

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

AUGUST/SEPT 2003

Volume XII, Issue 4

INSIDE THIS ISSUE:

<i>NEW DISTRIBUTORS, SHIPPING POLICY, RETURN POLICY & C.O.D. FEE.</i>	PAGE 2
<i>NEW ADDITIONS TO THE PURE HERBS STAFF, BIRTHDAYS, HOW TO ORDER A MUSCLE TEST KIT, CLARITY, COLOR & TASTE OF EXTRACTS & I.C.O.P.</i>	PAGE 3
<i>SEMINAR INFORMATION & OFFICE HOURS.</i>	PAGE 4
<i>TESTIMONIALS.</i>	PAGE 5
<i>TESTIMONIALS CONT.</i>	PAGE 6
<i>SUTHERLANDIA AND SUTHERLANDIA COMBINATION WRITE-UPS.</i>	PAGE 7
<i>SUTHERLANDIA AND SUTHERLANDIA COMBINATION WRITE-UPS CONT.</i>	PAGE 8

NEW DIRECTORS FOR MAY/JUNE 2003

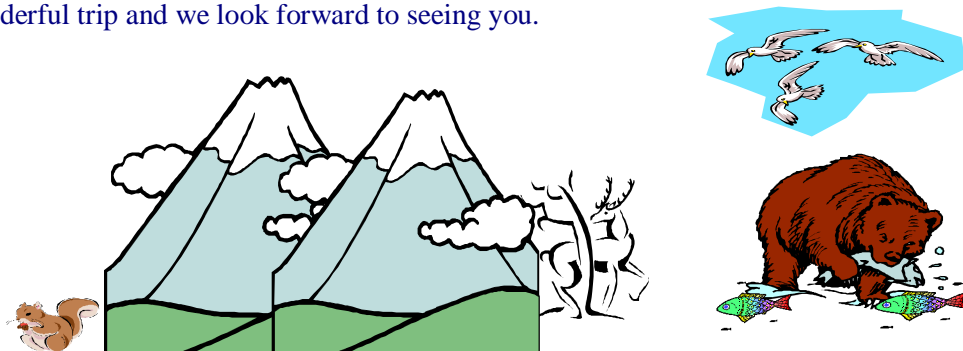
**LINDA DAVIS
 PEGGY BROSEIT
 LINDA SCHROERING
 ROY NEIL
 RANDALL GOODMAN
 HOLLY PATTERSON
 SARA BARAJAS
 ESTHER LEVY**

CONGRATULATIONS!

CONGRATULATIONS "2002" CONVENTION QUALIFIERS

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

You will be staying at the Big Cedar Lodge, in the Ozark's, just south of Branson, Missouri, October 4 – 8, 2003. You can all enjoy the wildlife of the Ozark Mountains, horseback riding, fishing, shopping or the nightlife in Branson. We hope you all have a wonderful trip and we look forward to seeing you.



OLD PHILOSOPHER'S CORNER

"The herbs know what
to do!"

**1 August 2003
 Dr. Eugene C. Watkins**

NEW PRODUCTS

	<u>WHOLESALE PRICE</u>		<u>RETAIL PRICE</u>	
	<u>1OZ.</u>	<u>4OZ.</u>	<u>1OZ.</u>	<u>4OZ.</u>
SUTHERLANDIA	\$7.00	\$21.00	\$9.25	\$27.75

Contents: Sutherlandia, Distilled Water, and 38% Ethanol (a grain neutral spirit).

SUTHERLANDIA COMBINATION	\$9.00	\$27.00	\$12.50	\$37.50
-------------------------------------	--------	---------	---------	---------

Contents: Sutherlandia, Virginia Snake Root, Cascara Sagrada, Bee Pollen, Distilled Water, and 38% Ethanol (a grain neutral spirit).

SEE SUTHERLANDIA WRITE-UPS ON PAGES 7 AND 8.

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.

