonably think we should, given what are to us its obvious benefits, its harmlessness, and its relatively low cost. If you don’t have any of our rather limited colostrum literature (all but the book are free), please call us up and ask us to mail it to you. Or if you have questions you want to ask about it, call us up and ask. Please!

ANOTHER EYE HEALTH PRODUCT. Daily’s have very recently added an interesting eye health product to their line-up. Looking at what is in it, and “reading between the lines”, I think this is a product that is aimed at trying to prevent macular degeneration. It includes GABA, Lutein, Zeaxanthin, Lycopene, Beta Carotene, Zinc, Vitamin E and Bilberry Fruit Extract. The ingredients aren’t all that much different from other Eye products we offer or have offered in the past. But when Daily’s do something we KNOW it is done right! So we are highly interested in this and our initial supply is on its way to us as I draft this. It is called **Eye-Vite**, and comes in a 60 capsule bottle, a normal one month supply. It’s **Item No. J-115**, but isn’t on the Order Form yet—just write it in on form or in comments section of the online form and tell us if you phone in your order.. The price is \$32.95 per bottle.

That’s it for now. Take care! ♣