

# PURE HERBS, LTD.

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**AUGUST/SEPTEMBER 2011**

**Volume XX, Issue 4**

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ARNICA

## **HIGH FIVE AUGUST SPECIALS**

Purchase three bottles (must all be the same product and the same size) of the following **HIGH FIVE PRODUCTS** and receive the 4th bottle free. To take advantage of the special, the three purchased bottles and the FREE bottle must be the same product and purchased at the same time from the list below. Example: Purchase three bottles of O.C.M. and receive a fourth bottle of O.C.M. free. No Purchase Volume will be paid on any free bottles.

- ◆ **ARNICA** — Remove physical shock from the nervous system, bumps, bruises, sprains and injuries.
- ◆ **RED CLOVER BLENDED** — Dissolves “bad cells” & tumors, lymphatic disorders and skin “dis-eases”.
- ◆ **BLACK COHOSH** — Poisonous bites from creatures of all kinds (bees, mosquitoes, spiders, snakes, etc). Also, may help to lower blood pressure and can be used as a female estrogen hormone source, for relief of menopause.
- ◆ **SANICLE** — Discurient (tumor dissolver), depurative (purifying), vulnerary (healing) & astringent. Also, skin disorders, prolapsis of the uterus (fallen uterus), thin mother’s milk, morning sickness & bee stings. Sanicle is also known as a “herbal bulldozer” and builder.
- ◆ **O.C.M. (LIQUID ONLY)** — Safely cleans veins and arteries and keeps them clean. Dissolves undesirable congesting fats, cholesterol, high triglycerides and plaque (a “concrete” rock like material which hardens arteries).

PURE HERBS, LTD. OFFERS MONTHLY SPECIALS. BE SURE TO ASK ABOUT THEM WHEN YOU CALL YOUR ORDER IN!

THIS INFORMATION IS OBTAINED FROM THE CENTER FOR BUILDING BETTER HEALTH NATURALLY, INC. AND HAS NOT BEEN REVIEWED OR APPROVED BY THE AMERICAN MEDICAL ASSOCIATION OR THE FOOD & DRUG ADMINISTRATION.

**NOTE: THE MONTHLY SPECIALS ARE ONLY VALID DURING THE MONTH OF THE SPECIAL.**

**PLEASE DO NOT LEAVE YOUR DROPPERS IN THE BOTTLES THAT CONTAIN OIL. THE OIL CAN SOFTEN THE STOPPER WHICH MAY LEAD TO LEAKAGE.**

## **NOW AVAILABLE:**



**THE NEWLY UPDATED 2011 COLOR EDITION SUPPLEMENT TO THE COPYRIGHTED WORK “HERBS FOR YOU Build Better Health Naturally”.**

Over 20 new products that have come out since May of 2009 have been added to this book, including many single herbs, capsules and combinations. Also, more color pictures have been added and the Historical Uses Guide has been expanded. Please see page 11 for ordering details.

**NEW PRODUCT ANNOUNCEMENT  
HERBAL ADJUSTMENT CAPSULES  
COMING SOON!!!**

**SEE PAGE 4 FOR WRITE-UP.**

**NEW DIRECTORS FOR MAY/JUNE 2011**

Lawrence Storey	Theresa Devos
Debbra Phillips	Lana Mitchell
Xavier Harmon	Keith Pihl
Katie Lengacher	Dana McKee
Donna Vankirk	Grace Snyder
Lorraine Webster	Carole Santana
Karen McDonnough-Carre	
Dawud Abdur-Rahmann, Jr.	

**CONGRATULATIONS TO ALL OF YOU!****NEW EMPLOYEE ANNOUNCEMENTS**

A warm welcome to Kevin who joined our Pure Herbs family in April 2011 as a full-time employee helping to make boxes and helping with other various tasks. Also, a warm welcome to Darlene who joined our Pure Herbs family as a full-time employee in June 2011. Darlene is working in the bottling/labeling department.

**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, Distributor Number, a phone number and method of payment (We accept Visa, Discover, MasterCard, and American Express, or you can pay C.O.D. by check or money order only). 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 during business hours when all of our lines are busy you will automatically be transferred to our voice mail system.

**NOTE TO 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. 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 stop waiting, for the last day, last hour, last minute to place your orders. Take responsibility for your business.

**\*We will be closed Monday, September 5, 2011 to observe Labor Day.**

**ATTENTION WALK-IN CUSTOMERS**

Please call your orders in ahead of time. Also, keep in mind that we are not permitted to give out advice, so please refer to your books or call your upline with your herbal questions **before** coming in to pick up your order. Thank you for your consideration. Also, all orders must be picked up or paid for before 5:30 p.m. the last business day of the month, otherwise the order **WILL NOT BE COUNTED FOR THAT MONTH.** This may be important to you and your business. This is your responsibility. Thank you.

