

# PURE HERBS, LTD.

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## NEW DIRECTORS FOR JANUARY/FEBRUARY 2004

**Karen Bright  
Danuta Wlodek  
Bertha Miller  
Karen Smith  
Rosanne Willars  
Alina Kozatskaia  
Cynthia McGahan  
Jason McCullah**

**CONGRATULATIONS!**

## OLD PHILOSOPHER'S CORNER

“Be the person which you would like to know.”

1 March 2004  
Dr. Eugene C. Watkins

## PURE HERBS WILL USE BITTER ORANGE TO REPLACE EPHEDRA

By now most of you are aware that Ephedra and Ephedra containing products have been banned from buying and selling, as of April 12, 2004. Therefore, Pure Herbs, Ltd. has decided to reformulate all products containing Ephedra to give the results you expect from the formulas which contained Ephedra and the single herb itself. Information from other parts of the world regarding the herb, Bitter Orange, and its chemical analysis indicate very similar functions to Ephedra. All combinations that previously had Ephedra in them will now be replaced with Bitter Orange (Citrus aurantium), with the exception of A.E.A.-B, the Ephedra in it will be replaced with Thyme.

**Products being replaced with Bitter Orange include: A.-W, GO.-W, L.B.R.-W, Q.N.-R, SLA-R\* and the single herb Ephedra.** We will be very interested to learn of your experiences and hear your comments.

**\*SLA-R will contain Bitter Orange and Thyme.**

How do you say good-bye to an old herbal friend like Ephedra? This is a friend that has served humanity well for at least 5,000 years of recorded history. It is especially difficult when you know there are other parts of the world where people are free to continue to use and enjoy the benefits of Ephedra. They do so without any interference from the people that make up their governments, governments that serve them. They are free to purchase the herbs put here by the Creator for our use. What we have here is a group of people in our government stopping commerce of an herb in order to stop its use. In fact, it is those same people within our government that are doing their best to prevent those of us who use and recognize herbs as part of the Creator's gifts from exercising our faith.

## CONGRATULATIONS CONVENTION QUALIFIERS:

Joseph & LuAnne Troyer	Maxine Murray
Solomon & Anna Mae Wickey	Richard & Carol Dicks
Dr.'s Frank & Irene Miesse	Irene & Kathy Gauthier
Betty Harbour & Rhonda Williams	Lon & Sherry Slider
Jake & Elizabeth Schwartz	Lowell & Carolyn Jess
Joseph & Veronique Desrosiers	Doug & Teresa McCurry
Arkady & Bella Vladimirsky	Calvin & Margaret Taylor
Tom Slider	Sam & Anna Mae Schwartz
Dr.'s William & Mildred Horosh	Jo Ann & J.D. Rigs
Paul & Mary Ann Hilty	Valentine Byler
Jim & Pat Courter	Ron & Glenda Nichols
Ralph & Carolyn Reed	Rady & Ella Faye Holder
James & Thelma Krutz	Geneva Gile
Jon-Lynn Yaden	Larry & Doreen Harris
Miles & Georgeanna Autrey	John & Ruth Zehr
Caletta Oakley	Tammy Williams

The Pure Herbs Convention will be held in Michigan, with a visit to the home of Pure Herbs. The convention will take place from September 25th through September 29th, 2004.

# 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.

20,696  
THRU  
20,999

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 \$7.50  
ADDITIONAL.**

### A few notes excerpted from the newsletter of one of our Directors, Joe Rabalais:

#### PURE HERBS ARE A GREAT DEAL:

“How would you like to buy a brand new 2004 Ford Mustang for \$5,000 (the 1976 price) instead of the \$20,000+ it costs today? Now that would be a great deal, but you can’t find deals like that today. Or can you? Well, Pure Herbs has not increased their prices\* since their beginnings in 1976. Pure Herbs has continued to hold costs in line by working hard and smart, plus benefiting from economies of their growth. Pure Herbs has kept prices the same without:

- 1) Shrinking the product
- 2) Using cheaper ingredients

AND

- 3) Sending production overseas

We have super high quality Pure Herbs at 1976 prices! Such a deal!”

\*One product, Lady’s Slipper, did increase, due to scarcity of the herb, but that’s the exception!

#### BE A SAGE WITH SAGE:

“British research suggests taking single doses of sage instantly sharpens memory skills, helping people recall names, places and other facts 11 times more accurately for at least two hours!

