

# POSSIBILITIES. ♦ ♦ ♦

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

## Supplements Can Cut Migraine Frequency in

The Los Angeles Times article noted that Joan Rozen lived on Excedrin pills for years. She was too busy as a mother and teacher to give in to her daily migraine headaches.

She was quoted as saying "Sometimes, they would get so intense I would get nauseated, but I just had to keep going." She's now 60 and lives in Binghamton, N.Y.

Her son, Todd, is a neurologist and a couple of years ago he suggested she might try taking Coenzyme Q10, a supplement he'd studied for migraine prevention. He thought it might break her dependence on the aspirin-based Excedrin pill. She began taking 150 milligrams a day of the "Q-10" and was told the supplement could take a few months to work.

The article went on to quote her as saying that one day "I realized I wasn't getting these daily headaches...I cannot tell you what a tremendous difference it has made in my life."

Co-Q-10, the article said is among a number of dietary supplements showing promise in preventing or reducing the severity of migraines suffered by an estimated 28 million Americans.

The article pointed out there are some medications that can be taken as preventives but they have significant side effects and don't help everyone. As a result, the article said, a growing number of migraine sufferers are embracing preventing using relatively inexpensive over-the-counter dietary supplements, which have few side effects.

"The bottom line is that there are safe alternatives with a

firm scientific basis for preventing migraines for people who don't want to take prescription drugs, that also can be used to complement prescription drugs," said Dr. Richard B. Lipton, a neurology professor at Albert Einstein College of Medicine in the Bronx, N.Y.

They include:

**CoEnzyme Q-10.** Swiss researchers reported at the American Academy of Neurology's annual meeting that 300 milligrams daily cut the incidence of migraines in half, compared with placebo pills.

Dr. Todd Rozen (the son of Joan Rozen mentioned at the start of this article), who is a headache specialist at the Michigan Head Pain & Neurological Institute in Ann Arbor, conducted research demonstrating CoQ10's potential to prevent migraines. Because some migraines have been associated with a deficiency in cells' ability to generate energy, Rozen thought it made sense to test a compound important to the functioning of cells' batteries, the mitochondria. That's why he studied CoQ10.

**Magnesium.** Several studies have found magnesium prevents migraines in about half of the cases. Dr. Alexander Mauskop, director of the New York Headache Center, who has studied magnesium for a long time, says he believes about 50 percent of migraine patients have an underlying magnesium deficiency. Recommended magnesium doses range from 360 milligrams to 1 gram. Magnesium can cause diarrhea if taken on an empty stomach and should be taken with nondairy meals

because it interferes with calcium absorption. It shouldn't be used by people with serious kidney problems.

**Riboflavin.** Also called vitamin B-2. Several studies have found it works better than a placebo in the prevention of migraines. The usual dose is 400 milligrams.

**Feverfew.** This herbal relative of the daisy may prevent some of the blood vessel dilation associated with migraine pain. One major caution: it can interact with Coumadin and other blood thinners.

**Magnesium-riboflavin-feverfew combinations.** Sold under the brand names MigreLief and MigraHealth, 2 pills pack 300 mg of magnesium, 400 mg of riboflavin and 100 mg of feverfew.

**Butterbur root extract.** Sold under the brand name Petadolex, the soft gel tablets have been shown in several studies to halve migraine frequency.

Editor: The dietary item we've received the most reports on for either reducing the frequency or severity of migraines over many years has been the **Real Willard Water**. In fact, that's been one of Willard Water's most commonly reported benefits. People often say they notice a reduction in the number of migraines they suffer on a continuing basis after starting on Willard Water, and that eventually they either have no more migraines, or very few.

Other items we provide that were mentioned in the article as supplements having value in reducing migraines include:

**CoQ10**—our Item No. J-13

or J-23.

