

PURE HERBS, LTD.

33410 Sterling Ponds Blvd., Sterling Heights, MI 48312
 PHONE: (800)860-4372 FAX: (586)446-8218
 WEB SITE ADDRESS: www.pureherbs.com

APRIL/MAY 2003

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NEW DIRECTORS JANUARY/FEBRUARY 2003

Diane Baird
 Cheryl Boyer
 Bruce Martin

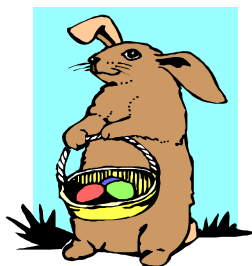
Congratulations!

YOU CAN DO SOMETHING ELSE BESIDES SIT AT HOME IN A STATE OF FEAR BEHIND CLOSED WINDOWS AND DOORS COVERED WITH PLASTIC SHEETING AND DUCT TAPE.

PROTECT YOURSELF NATURALLY AGAINST PANIC, POISONS, VIRUSES, GERMS, FUNGUS AND RADIATION: **HERE ARE TEN APPROACHES.**

- C.C.E.-W** - (Cleansing-Corrective-Extract) is a good reliable killer of virus, germ and airborne fungus infection. It is also a poison antidote. Apply to infected areas and take internally. 1 tsp. per day in juice. If a crises arises it can be taken in larger amounts to meet the challenge to the immune system. 1 tsp. to 1 Tbl. up to three or four times per day. The poisons and dead microorganisms are expelled primarily through the bowel. NOTE: C.C.E.-W can be rubbed on entire abdomen if desired instead of taken by mouth.
- GOLDENSEAL** - is a quick and time tested herb to fight all manner of germ life and viruses. 40 to 80 drops three times per day in juice or water.
- BLACK COHOSH** - The warning signs of "stiff neck" or "chills and fever" result from viruses that attack the nervous system. Apply liberally to the back of the neck and out to the shoulders and entire spine as needed. Usually hourly does the job. Black Cohosh can also be taken internally at the rate of 40 to 80 drops hourly as needed. Observable results are quick.

CONTINUED ON PAGE 6.



**HAPPY
EASTER,
HAPPY
SPRING!!**

OLD PHILOSOPHER'S CORNER

"Nobody else or any thing has the given 'right' to make you unhappy."

1 April 2003
 Dr. Eugene C. Watkins

NEW PRODUCT ANNOUNCEMENTS

		<u>Distributor Price</u>		<u>Sugg. Retail Price</u>	
		1 oz.	4 oz.	1 oz.	4 oz.
A.R.T.-C (Arthritis Relief Team – Castro) <i>Devils Claw, Licorice Root, Yucca, Aloe, Distilled Water & 38% Ethanol.</i>	\$9.00	\$27.00	\$12.50	\$37.50	
YTH.E.-I (Youth Elixir – Inman) <i>Spirulina, Bilberry, Alfalfa, Royal Jelly, Wild Yam, Irish Moss, Papaya Mints, Yucca, Distilled Water, & 38% Ethanol.</i>		\$9.00	\$27.00	\$12.50	\$37.50
MPS.-I (Menopause – Inman) <i>Black Cohosh, Dong Quai, Sarsaparilla, Strawberry Leaf, Damiana, Rosemary, Passion Flower, Evening Primrose, Sunflower Seed, Red Raspberry Leaf, Red Clover, Flax Seed, Distilled Water, & 38% Ethanol.</i>		\$9.00	\$27.00	\$12.50	\$37.50
W.L.-S (Weight loss – Solomon Wickey) <i>Chickweed, Blue Vervain, Greasewood, Bladderwrack, Capsicum, Dandelion Root, Distilled Water & 38% Ethanol.</i>		\$9.00	\$27.00	\$12.50	\$37.50
W.L.-S capsules (Weight loss – Solomon Wickey) <i>Chickweed, Blue Vervain, Greasewood, Bladderwrack, Capsicum & Dandelion Root.</i>		\$18.00 for 100 caps		\$23.00 for 100 caps	

