

PURE HERBS, LTD.

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APRIL/MAY 2007

Volume XVI, Issue 2

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NEW DIRECTORS FOR JAN/FEB 2007

Linda Stauffer
Pat Davis
Violet Moore
Karen Bodnar
Jeanne Allan
Fred Degordon
Jean Luzincourt
Fannie Knepp
Morgen Espe
Glenn Graber
Lorraine Webster
Mary Jones
Evadne Gooden
Jean Davis
Joanne Marquardt

CONGRATULATIONS!

APRIL 2007 SPECIALS

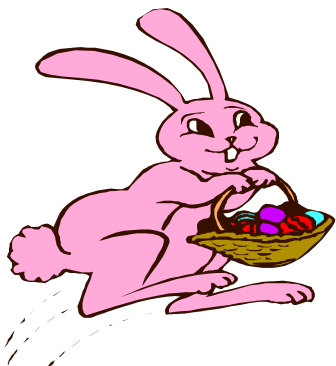
To take advantage of the special, all three bottles must be the same product from the list below and purchased at the same time. Purchase three bottles of the formulas in either the single herbs or combinations below and receive the 4th bottle free.
No Purchase Volume will be paid on any free bottles.

- ◆ **Sanicle**—Herbal bulldozer which helps dissolve tumors.
- ◆ **Inkerry**—Bad cell disorders, tumors & prevention, mercury poisoning & mercury fillings (heavy metals).
- ◆ **Whole Apricot**—Bad cells (also preventative), moles, source of B-17 and B15.
- ◆ **B.P.-W**—Blood purifier, bad cells, tumors, yeast, germs, viruses, chronic fatigue syndrome and heavy metals.
- ◆ **Red Clover Blended**—Bad cells, skin disorders, blood cleanser, tumors, kidneys, Endometriosis type problems and lymphatic disorders.

PURE HERBS, LTD. OFFERS MONTHLY SPECIALS. BE SURE TO ASK ABOUT THEM WHEN YOU CALL YOUR ORDER IN! ABOVE INFORMATION IS OBTAINED FROM THE CENTER FOR BUILDING BETTER HEALTH NATURALLY AND HAS NOT BEEN REVIEWED OR APPROVED OF BY THE FOOD & DRUG ADMINISTRATION.

THIS IS TO REMIND YOU OF THE PRODUCT PRICE INCREASE EFFECTIVE APRIL 1ST, 2007

Have you ever heard of inflation? Maybe you have experienced it personally over the last two years. That is what is happening in the herb business too. In order to continue to supply you with the same high quality products you expect, we have been forced to raise prices. As of April 1st, 2007 all 1-oz. products will be increased by \$0.50 and all 4-oz. products will be increased by \$1.50. Only Hoodia Extract and Hoodia Combination Extract will remain the same. Other items that remain the same price are the Encapsulated Products, Sports Cream and Skin Lotions #101 and #102. The new price list is included with this Newsletter.



HAPPY EASTER! HAPPY SPRING!

**WELCOME NEW DISTRIBUTORS
TO OUR PURE HERBS FAMILY**

26,489 THRU 26,834



OFFICE HOURS

Pure Herbs, Ltd. is open Monday-Friday 9:00 a.m. till 5:30 p.m. eastern time (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/lotion. 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 refer 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 Monday, May 28, 2007 in observance of Memorial Day.**

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

Shipping rates are as follows:

\$ 99.99 and under	\$ 6.00
\$100.00- \$249.99	\$ 7.00
\$250.00 -\$499.99	\$ 8.00
\$500.00 – \$1199.99	\$ 10.00
\$1,200.00 and up	\$ 15.00

C.O.D. FEE IS \$9.00

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/lotion and plastic spray bottles 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/lotion shipped without 1-oz or 4-oz bottles are at the same rate as above.

RETURN POLICY

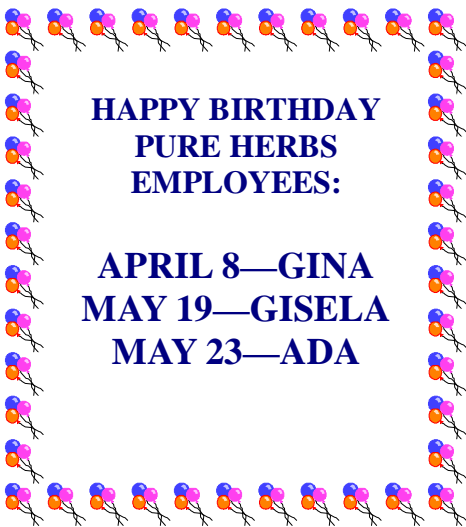
Due to F.D.A. regulations regarding food products, Pure Herbs, Ltd. has a no return policy. The exceptions are breakage and manufacturing defects. To return a product, you must receive prior approval. In the case of shipping errors, returned bottles must be as shipped (free of store pricing labels) and 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.