**Magnesium** — Our Item No. J-54. And also contained in our Items. J-56, J-200 & J-201.

**Riboflavin** — contained in our Item Nos. J-2 & J-56.

We can't resist cautioning readers to keep in mind the importance of getting a quality supplement. We've never had a complaint on the quality of any of our supplements. We attribute that to the attention to quality our suppliers pay. Most of our supplements come from Daily Mfg, which we've often mentioned as being totally committed to making certain that whatever is sold with their name on it, will be the highest quality they can provide, and it will contain what the label says it contains. The law actually allows supplements to be sold that contain only 70% of the amount shown on the label (i.e. if it says it's a 300 mg capsule, it could contain as little as 210 mg.) and many studies have found some contain less than 50%. We mention this again, because if people are going to use such supplement to try to prevent problems as persistent as migraines, they certainly need to make sure they are getting what they think they're getting.

We remember hearing about the color dye added to some Q10 one of our customers saw at a big discount store, and verifying the only reason to add it would be if the Q10 was either so small an amount or diluted that a dye had to be added to give it the color of Q10—that wouldn't be a "buy" if it was free if it kept you from getting real help from a really good Q10 product. ♦

# A Great American Vacation That Went (Very) Right!

The following letter was received here by email and is being reprinted in its entirety. It came from "D.M." in Colorado.

"I'm only a recent user of Willard's Water, but a recent vacation provided all the proof I need to keep using your product.

"Our two boys in the back seat (ages 7 and 12), my wife and I drove from Colorado to California to spend a week in San Diego, planning on seeing SeaWorld and Legoland and maybe a few of the sights.

"I say 'planning' and 'maybe' for two reasons: First, my wife has a bad lower back that usually starts bothering her after more than an hour or two of walking; Secondly, our oldest has asthma, a condition for which he takes two different inhalers twice a day, sometimes more if doing something strenuous.

"Things didn't look so good after the first day of driving — the change in altitude and weather making it necessary to hook (our son) up to his nebulizer when we stopped for gas. It seemed to help and he and his brother slept the rest of the way, my wife and I taking turns driving straight through until we checked into our hotel the next day.

"Wisely, my wife hadn't planned anything for that first day, and we used the time to catch up on sleep and get organized for the next day.

"Well, to make a long story a little shorter, we spent the good part of a week going to Legoland once and SeaWorld twice, stopping only to eat or watch the shows, and finding ourselves too filled with energy to stay at the hotel room afterwards, using any time not spent sleeping to explore the rest of that beautiful city and playing out in the hotel pool.

"The vacation seemed to end way too soon as we loaded up the car and drove back to Colorado. We knew we were back home after having to white-knuckle the rental car over Raton Pass and Monument Hill in blizzard conditions.

"So, where's the Willard's Water in this story?

"Well, the coffee-colored stuff was there all along, added to the water bottles we took with us everywhere we went, but not fully appreciated until we got back and looked back on everything that had happened:

"My wife's back never bothered her. Not once. (And this is a condition for which she sees a chiropractor.)

"My son's asthma never bothered him after that first day. And in fact, he stopped having to take his inhalers altogether by the third evening, and stayed off them until after about a week after we got back to Colorado (about the same time we ran out of Willard's Wa-

ter).

"Was it the lower altitude? Higher humidity? I

don't think so. Similar trips to Nebraska, Kansas and Wyoming have never allowed (him) any relief from a condition that has hampered him since he was two years old.

"And my wife's back problems returned soon after we ran out of WW, bothering her from just having to sit in the car on her drive to and from work.

"I think it was the Willard's Water.

"None of us ever experienced any odd sensations while we drank it, no 'tingling' feeling or rush — we just seemed to always have a reserve of energy ready to draw on when we needed it, without the crash you get from sugar or caffeine drinks.

"That alone would give me reason enough to keep buying it.

"But it was the effect on my wife's back and my son's asthma that has me ordering a gallon this time, instead of just a bottle.

"If this stuff can relieve someone's pain, and let a body do all the monkey stuff that a twelve year old boy deserves to be able to do, well, that's all the reason I need."

We agree! Thanks for sharing! ♠

**"... and lets a 12-year-old boy with asthma do all the monkey stuff a 12-year-old deserves to do... that's all the reason I need."**

## Trivia & Tidbits . . .

1. What did British seaman James Bartley survive while whale hunting in 1891?
2. What was the symbolism in flying a flag at half-mast for mourning when first introduced at sea in the seventeenth century?
3. In what order do most pigs move their legs when walking normally?
4. Mickey Mantle wore number 7 throughout most of his career with the New York Yankees. What number did he wear as a rookie?
5. Alexandra Ripley, the author of the sequel to *Gone With The Wind* was paid a \$4.94 million advance; what was Margaret Mitchell's advance for original?
6. Which European nation consumes the most spicy Mexican food?
7. How many feet long is the trunk of the average full-grown elephant?

