

PURE HERBS, LTD.

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PHONE: (800)860-4372 FAX: (586)446-8218
WEB SITE ADDRESS: www.pureherbs.com

AUGUST/SEPTEMBER 2004

Volume XIII, Issue 4

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AUGUST SPECIAL (ALLERGY & SINUS)

Purchase 3 bottles of:

- ◆ L.A.S.-JB (CAPSULES)
- ◆ SI.-W
- ◆ SI.A.-R
- ◆ A.E.A.-B
- ◆ CAJEPUT OIL

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.

NEW DIRECTORS FOR MAY/JUNE 2004

**CARMELLA SAAB
MARY RATLIFF
BETTY READUS
KAREN KELLY
JANIS COWGER**

CONGRATULATIONS!



HONEY BEES DO ACTUALLY KNOW WHAT THEY ARE DOING



“Honey bees have been around a long time. They were created before us if you believe in the Bible. They have a well organized social system. They are a highly disciplined team dedicated to helping each other survive. They make valuable products like honey, wax and propolis. Propolis is a Greek term meaning before the city or pro – polis. It was observed 25 hundred years ago that honey bees have tunnels and walkways they go through to get inside their dwellings. These tunnels and walkways are made of a resin something like hardened tree sap and we call this material propolis. As a matter of fact, the bees collect the sap of selected trees, buds and leaves and then mix this with wax. They sweat wax. They mix this wax with their saliva and the sap. At this point it becomes propolis. Ok, why all the effort to make propolis? They don’t eat it. They build entrance and exit tunnels and walkways out of propolis. They put up this tunnel to trap germs, viruses, fungus, dirt, etc. This way they don’t track diseases into their home. Honey bees also put propolis plugs into any undesired openings which they find in their home. They also put a light coating of propolis on the wax honey cells to protect them. If a large insect should come looking for some honey or an errant snake should invade their home, they sting it to death. If it is too heavy to drag back out, they completely coat and encase it in propolis. Once that is done, the creature does not putrefy and destroy the honey or the hive. People have theorized that if we could eat bee propolis then we could kill the germs and things which try to kill us; and people have tried it. It seems to work pretty well. Some people sip drops of liquefied bee propolis throughout the day when they have a sore throat, fever or other infectious malady. Others take bee propolis capsules or liquid to help prevent infections. Now remember, we as a human race are a lot larger than honey bees and come in contact with more germs and things. Also, add to this that we as a human race ingest a lot of harmful things (junk food, cigarettes, coffee, etc.) and not enough good things. As a result, we get sick. So don’t expect bee propolis to be able to do everything to keep you well! Help it along. On an interesting modern note, scientists tell us that there are things which harm our bodies called ‘free radicals’. They cause the body to break down and eventually bring about old age. You might think of these free radicals as unstable oxygen structures and their kin. Where do they come from? Ultra-violet light shining on air causes free radical structures of oxygen. Let us not forget our modern society also provides sources such as chemical manufacturing plants, power plants, radiation, excessive food processing, smoking and being sick. Would it surprise you to hear that bee propolis is crammed full of things to counteract free radicals? It is! They are called antioxidants. Now you understand why some people take bee propolis each day. They typically use one capsule or twenty drops at each meal. Oh yes, in parting there is something else you may wish to know. Bee propolis contains many wondrous and wonderful individual components. As an example, bee propolis liquid is being applied (the width of a person’s hand) to the length of the spine daily to help repair spinal cord injuries. Many modern day drug store companies have isolated and concentrated many individual parts from bee propolis and market each of them as the ‘most active ingredient’ in propolis. Don’t you think if it were so the bees would have made it that way to begin with? The fact is bee propolis varies wildly in its make-up from one part of the world to the next, but all of the parts together do the job intended. You need all of the parts of propolis to make it work right regardless of their differing proportions and concentrations. That means that bee propolis is something more important with all of its parts put together than any of its parts taken separately.” —Dr. Eugene C. Watkins

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.

21,283
THRU
21,540

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

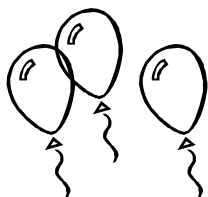
\$ 99.99 and under	\$ 5.00
\$100.00- \$249.99	\$ 6.00
\$250.00 -\$499.99	\$ 7.50
\$500.00 and up	\$ 10.00

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.**

**HAPPY BIRTHDAY
PURE HERBS
EMPLOYEE:**

DAVE—SEPT 17



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**.

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 \$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

ONE-TIME ONLY SALE!!! CONDITIONS BOOK — \$40 SPECIAL PRICE

Got a health condition and don't know which Pure Herbs to use? The 150-page Herbalist's Quick Reference Conditions Guide is a master INDEX to every health condition mentioned in all Pure Herbs materials (two books by Dr. A. B. Howard and five HRG Volumes) and listing all herbs and combinations that would be useful for these conditions.

Special price: \$40 (with free shipping and handling).

NO RETURNS AND NO REFUNDS.