CLARITY OF EXTRACTS

Some of our liquid herbal extract products are naturally “cloudy” in appearance due to the character of the herb or herbs dissolved or suspended in them. No matter how long they set, they will never appear completely clear. Note: these dissolved or suspended particles make the product do what it is supposed to do. Occasionally, there will be some settlement of the herb or herbs dissolved or suspended in the liquid around the sides of the bottle or on the pipette (eyedropper). The explanation for this is that, with some herbs or combinations of herbs, their particles float in the extract liquid during the filtering process and later settle some. Temperature and pressure changes can and do influence this occurrence during and after making an extract. Also, it should be noted that herbs and good herbal extracts contain some natural oils, and some of these oil droplets may appear on the surface of the herbal extract. Both the particles and natural oil droplets could be removed, but then the extract would not be as strong. This is part of your guarantee that we put as much herb or herbs as possible into your extracts. This same occurrence can also be observed in natural juices where some settlement occurs. Shaking the juice or herbal extract prepares it for use with its full taste and effect.

COLOR AND TASTE OF HERBAL EXTRACTS

Herbs come from nature, and just as no two apple crops from one year to the next, or even any two apples from the same tree taste exactly the same, so it is with crops of herbs. This is part of the endless and wonderful variety which nature provides for you. You may therefore notice slight differences in color or taste from one year to the next. It’s something like your mother’s potato soup. She can use her recipe and the same ingredients two days in a row and the soup is always different, but always good. Rest assured, all of our herbal products do measure up to our known and established standards of quality and excellence before they are approved for use. This is so you can rely on them and have what you expect from them when you use them.



THE CENTER FOR BUILDING HEALTH NATURALLY, INC.

ANNOUNCES WITH GREAT PLEASURE . . .

the New 2007 Color Edition SUPPLEMENT to the copyrighted work HERBAL EXTRACTS, Build Better Health with Liquid Herbs book. It is now illustrated with herbal photographs in beautiful living color. It is the latest and greatest Supplement yet! It is a book you will use! What it contains:

- * 144 Combination Herbs: uses & dosages and the latest single herbs.
- * 154 color photographs.
- * All the capsules & Sports Cream
- * Green Drink write-up
- * Greatly expanded Historical Uses of Herbs: (37 pages) for easy reference (which herb to use).
- * Garlic & water injection write-up.
- * Children dosages.
- * Bibliography.
- * 182 pages.
- * All the herbal combinations, new single herbs and lotions that have been added to the Pure Herbs product line since December 2006.

IN CHARGE OF PRODUCTION SAYS:

“I have enjoyed almost 22 years of service here at Pure Herbs, Ltd. and in that time I have seen so many wonderful changes. We have added many new products, including vitamins, capsules and creams/lotions, to our product line to meet your needs.”

April 2007 — 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 three Herbology class dates. The presentation speaker will be Dr. Eugene C. Watkins, B.S.ed., M.S., N.D.

DATES: Saturday, June 2, 2007 & Sunday, June 3, 2007
 Also Saturday, Aug. 4, 2007 & Sunday, Aug. 5, 2007
 Also Saturday, Dec. 8, 2007 & Sunday, Dec. 9, 2007

TIME: 9:30 a.m. till 5:30 p.m. both days

COST: \$256 (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.

MICHIGAN—DETROIT

Dawud Abdur-Rahmaan, Herbal Specialist, of the Michigan Institute of Natural Health, is offering Herbal Extract classes. Become certified as an Herbal Extracts Specialist. Learn usage of natural herbs and their healing properties. Correspondence courses are also being offered. Learn to manage your own health by using Pure Herbs extracts. "If you don't pay attention to your health now, your health will get your attention later."

DATE: Every Monday, May 21st, 2007 through Monday, Aug. 20th, 2007

TIME: 7:00 p.m. till 9:00 p.m.

PLACE: 1128 Atkinson, Detroit, MI 48202

COST: \$250.00 plus book fee of \$65.00

For further information or reservations, please contact Dawud at 313-865-0018 or 313-820-6388.

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

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:

Shelly Oerlemans 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.

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 Miese 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.**

READ ON FOR A GREAT WAY FOR YOU TO BUILD YOUR BUSINESS . . .

Purchase and distribute everywhere the new Success Testimonials booklet. Make sure to put your name, address, phone number and/or e-mail address on the back of each one and then just sit back and the people will come to you. Most people want to get healthy and when they read how to, from real success testimonials, they will want to try it on themselves and let others try it too. In other words, they will call you and order from you! What a great way to build your business, don't you think!?!