**Please try to have your Distributor number ready when calling an order in. Also, please have your order ready to place and your credit card number handy.**

**THANK YOU!****WELCOME NEW DISTRIBUTORS****36,672 THRU 37,000**

You may call us at:  
**(800)860-HERB (4372)** and  
place your order directly.

**Shipping rates are as follows:**

\$ 99.99 and under. . . . .	\$ 9.50
\$100.00 – \$249.99. . . . .	\$12.50
\$250.00 – \$499.99. . . . .	\$15.00
\$500.00 – \$1199.99. . . . .	\$18.00
\$1,200.00 and up. . . . .	\$20.00

**C.O.D. FEE IS \$10.50**

Please note: 1/2 oz. bottles and 1 oz. bottles are shipped separately from the 4 oz. bottles because they must be shipped in UPS approved boxes. So, if you place a 1/2 oz. & 1 oz. order AND a 4 oz. order at the same time, they each will be shipped as separate orders with separate shipping charges. Capsules, tablets and/or creams/lotions 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 creams/lotions and plastic spray bottles shipped without 1/2 oz., 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.**

## **BLACK COHOSH — ON SPECIAL IN AUGUST 2011**

### **PROPERTIES AND USES:**

Poison antidote, female hormone, lowers blood pressure, promotes normal hair growth, antispasmodic, sedative, support adrenal gland function, meningitis (see below), allergic reactions.

### **COMMON NAMES:**

Bugbane, Bugwort, Rattleroot, Black Snakeroot, Squawroot.

### **PARTS USED:**

Root.

### **BODILY INFLUENCES:**

As a poison antidote, Black Cohosh has several useful functions. Its regular use, and use in crisis, can prevent allergic reactions and correct allergic reactions of stings and bites of poisonous creatures of all kinds (bees, mosquitoes, spiders, snakes, etc.). Also, as a poison antidote to prevent colds and childhood illnesses or clear them up; Black Cohosh absorbs and neutralizes the poisons of disease so the body can heal itself. This is of special importance with internal poisons from cysts, fistulas, boils, carbuncles and acne. Menopause and its tortures and many widespread female problems are handled routinely by Black Cohosh. The action of Black Cohosh on the circulatory system is to slow the heartbeat and strengthen its output as well as increase the pulse strength. At the same time, it acts as an arterial and nerve sedative which is most important to reduce hypertension (nerve-induced high blood pressure) and is far safer than Digitalis. In folk medicine, it has long been used as a fomentation, (cloth soaked in the extract used externally) for headaches, sedative for upset nerves, migraine, epilepsy, insomnia, meningitis (inflammation and painful infection of membranes around brain and spinal cord), painful menstruation and to ease labor.



### **DOSAGE:**

10 to 60 drops three times per day. Apply, the extract liberally, to poisonous stings and bites externally. If meningitis take 10 to 60 drops hourly as needed and apply same to entire spine, neck and temples.

### **NOTE:**

Some individuals are very sensitive and may develop a headache if too much is taken, so start with 10 drops and gradually increase.

### **DIRECTIONS AND DOSAGES**

Recently we have been receiving quite a few phone calls from people who are not distributors, but have purchased our products from distributors.

Please, when you suggest to an individual that they purchase a particular product, it would be appreciated by the staff here if you would also give them the directions and dosages for the product. Thanks in advance for your cooperation.

—The Office Staff



### **IN CHARGE OF PRODUCTION SAYS:**

**“Pure Herbs, Ltd. recently obtained some of the finest ‘wild-crafted’ Inkberry around, located in Muskegon, Michigan! Please enjoy!”**

**1 August 2011     Al Pfund “Uncle Al”, I.C.O.P. (In Charge Of Production)**

## HERBAL ADJUSTMENT (COMING SOON IN CAPSULE FORM)

### CAPSULE DOSAGE: ONE CAPSULE = APPROXIMATELY 20 DROPS OF LIQUID

**HERBAL ADJ. (Adjustment)** - It is a quick acting dramatically effective procedure for relief of headaches, leg cramps, menstrual cramping, arthritic discomfort, sports injuries, back discomfort, neck and shoulder tension, heart attacks, strokes and internal bleeding. For relief of pain and cramping two liquids are applied to the skin, one is Peppermint Oil which is cool and the second is a combination of herbs known as Herbal Adjustment which is hot. The Peppermint oil is applied first and the Herbal Adjustment second. The procedure of using these two liquids together is called an "Herbal Adjustment". In some cases, as given here, Herbal Adjustment is also taken internally and will be described individually. This procedure will not interfere with medication and will not make a person "groggy". Needles and injections are not used.

