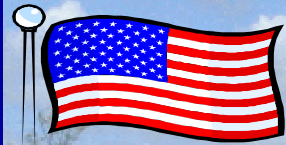


PURE HERBS, LTD.
33410 Sterling Ponds Blvd.
Sterling Heights, Michigan 48312 U.S.A.
(800)860-4372 Fax (586)446-8218
www.pureherbs.com

Dec.2002/Jan.2003

Volume XI Issue 6



CONVENTION 2001 HELD IN 2002



WE WOULD LIKE
TO
EXTEND OUR
HEARTFELT
WISHES AT



INSIDE THIS ISSUE:

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HOLIDAY SPECIAL

For the month of December get 5% off of any Pure Herbs, Ltd. product order placed. The special will begin on December 2nd, 2002 and end promptly at 5:30 p.m. Eastern Standard Time on December 31st, 2002. Any orders left on the answering machine, fax, or received in the mail after 5:30 p.m. December 31st, 2002 will count for the next month. Pure Herbs, Ltd. will pay full P.V. (Purchase Volume) on all of your special discounted orders. The 5% discount will be on product only. This means no shipping, renewal fees or application fees will be discounted. Product only! This Holiday discount is our way of saying thank you to all of our wonderful Pure Herbs Distributors. We appreciate each and every one of you! We wish everyone a safe and joyful Holiday season.

May God bless you and your family.

NEW DIRECTORS FOR SEPT/OCT 2002

Geneva Ost
Danuta Wlodek
Nina Carmon-Smith
Richard Howard
Michael Conklin
Reba Sanders

Congratulations!

NEW PRODUCT ANNOUNCEMENTS

	<u>Distributor Price</u>	<u>Suggested Retail Price</u>
<u>CAN-SOL CAPSULES</u> (500 mg 771 grains)	\$18.00 100 capsules	\$23.00 100 capsules

Contents: Purple Loosestrife, White Pond Lily, and Greasewood.

	<u>Distributor Price</u>	<u>Suggested Retail Price</u>
<u>B-COMPLEX CAPSULES</u> (Yeast Free)	\$11.25 100 capsules	\$15.00 100 capsules

Contents: B1 (thiamine) 33 mg, B2 (riboflavin) 33 mg, B3 (niacinamide) 25 mg, B3 (niacin) 8 mg, B6 (pyridoxine HCl) 33 mg, Folic Acid, 133 mcg B12 (cyanocobalamin) 33 mcg, Biotin 100 mcg, B5 (pantothenic acid) 33 mg, Inositol 33 mg, Choline 33 mg, Proprietary Blend 150 mg, Lemon Bioflavonoid, Para amino benzoic acid (PABA), Rutin, Rose Hip Concentrate, Acerola Fruit Extract, Rice Flour hypoallergenic, Gelatin and water. **Does not contain sugar, preservative or binders that may cause a problem for those sensitive to them.**

	<u>Distributor Price</u>		<u>Suggested Retail Price</u>	
	<u>1oz</u>	<u>4oz</u>	<u>1oz</u>	<u>4 oz</u>
<u>END-J</u> (Endometrial conditions) \$37.50	\$9.00	\$27.00	\$12.50	

UPS HOLIDAY SHIPPING SCHEDULE

Christmas Eve—December 24, 2001—Regular UPS delivery service.
No UPS pick-up.

Christmas Day – December 25, 2001—No UPS delivery or pick-up.
New Year's Eve—December 31, 2001—Delivery of Air packages only.
No UPS pick-up.

New Year's Day—January 1, 2002—No UPS delivery or pick-up.



OLD PHILOSOPHER'S CORNER

“You can do a lot with herbs.”

1 December 2002
Dr. Eugene C. Watkins

WELCOME NEW DISTRIBUTORS TO OUR PURE HERBS FAMILY



18,776
THRU
18,917

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 \$6.00
ADDITIONAL.**

RETURN POLICY

Due to F.D.A. regulations regarding food products, Pure Herbs, Ltd. has a **NO RETURN POLICY**. The exceptions are breakage and manufacturing defects. To return a product, you must receive prior approval. In the case of shipping errors, returned bottles must be as shipped (free of store pricing labels) and returned in a timely manner (with current lot numbers). All items returned with non-current lot numbers, distributor labeling, or two weeks after receipt, will be charged to your account. This policy is necessary as the returned product must be destroyed due to F.D.A. regulations.

HAPPY BIRTHDAY!!!



DECEMBER 16—SUSIE
DECEMBER 23—BARB
DECEMBER 30—KIM
JANUARY 23—MARVIN

WHAT TO HAVE READY WHEN CALLING IN YOUR ORDER

When calling in your order, please have your Distributor number, credit card and order ready to read to us. May we suggest you put your Distributor number next to our phone number so you will have it handy when calling us. Also, please direct all herbal questions to your upline. They are there to help you. Thank you for your cooperation.