AND THE ANSWER IS...

1. He was swallowed alive by a whale and spent two days in its stomach and lived another 35 years to tell about it.
2. The top of the mast was left empty for the invisible flag of death.
3. Left front foot first, then right rear foot, right front foot, left rear foot.
4. Number 6.
5. Five Hundred Dollars.
6. Norway.
7. Eight feet.

## ON "THE WEB"!

[www.willardswater.com](http://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

### Light Sleeper No More; Cold Feet Warm; Foot Pain, too?

Every now and then someone will comment to me that until someone else they know reported a benefit from Real Willard Water, or from some food supplement, they hadn't recognized they themselves must have received the same benefit. It's very often true that a person just "doesn't notice what isn't there". So when a pain stops, or a problem goes away, we may not even think about the fact that we used to have a sore back, or cold hands or feet, or a lot more headaches, or whatever, until someone reminds us that we used to have the problem. Only then do we remember that "oh yeah, that used to really bother me, but it doesn't any more". Sometimes that change may be connected to some good thing you've done for yourself, like making Willard Water a part of your daily routine, or other nutritional supplement.

That's what happened to us on a number of occasions with regard to benefits we believe we received from Willard Water.

I know that "before Willard Water" I was an extremely light sleeper, and all conditions had to be just right for me to get a good night's sleep. Quite a while after "W.W." had become a regular part of our lives, someone commented to me that they were sleeping much better since getting WW. I realized then, that despite the addition of another baby in the household (who is now 20 years old!) and, our two older kids getting old enough to create more disturbances at night, I was sleeping better than I ever had.

And when someone else commented on their hands and feet not being cold any more, my wife, Kolleen, and I looked at each other and remembered at the same time that her feet had always been so cold, that if they strayed over to my side of the bed at night, it could literally wake me from a sound sleep, bolt upright in bed! But that hadn't happened in a long time

either, because her feet weren't cold any more.

Speaking of feet. In fact, speaking of Kolleen's feet... she was born with terrible feet. Flat feet. Extremely flat. She wore corrective shoes as a child, but they really didn't correct anything. Just offered more support I guess, since she really has no arches. In fact a foot doctor told her after seeing her X-rays when she was in junior high school that in 50 years of practice he'd never seen anything like her feet—the bones that should go straight go at an angle, and the ones that should angle, go straight. So she always had a lot of foot pain. And then she developed bunions.

In fact, just before WW came into our lives, she was scheduled for surgery to remove her bunions—they were so bad, there was only one pair of shoes (boots really) that she could walk at all in. But while waiting out the time for the surgery, being told to just rely on the pain pills prescribed and try to "grin and bear it" until her surgery, we were led to WW. Neither of us ever thought it would have any effect on her feet, but somehow by the time the surgical date rolled around, she was having no pain and no problems getting around so the surgery was cancelled.

We didn't connect that to the WW until a few years later when we met a lady in Wisconsin who told us she couldn't get along without WW at all, because without it, she couldn't bear the pain in her feet, but when she was drinking it, she had no such pain.

Kolleen couldn't really believe there could be any connection, and the lady said she didn't think it made any sense either, but she said she just knew that every time she quit the water, her feet got bad, and every time she went back on it, they got better again.

Some time after that conversation, we met a natural health care provider at a convention, and the conversation turned to feet. We told him about the Wisconsin lady's observation, and the

coincidence of Kolleen's bunions stopping hurting at WW, and even her flat feet not bothering her any more. They had always gotten extremely sore if she walked very much. A day of shopping left them feeling, she said, like someone was pulling the muscles in the bottom of her feet from two sides and twisting it.)

That naturopath said it made perfect sense to him. He explained that he believed a lot of foot pain is the result of the muscles in the feet. He felt that WW (especially the dark WW) helped to supply very high quality minerals, even though in very small amounts, in such an effective way, that it seemed reasonable to him it would help those muscles enough to explain the improvement in these people's feet.