19,756
THRU
19,900

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

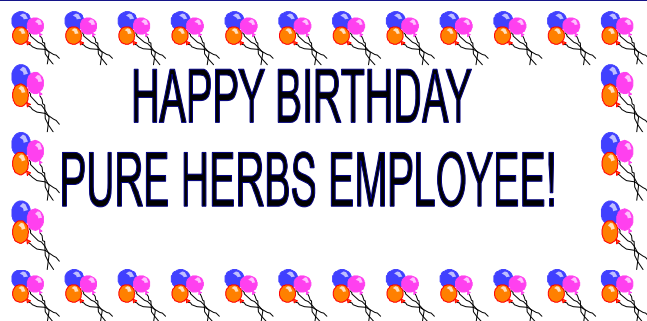
Please note: Because 1-oz and 4-oz bottles must be shipped separately in UPS approved containers, each is a separate order. So, if you place a 1-oz and a 4-oz order at the same time they each have to be shipped as separate orders with separate shipping charges. capsules, tablets and/or cream can be put 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.**

NEW ADDITIONS TO THE PURE HERBS, LTD. STAFF

Welcome Joanne who joined us as a part-time employee in December of 2002, to help out in the bottling room.

We would also like to let you all know that Ada, previously a part-time employee, has joined us full-time. She will be helping the ladies in the front office with order taking and order entry. She also assists in many other tasks that need completing.

**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 manufacture and put these time-consuming kits together. The cost of the Test-Kit is only \$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)475-8801. If you have a computer you can view his products at his web-site (computer address): www.naturalhealthbalance.com

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. 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.

COLORS 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.

IN CHARGE OF PRODUCTION

“We have located excellent sources of some of the harder to find herbs. So the future looks good to get all we require of these hard to find herbs. We are ready for your orders on any products we have!”

1 August 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.



MICHIGAN—GRAND BLANC

This Ultimate Herbal Seminar will be presented by **William J. Horosh, N.D.** Dr. Horosh is a Doctor of Naturopathy, a certified Naturopath, a Certified Nutritional Consultant, Master Herbalist and Iridologist. He has been studying the uses and theory of herbs for over 30 years. He has completed comprehensive studies in the field of Nutrition and Iridology under the direction of Dr. Eugene C. Watkins and completed courses with Dr. Bernard Jensen. He also became a Polarity Therapist under the direction of Pierre Ponnetier, N.D. Dr. Horosh is the founder of Back to Nature Nutritional Center for Building Better Health Naturally in Buffalo, NY where he has been practicing for the past 25 years coast to coast and internationally. In October of 1989, he was invited to Russia and lectured to the Soviet Association of Whole Nutrition and the Research and Social Center which is attached to the USSR Academy of Science. He appeared on a TV special, Good Evening Moscow and has been invited back and will be working with the Cancer Research and Diagnostic Center in Russia.

DATE: Saturday, August 23, 2003

TIME: 11:00 a.m. till 8:00 p.m.

COST: \$175.00

PLACE: Grand Blanc Court & Fitness Center
2308 East Hill Rd
Grand Blanc, MI

For further information or reservations, please contact William or Mildred Horosh at 716-835-4779 or Kevin Kaczmarek at 810-695-1700.

Take advantage of the remarkable powers that the world's herbs have to offer. Enhance your health and well-being and join us for a discussion on single and combination herbs and their historical uses. Seminar includes an exceptional amount of literature and upon completion of the seminar, a Certificate of Herbalist will be issued. This seminar is sponsored by Kevin Kaczmarek, former Mr. Universe, Middleweight Division in 1995 and 1997. He is the fitness trainer and founder of Grand Blanc Court & Fitness Center. He and his wife, Annie are both Nutritional Consultants, Iridologists and Master Herbalists.

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.