SEE PAGE 7 FOR ORDER DETAILS.

PURE HERBS, LTD. SUCCESS TESTIMONIALS USING PURE HERBS PRODUCTS

Feb. 21, 2007

“Hoodia extract has been a great asset to my weight loss program. Started using Hoodia when I joined Weight Watchers this past Nov. I take Hoodia twice a day, on an empty stomach, between breakfast and lunch, and before supper. It has curbed cravings for sweets and assists me in keeping portions of food reasonably sized.

To date, I have dropped 18 unwanted pounds. For my needs, 15 drops of Hoodia is all that is needed. I know that Pure Herbs Hoodia is of high quality, and this is always a great assurance.” —Sheila, Hendersonville, NC

Sept. 18, 2006

“In addition to being a CNHP (Certified Natural Health Professional) and an active advocate and user of Pure Herbs products personally, my husband and I mentor two families in our church. One of the families has children who have Molluscum. (Molluscum contagiosum is a common childhood illness caused by a virus that occurs in about 1/200 children under the age of ten. Also, epidemic as an STD (sexually transmitted disease) among sexually active adults. All current treatment options for Molluscum are invasive (insertion of instruments or devices), and may cause pain and discomfort — information obtained from The Center for Biomedical Research.).

Connor is four years old. When he first got Molluscum, his mom did not want to use what the doctor recommended because of scarring, etc. and as he explained if untreated they would go away in a couple of years. He has had this condition for three years (most of his life) on his face, and it looks like warts. Because the warts are on his face, he has endured teasing from other children. He has not been swimming in a pool this summer and had to wear band-aides during vacation bible school because they are contagious. Recently, a dentist refused to treat him and his brother because of this. This rejection has been painful for him psychologically. He had asked his mom, ‘Why do I have these things?’ Once again at the advice of my mentor and friend, Teresa McCurry, CNHP, I used the herpes protocol. I recommended Plantain for the bumps, A.C.S. Bee Propolis, Vitamin A & D for the virus internally and Sutherlandia for the spine.

After approximately a month, two bumps have disappeared and the other two are almost gone. Connor looks in the mirror and is so proud that the warts are going away. He is now looking forward to going back to school and even told his mom, ‘Look mom, when I go back to school I won’t have those things anymore!’ What a joy to see his excitement. Thanks again for great products.” —Blessed by your products, Lynnette, Wellness Consultant, Cartersville, GA

October 10, 2006

“We thank God for Dr. Watkins who saved our friend from dialysis. With the diagnosis of a shrinking kidney and possible dialysis, Dr. Watkins advised us to rub Arnica on the skin over the kidney area on the lower back for any nerve damage, Herbal Adjustment for circulation, Vitamin E for oxygenation and Black Cohosh to remove any poison. Also, to soak an absorbent gauze or cheese cloth with Ol’ Number 11 to lay on the area and cover it with a plastic wrap and repeat for daytime application. Within a week there was a noticeable improvement. Within two weeks voiding began with copious amounts. Her remark was, ‘I’m going like a race horse.’ Within three weeks the pain was gone. By the way, this lady is in her 90’s and never expected a recovery like this! She is rejoicing in the newfound health. Thank you Dr. Watkins. May God Bless you!” —Judy, West Frankfort, IL

September 8, 2006

“I am so grateful to your company. I want to report a marvelous healing from using the Ol’ Number 11. I have been struggling since June with a bunch of fractures in my pelvis from a bicycle accident. Before the accident I had been riding 60 blocks a day. I am 75 years old and I guess my bones don’t mend so well. In late August (24, 25, 26) I took two tablespoons of Ol’ Number 11 in the morning and two in the evening. Previous to this I had only taken a dropper or two. For the first time since August 27th I walked without pain!!! You have marvelous products. I thank your company and God for those wonderful natural herbs.”

—Sister M. J. S., Portland, OR

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, clarification, syntax & grammar.**

Feb. 2, 2007

"My legs were hurting me so bad that I decided to go see my doctor who told me that I had Venous Insufficiency. I followed his suggestions and bought and wore the sixty-three dollar compression stockings. He also told me to put my feet up when I lay down on the couch and to take IB Profren for the pain. A few weeks later everything was the same except for my liver being very toxic from taking all the pain killers. Lucky for me that I was talking to my Pure Herbs director Kayla and I told her about my legs and she suggested I take Chestnut Leaf. I ordered it right away and shazam within a week I started feeling better! By the second week I took off the stockings and I haven't used them since! I had an appointment with the vein doctor yesterday and I decided to cancel my appointment. I will reschedule after I have been taking the herbs for three months. It feels great to have my legs back. Thanks Pure Herbs!" —J.N., Cary

Nov. 3, 2006

"I have been using Pure Herbs for a number of years. I am going to a Health Specialist now and have documented results. After taking the Vitamin E with selenium for two weeks my cell vitality went from four to nine (ten is the highest)! Thank you Pure Herbs."