Checks or money orders only please: made payable to Anne Buchanan

Send to: Anne Buchanan

1727-8A Sardis Road North, Ste. 132

Charlotte, NC 28270

Phone: 704-814-6589

IN CHARGE OF PRODUCTION SAYS:

“If there is an herb you would like to see us carry, please let us know and we will see what we can do to get it. Also, please let us know what the herb is used for and what kind of results people have had with it.”

1 August 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.

TEXAS—McALLEN

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

INDIANA—LAWRENCEBURG

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

NORTH CAROLINA—MANTEO

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

DATE: 1st Wednesday, each month

TIME: 7:00 p.m.

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

MICHIGAN—STERLING HEIGHTS

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

OFFICE HOURS

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

ALL DIRECTORS:

All orders and P.V.T. (Purchase Volume Transfers, which refers to products that were ordered by Distributors that you did not sponsor) **MUST** be called in, faxed in, or received by mail before 5:30 p.m. E.D.T., on the last business day of the month, which would be Monday-Friday, 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, September 6, 2004 in observance of Labor Day.**

PURE HERBS, LTD. SUCCESS TESTIMONIALS USING PURE HERBS PRODUCTS

June 29, 2004

"I have been a Pure Herbs Distributor since the beginning of this year. I have high cholesterol and my doctor tried a couple of different medications. The first medication I tried was Lipitor, but after a few months of taking this medication I started to have a problem with my liver. Next, I tried Zocor and after awhile I started to notice I was in pain all of the time. I found out one of the side effects was muscle and joint pain. I stopped taking the Zocor and decided to try Pure Herbs products. After reviewing the information I received from Pure Herbs I decided to try O.C.M. 1/2 teaspoon 3x/day along with one Tablespoon of liquid Lecithin and 1/2 teaspoon of Flax Seed just before bedtime. My total cholesterol has dropped ten points with my HDL up four points and my LDL down 15. Thank GOD for Pure Herbs products and for the helpful staff that works there."

—Lamar Harris, Clinton Twp, MI

June 15, 2004

"Recently my husband and I had planned a weekend away. Just before leaving work, my husband phoned to say his face was swelling up because of poison ivy he had come in contact with. Usually when he gets poison ivy it gets into his blood stream and he becomes severely ill. My husband called to speak to Dr. Watkins about what to use to stop the poison ivy from contaminating his blood any further. Dr. Watkins suggested:

- For the first day or two 40 drops of Jewel Weed every hour and rub on any lesions and then after a day or two 3x/day internally and also rub on any lesions.
- For the first day or two one teaspoon of Sassafras every hour and rub on any lesions and then after a day or two one teaspoon with meals and also rub on any lesions.
- For the first day or two one teaspoon of Formula Three to help him with any added stress this was putting him under and after the first day or two 3x/day.

Well, the itch went away and the swelling went down. The herbs stopped the poison ivy from getting any worse and started drying up the existing lesions. It was amazing how quickly he felt better! Thank you Dr. Watkins for your help. As a result, my husband and I had a wonderful weekend away. Thank you Pure Herb products!" —Mt. Clemens, MI

August 11, 2003

"For a couple of years I was taking a tablet form of B-complex which didn't seem to meet my needs. It was not digesting properly. Upon reading the supplement 'big book' [Herbal Extracts, Build Better Health with Liquid Herbs](#) I came across an extract called Broad Beans. It really seemed like it would be the perfect B Vitamin, so I tried it. It is top-notch! It is easy to assimilate, very mild tasting and works well to strengthen the nervous system. I also use Scullcap for times when I want a super relaxed feeling. A chiropractor suggested I use Scullcap following an adjustment. It helps the complete nervous system and also helps to hold the chiropractic adjustments. Pure Herbs and God have presented and shared some of the most wonderful herbs with us. Thank you."

—Sheila Kaplowitz, Hendersonville, NC

June 28, 2004

"I've had an under-active thyroid for most of my life. I started taking Dulse Extract which helped a lot. I lost so much weight while taking Dulse along with exercising that people in my high school wouldn't recognize me. But, even with taking the Dulse there was still something missing. On June 8th, 2004 I was introduced to the herb Bitter Orange. It worked like a miracle! Bitter Orange improved my circulation, energy, concentration and my allergies! All this coming from a person whose asthma was so bad that I had to use inhalers like Albuterol. My allergies were so bad I had to take prescription medications like Claritin and Clarinix. To be able to inhale in New Jersey, I used to use Nasonex and Nasocort. After about five or six days, my allergies were gone! It feels so good to breathe again. Bitter Orange also helps with painful constipation. It also gives you energy and it tastes good too! For all those people out there that have problems with circulation, allergies, tiredness, concentration or asthma give Bitter Orange Extract a try. You will not be sorry." —S.S., Bound Brook, NJ

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

March 2004

“Here it is, the great mystery of Russian Penicillin, which is..... GARLIC! Now you think we are going to say it works for the human body, right? Uh...Nope! At least that is not its final use for a family in Florida. Let us explain. One of our family members uses garlic once a month for enemas to clean out the colon of “garbage”. She happens to have a septic tank and has the professional septic tank man come out every three years to clean out the septic tank. Now, now don’t get ahead of the story, like we did. We thought it would reek of Garlic. Well, we were wrong! The man said, ‘Lady you have the cleanest septic tank I have ever cleaned in my life!’ She claims that two bulbs of fresh ground garlic soaked in 1/2 cup of water for about two hours and then flushed down the toilet works better than any other septic cleaning product available.”