**HEADACHES AND TENSION** - For headaches, apply 1st Peppermint Oil from the tip of the tailbone, up the spine, and on to the neck and the back of the head, on the scalp, and on up to the top of the head. Make the application about the width of the person's hand. Next, apply the two liquids to the temples and forehead. Have the person lean the head back so as to avoid getting any of the liquids in the eyes. (Should an accident occur, flush thoroughly with water, remain calm and peace will return). Also apply to any additional areas of the head which are hurting. Finally, apply in front of and behind the ears, down the neck on both sides and out to the shoulders. This complete application will have an effect on the entire nervous system of the body. The affects are quick and relief is swift. Repeat as needed. For additional help, if needed, put 40 to 80 drops of Herbal Adjustment in a cup of water and drink it down. Do not sip as it is hot and best to get it over with as soon as possible. If a mild headache is in progress, usually an application of the two liquids to the temples, forehead and back of the neck are all that is needed for headache relief.

**CHIROPRACTIC ADJUSTMENTS** - The Herbal Adjustment liquids penetrate quickly into troubled areas. After application the liquids at once relax the nerves and muscles, which then allows the bones to go back into their proper places and the circulation resumes its normal function. In this way oxygenation and relaxation of cramping muscle pain is alleviated. The Herbal Adjustment liquids may be applied several times in extreme conditions and then repeated as needed. Do not get into eyes, and wash hands after application. Application before a chiropractic adjustment makes for a very easy and quick adjustment. It will be noted the adjustment is speeded up and "sticks" (stays in place) far longer.

**ARTHRITIC DISCOMFORTS** - For arthritic discomforts the two liquids are applied to the area as needed.

**CRAMPING AND MENSTRUAL CRAMPING** - If cramping or menstrual cramping, apply the two liquids directly to the offending area. If additional help is needed put 40 drops of the combination Herbal Adjustment in a cup of water and drink it. (Herbal Adjustment will not stop a normal menstrual flow as it is a natural bleeding). Repeat as necessary.

**HEART ATTACKS, STROKES AND INTERNAL BLEEDING** - To stop a heart attack, stroke or internal bleeding put 40 to 80 drops of the Herbal Adj. in a cup of water and drink it. Also, apply to chest and neck or area(s) of bleeding. Repeat as needed. If stress is great and a heart attack is a real possibility while you are trying to repair the heart with other herbs such as Myrrh and Mullein and or others, use Herbal Adjustment to keep yourself alive during the process even if it takes months. Lives have been saved by doing this.

**"LIVER SPOTS" or "age spots"** as they are also called, dissolve easily with the continued daily application of Herbal Adjustment on the spots. Please consider that in some way, the body is not functioning as it should or these "liver spots" or "waste dumps" of concentrated pigment, would not have appeared in the first place. If they do occur again, then think in terms of improving overall health as needed, such as digestion and bowel elimination, to start with. (Remember to follow the advice about not rubbing your eyes after application of Herbal Adjustment or bringing Herbal Adjustment into contact with private areas. If an accident, then follow the advice as given earlier in this topic).

**"SKIN CANCERS"** - It must be observed, to be truly appreciated, how the daily and persistent application of Herbal Adjustment externally to "skin cancers", dries them up, causes them to fall off and leave healthy, pink skin in their place. This process can take as little as a matter of days or two weeks and, in some cases, up to six and nine months or more, but it does work. It is suspected that when Herbal Adjustment takes so long to do its job, that it is working on a problem much deeper inside the body, of long standing, and you are working on something more than just skin deep. Never-the-less, praise the Creator, it does work. Persistence is the key here. No matter what, continue the application at least once per day and for more desperate conditions, three and four times per day until results. Before you heal anything, you usually have to slow the condition down and then stabilize it. Then reversal can take place. But, in the meantime, you are not getting any worse and that is a kind of victory too. Many Practitioners also use Vitamin E Oil from capsule(s) on the area first and then apply Herbal Adjustment on top of that. This reduces any possible irritation and assists in repairing the area more quickly, with the prevention of any possible scar tissue.

## HERBAL ADJUSTMENT WRITE-UP CONTINUED

**SPORTS INJURIES** - For sports injuries such as sprains, twists, bumps, bruises, torn tendons, ligaments, etc., apply Arnica to the area to take the physical shock out of the nerves, then Peppermint Oil and then Herbal Adjustment to the area for relief of pain and to correct the circulation. Then, apply the repair formula OI' Number 11 to start the repair process. This is done as soon after the injury as possible. Repeat every three to four hours as needed. However, it should not be thought that this procedure will not tackle chronic and old injuries with equal determination, because it will. The night procedure for sports injuries is to open capsules of 100 i.u. of Vitamin E (i.u.'s = International Units, meaning a system of measurement for the amount of a liquid vitamin) and apply the oil to the injured area. Then, soak a natural fiber cheese cloth or gauze with the repair formula OI' Number 11 and wrap the area with the cloth. The larger the wrap, the greater and quicker the affect. Wrap this then with plastic sandwich wrap, and an additional cloth wrap around this, to hold everything in place for the night. This procedure forms a thermal and moisture barrier, to drive the herbs into the area and pull poisons out, in a time-release action during the night. The herbs are driven into the body, congestion is broken up, swelling reduced and function restored. There is a two-way traffic flow here. Herbs are pushed into the body area and poisons are pulled up and sweated out of the body at the same time. The next morning remove the application and discard the herbal cloth as it is "spent" and contains poisons. Wash the area and allow to dry. Note: This process of applying an herbal tea or herbal extract to the body soaked in cloth is known as a fomentation (foh'-men-tay-shun). For the daytime, apply the herb Arnica, Peppermint Oil and Herbal Adjustment every three to four hours. Repeat this daytime and nighttime process until the area is repaired.