Since then we've heard from other people who have said the WW seemed to really help their feet—just drinking it. Believe me, that's not a report we ever thought we'd hear when we first were introduced to WW. We didn't even connect it after Kolleen's foot problems seemed to go away for no reason. We can't prove there's a connection, of course, but we know a number of people who, based on their experiences, believe it to be true, and who won't be without the water because of it.

Another sort of "could there be a connection" conversation came up just the other day after Kolleen had written up the information on CoQ10 preventing migraines. She realized she almost never has a headache any more. We always thought that was just the water, and maybe it was. But she also started taking CoQ10 (200 mg a day, which is more than most people would but is what she said feels right to her, and is still under the 300 mg noted in the story) and it seems to both of us that her headaches may have taken their final nosedive after she was taking both WW and CoQ10.

Live and learn! 

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## *What Were The Chances?*

“My wife and I never should have met and married, because neither of us should have survived our births. I was my parents’ first born, and wasn’t expected to live, because they couldn’t get me to breathe. Eventually, by dipping me from a tub of very cold water to one of very warm water, they got me breathing, but was still considered such a long shot that I would continue breathing that they had me hurriedly baptized. Another son born to them a few years later never did start breathing, and they didn’t know why that happened either. He seemed ‘perfect’.

“My wife was born in 1951, and was expected to be born dead of strangulation because of the injection given her mother to cause the contractions to begin again and deliver the baby... she’d been in labor for 72 hours and it was only because a nurse went to my wife’s father and told him she thought his wife had a very fine doctor, but that the doctor had made a decision she felt belonged to him...telling him the doctor had decided to let his

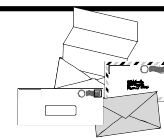
wife die to save the baby and if he didn’t agree, he better get another doctor. Amazing for a nurse to take such action back in 1951! My wife’s father had to sign a statement that he knew the baby would likely be born dead, and if it wasn’t that it would be severely retarded...within minutes of the injection, a healthy, normal, baby girl arrived—my wife!

“My wife and I have had a real partnership. Best friends. Best colleagues. Unconditional love. Many of you reading this know us. We’re Charlie and Kolleen Sunde, from Nutrition Coalition. I was reminded of these circumstances when a customer commented on how glad he was we got together, after I’d told him neither of us by ourselves ever would have begun marketing WW or anything else. He said he really depends on the water and us for things he feels he gets real benefit from, so he’s glad we did. We are too. And we believe it was divine intervention from the beginning of each of our lives that allowed it all to happen.”

*(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. . .



**“Nothing Worked”** — at least nothing did on the irritating **dermatitis** “R.W.” was dealing with for months and months until he tried **Aqua Gel** (Item No. AG-4) on it. But that Aqua Gel just went to work and dried it up and stopped the itching. *Ahhhhh!*

**Healing Broken Hearts** — That’s what “R.H.” said happened to their broken hearts when their friend Kramer (their 8-year-old West Highland Terrier dog) became his “old happy self again” after they started him on Real Willard Water. Before they gave him the water he was no longer playful and was unable to jump “up on our laps or his favorite chair due to what we assume was pain and/or lack of energy”. Not only do they think the WW made the difference, Kramer seems to agree—”he knows when we’re drinking our WW and sits at our feet begging

for a little sip which we give to him out of our hand and of course whenever he wants from his water dish. We all bless the day when WW was introduced to us.”

**Not Your Run-Of-The-Mill Calcium** — That’s what “L.P.” figures about our Coral Calcium (Item No. J-203).

She’s a quadriplegic and says all other calcium supplements she has ever tried have always caused her catheter to block up. But not our J-203.

She says it’s been no problem at all. She figures that has to mean her body is really absorbing and utilizing it.

Seems like a logical conclusion, and since that’s the whole point of taking a calcium supplement, it also seems like a real good thing!



