

PURE HERBS, LTD.

33410 Sterling Ponds Blvd. Sterling Heights, MI 48312
PHONE: (800)860-4372 FAX: (586)446-8218
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APRIL/MAY 2005

Volume XIV, Issue 2

INSIDE THIS ISSUE:

*NEW DISTRIBUTORS,
SHIPPING POLICY, RETURN
POLICY & C.O.D. FEE.* PAGE 2

*EMPLOYEE BIRTHDAY'S,
PROMOTIONAL INFORMATION,
MUSCLE TEST-KIT INFO,
CONVENTION NEWS, A
FRIENDLY REMINDER TO OUR
WALK-IN CUSTOMERS & I.C.O.P.* PAGE 3

*SEMINAR INFORMATION &
OFFICE HOURS.* PAGE 4

TESTIMONIALS. PAGE 5

*TESTIMONIALS CONT. &
ALUMINUM WRITE-UP.* PAGE 6

*HERBAL RESEARCH GROUP
ORDER FORM.* PAGE 7

NEW DIRECTORS FOR JAN/FEB 2005

**FAYE RUSSELL
GENA SWIHART
MARK MAHONY
EMILY BONNET
DANISE STRAIN
CHESTER MILLER
JOHN SCHWARTZ
ROBERT MCALLISTER**

CONGRATULATIONS!

APRIL SPECIAL purchase any 3 bottle of these protein sources below:

- ◆ **PROTEIN**
- ◆ **BEE POLLEN**
- ◆ **BREWER'S YEAST**
- ◆ **FIVE GOOD**
- ◆ **SPIRULINA**

and receive the 4th bottle free. **To take advantage of the special, all 3 bottles must be the same product and purchased at the same time.** No Purchase Volume will be paid on any free bottles.

Protein is good for a number of things: energy, weight loss, building immunity, healthy skin, curb sugar cravings and to build muscles.

NEW PRODUCT ANNOUNCEMENT

	<u>WHOLESALE PRICE</u>		<u>RETAIL PRICE</u>	
	<u>1OZ</u>	<u>4OZ</u>	<u>1OZ</u>	<u>4OZ</u>
B.D.R.-C (Bone Density Regulator) Contents: Neutral Grain Spirits (38%), Distilled Water, Rhizoma, Drynariae, Dulce, Red Clover, Sunflower Seeds, Black Walnut Hulls, Sarsaparilla, Flax, Lapacho, Horsetail, Oatstraw, Knitbone, White Oak Bark, Peppermint Leaf, Ginger Root, Grape Seed and Chippewa Pine.	\$9.50	\$28.50	\$13.00	\$39.00
Z.C.B.-J (Zinc & Copper Balance) Contents: Neutral Grain Spirits (38%), Distilled Water, Scullcap, Sage, Dandelion Root, Plantain, Chippewa Pine and Blue Vervain.	\$9.50	\$28.50	\$13.00	\$39.00

OLD PHILOSOPHER'S CORNER

"Illness and suffering are
not normal!"

1 April 2005
Dr. Eugene C. Watkins

COOK'S CORNER:

HELPFUL HINTS FOR YOUR PETS FROM MARYANN:

"If you start to use Garlic and Mullein Oil now on your pets, when high flea season comes along, your animals will not be pestered. Use about one to two droppers full per day in their food, or however you can get them to take it. The Garlic and Mullein oil will also make the animals' coat shiny. Also, if your animal suffers from a collapsed esophagus or has any type of cough, this herbal remedy will help!

If your pet does happen to get fleas, you can get rid of them by using a mixture of Cajeput Oil and distilled water in a spray bottle and just mist your pet with the mixture. The fleas will die quite quickly!"

**SEE CONVENTION
NEWS ON PAGE 3.**

WELCOME NEW DISTRIBUTORS TO OUR PURE HERBS FAMILY



22,451
THRU
22,820

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
\$1,200.00 and up	\$15.00

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.**

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.

**HAPPY BIRTHDAY PURE
HERBS EMPLOYEES:**

GINA—APRIL 8
GISELA—MAY 19
ADA—MAY 23

**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**.

MUSCLE TEST-KIT

Many of you like to use muscle testing for herb selections. For this purpose a Test-Kit, with 64 different liquid herb products, some singles and some combinations in it, is available from NATURAL ALTERNATIVES. These are put together by Thomas Anstett, N.D., in Palm City, Florida. The liquids are in 1/8 ounce amber glass bottles. He and his wife, Fran are independent Directors for Pure Herbs, Ltd. and personally assemble these time-consuming kits. The cost of the Test-Kit is \$245.00. For more details you may contact him at:

NATURAL ALTERNATIVES
1151 SW 30th Street, Suite C
Palm City, FL 34990

His telephone number is (772)220-8800. If you have a computer you can view his products at his web-site (computer address):

www.naturalhealthbalance.com

A FRIENDLY REMINDER TO OUR WALK-IN CUSTOMERS

It would greatly help us if you would call your order in ahead of time so we can have it ready when you get here. This will ensure that we don't leave you waiting in our lobby too long if we get tied up on the phone. Thanks for helping us.