**LOWER HIGH BLOOD PRESSURE** - To lower dangerously high blood pressure, put 40 to 80 drops of Herbal Adjustment and 40 to 80 drops of Golden Bough in a cup of water and drink it. Repeat as needed.

**COMBINATION: Black Cohosh, Blue Vervain, Capsicum, Indian Tobacco, Siberian Ginseng.**

**DOSAGE FOR LIQUID:** As given in the above work. Additionally, Herbal Adjustment can be given as part of a daily herb regimen, to "spark" an herbal program and get it to work, at the rate of 40 drops in a cup of water, one to four times per day.

**DOSAGE FOR CAPSULES: ONE CAPSULE OR MORE AS RECOMMENDED BY YOUR HEALTH CARE PROFESSIONAL.**

**NOTE:** Just the Herbal Adjustment combination is put in water to make the drink. If a Peppermint tea is desired, only one to two drops of the oil to a cup of water makes a good tea.

### CHIROPRACTIC PHYSICIANS

When the area to be adjusted is too tense for the needed procedure, Peppermint Oil and Herbal Adjustment applied to the spine, neck and shoulders rapidly relaxes the areas. Then, minimal pressure is required to achieve remarkable results.

### MASSAGE THERAPISTS

Peppermint Oil and Herbal Adjustment applied to tense areas of the spine, neck, shoulder and other areas (avoid eyes, under arm and private areas) produce a warming and relaxing effect which makes therapeutic massage a very rewarding experience.

**GENERAL NOTE:** If for some reason a person should have an allergic reaction to Peppermint Oil, (If there is one, it is usually confined to temporary redness of the skin.) many practitioners enjoy the use of Oil of Cajeput in its place.

# HERBALOGY 101 FOR YOU

This is a two day live class experience with the herbs. HERBALOGY 101 FOR YOU is a two day live experience with an herbalist and students in words you can understand. Learn how to regain your health, maintain your present health and improve your health. Learn what you can do for what. Be better informed about herbs and nutrition and their benefits. The herbalist you visit with is the well known Doctor of Natural Medicine, Dr. Eugene C. Watkins, B.S.ed., M.S., N.D. You can learn in your own living room, hold a group meeting or just put the recorded disc in a DVD player, your computer or your television screen DVD player.

- ◆ Hold a meeting and invite your friends, prospective new customers or distributors to learn right along with you.
- ◆ Meet on a chosen week night or each week and coast your way through this absorbing, informative and entertaining visit with the herbs and herbalist.
- ◆ Great promotional tool for your herb business.
- ◆ Hold your own two day Herbal Seminar.
- ◆ A really pleasant way to absorb the herbs and what they do.
- ◆ Over 130 single herbs are discussed in a familiar and understanding manner so you can use herbs too. There are many Herbal Programs for internal and external use.
- ◆ Know what every herbalist can and cannot say.
- ◆ Enjoy the Nutritional Information everyone should be familiar with.
- ◆ Use the richly color illustrated book, “HERBS FOR YOU”, by Dr. A. B. Howard and follow along with this presentation. Take written information and color herb pictures along with you for quick reference.
- ◆ Here is an abundance of herbal wealth waiting for you.
- ◆ Knowledge is wealth. Share it.

OVER 11 HOURS

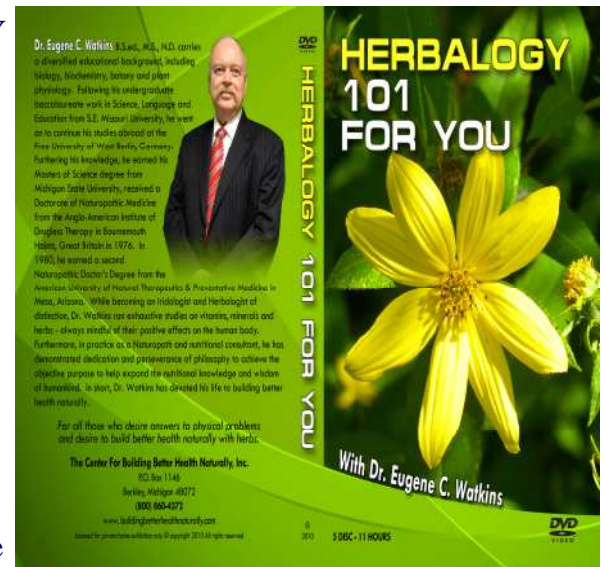
**COST: \$79.95/DVD set plus shipping.** We ship U.S. Priority Mail. The cost is \$6.85 for shipping and handling for the first DVD set. More than one set will be billed the actual postal rate.