Brand new research shows that when perimenopausal women take sage, their hot flashes, night sweats and excess perspiration are cut by 50%. Study subjects felt significantly cooler within two hours of taking their first dose – and the effects lasted, even if they only took the herb every other day!

Recent laboratory studies show that sage can quickly kill 65 different strains of bacteria, fungi and viruses, including E. coli, salmonella and fungus that causes chronic yeast infections. And Dutch researchers found it can even destroy up to 70% of the tough-to-treat staphylococcus bacteria.”

Source: Woman’s World, Feb. 22, 2004

Editors Note: We have Sage, of course.

#### HAPPY BIRTHDAY PURE HERBS EMPLOYEES:



**GINA—APRIL 8**  
**GISELA—MAY 19**  
**ADA—MAY 23**

#### DISTRIBUTOR APPLICATIONS

Please do not fill out an application for your new Distributor. It needs to be filled out by the Distributor who is signing the bottom of the Agreement. Also, before sending the application in to Pure Herbs please make sure it is completely filled out or it will be returned. Remember this is a legally binding document. Also, if you need new updated Application Agreement forms please feel free to request them. There is no charge for these forms.

#### IN CHARGE OF PRODUCTION SAYS:

“Things are going really well with the transition of our Ephedra products. We hope you will have the continued accustomed effects you expect with our replacements of Bitter Orange and Thyme.”

1 March 2004 — 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—HUMBLE AND TOMBALL

Elaine Thomas, with A Gift of Health, has relocated to the Houston area. She is offering classes in Iridology and Herbology in the Humble and Tomball areas.

For further information, please contact:

Elaine Thomas @ 281-324-7415\*\*\* (Humble/Huffman) or

Karen Bright with Brighter Health (Tomball) @ 281-970-0414.

**\*\*\*WE APOLOGIZE THAT THE PHONE NUMBER FOR ELAINE WAS INCORRECT IN THE LAST TWO NEWSLETTERS. THE LAST NUMBER IS A 5 NOT A 4.**

### SHERBROOKE—QUEBEC, CANADA

Jacqueline Blouin will be offering an herbal spring seminar. The presentation speaker will be Dr. Eugene C. Watkins, B.S., ed, M.S., N.D.

**DATE:** Saturday, April 17, 2004 (color slides of individual herbs and what they do) and Sunday, April 18, 2004 (hot topics – most frequently asked about conditions and what to do about them)

**TIME:** 9:00 a.m. till 5:00 p.m. both days

**COST:** \$150 Canadian (lunch and dinner included Saturday and lunch included Sunday)

**PLACE:** Hotel Delta located in Sherbrooke

819-822-1989 for reservations of a hotel room (group rate code: G0706)

\$97/room with double occupancy

For further information and reservations of the herbal seminar, please contact Diane at 819-822-2522.

## PROMOTIONAL INFORMATION

### GREEN HERBAL BOOKLETS

For those of you wanting to order more of those wonderful green booklets full of herbal product information, please contact: **Frank or Irene Miesse at 937-325-2173.** The cost of these booklets is 75 cents each or if you purchase 50 or more the cost is only 60 cents each.

If you would like to contact Frank & Irene by mail the address is:

2525 Springfield-Xenia Rd., Springfield, OH 45506

### FOR PROMOTIONAL PAMPHLETS IN ENGLISH AND SPANISH

For promotional pamphlets in English and Spanish from very successful Distributors, please contact **Arkady or Bella Vladimirsky at 956-631-3772.**

## OFFICE HOURS

Pure Herbs, Ltd. is open Monday-Friday 9:00 a.m. till 5:30 p.m. E.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.T., on the last business day of the month, which would be Monday–Friday, i.e.: 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.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.