“Another testimonial we received from a client solved her problem with dry hair She is especially concerned with split ends, so this is what she uses for a natural moisturizer:

1/8 – 1/4 teaspoon of Extra Virgin Olive Oil

1 drop of Pure Herbs Peppermint Oil (she really likes the quality of this oil)

She mixes it together in her hands, then she runs her hands and fingers through her hair. She begins halfway down her hair and goes to the ends. Next, with the residue that is left in her hands she touches lightly on the top of her head. By doing that she keeps her hair from looking oily. She says it really smells nice too.” —The Courter’s, Valley View, TX 940-726-5070

May 27, 2004

“I suffer with a condition called Poly Cystic Ovarian disease and was told by many doctors that I would never have children, but after four years of marriage my husband and I were surprised in February 2003 to find out I was pregnant. We were happy and scared at the same time, since I had a miscarriage the year before. I knew one thing for sure and that was that I was to go the herbal route. During my third month my medical doctors became concerned when they gave me a blood test called Alpha Protein Test which came back abnormal. The medical doctors feared that the baby would suffer with Down’s Syndrome or Spina Bifida. My blood pressure was high which was causing poor blood flow to the baby which caused the baby’s growth to be effected. I have known Dr. Watkins for over ten years and decided to call him for his suggestions. For the Down’s Syndrome he suggested I take 40-80 drops 3x/day of A.C.S. For the Spina Bifida he suggested using Knitbone, which is a natural folic acid and also to drink a pint of Green Drink daily. Also, I was to apply Mugwort and Wormseed on my abdomen. I needed protein so I began eating almond butter along with whole grain crackers, fish, chicken and turkey. I stayed away from refined sugar, artificial sweetener and white flour. After feeling things were going alright I went to see my medical doctor and he discovered a fibroid tumor that was growing right along with the baby. I put another call in to Dr. Watkins and he suggested Crampbark and False Unicorn Root along with Dulse. These herbs worked wonders. In one month the fibroid tumor had dissolved. The medical doctors were amazed, but I knew that if I had not been on the herbs I would not have gotten this far. I decided to go off of the pre-natal vitamins and went totally on the Pure Herbs pre-natal program. This was what I took: P.N.-W, Protein Extract, Vitamins A & D (capsules), Vitamin E (capsules), Red Raspberry Leaf, Yellow Dock (for iron) although I changed from Yellow Dock to Flora Dex because it has about 14 vegetables in it (I got this from the health food store). I was already taking A.C.S. and Green Drink. I ate a cup of yogurt daily for extra Vitamin B. In the last ten days of my pregnancy I took Blue Cohosh Extract internally and externally I rubbed Arnica and Indian Tobacco all over my abdomen to prevent shock and complication. I also rubbed Herbal Adjustment on my ankles, feet and toes to keep down the bleeding. Unfortunately, I ended up with a C-section, but my baby was healthy and strong. Marja’ Soleil Quaqua was born October 24, 2003. She was 4lbs. 7oz., but the medical doctors said she was strong and that her lungs had developed and there were no signs of any disabilities. My daughter is now seven months, happy, healthy and crawling. Thank you Dr. Watkins and the staff at Pure Herbs, Ltd. One more thing, after having the baby I suffered from post-partum depression so I used the herb D.A.N.-C. It helped me in about a week. I still take it to keep calmness in my life. Thank you! Thank you!” — Farrah Miller Quaqua 864-963-1855

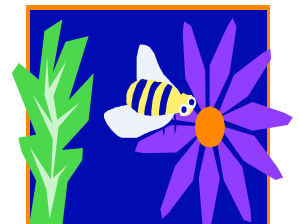
WE ENJOY YOUR TESTIMONIALS, PLEASE SEND THEM IN!

With kindest regards,

Dr. Eugene C. Watkins
President

With best wishes,

Gisela Watkins
Vice President





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

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

Ship to: _____

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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
HERBAL RESEARCH GROUP VOLUME 4 (**working edition)		\$15.00
HERBAL RESEARCH GROUP SUPPLEMENTAL VOLUME (**working edition)		\$10.00
<u>HERBAL EXTRACTS</u> —BUILD BETTER HEALTH WITH LIQUID HERBS		\$9.95
UPDATED SUPPLEMENT TO THE COPYRIGHTED WORK <u>HERBAL EXTRACTS</u> —BUILD BETTER HEALTH WITH LIQUID HERBS		\$12.95
Shipping and handling for each Volume and each book is \$3.00. If ordering 10 or more of these works per order, shipping is free.	TOTAL COPIES ORDERED x \$3.00 = \$ (if 10 or more shipping is free)	

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

PURE HERBS, LTD.
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Sterling Heights, MI 48312