***We will be closed Monday, September 1, 2003 to celebrate Labor Day.**

PURE HERBS, LTD. SUCCESS TESTIMONIALS USING PURE HERBS PRODUCTS

"I've suffered with Endometriosis since I was sixteen and I am now thirty something. Back in 1991, my doctor told me I would have to have a surgical procedure to remove the damaged tissue. So I did. After the surgery I found out that the surgeons removed what they could, but on my left side they were unable to remove the damaged tissue which was wrapped around my bowel, fallopian tube, and ovary. They said this would require about ten hours of surgery. I decided to look into other options. I decided to wait on more surgery since one month after the original surgery the junk that was removed was back. The doctors put me on hormone replacement for about 6 months which I was told 'might help, but no guarantees'. Of course, this hormone replacement just made me a crazy women with hot flashes and did nothing to help with the Endometriosis. My doctor then decided to put me on a continuous cycle of birth control so I could decide when I wanted to suffer with the relentless pain. He recommended I only have a period two times per year. So up until February of 2003, this is what I did. I still did have pain during my cycles, but it was only really bad pain for a day or two. I finally grew tired and worried about being on the birth control for so many years, especially since it was not completely helping me with the unbearable cramping. So I went off of it. Since I do the Newsletters here at Pure Herbs, Ltd. and see all of the testimonials that come, in I knew we had about four testimonials on Red Clover Blended helping women in the same situation as me. I had tried it years ago, but not faithfully or for long enough. I decided to really give it a go! By May 2003, I had NO UNBEARABLE CRAMPS for the first time since I was 16, over half of my lifetime. I couldn't believe it, but told all of my friends, co-workers and family members. Dr. Watkins, of course wanted me to print my testimonial in our Newsletter. I said I would after waiting one more month to be sure this was for real. Well, as you can read from my testimonial, it worked. Two beautiful months in a row of no cramps and looking forward to a life without those awful days! I am truly grateful to Reuben Schwartz for all of the testimonials his clients sent in which he had helped them with their Endometrioses. I am also grateful to Dr. Watkins and Pure Herbs, Ltd. for without this job I may never have known about Red Clover Blended and might have had more surgeries than I want to think about. Since February 2003, I have also taken Can-Sol capsules (one-two/day) Oregon Grape (one dropper full daily) and 1 cup, about 6 oz., green drink* in addition to the Red Clover Blended. These seem to be helping with my Fibromyalgia and I'm sure my Endometriosis too! So if the Red Clover Blended alone doesn't work for you add these other products. I hope every women out there with Endometriosis will try this and not have to suffer any longer!"

—Kim Clark, Sterling Hgts., MI

Pure Herbs, Ltd. Employee

*"Green drink is made by blending a handful of fresh edible green leaves (such as Romaine lettuce) in a pint of reliable spring water or distilled water. Blend for about one minute. Filter through a paper coffee filter and drink up. This is fresh 'live' chlorophyll or 'plant blood'. It cleans your blood and gives you plenty of energy." —Dr. Eugene C. Watkins

"My husband and I have been using the Sports Cream Plus for our aches and pains following mowing our lawn. We also use the Cream to repel mosquitoes, sand fleas, flies, brown and black ants and other bugs. We have an 85 pound Doberman Pincher who hangs around while we mow our lawn. We apply the Sports Cream on her to repel the bugs off of her. She doesn't seem to mind. The cream even takes away the stinging, itchy feeling of the bug bite. Thank you Pure Herbs!"

—Sue & Terry Schafsnitz, Bay City, MI

"Dear friends at Pure Herbs, this past winter I introduced my friend Carole Ann to UR.-W. She had been experiencing frequent urination for many months with slight incontinence (four to five trips to the bathroom during the night, with urgency). After only one month of using UR.-W and drinking six to eight glasses of water and a wholesome nutritional program, she is seeing great improvement. She sleeps through the night and when she is out somewhere she doesn't have to seek out the nearest restroom in a hurry. What a blessing!"

—Sheila Kaplowitz, Hendersonville, NC

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

"I am 60 years old. I would like to share with you my testimony on my life living with pancreatic and liver cancer and diabetes. In 1990, I had just purchased a small country store and shortly after found out I had pancreatic and liver cancer. The doctors operated on me and sewed me up to die, said I had six months or less. I was very depressed and very scared. My daughter in Indiana told me of a Baptist minister who knew a lot about herbs. I went to see him because I had nothing to lose. His name is Frank Miesse from Springfield-Xenia, OH. He knew I was in bad shape. He put me on a cleansing program using many different herbs. I didn't even have room for food. I made all of my juices from fresh fruit and vegetables. There were times when I felt so sick I thought I would die any day, but I kept up on all the treatment he put me on. After about six months, Frank told me about a man in Casper WY, Ralph Schaus that had a good cancer herb that is like an herbal chemo. I started on that and other herbs and I started improving. It was a slow go, but I'm so thankful, because it has been 12 years and I'm still living and in fair health. My regular medical doctors said it was a bunch of hog wash (herbs), but could not believe it after I passed my six month mark. They said, 'we may not believe in it, but go ahead with it, because you are improving and we offered you no hope.' I made many trips to Ohio to see Mr. Frank Miesse. He is so happy with my results. He told me of an herbalist that he trained in Tomkinsville, KY (Reuben Schwartz). I went to see him and he had already heard from Frank about my life. I told him about the problems I was having with my thyroid, colon, digest system, kidneys and about my heart blockage. I also told him about other problems I was having. He suggested T.-W 1 tsp. 4x/day, Mega-Chel (Nature's Sunshine) to clean my arteries, Herbal Adjustment (mineral maintenance) for my arteries, Slippery Elm, Psyllium (bowel softener and lubricant), L-Salivarius for digestion (3 caps 3x/day), Maximizer for digestion (3 caps 3x/day), S.D.-R (stone dissolver), U.R.-W (urinary tract), B.B.-W (Brain and Balance), Vitamin E (immune system builder), H.T. Comb. (heart), body balance (Fibromyalgia), E-Tea (breast), Formula Three (1 tsp. 3x/day), N.-W (Pituitary gland), 5 HTP (Pituitary gland), Gotu Kola (Pituitary gland) and Wood Betony and Eyebright (for loss of eyesight in left eye). I have told so many people about these herbs. I personally know six people who have beat cancer with herbal treatment and faith. I wish everyone would try the natural herbs that God gave us to use. If only they knew the damage that 'man-made' medicines or drugs do to their body. God bless and thanks for the PURE Herbs, because I know many are not pure!"