## TESTIMONIALS

**Jan. 19, 2011** “HERBALOGY 101 FOR YOU unravels the mystery associated with herbs and health. Dr. Watkins’ simple and easy style of communication makes it easy for everyone to understand and enjoy. I would suggest to all herbalists to add this set of FIVE DVD’S to his or her collection. The information that it imparts is priceless!” —Dr. Dawud Abdur-Rahmaan, Michigan Institute of Natural Health, Detroit, MI

**Jan 4, 2011** “I love Doctor Watkins’ DVD set! If you have not purchased this set yet I highly recommend that you do! It was extremely informative and I enjoyed every minute of each DVD. You feel like you were right there at the class. You not only get his extensive knowledge of the herbs from his travels all over the world, but you also get his sense of humor. It went beyond my wild-est expectations and I would recommend this to everyone! Thank you for the knowledge Dr. Watkins.” —A.H., Sterling Hgts, MI

**Jan 20, 2011** “If you are skeptical or just curious about using herbs, watch Dr. Watkins’ DVD series Herbalogy 101 for you. This is a fantastic source of knowledge for preventative care and recovery.” —R.S., MI



## SEMINAR INFORMATION

We list all Seminars at no cost to the Directors as long as it is a Pure Herbs, Ltd. Seminar, Course or Advanced Course with specific dates 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—DETROIT

Dawud Abdur-Rahmaan, D.H.S., Master Herbalist of the Michigan Institute of Natural Health, is offering Herbal Extract classes. Become certified as an Herbal Extracts Specialist. Learn usages 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 Mon., Sept. 19, 2011 thru  
Mon., Dec. 19, 2011

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

**COST:** \$400

**PLACE:** 1128 Atkinson, Detroit, MI 48202

#### OR

**DATE:** Every Wed, Sept. 21, 2011 thru  
Wed., Dec. 21, 2011

**TIME:** 6:00 p.m. till 8:00 p.m.

**COST:** \$400

**PLACE:** 1128 Atkinson, Detroit, MI 48202

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

### MICHIGAN—INKSTER

Doris Moton-Spruill, Master Herbalist, is offering classes for the Michigan Institute of Natural Health. 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."

**DATES:** Every Thurs., Oct. 6, 2011 thru  
Thurs., Dec. 29, 2011

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

**COST:** \$400

**PLACE:** 310 Bert Lane, Inkster, MI 48141

**For further information or reservations, please contact Doris Moton-Spruill at: 734-895-1940.**

### MICHIGAN—DETROIT

#### BECOME AN HERBAL/NUTRITIONAL HEALTH COACH

The RAW Cafe-Detroit is offering a comprehensive training program on combining the healing properties of Pure Herbs with the nutritional properties of living food to heal & reverse "dis-ease". Earn a Certificate as a Herbal & Nutritional Health Coach upon completion. LaKeta McCauley, C.N.H.P., Nutritional Consultant, Certified Herbalist and Author of the book, "**Taking Every BITE Seriously**" will be your instructor. McCauley, a cancer survivor, reversed breast cancer through a diet & nutritional therapies that included herbs and organic, raw, vegan food. Studies from around the world suggest that a plant based diet is necessary to reverse disease and promote optimal health. Together Pure Herbs and the nutritional properties of a plant based diet provide a complete healing experience. The "**Taking Every BITE Seriously**" book is also included in the your course Fee. You don't want to miss it!

#### CLASS #1:

**TIME:** Mondays, 6:00 p.m.— 8:00 p.m.

**COST:** \$400

**DATE:** Starting September 12th thru November 7th, 2011

**PLACE:** RAW Cafe-Detroit, 4160 Woodward Ave. First Floor, Detroit MI 48201

#### CLASS #2:

**TIME:** Thursdays, 7:00 p.m.— 9:00 p.m.

**COST:** \$400

**DATE:** Starting September 15th, 2011 thru November 10th, 2011

**PLACE:** RAW Cafe-Detroit, 4160 Woodward Ave. First Floor Detroit MI 48201

**To register or for information on speaking engagements in your city, contact 248-790-6111.**

### MICHIGAN—SOUTHFIELD

Irene's Myomassology Institute is offering a class in basic Herbology. This is a two day seminar. **The presentation speaker will be Dr. Eugene C. Watkins, B.S.ed., M.S., N.D.**

**DATE:** Sat., Aug. 13, 2011 thru Sun., Aug. 14, 2011

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

**COST:** \$312 (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.**

### OHIO—CLEVELAND & SHAKER HEIGHTS

Terry King, DNM, DHHS, N.D., Wellness coach and Spiritual Counselor of the Healthy Visions Academy and TKE Holistic Health Institute is offering an HERBOLOGY COURSE. Become a Certified Wellness Coach, using Liquid Herbal Extracts. You will also learn Introduction Iridology, Reiki and Reflexology using Pure Herbs Products. The Body Talks To You In Volumes! Learn what to do with Dr. T. Correspondence courses are also available. If interested, he will also travel to your city, if 25 or more people register for a class.