March 1, 2007

"I have been using both the Skin Lotion Plus #101 and #102 for about three months now. I rotate between the two of them. I use one or the other of them in the morning and the evening. I love them both, but prefer the #102! I have had a skin condition on both of my arms for about five years now. It looked like little bumps filled with fluid (like whiteheads). The didn't itch or hurt, but just looked ugly and were annoying. I was embarrassed to go sleeveless. I tried many things from my dermatologist to no avail! Now I can honestly say after using the Lotion #101 and #102 the bumps are almost all gone and I can go sleeveless again. I will continue to use the lotion even when my arms are completely clear so that they will stay that way. I also use the lotions on the rest of my body, including my feet which are soft and smooth now! Also, my friend is using the Skin Lotion #102 on his psoriasis and it has cleared up beautifully! He has suffered with it most of his life and has tried everything so he is extremely grateful! Thank you Pure Herbs for this wonderful formula!" —Kim, Sterling Hts, MI

Jan 16, 2007

"Arnica Oil blend really worked extremely well and saved me a lot of pain. I twisted my ankle so immediately I went for the blend. I rubbed it on my ankle, leg, knee, thigh and neck. I repeated applications all day and before bed. I did this for a week. I did not suffer even a twinge of discomfort. I also used Arnica (Nature's Sunshine distress remedy) internally for additional shock relief." —Marcella, Basking Ridge, NJ

HELPING THE HEART

Restore circulation to the heart and extremities with L-carnitine. The body makes L-carnitine from protein. If there are digestive problems, it makes good sense to use a digestaid when eating protein. GINGER, GENTIAN, SWEET ROOT and D-W are good choices. Most people who are not in good health tend to have digestion problems. That is one of the reasons they are sick. As protein is digested in the body, parts of a complete high quality protein are used by the liver and kidneys to make L-carnitine. It is now fairly well documented by observation and science that this substance L-carnitine is very helpful to handle circulation problems where the heart itself does not get enough blood. This is known as cardiac ischemia. L-carnitine also helps when the arteries that are far away from the heart do not get enough blood. This is known as peripheral arterial disorder. They are developed disorders. Since they are developed they can be undeveloped. To ensure that the liver and kidneys can make enough L-carnitine a person should consume a high quality easily digested protein on a regular basis. BEE POLLEN, FIVE GOOD, PROTEIN EXTRACT, BREWER'S YEAST and YOGURT are excellent sources of such protein.

—Excerpted from the copyrighted works of Dr. A. B. Howard

ABOVE INFORMATION IS OBTAINED FROM THE CENTER FOR BUILDING BETTER HEALTH NATURALLY AND HAS NOT BEEN REVIEWED OR APPROVED OF BY THE FOOD & DRUG ADMINISTRATION.

With kindest regards,

Dr. Eugene C. Watkins
President

With best wishes,

Gisela Watkins
Vice President

OLD PHILOSOPHER'S CORNER

"It is a real good idea to read good information at many different times over and over again. You may see something you did not see before."

1 April 2007

Dr. Eugene C. Watkins



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	Wholesale 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>UPDATED HERBAL EXTRACTS—BUILD BETTER HEALTH WITH LIQUID HERBS</u>		\$21.95
<u>NEWLY UPDATED SUPPLEMENT TO THE COPYRIGHTED WORK HERBAL EXTRACTS—BUILD BETTER HEALTH WITH LIQUID HERBS</u>		\$17.95
Shipping and handling for each Volume and each book is \$4.00. If ordering 10 or more of these works per order, shipping is free.	TOTAL COPIES ORDERED x \$4.00 (if 10 or more shipping is free)	= \$

NEW PURE HERBS, LTD 104 PAGE TESTIMONIALS BOOKLET. 1 – 9 booklets \$2.00/booklet. 10 – 24 booklets \$1.90/booklet. 25 – 49 booklets \$1.80/booklet. 50 – 99 booklets \$1.70/booklet. 100 or more \$1.60/booklet.	MAILING/SHIPPING is as follows: 1 – 4 books shipped by U.S. Mail at a flat rate of \$3.85. 5 or more books will be shipped via UPS and you will be billed the actual UPS shipping cost.	TESTIMONIAL BOOK 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.

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

PURE HERBS BABY BOARD

Pure Herbs Distributors, Tammy & Richard, proudly announce the home birth of their son, Colby Daniel Page, 19 in., 7 lbs. and 11 oz. Born on July 7, 2006. Our heartfelt congratulations!
See her testimonial on page 5.