WELCOME NEW DISTRIBUTORS TO OUR PURE HERBS FAMILY



RETURN POLICY

Due to F.D.A. regulations regarding food products, Pure Herbs, Ltd. has a no return policy. The exceptions are breakage and manufacturing defects. To return a product, you must receive prior approval. In the case of shipping errors, returned bottles must be as shipped (free of store pricing labels) and returned in a timely manner (with current lot numbers). All items returned with non-current lot numbers, distributor labeling, or two weeks after receipt, will be charged to your account. This policy is necessary as the returned product must be destroyed due to F.D.A. regulations.

19,251
THRU
19,450

You may now call us at (800)860-HERB and place your order directly. Shipping is as follows:

\$ 99.99 and under	\$ 5.00
\$100.00- \$249.99	\$ 6.00
\$250.00 -\$499.99	\$ 7.50
\$500.00 and up	\$ 10.00

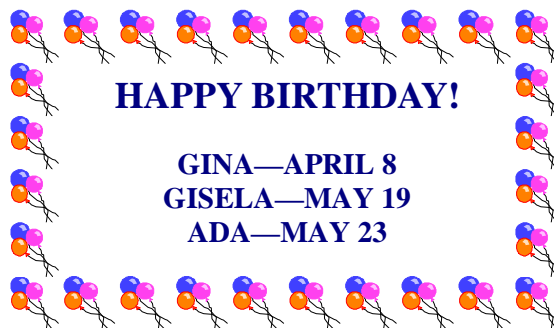
Please note: Because 1-oz and 4-oz bottles must be shipped separately in UPS approved containers, each is a separate order. So, if you place a 1-oz and a 4-oz order at the same time they each have to be shipped as separate orders with separate shipping charges. capsules, tablets and/or cream can be put in either a 1-oz or 4-oz box, or shipped by themselves if you do not need any liquid herbs. Capsules, tablets and/or cream shipped without 1-oz or 4-oz bottles are at the same rate as above.

**C.O.D. FEE IS \$7.00
ADDITIONAL.**



PURE HERBS BABY BOARD

Cecelia and Ronald Urbanek, owners of HEALTH DELITE in Rosenberg, TX are proud to announce the arrival of their granddaughter Addison Briana Urbanek. She was born to proud parents Krissy and Chris Urbanek on January 21, 2003. She weighed in at 8lbs., 6oz. and was 19 1/2 inches in length. She was welcomed home by big brother, Dylan Christopher Urbanek.



INFORMATION RE: TESTIMONIALS

When sending in a testimonial, please be sure to include which herbs you have used to help you. We have received many testimonials which do not give this information and then we have our Distributors calling, wondering which herbs were used. If you would like to send in your success testimonials, address them to: Pure Herbs, Ltd.

33410 Sterling Ponds Blvd.
Sterling Heights, MI 48312

Please let us know if we can publish them in our bi-monthly Newsletter and put them on our website. Also, let us know if you would like your name and phone number used. If you would only like the initials of your name to be used, please specify that. We would love to hear from you! **When your testimonial is published you will receive a FREE 4 ounce bottle of your choice with free shipping.** Please note some testimonials are edited for space and clarification.

SHIPPING NOTICE PERTAINING TO: RED LABEL (overnight shipping), BLUE LABEL (two day shipping) and THREE DAY GROUND SERVICE

Due to past weather conditions across the United States we wanted to clarify the following information to all of our Distributors:

We do not reimburse for a special delivery charge if you do not get your package in the time specified if it is due to extreme weather situations such as an ice storm, heavy snow and any other disaster type situations.