**DATES:** Aug. 13, 15, 16 & 17 2011 **OR** Sept. 24, 26, 27 & 28, 2011 **OR** Oct. 22, 24, 25 & 26, 2011

**TIMES:** Sat. 10:00 a.m. till 4:00 p.m. (Vegan lunch included) Mon., Tues. & Wed. 6:00 p.m. till 8:30 p.m. (Refreshments included)

**COST:** \$299 (Regular \$375) Charts, Pamphlets, CD's and Extract information included.

**PLACE:** Private location given once paid for. **For further information or reservations, please call 216-322-1128 or 888-334-HERB.**

## PROMOTIONAL INFORMATION

*READ ON FOR GREAT WAYS TO BUILD YOUR BUSINESS . . .*

**POWER POINT PRESENTATION** available from the Vladimirsky's in McAllen, TX

**Build your business**, promote **Pure Herbs** products, and **have fun** with PowerPoint Presentation: "Colon & Your Health" presented at the 2010 Pure Herbs convention. Available from: Arkady & Bella Vladimirsky 956-631-3772

**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.**

**GREEN HERBAL BOOKLETS FULL OF HERBAL PRODUCT INFORMATION (Super Business Builder):**

For those of you wanting to order more of those wonderful green booklets full of herbal product information, please contact: **Miesse's Herbs at: 937-325-2173.** The cost of these booklets is 75 cents each or if you purchase 50 or more the cost is only 70 cents each. If you would like to contact Miesse's Herbs by mail, the address is: 2525 Springfield-Xenia Rd., Springfield, OH 45506

**TESTIMONIAL BOOKLETS:** Purchase and distribute everywhere the 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, 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!?! Call Pure Herbs at: 1-800-860-4372 to place your order today. See page 11 for order details.

**HERBAL HANDBOOK FOR PRACTITIONERS:** This handbook contains information on: Bowel Management Program; Cold, Flu or Worse; Green Drink; Bad Cells; The Importance of Protein and Suggested Sources; Gall Bladder and Liver Flush; Full Nervous System Application and Vaginal Suppository. Call Pure Herbs at: 1-800-860-4372 to place your order today! See page 11 for order details.

**HERBALOGY 101 FOR YOU:** This is a two day live class experience featuring Dr. Eugene Watkins on DVD. You will learn how to regain your health, maintain your present health and improve your health. Over 130 single herbs are discussed in a familiar and understanding manner so you can use herbs too. Eleven hours of information are provided. See page 11 for order details.

### IMPORTANT NOTE REGARDING: M. & B.—A

**Due to popular demand, M. & B.-A, used to increase and enrich a mother's milk supply, has adopted a second name: Mother's Gold. This will make it easier for customers to identify in the many stores that carry this blend.**

### 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; so you can rely on them and have what you expect from them when you use them.

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

**June 14, 2011** “Recently while on vacation I had an irritation between my legs. I assumed I was getting a rash from shaving my legs. The irritation got worse daily and I decided to have my husband take a look. It was a huge boil. I reached in to my suitcase and got out my one ounce spray bottle of **Arnica**, that goes everywhere with me. I sprayed the area and let it dry. My husband suggested putting a band-aid on the area so it wouldn't rub causing additional pain. I sprayed the white part of the band-aid and put it on my leg and went on my way without pain. Before I went to bed I removed the band-aid and gave the area a final spray. The next morning the pain was gone and so was the boil!!! Thanks Pure Herbs!” —Anonymous, MI

**May 19, 2011** “I was told by the Urologist that I was at a stage 4 of Chronic Kidney Disease and at stage 5 I would need kidney dialysis. I was also told by the Urologist that I needed to sign up for a kidney transplant. I decided to try herbs. I started taking **D.B.8-W, KID-W, Beet Root, A.C.S.** and **Alfalfa** in Feb. 2011 for my kidneys. I recently went to talk to a surgeon at Beaumont Hospital who told me my kidneys were at a 23 and I didn't need a transplant.” —D.M., Eastpointe, MI

**April 4, 2011** “I would like to share several testimonials. I have a lot of neck and shoulder problems and I don't think I can ever be without the **Big 5 Plus 2** combination! I also use **Sutherlandia Combo** in the ears when anyone in my family has an earache. It works wonders! When my son had to be hospitalized twice due to pneumonia I put him on **C.H.E.-B, Sutherlandia Combo** and **P.A.-K**. He is doing fine now. I also had to use herbs on my son when he came home from playing sports and could hardly walk from an injury he received to his knee. I put on a bandage of **Arnica, Wintergreen Oil** and **Oil of Cajeput**. He was able to get up the next morning and go play ball again! My daughter took **A.C.S.** and **L.A.S.-JB capsules** all throughout her pregnancy and she felt great and did great. Her baby was a satisfied and contented baby. When he did get a bellyache we would rub **A.G.-W** on his feet and belly. He would then be able to fall asleep. These herbs have done wonders for my family and we don't ever want to be without them! Keep up the good work!” —M.L., Montgomery, IN