NATURAL HEALTH ANALYSIS

Diana Davis, author of Natural Health Analysis, offers this exciting, fully illustrated book that provides the information needed to put you in charge of your body's health naturally. Natural Health Analysis' purpose is to keep your body in harmonious working order, to find and correct weakness, and then, to keep the body healthy using quality Pure Herbs Products. Through the use of Natural Health Analysis, Diana is able to put into your hands a simple, easy to use method of testing and assisting your loved ones, as well as others, naturally, that is very accurate and takes only minutes.

Book Cost: \$25 plus \$4 shipping and handling per book. To order send check or money order to:
 Diana Davis, #04042 PO Box 190, Jefferson, OR 97352-0190. Cell phone number is: 541-619-2375
 Email address is: naturalhealth3@msn.com Internet page: www.NaturalHealthAnalysis.com.

FOR PROMOTIONAL PAMPHLETS IN ENGLISH AND SPANISH

For promotional pamphlets in English and Spanish from very successful Distributors, please contact Arkady or Bella Vladimirovsky at 956-631-3772.

GREEN HERBAL PAMPHLETS

For those of you wanting to order more of those wonderful green pamphlets full of herbal product information, please contact: Frank or Irene Miesse at 937-325-2173. The cost of these pamphlets 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

GOT A HEALTH CONDITION AND DON'T KNOW WHICH PURE HERBS TO USE?

Get our streamlined version at a new, lower price. The 150-page Herbalist's Quick Reference Conditions Guide is a master INDEX to every health condition mentioned in all Pure Herbs materials (2 books by Dr. A. B. Howard and 5 HRG Volumes) and listing all herbs and combinations that would be useful for these conditions. Cost: \$45 each, plus \$9.50 for shipping and handling.
 Contact: Carolina Natural Health Institute, Inc.
 1727-8A Sardis Road North, Ste. 132
 Charlotte, NC 28270
 Phone: 252-355-4665 or Fax: 252-355-4599.



IN CHARGE OF PRODUCTION

You asked for it and we've got it! Vitamins in capsule and tablet form!
 We now have B-complex in capsule form, Vitamin E with Selenium in capsule form,
 Vitamin A & D in capsule form and Vitamin C in tablet form.

1 December 2002 — 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—McALLEN

For anyone interested, Bella Vladimirsy 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-intrasonic 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 and a Body and Energy worker. 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.S.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.S.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.S.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 Wednesday, December 25, 2002 and Wednesday, January 1, 2003 to celebrate the Holidays. We will also close early on December 24, 2002.**

PURE HERBS, LTD. SUCCESS TESTIMONIALS USING PURE HERBS PRODUCTS

“This testimonial is for the products, Arnica Oil Blend and R.S.T.-C (Repair Scar Tissue). My husband had a hernia repair last October. It was bad enough that the doctor had to put a mesh in place. My husband continued for two months with severe pain and severe constipation. His doctor said be patient, a man of his age, 66, will take quite a while to heal and sent him home. I suspected he had adhesions and had him see our family doctor. The scan confirmed a terrible amount of adhesions. The doctor told us to use whatever means naturally to help, because more surgery would cause more problems. I researched Pure Herbs and made a poultice of Arnica Oil Blend and R.S.T.-C externally daily. Internally he took R.S.T.-C 3x/day. Within one week he began to feel better. Within six weeks the scar tissue was gone along with the pain and no more constipation. Thank you Pure Herbs.”

—Janice McComb, Herb Specialist
Danville, IN

“I have been taking R. & S.-W for my nerves and it works better than anything I’ve ever taken. You all really know what you are doing! Keep up the good work!”

—Kevin McKinney

“This past spring I was having trouble breathing. I went to the Herb House to see if they would help me. I started taking Thyme. In only a few days my breathing was strong and I no longer felt like I was smothering. It was so amazing! Thanks so much. If any one should have trouble breathing I would highly recommend Thyme. I go to the Herb House in Covington, IN and the people there are so helpful and nice.”

—JeanAnne Montague
Perrysville, IN

“In 1990 my wife was diagnosed with cirrhosis of the liver by biopsy. With medicines given by doctors she held her own until 2000, at which time she started to have other multiple problems which placed her on the transplant list for a liver. After a year and a half on the transplant list she was further diagnosed with Primary Pulmonary Hypertension. After numerous stays in the hospital, additional medicines and being put on oxygen full time, the doctors determined she wasn’t strong enough to go through a liver/lung transplant and took her off the transplant listing. The last time in the hospital was July 2002 and when I brought her home she was in an essentially comatose state, sleeping all the time and not able to move around by herself. The doctors called and said she had only ‘weeks to 2 months left’. As this was totally unexceptable, we decided to go another route. On August 3rd, 2002 we went to an Iridologist and went on an herbal program. After one week she could breathe and move around by herself. It is now October 12th, 2002 and we are still holding in there. We are still a long way from being ‘cured’, if possible, but the outlook is sure better than the doctors gave us. A listing of Pure Herbs products used: A.E.A.-B, L.-W, HT. Comb., Herbal Adjustment, P.C.-C, Red Clover Blended, Milk Thistle plus other enzyme formulas and minerals. Note: Blood tests are still showing high readings, but they are starting to come down some. Thank God, Pure Herbs and all the people that have helped us with prayers.”