IN CHARGE OF PRODUCTION

TOP 20 1-OZ PRODUCTS

- | | | |
|----------------------|--------------------|-------------------|
| 1. PEPPERMINT OIL | 8. O.C.M. | 15. BLACK COHOSH |
| 2. OIL OF CAJEPUT | 9. MYRRH | 16. A.C.S. |
| 3. CAN-SOL | 10. C.C.E.-W | 17. WHOLE APRICOT |
| 4. SL-W | 11. UNIVERSAL E.R. | 18. T.G.&P-W |
| 5. OLIVE LEAF | 12. VALERIAN ROOT | 19. L.-W |
| 6. HERBAL ADJUSTMENT | 13. W.-W | 20. SANICLE |
| 7. ARNICA | 14. OL' NUMBER 11 | |

1 April 2003 — I.C.O.P. (In Charge Of Production) Al Pfund

SEMINAR INFORMATION

We list all Seminars at no cost to the Distributor as long as it is a Pure Herbs, Ltd. Seminar, and our product is being endorsed. Our Newsletter goes out to thousands of Distributors and is a great way to let people know what you're doing.



TEXAS—McALLEN

For anyone interested, Bella Vladimirsy of Advanced Holistic Health Services will come speak in your town on HERBS & NUTRITION for a one day seminar. Bella has a degree in Biology and Chemistry, is a Health Practitioner and Nutritional Consultant, and is also certified in Iridology by Dr. Bernard Jensen and Dr. Eugene C. Watkins. She works with diets, herbs and metabolic balancing and conducts Herbology seminars across the U.S. Bella is a Certified Clinical Nutritionist by the American Association of Nutritional Consultants, Advanced Holistic Health Institute and Bio-Ion Institute. For further information, please call Advanced Holistic Health Services at 956-631-3772.

INDIANA—LAWRENCEBURG

Jean Kinnett, Master Herbalist, Iridologist, Massage therapist and Doctor of Naturopathy is available for herbal or iridology seminars. She is willing to travel to your area. For further information, please call 812-537-5457.

NORTH CAROLINA—MANTEO

Patsy Reynolds, Certified Natural Health Professional and Doctor of Naturopathy is available for herbal seminars/classes. Will travel to your area in North Carolina, Virginia and South Carolina. For further information, please call 252-473-6060. For monthly meetings please call three days prior to meeting to reserve a seat.

DATE: 1st Wednesday, each month

TIME: 7:00 p.m.

PLACE: A Natural Health Center, 1378 US Highway 64, Manteo, NC 27954

MICHIGAN—STERLING HEIGHTS

Joan Thompson, Herbal practitioner and Medical Intuitive Therapist is available for herbal lectures. Joan specializes in Herbs and Herbal Blends, Flower Essences (Perelandra and Bach and the New Bach Flower Body Mapping, Chi-intrasonic 8 - using effective frequency bands to relieve pain and promote healing, trauma and pain relief. Joan is also an Aroma Therapist who works with Essential Oils and a Body and Energy worker. Joan has worked in the health care field for over 20 years as a Registered Respiratory Therapist and has developed a number of herbal remedies for Pure Herbs, Ltd. For further information, call Joan at 586-412-3449.

OFFICE HOURS

Pure Herbs, Ltd. is open Monday-Friday 9:00 a.m. till 5:30 p.m. E.D.T. At 5:30 p.m. we start our end of day computer clean-up; so, we do lock our doors promptly at 5:30 p.m. and activate our voice mail system for your phone calls. If you need to place an order, and it is not during business hours, please call 800-860-4372 and you will automatically be transferred to our voice mail system. Our voice mail system has many options to choose from; make your selection and then leave a detailed message. Always leave your last name, a phone number, method of payment (we accept Visa, Discover, MasterCard, and American Express, or you can pay by C.O.D., check or money order only) and a Distributor number. Please specify if 1-oz or 4-oz bottles, capsules, tablets or cream. If you have a rotary phone, stay on the line and you will have the opportunity to leave a message at the end. Also, please be aware that when all of our lines are busy you will automatically be transferred to our voice mail system.