—Jane Fishback, Edmonton, KY
270-565-2823

"I am a 75 year old man who had colon cancer in 1994. The doctors operated and said they got all of it. I also had chemotherapy. I have chronic emphysema (COPD Chronic Obstructive Pulmonary Disease) and an enlarged heart. I've been on inhalers for about 20 years. I made a bad choice; I smoked for 60 years. I also worked at Johnson Motors and Die Cast Metals for 30 years. I was exposed to various chemicals. I have taken Puritan's Pride vitamins for ten years. My friend Jane Fishback told me all about herbs. So when my lung specialist and other medical doctors told me there wasn't anything else they could do for me, I decided to give herbal treatment a try. I went to see Reuben Schwartz and he told me I probably wouldn't live long if I didn't get help right away. He suggested L.-W, A.E.A.-B, and Vitamin O for my lungs, Maximizer for digestion (3 capsules 3x/day), COQ-10 and Blessed Thistle for oxygen, Herbal Adjustment mineral maintenance for my arteries and Mege-Chel to clean my arteries, H.T. Comb. for my heart and Chromium for my pancreas. To my surprise, after taking these supplements for only one month I felt somewhat better. After two months I was much more improved and my oxygen level was coming up. After taking the Herbal Adjustment and A.E.A.-B I can breath better. I'm so thankful for the herbal treatment. I am very pleased with my results and hope to continue getting well. I've recommended this herbal program to others. Thank you so much."

—Harold Hensley, Edmonton, KY
(270)432-2695

"VANITY RULES! Just one 4 oz. Bottle of R.S.T.-C taken orally and applied externally to my face twice daily in the a.m and p.m. and I am no longer considering facial surgery. I am 63 years young. My skin had large pores and make-up would leak like blackheads. It made my wrinkles look awful. After just one bottle of the R.S.T.-C I noticed a difference immediately. I can only imagine what I will look like if I stay on the R.S.T.-C forever as a daily regimen! Look out Miss America!"

—Suzanne Fraeyman, Warren, MI
586-293-0359

"Recently, on a Friday, a customer came into my store with a toothache. Her jaw had swollen and was spreading down her neck and up to her ear. She was in considerable pain and had a slight fever. The local dentist was out of town until Monday. Scanning the shelves, my eye caught the E.T.I.-W formula. With its antibiotic properties of Echinacea and Myrrh and the special affinity White Oak Bark has for the gums, it was a perfect choice. I advised her to take a dropper full four times per day. I also suggested that she soak a cotton ball in warm water and E.T.I.-W and apply it directly to the tooth. She stopped in on Tuesday, all smiles, no pain and no swelling. She was amazed at the quick relief."

—Susie Yelverton, The Herb Cottage in Smithville, TN
615-597-2926

SUTHERLANDIA

(INFORMATION FROM THE HERBAL RESEARCH GROUP)

The desert herb Sutherlandia has the scientific name of Sutherlandia frutescens and is also known as Kankerbos, belbos, bitterblaar and gansies in South Africa where it is at home. In English people also call it Cancer Bush. It is a medium sized shrub with green leaves and bright red flowers. Parts used are above the ground: leaves, green stems, flowers and seeds with pods.