—Don Farris,
Buffalo, KY
(270)325-4235

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. Also, let us know if you would like your name and phone number used. We would love to hear from you! **When your testimonial is published you will receive a free 4 ounce bottle of your choice.** Some testimonials have been edited for space and clarification.

“A few months ago I gave a bottle of D.A.N.-C to my daughter in New Jersey. She, like many others in the metropolitan New York area, has felt much more anxiety and tension than usual, since 9-11. It was hard for her to get up and go into work every morning and not focus on the negativity which surrounded her. Since taking the D.A.N.-C, she is not as uptight over the things that have happened and she feels more relaxed and more calm. Also, her anxiety and feelings of depression have lessened. She now has a sense of well-being that all will be ok. It also seems to strengthen the nervous system. In order for the D.A.N.-C to be effective you need to take it on a daily basis.”

—Sheila Kaplowitz, Hendersonville, NC
828-693-5444

“I am 65 years old and have had kidney stones for 30 years. I have had stones so large that I could not pass them so doctors had to use laser treatment to burst the stones in order for me to be able to pass them. I have had this treatment twice. The stones came back again. I decided to seek other alternatives. Someone told me about a man named Rueben Schwartz who is a natural practitioner. I decided to go see him. He told me about a product called S.D.-R. I decided to give it a try. I began taking the S.D.-R and within one and a half weeks I began to pass small stones (nine in all that I was aware of). These passed without any pain at all. I do not intend to ever be without a bottle of S.D.-R in case of problems. Thank God for Rueben and Pure Herbs and S.D.-R.”

—Randall Goodman
3194 Hwy 52 E
Lafayette, TN 37083

Note from Dr. Watkins: If you take A.C.S. (All Cell Salts) along with the S.D.-R it will help balance out the minerals in the body, which is extremely important to do.

INCORRECT ADDRESSES HAVE BECOME A SERIOUS PROBLEM!

Incorrect addresses have really become a problem! We are getting applications with incorrect addresses or lacking Suite numbers, apartment numbers, lot numbers, etc. We are also getting packages back from UPS because of a failure to respond to three delivery attempts. Drop-ship addresses have especially been a problem. Please double check your addresses with your drop-ship customers. Also, if you have moved or relocated please let us know. UPS charges us \$5.00 for returned packages or incorrect addresses, even if there is only the slightest address error.

PLEASE HELP US BY BEING MORE CAREFUL SO WE DO NOT HAVE TO INSTITUTE AN ADDITIONAL CHARGE FOR ALL DROP- SHIPMENTS!

Thank you,
Management

ALL WRITTEN COMMUNICATIONS, ESPECIALLY DISTRIBUTOR APPLICATIONS MUST BE TYPED OR CLEARLY PRINTED!!! ANYTHING ILLEGIBLE WILL BE RETURNED TO YOU BECAUSE WE ARE UNABLE TO PROCESS IT.

JUST A REMINDER. . . .

Orders phoned or faxed in after 4:30 p.m. E.S.T. are not guaranteed to go out the same day.

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: _____

Street: _____

City/State: _____ Zip Code: _____

The material offered here shows a person how to put herbal programs together for a multitude of different conditions commonly encountered when practicing with herbs. It lets you look over the shoulder of an N.D., Naturopathic Doctor, (Doctor of Natural Medicine).

HERBAL PRACTICE LIBRARY MATERIALS Author Dr. A. B. Howard	Number of copies ordered	Price
HERBAL RESEARCH GROUP VOLUME 1 (*DELUXE EDITION)		\$21.95
HERBAL RESEARCH GROUP VOLUME 2 (**working edition)		\$15.00
HERBAL RESEARCH GROUP VOLUME 3 (**working edition)		\$15.00
HERBAL RESEARCH GROUP VOLUME 4 (**working edition)		\$15.00
HERBAL RESEARCH GROUP SUPPLEMENTAL VOLUME (**working edition)		\$10.00
<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 <u>each</u> Volume and each book is \$3.00. If ordering 10 or more of these works per order, shipping is free.	TOTAL COPIES ORDERED x \$3.00 = \$	
Total copies ordered		Total \$

<p>*****HERBAL EXTRACT CD-ROM*****</p> <p>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.</p>	<p>\$29.95 + \$5.00 Shipping & Handling Per CD-ROM.</p> <p>Also include taxes where applicable per your STATE LAW.</p>	<p>Total \$</p>
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------	------------------------

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.