## More Product Highlights & Updates from Charlie

### We Should Be Talking More About This Weight Loss Item; And, Men, Listen Up! Here's a Product for You!

**WELL-KEPT SECRET** . . . Item J-78, that is. We just haven't said much about it, and I don't know why. It is called "**Metabolic Factors**", and it is the result of Jim Daily III's doctoral study, when he was getting his PhD. He told me that it had long been known, or at least theorized, that carnitine would burn fat, if it could be kept in the body long enough, and that if an appropriate amount of choline was combined with it, it would stick around long enough to do just that. His research showed that lab animals did indeed lose some 25% of their body fat, when this mix was provided to them. So Daily's came up with a product with those two ingredients, plus chromium picolinate, and went through a very difficult process of learning how to combine these items in a way that would "work" as tablets.

When it became available we were immediately intrigued because it was a weight loss product that was totally non-controversial, and looked like it might be effective. The three ingredients are all taken by a good many health-conscious people for other reasons . . . The L-carnitine primarily for heart health, the choline for brain function, and chromium because it helps the body better deal with sugar. At least that is my **OPINION** on those three items, and that opinion is shared by a great many.

The only negatives on the product are that the tablets are quite large (but you can easily break them up or chew them . . . no bad taste), and the recommendation is that you take six a day, which means that a bottle is only a 20 day supply.

I have about 10 pounds of unwanted weight that is mostly right under my belt buckle, and I finally thought of the **Metabolic Factors** as something I should be using myself. (In my mind I'm still a

"little skinny guy" and I don't think of weight loss products as something I need myself). I began only about 10 days ago so I've lost, at most, only a pound or two, but I have high hopes . . . Trying to remember to faithfully take three tablets twice a day. There's enough L-carnitine and chromium in them that I've been able to eliminate those two items from my daily pill-taking routine. It would have also eliminated my perceived need for the lecithin granules, which I used to take in my morning blender breakfast (the choline content in the lecithin was the primary reason I was taking that), but had somehow gotten out of the habit. I guess I ran out of it once when NCI was also out of it, and then never got re-started.

**PROSTATE HEALTH.** I'm 66 years old and I've had pretty modest prostate challenges for a number of years. Have taken Daily's "**Prosta-Min**" (Item No. J-64) most of that time, and the **Strauss Bladder/Prostate** product (Item No. S-103) for a while, too, and between them, they've certainly at least kept things from getting worse. I'm sure that a great many guys my age, if they had to get up to urinate only once during the night, would think that was great. And that was where I was at . . . Once every night . . . Very rarely twice.

Well, a knowledgeable friend has been telling me for years that I should be using the Natural Progesterone Crème . . . He applauds our good work in getting the word to women on how much benefit they will get from it, but keeps telling me that it is good for men, too . . . We just use half as much. He long ago had me convinced, mostly because I trust his knowledge and he has no vested interest in my using it . . . But what kept me from using it was that it was a

crème, not a pill or capsule, so I just never got into the habit of applying it. But I finally did . . . I keep a pump container of it in the bedroom and, after showering each morning, I reach for it at the same time I reach for the deodorant. Unfortunately, I rarely remember to apply it at night . . . Is supposed to be 1/8 of a tsp. twice a day. Despite my probably getting about 55% as much of the product as I should, I

...nothing else changed in my regimen, but all of a sudden I'm not getting up at night any more at all... except very occasionally maybe once a night... so **MEN take note: this really is a product you should be considering, too!**

have found that, after a couple of weeks of using it, I was not getting up at night any more! Well, hardly at all . . . Still an occasional night. And nothing else has changed in my regimen so I don't know what else to give the credit to. Male readers of my age should take note!

This is also very cost-effective because the product is only \$29.95, and very often on some kind of special sale, and, for us men, each container is a TWO-month supply . . . that is if one remembers to use it twice a day. For me, it is more like a four month supply!

For the sake of ALL users of the product . . . I'm completely sold on the "pump" version. We mentioned in an earlier issue that the only disadvantage of the pump container would seem to be that you couldn't get every last fraction of a milligram of it out . . . but the pump is a more sophisticated device than we thought. The bottom of the container actually rises as the contents are dispensed, so we probably get at least 98% of the contents out, and the pump is a great deal more convenient . . . One squirt for the 1/8 tsp, two squirts for 1/4 tsp. And the price is the same as the jar.

I'm a believer in its merit for men. ♦