PURE HERBS, LTD. 2004 CONVENTION NEWS:

We are pleased to announce the location for our convention qualifiers for "2004: the EAGLEWOOD CONFERENCE RESORT & SPA in the "Land of Lincoln" Itasca, Illinois just outside of Chicago. The convention will begin on Thursday, September 15, 2005 and end on Monday, September 19, 2005. The resort is located within easy reach of Chicago's O'Hare Airport and is also within easy reach of the many cultural and entertainment amenities Chicago has to offer. We are looking forward to another wonderful convention with all of our much appreciated, qualified Directors. See you in September!

IN CHARGE OF PRODUCTION SAYS:

"Production is in the process of adding two new stainless steel water distillation units and new shelving units to meet your growing demands. We thank all of our Directors and Distributors for helping our business grow.

We appreciate each and every one of you!"

1 April 2005 — 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.



MICHIGAN—SOUTHFIELD

Irene's Myomassology Institute is offering an Herbology class. The presentation speaker will be Dr. Eugene C. Watkins, B.S.ed., M.S., N.D.

DATE: Saturday, April 23 & Sunday April 24, 2005

TIME: 9:00 a.m. till 5:30 p.m.

COST: \$240 (non-student fee)

PLACE: 26061 Franklin Rd, Southfield, MI 48034

For further information or reservations, please contact Irene's Myomassology Institute at 248-350-1400.

TEXAS—ATASCOCITA (HUMBLE)

Elaine Thomas, with A Gift of Health is offering classes in Iridology and Herbology in the Humble area. For further information, please contact:

Elaine Thomas at 281-540-4372 (Atascocita/Humble)

7940 FM 1960 East in Atascocita

TEXAS—McALLEN

For anyone interested, Bella Vladimirsky 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

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, 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.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.

***Please make note that we will be closed Monday, May 30, 2005 to celebrate Memorial Day.**

PURE HERBS, LTD. SUCCESS TESTIMONIALS USING PURE HERBS PRODUCTS

Sept. 21, 2004

"I have an autoimmune deficiency, which means that I have lots of infections, mainly sinus and respiratory. No matter what I took, they would always come back and I would be miserable. I decided to try Stone Root to see if it would at least alleviate some of the symptoms. To my surprise and excitement the infections stopped completely! My adopted sister is handicapped and tube fed and she also has constant sinus infections. We decided to try the Stone Root on her and her infections have lessened considerably. The herb is put in her feeding tube with water after her meal. I was also taking Whole Apricot for fibroid cysts on the ovaries. Not only did the cyst shrink, to my delight I discovered that my vision had improved while taking Whole Apricot. I wasn't sure if it was a coincidence and I stopped the herb when my Doctor said my cysts were nothing to worry about anymore. After being off the Whole Apricot for awhile I had to return to wearing my reading glasses to read the paper, needless to say I started taking the Whole Apricot again. Well, it sure was NOT a coincidence, because by the time my bottle was half gone, my vision had improved to where I only need to wear my glasses for very small print! I love the Pure Herbs and I tell everyone about them. The B.P.-W formula is also wonderful for blood purification. I use it about once every four months to keep my immune system up and it has kept me feeling better than I have in years! Thanks, Pure Herbs for giving us such wonderful products." —Cyndi McGee, Great Bend KS

Sept. 28, 2004

"A couple of years ago I was diagnosed with severe TMS (Temporomandibular Syndrome) and told I would have to have surgery to repair my jaw joints. I have rheumatoid arthritis throughout my body and jaw. My mom bought the Pure Herbs formulas for arthritis and Rheumatoid arthritis (Una De Gato & Chuchuhuasi) and I took them faithfully. Eight months later I went to the dentist for my cleaning and he was amazed that my TMS was healed." —L.K., MI

October, 2004

"I've been using V.V.H.-W for about a year now. It keeps the pressure down in my eyes. I have glaucoma. I take one teaspoonful in the morning and one teaspoonful at night in 1/4 glass of distilled water. My pressure is usually 15 or 16. I thank God for Pure Herbs and their herbal remedies." —D. Pustelny, Warren, MI

October 6, 2004

"A couple of weeks ago I was in bed with a fever of 103 and my body ached all over. I also had a sore throat and saw the familiar white infection around my tonsils and knew it was strep. I could not even get out of bed to drive to the doctor's office. It was then that it dawned on me that I had C.C.E.-W on hand. I remembered it was an antibiotic. I took 80 drops every two hours (to start) and slowly tapered off to 40 drops over a period of time. I'm very happy to say, the fever was gone and the white blotches disappeared within 24 hours! I also decided to add Irish Moss to my mixture since it is an internal cleanser. I'll never bother with prescription antibiotics and their side effects again!!! Thanks so much Pure Herbs!

I have had other great experiences with my children's sore throats using C.C.E.-W and covering the area with a warm, wet cloth. It lifted the pain and infection right out.

