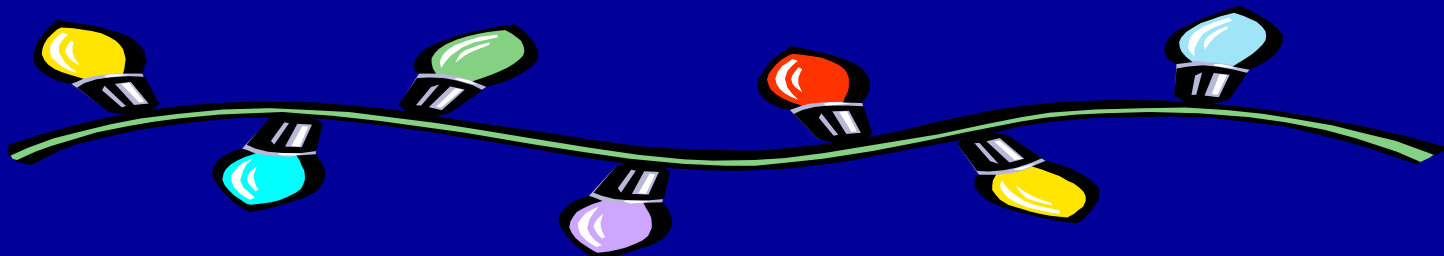


PURE HERBS, LTD.
33410 Sterling Ponds Blvd.
Sterling Heights, Michigan 48312 U.S.A.
(800)860-4372 FAX (586)446-8218
www.pureherbs.com

Dec 2003/Jan 2004

Volume XII Issue 6



WE WOULD LIKE TO
EXPRESS OUR
APPRECIATION
TO ALL OF YOU AND
WISH YOU A
BLESSED HOLIDAY
SEASON!



INSIDE THIS ISSUE:

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<i>CONVENTION COLOR BROCHURE.</i>	END OF BOOKLET

DECEMBER HOLIDAY SPECIAL!

For the month of December get 5% off of any Pure Herbs, Ltd. product order placed plus full P.V. (purchase volume). The special will begin on Monday, December 1st, 2003, and end promptly at 5:30 p.m. Eastern Standard Time on Wednesday, December 31st, 2003. Any orders left on the answering machine, fax, or received in the mail after 5:30 p.m. December 31st, 2003, 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, Ltd. Distributors. We appreciate each and every one of you! We wish everyone a safe and joyful Holiday season. **God bless you and your family!**

NEW DIRECTORS FOR SEPTEMBER/OCTOBER 2003

**MARITA SMITH
MARGARET ANN JOHNSON
RICHARD KENDALL
CAROLYN CARR
JAQUELENE NOEL**

CONGRATULATIONS!

**NEW PRODUCT ANNOUNCEMENT:
200 CAPSULE SIZE VITAMIN E**

	<u>Distributor Price</u>	<u>Suggested Retail Price</u>
<u>VITAMIN E CAPSULES WITH SELENIUM</u>	\$38.00	\$47.50
	200 capsules	200 capsules

<u>Amount Per Serving (Serving size: 1 softgel)</u>	<u>% Daily Value</u>
Vitamin E (d-alpha tocopherol and mixed tocopherols; d-beta, d-delta and d-gamma)	400 IU 1.333%
Selenium (as L-Selenomethionine)	25 mcg. 36%

Other ingredients: Soybean oil, white beeswax, lecithin, gelatin, glycerin and water.

ALL NEW IN THE FIGHT AGAINST VIRUSES ARE OUR NEWEST PRODUCTS: SUTHERLANDIA AND SUTHERLANDIA COMBINATION. SEE PAGES 8 & 9 FOR INFORMATION.

OLD PHILOSOPHER'S CORNER

“If you knew everything about any one thing, you would know everything about everything.”

**1 December 2003
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.

20,181
THRU
20,415

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

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

Please note: Because 1-oz and 4-oz bottles must be shipped separately in UPS approved containers, each is a separate order. So, if you place a 1-oz and a 4-oz order at the same time they each have to be shipped as separate orders with separate shipping charges. capsules, tablets and/or cream can be put in either a 1-oz or 4-oz box, or shipped by themselves if you do not need any liquid herbs. Capsules, tablets and/or cream shipped without 1-oz or 4-oz bottles are at the same rate as above.

**C.O.D. FEE IS \$7.00
ADDITIONAL.**

PROFESSIONALLY PRINTED **GIFT BOXED* READY FOR RE-SALE**



Calendula



White Pond Lily



Echinacea



Blue Flag



Lady's Slipper

If you love our Pure Herbs, Ltd. Herbal Calendars take a look, now you can get these herbal greeting cards!

Greeting Card Assortment (10 cards & envelopes – 2 each of the above pictures – 10 different Greetings)
The perfect greeting for the right occasion.