ALL DIRECTORS:

All orders and P.V.T. (Purchase Volume Transfers, which refers to products that were ordered by Distributors that you did not sponsor) **MUST** be called in, faxed in, or received by mail before 5:30 p.m. E.D.T., on the last business day of the month, which would be Monday-Friday, ie: if the 30th is a Saturday, the last business day would then be Friday the 29th.

All orders and P.V.T. called in after 5:30 p.m. E.D.T. will automatically go on the next month. Legal holidays are not considered business days. This could be very important to you or your downline, as it is your responsibility, and it will be your responsibility, to correct any problems in your downline, should you fail to adhere to these rules. There are no exceptions. Also, keep in mind that during holidays the mail service will probably take a little longer.

PURE HERBS, LTD. SUCCESS TESTIMONIALS USING PURE HERBS PRODUCTS

"I am happy to say Solomon Wickey's Can-sol capsules really worked for my candida (yeast infection). I had a bad dose of it under my breasts. It was extremely itchy and it would bleed and crack open. It was very painful. When I received the pamphlet on the Can-sol capsules, I decided to give them a try. I'm happy to report that the candida is almost completely gone. What I used was Can-sol capsules six twice per day along with three Acidophilus each time the Can-sol was taken. It works! Thank you Solomon and the good Lord that gives him the wisdom to know what to put together that works!"

—S. M.
Due West, S.C.

"After trying to have a child for two years with one miscarriage, my husband and I went to visit Mr. Rueben Schwartz, an iridologist located near Tompkinsville, KY. He suggested it could be endometriosis and that I might try Red Clover Blend. He told me if taken faithfully we would have a better chance at having children. Less than two years later we were blessed with a beautiful son. We are convinced that without Red Clover Blend this would never have been possible. After a recent visit back to Mr. Schwartz, I am again taking Red Clover Blend at his suggestion. Thank you for such a wonderful product."

—Donna Hegan, Bowling Green, KY
270-842-4106

"Oh happy day the day dry spots are going away! I have been using Herbal Adjustment for dry spots that have been appearing on my body, and they are just about gone. I had read in one of Dr. A. B. Howard's books that Herbal Adjustment would destroy liver spots so I decided to try it on dry spots and they are just about gone. It has taken a long time, but I was persistent in doing so. Dr. Howard had stated that it takes patience for things like this to disappear. I am also continuing to use the Peppermint Oil for the allergies and headaches that I get from odors. Whenever I go somewhere I have an opportunity to give a kleenex that has the oil on it. People are shocked when they smell it and it helps them so quickly. It has been truly a blessing to be a part of this company and to be able to help people to get well without drugs. Thank you Dr. Watkins and staff."

—Kathleen Marasco
Elgin, S.C.

"I am writing to say THANK YOU! I recently experienced left chest pain, especially upon movement. At first I thought it could be a heart attack or severe indigestion. After taking Herbal Adjustment and a digest aide without relief I realized that my problem was muscle related. Then I applied Arnica Oil Blend to my left chest area. It was amazing how quickly the pain was relieved! That day the pain was gone. Your products work! I use them on my family with great results. Thanks again!"

—Kim Preston, Greenfield, OH
937-981-4787

"I have had osteoarthritis for 31 years. I have taken everything natural for arthritis, but nothing has touched the pain until recently. I heard about Pure Herbs A.R.T.-C by Pat Castro. Within about 14 days I felt 98% better from taking the A.R.T.-C. Because of the severity of my arthritis, I take 40 drops of A.R.T.-C and Research Formula 4x/day. I also no longer suffer with leg cramps at night. Ever so grateful!"

—Diane Baird, Morganfield, KY
270-389-2660

Testimonial continued on next page!

WE ENJOY YOUR TESTIMONIALS, PLEASE SEND THEM IN!

IMPORTANT NOTE:

When sending in a testimonial, please be sure to include which herbs you have used to help you. We have received many testimonials which do not give this information and then we have our Distributors calling, wondering which herbs were used.