**May 12, 2011** “I wanted to share how God used his healing herbs to help restore my blood pressure. I had a very upsetting experience and had already been feeling bad the day before that had happened. It just seemed to tip the scales and I began to feel desperately ill. My Herbalist suggested I drip **Herbal Adjustment** over my spine and so I did just that! My blood pressure dropped to 165 over 95 and stayed at that for rate for four days. After that I tried **Golden Bough** which helps to regulate the blood pressure and calm the nerves. I was much better in two days. My blood pressure was 127 over 85 by the end of a week. I ordered **Hyssop** next and took the whole bottle of it along with finishing the bottle of **Golden Bough**. My blood pressure is about 120 over 83 now. I am so thankful for Gods healing plants and for Pure Herbs for expertly formulating them to work so quickly and efficiently in a crisis. Oh and by the way, I also used **Kava Kava Combo**.” —B.R., KY

**July 1, 2011** “I wanted to share a tip for everyone out there who uses **Alfalfa capsules**. I open up the capsules and use them over salads, stir fries, baked chicken or anything else I think it might taste great on. I really enjoy the extra flavor. Try it, you might just like it too! This is especially great for those who have a hard time swallowing capsules. I use anywhere from four to five capsules each time, but you can use it freely to your taste. Enjoy!” —Cheryl Todd, Detroit, MI 313-623-5433

**June 1, 2011** “I have to share this testimonial with everyone because **Eyebright** is an eye opening product!!! A long time ago, a very dear friend of mine that I played pool with, use to always carry a bottle of **Eyebright** with her to pool (billiards). A short time before she was going to play her match she would take a couple droppers full. One day I asked her why she took the **Eyebright** and she told me that it brightened her vision. Back then, it didn't dawn on me to try it for myself because I was a lot younger and had better vision than I do now that I'm over 40! Well, recently I was talking with a customer and we got to chatting about **Eyebright** and I thought to myself, I need to try that before I shoot pool to see if it will brighten my vision. Well, sure enough it did!!! I was so excited about the results that I shared the **Eyebright** with a fellow pool shooter friend of mine. That same night at pool, later in the evening, my friend said she couldn't believe how great the **Eyebright** worked. She said her vision was brightened and she shot great! She wanted a bottle right away. Needless to say, she and I have both been using the **Eyebright** now every time before we shoot pool. I also noticed when driving home, late night, after pool, my night vision was improved! I'm loving **Eyebright**! Give it a try and see for yourself!” —Kim, Sterling Hgts, MI

**Feb. 11, 2011** “**Arnica** helped me almost on contact with swelling that occurred after I fell down and bruised my arm. In addition to **Arnica** I also used **Ol' Number 11**. I soaked a cotton ball with both **Arnica** and **Ol' Number 11** and wrapped my arm over night with saran wrap. To my amazement, the huge bump never turned black and blue, the swelling went down so fast and the pain went away so quickly that I was shocked! I recommend these two products for this kind of situation and anything else related to an injury. If I had ten pages to spare I could tell you all of the other products I use from Pure Herbs, Ltd. that work. I love Pure Herbs, Ltd. and their products!” —Gene & Judy, FL

**April 2011** “I love **Black Cohosh**! Anytime I get bit by any sort of bug, I spray **Black Cohosh** on using one of your little spray bottles. I keep spraying it on till the itching is gone. It works! I won't be without it! What a great poison antidote!” —Kim, Sterling Hgts, MI

### 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. Also, be sure to sign your testimonial. 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.**

**Oct 3, 2008** "I have been using Pure Herbs with my customers for several years. My latest testimonies are on **R.S.T.-C**. A man told me that the Doctors in Indianapolis diagnosed him with Cirrhosis of the liver. They wanted to give him a liver transplant. He was very scared so I told him about the product **R.S.T.-C** for removing the scar tissue off of the liver. He said, 'I go back to the Doctor in 30 days I'll give it a try.' He took One Teaspoon two times per day. He used a total of two 4oz. Bottles. When he went back to the Doctor they took some kind of picture and found that his liver was no longer scarred. He was so happy he told everyone he could! I also have another lady taking **R.S.T.-C** for scar tissue resulting from surgeries she had in the past. After two teaspoons a day for just seven days she is already seeing a difference in her kidneys. They were full of scar tissue and she was not able to eliminate properly." —S.W., Kingman, IN