WHAT IT DOES:

SUTHERLANDIA seems to be an herb which mainly improves the workings of the immune system (bone marrow, thymus gland, liver, lymph nodes, spleen and other parts of the body). It assists the body to root out and clean out viruses wherever they may be in the body, no matter how long they have been at their destructive work. What is surprising is just how many problems may be caused or aggravated by viruses and their poisons.

WHAT IT WORKS ON:

Once body cells are weakened by something such as poor diet, poor bowel functions, harmful medications, emotional upsets, overwork, or other types of “stress” (stress = anything that threatens your survival), “disease” organisms can move in to work their mischief. One of those “disease” causing organisms is known as a virus. It is smaller than a germ, fungus or parasite. It takes over the machinery of a living body cell, perverts it and makes poisons. The virus makes that body cell sick, then multiplies itself inside the infected cell and then those offspring go off to invade other cells and so on. Unless something is done, this goes on and on until disaster results. The herb from the desert areas of South Africa known as **Sutherlandia** reverses this destructive process. The mischief caused by viruses and their poisons can be unraveled and corrected. Sutherlandia also works on the tumor causing viruses called retroviruses.

WHAT TO EXPECT:

Should you choose to use Sutherlandia there may be a few “bumps in the road” to recovery, so to speak. It takes you back through the many past problems the body has had and you repair them as you go. But, wouldn't it be worth it to develop an immune system that viruses just bounce off of? It would be great to get back to original condition again wouldn't it? It is a pretty tall order to build a strong immune system these days. This is especially true if you have lived for a while and your body has gone through some damaging battles and collected some “junk”. If the body has “walled off” areas of struggle in the past, these may be cleaned out in the process of restoring the immune system.

Sutherlandia acts as an adaptagen to help one cope with anxiety and depression.

HOW MUCH TO TAKE:

SUTHERLANDIA is not candy. You can only go so fast when you set out to unravel all of the ills of the past caused by viruses and repair them as you go along.

INTERNAL USE:

Experience has shown three to ten drops with meals can be a pretty good pace unless advised otherwise by your health care provider.

EXTERNAL USE:

Apply to troubled area(s), enough to cover the area each day, until the problem is resolved.

FOLK MEDICINE USE FOR SUTHERLANDIA COLLECTED SINCE VERY EARLY TIMES UP TO THE PRESENT.

When you see the number of conditions that have been corrected by Sutherlandia, you wonder if viruses were mixed into the cause of most all of these ills. Take a look.

- Indigestion, poor appetite, ulcers of stomach and esophagus, painful gas blockages, liver conditions, diarrhea, diabetes, cancer of the pancreas and other cancers.
- Colds, flu, asthma, chronic bronchitis and tuberculosis.
- Varicose veins, hemorrhoids and heart failure.
- Swellings, back ache, muscle ache, kidney and urinary tract infection and joint discomfort.
- Anxiety and depression.
- Chicken pox, the deadly world-wide flu epidemic of 1918 and conditions where the body's immune system is fighting good cells too instead of only enemy cells as in the case of: AIDS (Acquired Immune Deficiency Syndrome) and HIV (Human Immunodeficiency Virus).

SUTHERLANDIA COMBINATION

Contents: Sutherlandia, Virginia Snake Root, Cascara Sagrada, Bee Pollen, Distilled Water, and 38% ethanol (a grain neutral spirit).

WHY IT IS ALSO OFFERED IN A COMBINATION:

During the time Sutherlandia is working, it helps to have a poison antidote working along with it. For this reason we have included some **VIRGINIA SNAKE ROOT** in the combination.

You will also want to make sure you are having regular bowel movements to eliminate the poisons that are being cleaned out by Sutherlandia. For this reason we have included some **CASCARA SAGRADA** in the combination.

Please understand it is also vital to have a diet rich in high quality protein so Sutherlandia can do its job properly. The white blood cells made in the bone marrow and those in the lymph nodes, as well as the interferon made by the liver to fight viruses all require protein to make them. For this reason we have included **BEE POLLEN** in the combination.

HOW MUCH TO TAKE:

SUTHERLANDIA is not candy. You can only go so fast when you set out to unravel all of the ills of the past and repair them as you go along. Experience has shown three to ten drops per meal is a pretty good pace unless advised otherwise by your health care practitioner.

With kindest regards,

Dr. Eugene C. Watkins
President

With best wishes,

Gisela Watkins
Vice President