**\*We will be closed on Monday, May 31st, 2004 to observe Memorial Day.**

## PURE HERBS, LTD. SUCCESS TESTIMONIALS USING PURE HERBS PRODUCTS

“On Nov. 5, 2002, my 11 month old son was diagnosed with a rare illness called Kawasaki Syndrome and was admitted to the hospital. Two weeks prior to this my son was developing different illnesses. It started with a fever, and then went on to an ear infection, to flu like symptoms. In and out of the doctor’s office my son was not getting better. On Nov. 4, 2002, my son was surprisingly out of energy and his fever continued. That night we noticed small red patches developing around his ears. The next morning before leaving to work I discovered red patches from head to toe. My son was taken to his doctor and after a few testes we were told to take him to the hospital. An infection specialist felt it was Kawasaki Syndrome. The only problem was that there is no known cause to the illness and no test that confirms that my son has it. During the treatment, I didn’t notice my son getting any better, so I decide to intervene and use what I know best and that is herbal medicine. I went to see my colleague and friend Bella Vladimirsky in order to combine our knowledge and heal my son. We decided to treat the symptoms and boost the immune system. Here is what we used: Burdock – to clean the liver and aide the skin condition, Olive leaf – in case of a virus, Formula Max – to provide the body with vitamins, minerals and strength (since he couldn’t move after he had already begun to walk), Three Bees – used as a natural antibiotic and to provide a large amount of energy in order to speed his recovery to walk and sleep less as he was doing the majority of the time, Virginia Snake Root – as a poison antidote and to reduce his fevers, White Oak Bark – as a natural antibiotic in case bacteria was involved, Red Clover Blended – to clean the blood and provide immunity, IM.S.-W – to boost his immune system. Almost instantly, my son began to improve after being started on this herbal program. My son finally sweated after 2 1/2 weeks of hospital treatment which was going nowhere and only one day of herbal treatment. As rare as the illness was, he developed the rarest, most serious symptoms of the illness. His heart valves were dilated with aneurysms and his valves were narrowing. This was discovered after he was released from the hospital, which was a few days after starting his herbal program. After a few tests, results showed that the majority of the symptoms were taken care of. The herbs I continued to give my son were Olive Leaf, White Oak Bark, Three Bees, Virginia Snake Root as needed for fevers, and IM.S.-W. For his heart condition I started him on H.T. Combination and Formula 31. In March he was taken to Driscoll Children’s Hospital where they performed a heart catheterization. Prior to the test the medical doctors felt the results would be bad, but that was not the case, he dramatically improved with only one valve with a very small problem. The doctors are still shocked at my son’s improvement. To this day, he continues to take IM.-S.-W, H.T. Combination, and Formula 31. I thank you Pure Herbs, Ltd. for your excellent products and for giving myself and Bella the ability to defeat this rare illness and to provide my son with excellent health.”  
—Peter Lozano, Jr., Pharr, TX

“Recently I was performing heavy labor that I was not accustomed to. I acquired various bruises and swelling of my joints. Especially, in my wrists and knees. My whole body hurt. In the past, I had used C.C.E.-W externally to various skin problems and for joint pain. This time, however, due to the muscle aches, the bruising and the swelling, I added Arnica extract. My knees were very swollen and in pain. The Arnica is truly a gift from above! Within a few hours, the swelling and pain was gone from my knees! I am truly astonished at the rapid results. I simply applied C.C.E.-W to the entire joint area followed by the Arnica extract. Who needs pharmaceuticals when we have Pure Herbs! Your herbs are superior!”  
—With sincere thanks, Carol Ray, Indianapolis, IN

“Uncle Al — Thanks for sending me the three bottles of Vinca. (I was taking Vinca for high blood pressure and nightmares and was having an allergic reaction to my bottle). About the time I received the bottles from you, I visited Solomon Wickey. My high blood pressure was being caused by a liver stone. This is good news. It could have been much more serious. Consequently, I am taking only 1/2 tsp. of Vinca daily compared to the 1 1/2 tsp. when the blood pressure was a concern. I seem to not be having any reaction – Why? I’m not sure – but thank the good Lord. Thanks to you, too, I appreciate your help and the sincere concern you displayed when I called Pure Herbs about my problem.”  
—Marilyn Hull, Earlville, IL

## 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 (it is your responsibility to call us) with free shipping.** Please note some testimonials have been edited for space and clarification.

**TESTIMONIALS CONTINUED**

"I would like to share with you my pain and more pain, and the great help I received from Hope Lang, using Pure Herbs products. I was injured when I was a young man, while learning the fine art of kick boxing and Taekwondo. After three years of training and fighting in tournaments I received several injuries to my groin area. As the years passed, I had a harder time urinating, it would take forever to empty my bladder and it was very painful. After many trips to see my doctor and many tests, they found I had a blockage in the urinating tract. They gave me a #10 catheter, which I had to insert so I could urinate. It did not take very long using the catheter that everything that it touched was very sore and bleeding. I went to the doctors office a few more times to see if there was anything that could be done about the blockage. My doctor said there was only one way to correct my problem and that was to surgically make a new drainage incision between my legs and disconnect the male organ. This did not set well with me or my wife. I started talking with Hope about my problem. She said I might try using the following:

- (1) UR.-W, 40 drops twice a day, for six months. Then decrease to 40 drops once a day for four months. Then stay at 40 drops for an additional three months.
- (2) RST-C, 20 drops twice a day, for six months. Then decrease to ten drops once a day for four months. Then stay at 10 drops for an additional three months.
- (3) P.-W, 40-80 drops, three times a day, for six months. Then decrease to 40 drops twice a day for four months. Then stay at 40 drops once a day for an additional three months.
- (4) C.C.E.-W, 40 drops twice a day, for six months. Then decrease to 20 drops each evening for four months. Then stay at 40 drops each evening for an additional three months.