If you would like to send in your success testimonials, address them to: Pure Herbs, Ltd.
33410 Sterling Ponds Blvd.
Sterling Heights, MI 48312

Please let us know if we can publish them in our bi-monthly Newsletter and put them on our website. Also, let us know if you would like your name and phone number used. If you would only like the initials of your name to be used, please specify that. We would love to hear from you! **When your testimonial is published you will receive a free 4 ounce bottle of your choice with free shipping.** Please note some testimonials have been edited for space and clarification.

TESTIMONIALS CONTINUED

“My daughter, Shannon, miscarried a baby in 2001 at 20 weeks gestation. She became pregnant again a few months later and began to have slight cramping (contractions) almost every 30 minutes at about 10 weeks. Her OB/GYN advised her to stay on complete bedrest but the contractions continued anyway and he predicted she was going to miscarry again. I prayed with all my heart that I would find a way to help my daughter. Then, after researching through my HRG volumes, I decided to order Crampbark and False Unicorn Root. My daughter took 40 drops of the Crampbark and False Unicorn Root every four to six hours and it helped control the irritability of the uterus and helped to calm the cramps. She never had to set a clock to remember to take it because the cramps would come back about the time the formula was due to be taken. We also added Red Raspberry Leaf and P.N.-W 40 drops twice daily. Each week, we thanked God as we made a new milestone in the pregnancy. She was able to make it to full-term, thanks to our Good Lord and to Pure Herbs for providing the formulas that saved my grandbaby’s life. Joseph was born October 29th, 2002, at 38 weeks gestation, weighing 6 lbs., 11 oz. He is healthy and happy! By the way, my daughter’s labor was very light and lasted just four hours, thanks to the L.6W. (last six weeks) taken the last month of her pregnancy and also Blue Cohosh taken the last two weeks. She took the Blue Cohosh orally and also rubbed it on her abdomen. She used Arnica topically to the abdomen, lower back and full spine during her labor and afterwards. She delivered without any type of anesthesia or pain medicine. She had no episiotomy either. Two hours after delivering the baby, she commented that she felt as if she hadn’t even had a baby. Shannon is a size zero or two and she handled this delivery with confidence and calmness. Our family has so much to be thankful for.... Joseph is now two months old, breastfeeding well and weighing about 12 pounds!.....Shannon has now switched to several other Pure Herbs formulas to ensure a good supply of breast milk (Blessed Thistle) and plenty of nutrition and stamina (Three Bees, A.C.S., Rice Bran, Bilberry, and others). We are so fortunate to be associated with Pure Herbs, Ltd. who allows itself to be a true instrument of God, reaching out to those who need His healing herbs. Thank you Dr. Watkins for your personal commitment to helping others and thanks to all you that help make Pure Herbs possible. Thank you Bella Vladimirsky for introducing me to this awesome company. Words seem so inadequate to express my gratitude to all of you.”

—Patti Felici, McAllen, TX

956-971-0040

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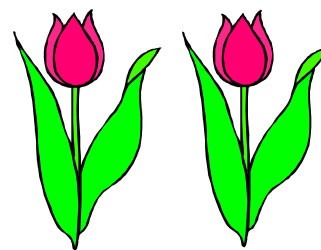
4. **OIL OF CAJEPUT** - kills fungus and quickly relieves discomfort. Apply externally to the skin over the areas most effected- for example the lungs. Cuts mucus loose.
5. **VITAMIN C** - keep larger amounts circulating in the blood stream at all times to stop problems before they start and antidote poison of many kinds. 3,000 mg. to 10,000 mg. per day.
6. **VIRGINIA SNAKE ROOT** - antidotes blood and nerve poisons. 40 to 80 drops at the first signs of distress and repeat as needed. If severe known exposure has just occurred then take 1 to 2 Tbl. at once.
7. **LADY'S SLIPPER (Root)** - if feelings of panic or anxiety then take 20 to 40 drops. Its effect is very quick.
8. **B-Complex Capsules** - when radiation exposure has occurred: Use 7 capsules per day all at one time of B-Complex which contain NIACIN. Your capsules may also include the vitamin Niacinamide, but the NIACIN is the particular vitamin which drives out the radiation. As it works, it produces a hot, tingling, "purple blush". That is the area where the radiation had affected the body and was stored. The effect generally lasts about 20 minutes. Repeat daily until the "purple blush" no longer occurs. At the same time you take the B-Complex capsules, also take the following to balance out the body chemistry: 3 capsules of **A.C.S.** (All Cells "Salts" minerals) and take 1 tsp. of **WILD ROSE HIPS** or **BILBERRY** Extract liquid. This will keep the teeth from hurting.
9. **BEE PROPOLIS** Extract liquid - To rapidly increase your immunity and detoxify use 1 tsp. 3x's per day.
10. **HERBAL ADJ.** (Herbal Adjustment) - If cardiac arrest threatens then put 80 drops in a cup of water and quickly drink it down. Warning: Very hot to the taste but does not destroy tissue as it restarts the heart.