One more testimony. I work with small animal rescue and had some mice who had MITES. They had bald spots with itching, bleeding and cracking skin. I could not stand to see them suffer, so I played "herbal doctor". I asked the Lord what to do and I was instructed to first break open Vitamin E capsules (for oxygenation), mix in Jewel Weed (for itching), S.I.-W for the skin lesions, Oil of Cajeput and Garlic and Mullein Oil. I mixed these together into a salve and applied it with a cotton swab to the poor little guy's wounds (of course, they licked much of it off, but none of it was harmful if swallowed. To seal the deal, I put drops of Mugwort and Wormseed in their water for a couple weeks. These old mice are healthy, fat and happy now! Absolutely NO signs of mites, scratching or bleeding! It felt GREAT to be able to help the helpless! The Mugwort and Wormseed is great for Guinea Pigs as well. They get mites from bad batches of hay and litter. God is not only good...He's GREAT! Thanks for doing His work, Pure Herbs!!!!" —Darlene Hrbek, Hamilton Twp, NJ

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.

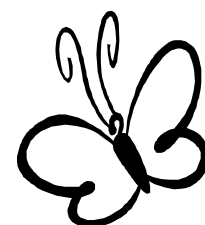
TESTIMONIALS CONT.

November 10, 2004

“When I received the information sheet on B.D.R.-C, I knew this combination was one I wanted to use for myself as well as encouraging others to try it. I have had four whiplash injuries affecting my neck and upper back. So when I read about restoring bone mass, strengthening bones, proper distribution of calcium, circulation, oxygenation, high minerals, etc. I started using this combo and so far, I have noticed less tension in my neck, more flexibility, better range of motion, much less discomfort and crunching. This combination will help your bones now and in the future. Try it, you’ll like it!” —Marcella Angelou, Basking Ridge, NJ

ARE YOU OR YOUR PET FULL OF ALUMINUM?

“You may have read or heard of news articles about aluminum being a possible cause of Alzheimer’s disease, paranoia and learning disabilities. Alzheimer’s disease robs one of memory and life. It has to be one of the most terrible and dehumanizing things that torments our modern society. Aluminum has a special affinity or liking for the brain and nervous system and heads straight for them. This pollutes and interrupts their function. Herbal practitioners have also confirmed that the glandular functions of many men and women have been restored when aluminum contamination is flushed from the body. Many baffling and confusing conditions that have not responded to anything all of a sudden clear up. You may ask, ‘Where does all this aluminum contamination come from?’ That is a fair question. Here are a few of the most common sources: soda pop, beer, etc. in aluminum cans, baking powder used in our baked goods, aluminum drying agents in powdered food to prevent caking, aluminum cookware, baked potatoes and other foods baked in aluminum, over-the-counter preparations for upset stomach that contain aluminum-hydroxide, industrial manufacturing processes that dump aluminum into our air and water . . . and don’t forget one of the worst things for a woman’s body, under arm antiperspirants made with aluminum-chlorhydrate. You have to figure whatever you put under your arm will wind up in the breasts and other parts of the body. You can see this is especially bad for women, and imagine the problems it can cause with the breasts. Put another way, we can safely say that most cancers in the body are caused by poisons. Perhaps a little aluminum now and then does no great harm, but constant use of it, especially from so many man-made resources, can constitute a health threat. It is not just people who suffer from aluminum poisoning. You hear much these days about bones not being able to retain enough calcium. It may interest you to know that aluminum competes with calcium for absorption in the body and lowers the female hormone, estrogen. Our dogs and cats fall prey to this aluminum contamination as well. Manufacturers of pet food, especially the dry type in bits, commonly use aluminum to keep it dry. Interestingly enough, despite all the piles of scientific evidence from animal hair and skin analyses, our Food and Drug Administration and the National Institute for Health have shown no interest in investigating this situation. If you notice that your pet has dry lusterless hair, is listless, has no energy, is chewing wallboards and such and attempting to catch unseen things in the air, suspect aluminum poisoning. Their blood tests quite often show, along with aluminum, pancreas, liver and kidney damage. Home-made dog foods can help a lot. For people and pets, the use of sea vegetables, especially one known as Bladderwrack, does wonders for flushing aluminum out of the body. This can be added to one’s diet rather easily. For a person, 10 to 40 drops of a type of algae, liquid Bladderwrack (known as an extract) or one to four capsules per meal. And for a pet, depending on size, one to ten drops per meal or one to four capsules per day. While you are detoxifying dangerous metals, it may also be wise to keep in mind using still another type of algae. Chlorella can be used to detoxify heavy metals such as mercury or lead. Where you find one type of metal poisoning, you often find others. Chlorella can be taken in the same amounts as Bladderwrack. Please be patient. It may take awhile, even months, but at least it is comforting to know you are on the right road. Is it any wonder that our bodies have become polluted as we have polluted the earth with our modern drive for profit and better living through chemistry? Thank the Creator that herbal remedies have been provided for the relief of maladies of our own making!”
—Dr. Watkins

With kindest regards,**Dr. Eugene C. Watkins
President****With best wishes,****Gisela Watkins
Vice President****WELCOME
SPRING!!!**



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

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

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