I took these products, hoping it would help as I did not like the doctors approach for fixing my problem. I started taking Pure Herbs products and found I did not need the catheter. Within a few weeks I felt a huge improvement. I had a strong urge to go urinate. I was very surprised that I passed a substance that was the size of an egg yolk and it splashed into the toilet. I was startled by the substance, at how large it was and the grayish color of it and that it did not float. I stayed on the products for almost one year, as I didn't want to have a recurrence of this problem again. I'm very happy to say that I have not had to visit the doctor since I started taking these products and I have felt good since. I'm back to myself again! My wife and I wish to thank Hope for introducing us to such great products. It has now been over two years and everything is working great! Oh yes, Hope is my step-mom, thanks again Mom!"

—Lorne Lang, Federal Hgts, CO

For further information contact Hope Lang at 303-287-2397

"At 77 years old, I take care of my 78 year old husband, who is still unable to take complete care of himself due to a stroke, a 10 year old boy who is special-needs child, and a 9 year old girl going on 29. I read a lot of Native American material (being part Cherokee) and came across an old Ojibwe herb tea. Take equal parts (4-oz size) of Burdock Root, Sheep Sorrell, Slippery Elm Bark, Turkey Rhubarb, Red Clover Extract, Blessed Thistle, Kelp and Watercress (Pure Herbs does not have Watercress, so I use Wild Lettuce). Start with 1 Tablespoon in a 1/2 cup of apple juice and work up to 4 TBL. a day of the mixture. The only thing you must do is watch how it affects your body. I thought since it gives me strength it would act the same on my husband. Wrong!!! It woke up his hormones. He thinks he's God's gift to women. To get any sleep at night I had to get an air mattress to sleep on. I have not tried it on the kids. Right now they have enough energy and I can't really predict how they would react. When I realized what was happening to my husband, I stopped giving it to him (it hasn't worn off yet). If you try the formula, please let me know your reaction. I haven't found anyone willing to try it yet."

—Virginia Dodge, Eastpointe, MI

586-775-4464

"Last year around April 15, 2003 my right knee went berserk (that knee had been bumped in a bicycle accident in 1977, but had been doing all right). Then, in 2003 it swelled up and was so painful I couldn't bend it. I couldn't tie my shoe and had to get my friend in the adjoining apartment to help me. I kept applying R.S.T.-C and Ol' Number 11 and Arnica three times a day. My friends kept telling me to stop fooling with herbs and get to a doctor. I explained that herbs take a while and kept limping around. It gradually got better. In six weeks I was totally normal, no pain and no swelling. Herbs are the way for me to go and I am very pleased with the results."

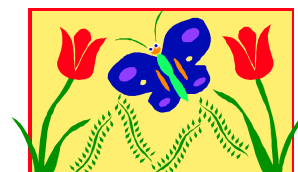
—Sister Mary J. Steinkamp SNJM, Portland OR

**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.**  
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Ship to: \_\_\_\_\_

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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
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<u>HERBAL EXTRACTS</u> —BUILD BETTER HEALTH WITH LIQUID HERBS		\$9.95
<b>UPDATED</b> SUPPLEMENT TO THE COPYRIGHTED WORK <u>HERBAL EXTRACTS</u> —BUILD BETTER HEALTH WITH LIQUID HERBS		\$12.95
Shipping and handling for <b>each</b> Volume and each book is \$3.00. If ordering 10 or more of these works per order, shipping is free.	<b>TOTAL COPIES ORDERED</b> x \$3.00 = \$ (if 10 or more shipping is free)	

***** <b>HERBAL EXTRACT CD-ROM</b> ***** <b>Contents:</b> <u>HERBAL EXTRACTS</u> —BUILD BETTER HEALTH WITH LIQUID HERBS & <b>UPDATED</b> 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.	<b>CD-ROM Total \$</b>
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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.

**PURE HERBS, LTD.  
33410 Sterling Ponds Blvd.  
Sterling Heights, MI 48312**