**July 5, 2011** "My testimony: Summertime means more time outside. Yeah!!! One day as I was working in the yard, I stepped into a not-so-easy-to-spot ant hole. Needless to say, I got stung. This was bad news for me because I seem to be allergic to those little bites...they itch and get a white raised area. At night I scratch them so bad, in my sleep, that in the morning I wake up with a sore, open piece of skin...doesn't feel or look good. My mind went to the little brown wonder bottles lined up on my dresser...how about **Arnica Oil Blend**, I thought Hmm...**Arnica**, for trauma, **Indian Tobacco**, for poison antidote and **Wintergreen Oil** for pain. OK, it's worth a try! So I applied **Arnica Oil Blend**, rubbed it in a little and went back to my yard work. About a half an hour later, I realized, no pain, great gain!!! :) Thanks for a most excellent, all natural remedy Pure Herbs!!!" Maria in TX

**Jan. 4, 2010** "Praise our Lord & Savior Christ Jesus. He has brought a friend into our lives who is a firm believer of your Pure Herb products. She has come to our aid twice now with her great knowledge of how to use your products. My husband had difficulty sleeping at night because he would have to urinate every half hour. He had trouble starting and never seemed to empty his bladder all the way. Our friend had us try **P.-W** and within the first day my husband felt a difference. Now he can even sleep better! I also have a testimony about my son's cat that bit my hand and my wrist. Within four hours of the incident I couldn't move my hand or my wrist and swelling began to set in. I ended up going to the emergency room and they told us that cat bites can be very serious and that I would probably be looking at a long term recovery. I went to my primary care Doctor for my follow up and he told me I'd probably need surgery to unlock my wrist and a lot of therapy afterwards to get movement back in my finger. Our friend had us get some **Ol' Number 11**, **Arnica** and **Oil of Cajeput**. I was told to soak my hand in a tub of hot water and **Ol' Number 11** and to also take the **Ol' Number 11** internally. After soaking in that mixture I made another mixture of **Ol' Number 11**, **Arnica** and **Oil of Cajeput** and applied it to all four puncture wounds and wrapped it tight. Within three days the swelling started to go down. By the fifth day I started getting movement back in my hand. Today, just two weeks later I am writing you with the same hand I was supposed to lose the ability to use. We Praise Jesus for bringing us a friend who knows what a miracle your products make in our lives. Thank you for all your hard work to make these products available to us." Dennis & Marcella, Arvada, CO

**July 9, 2010** "Awhile ago my dog Yoda, had a lump on the side of her nose half the size of a pencil eraser. The Vet said, 'Keep an eye on it'. I asked my Herbal practitioner what I could do and she suggested applying **Red Clover** and Olive Oil three times a day. Two weeks later the lump was gone and the hair was growing back! Thanks Pure Herbs." —P.L., Royal Oak, MI

**June 19, 2010** "I am writhing this to you because I am so overwhelmed by this herbal product called **Hoodia**. I received it on June 17th and I took ten drops the first day, just like it said. I really had to force myself to eat. I was going to take it three times a day but now I am going to only take it once a day. Anybody that knows me knows I like my junk food so this is a good product to help curb that. Thank you for such a wonderful product." —C.D., Sugarland, TX

**Sept. 17, 2010** "I have had a series of whiplashes over a period of years which have resulted in problems in my neck including range of motion and clicking sounds when moving my neck. I decided to try **DSK**. I took it internally and also rubbed it on by massaging the **DSK** in to my neck, shoulders and the occipital area. The results have been great! My range of motion has improved and the clicking noise is almost gone." —NJ

**May 27, 2010** "My son's dog had aspirated a piece of an acorn into his lungs which made the dog cough uncontrollably when he got the least bit excited. My son took the dog to the Vet and found out an operation to fix the problem would cost thousands of dollars. That being out of the question, laying him away was a near impossible decision. I convinced my son to try the Pure Herbs **Mullein Extract** for his dog. He decided to give it a try. The **Mullein Extract** was administered undiluted for a few days and the dog showed signs of improvement. He then added **Mullein Extract** to the dog's water every day and within a couple weeks or so the dog was back to normal. What a blessing!" —T.R., Hardwick, VT

**Aug. 23, 2010** "Most of the time it felt like I had a film over my teeth. Since I have been taking **Bilberry Extract**, my teeth feel squeaky clean! I like that! Thanks Pure Herbs!" —J.C., TX

With kindest regards,

With best wishes,

Best wishes,

Dr. Eugene C. Watkins  
President

Gisela Watkins  
Vice President

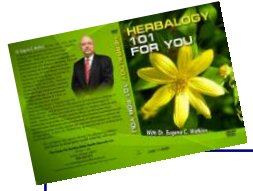
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Dr. Eugene C. Watkins  
1 August 2011

**THE CENTER FOR BUILDING BETTER HEALTH NATURALLY, INC.**  
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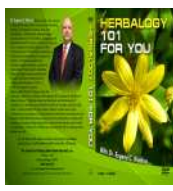








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