With kindest regards,

Dr. Eugene C. Watkins
President

With best wishes,

Gisela Watkins
Vice President





**THE CENTER FOR BUILDING BETTER HEALTH NATURALLY, INC.
HERBAL RESEARCH GROUP**

Director Dr. Eugene C. Watkins, B.S.ed., M.S., N.D.
 29451 Greenfield, Suite #102, Southfield, MI 48076
 FAX (586)446-8218 PHONE (586)323-6631

Ship to: _____

Street: _____

City/State: _____ Zip Code: _____

The material offered here shows a person how to put herbal programs together for a multitude of different conditions commonly encountered when practicing with herbs. It lets you look over the shoulder of an N.D., Naturopathic Doctor, (Doctor of Natural Medicine).

HERBAL PRACTICE LIBRARY MATERIALS Author Dr. A. B. Howard	Number of copies ordered	Price
HERBAL RESEARCH GROUP VOLUME 1 (*DELUXE EDITION)		\$21.95
HERBAL RESEARCH GROUP VOLUME 2 (**working edition)		\$15.00
HERBAL RESEARCH GROUP VOLUME 3 (**working edition)		\$15.00
HERBAL RESEARCH GROUP VOLUME 4 (**working edition)		\$15.00
HERBAL RESEARCH GROUP SUPPLEMENTAL VOLUME (**working edition)		\$10.00
<u>HERBAL EXTRACTS</u> —BUILD BETTER HEALTH WITH LIQUID HERBS		\$9.95
UPDATED SUPPLEMENT TO THE COPYRIGHTED WORK <u>HERBAL EXTRACTS</u> —BUILD BETTER HEALTH WITH LIQUID HERBS		\$12.95
Shipping and handling for each Volume and each book is \$3.00. If ordering 10 or more of these works per order, shipping is free.	TOTAL COPIES ORDERED (if 10 or more shipping is free)	x \$3.00 = \$

***** HERBAL EXTRACT CD-ROM ***** Contents: <u>HERBAL EXTRACTS</u> —BUILD BETTER HEALTH WITH LIQUID HERBS & UPDATED SUPPLEMENT TO THE COPYRIGHTED WORK <u>HERBAL EXTRACTS</u> —BUILD BETTER HEALTH WITH LIQUID HERBS.	\$12.95 + \$5.00 Shipping & Handling Per CD-ROM. Also include taxes where applicable per your STATE LAW.	Total \$
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Methods of Payment:

CHECK MONEY ORDER MASTERCARD VISA AMERICAN EXPRESS

CREDIT CARD NUMBER WITH EXPIRATION DATE: _____ / _____ / _____ **EXP:** _____

Please make check or money orders payable to: T.C.F.B.B.H.N., Inc (The Center For Building Better Health Naturally, Inc.)
 Please note that we cannot ship to a P.O. Box.

Send with payment to: T.C.F.B.B.H.N., Inc.
 29451 Greenfield, Suite 102
 Southfield, MI 48076

*DELUXE means: edited and proof read.
 **working edition means: unedited practice copies.