Your Cost: \$15.95 Per Box - 3-5 Boxes: \$14.95 Per Box - 6 or More Boxes: \$13.95 Per Box

Greeting Cards (Blank Inside) (10 cards & envelopes – 2 each of the above pictures).
Your Cost: \$14.95 Per Box - 3-5 Boxes: \$13.95 Per Box - 6 or More Boxes: \$12.95 Per Box

Special Order Message Cards (box of 10 cards & envelopes) \$16.95

Shipping: 1-2 Boxes \$3.00 3-5 Boxes \$4.00 6 or more Boxes \$5.00

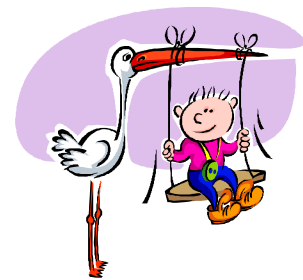
Please make check or money order only payable to: Barbara Jacobs
PO Box 813
Hazel Park, Michigan 48030
Voice Mail (586)790-4352
Suggested Retail is \$18.95

**HAPPY BIRTHDAY
PURE HERBS EMPLOYEES:**

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

PURE HERBS BABY BOARD

Paul and MaryAnn Hilty would like to announce their newest addition. On October 3rd, 2003, they became the proud parents of their second child, a son, David Alan Hilty. He weighed in at 8lbs., 14oz. and was 22 inches in length. He is welcomed home by his sister Kristina Kaye.



IN CHARGE OF PRODUCTION

“We are ready in production for your Holiday special orders.”

1 December 2003 — I.C.O.P. (In Charge Of Production) Al Pfund

SEMINAR INFORMATION

We list all Seminars at no cost to the Distributor as long as it is a Pure Herbs, Ltd. Seminar, and our product is being endorsed. Our Newsletter goes out to thousands of Distributors and is a great way to let people know what you're doing.



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.

PROMOTIONAL INFORMATION

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
(772)220-8800

Web-site (computer address): www.naturalhealthbalance.com

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 Miesse 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

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 Thursday, Dec. 25, 2003 to celebrate Christmas and Thursday, Jan. 1, 2004 for New Year's Day.**

PURE HERBS, LTD. SUCCESS TESTIMONIALS USING PURE HERBS PRODUCTS

"I've been a runner most of my life and can't ever remember not finishing a run until one day last year. I found myself slowing to a walk and then sitting on the ground roadside knowing that what I was feeling was very wrong and that it was too far to crawl home. 'Allow yourself to believe that you can figure it out.' Thank you, Dr. Watkins for that repeated admonishment. So many times over the years it has cleared my mind when asked to help someone else faced with pretty intimidating conditions. Now it was my turn. How I determined it was a high mercury saturation level shutting me down in detail the need for brevity here won't allow. Shortly after my little no option roadside rest, I had all the mercury amalgams (tooth fillings) replaced with body friendly composites and began an herbal regimen to assist my body to rid itself of the poison. I believe my experience yesterday is an indication that the herbal agenda was successful. I finished a four-mile run on an August afternoon with a heat index of 110 degrees in Houston, Texas feeling like I could run a couple more miles, but had other things on my schedule.

This is *one* detox agenda that might be considered following mercury amalgam removal. As the iris indicates and kinesiology (muscle testing) confirms, we are uniquely made. We each have our own genetic strengths and weaknesses. Given this fact, it follows that my body may require support in areas of weakness to fulfill this cleanse that yours does not. Therefore you may require different nutrients or herbal sources.

Our first step should always be to eliminate those foods and beverages that aren't contributing to health. To free up body energy to deal with antigens (undesirable elements) it seems only logical that we would not want to add to its workload, slow down the cleansing process and distress it further by continuing to eat and drink or otherwise expose it to other sources of poison. If you enjoy using the expression, 'Hey, we gotta live in the real world' to justify your food and drink, please know that the world's diseases may also be yours to enjoy sooner and in a greater measure.

Immediately after the dental procedure I applied Arnica to my face and upper and lower jaw hourly for the first day. I took 5 drops of Arnica 4x a day for the shock to my entire system for about 7 days. I drank about 2 quarts of cilantro green drink daily for about 2 months. I applied Indian Tobacco and L.C.-W under the jaw and neck to encourage the lymph's to release poisons. I applied Vitamin E, Oil of Cajeput, Arnica and Scullcap to my gums to soothe the violated nerves. Because of their analgesic properties, I was also relieved of the need for a pharmaceutical pain killer as such deep and extensive dental work may require.

When cleansing, it is imperative that the 'plumbing' or the way out be open. I used 80 drops each of C.C.E.-W and L.B.R.-W in the AM and PM. If your diet lacks vegetable and whole grain fiber, add Psyllium to your regimen to bind and help transport poisons out of the body. Some people would benefit from a series of colonics (colon irrigation).

On the cellular level, we know the body uses minerals to clean itself. I used Research Formula 80 drops 4x/day. A.C.S. and T-W are other wonderful sources. The sea vegetables have a capability to bind inorganic mineral and radiation. In our EMF (Electro magnetic fields) polluted environment they are truly our friends.

On such an intense cleansing regimen, one might consider the use of Black Cohosh, Plantain and Virginia Snake Root as poison antidotes. I used 80 drops of each 4x/day for the first week and then 3x/day thereafter.

I used 80 drops of Formula Three and True American Ginseng each 3x/day for adaptogenic support for my body's overall distress. It takes energy to cleanse. Also, 80 drops a day of Sarsaparilla for its lymphatic support and affinity to pull heavy metals. They'll put a smile on your face! I knew it was working because my friends kept asking me what I was grinning about. They said, 'What has gotten into you?' to which I replied, 'I believe it's what's getting out.'

I took 80 drops of Ginkgo and Gota Kola each 3x/day for their brain enhancing, heavy metal pulling properties. I believe they helped to remove mercury's finger from the 'delete button' of my short-term memory banks. And don't be surprised to be remembering things you'd rather forget. Take this cleansing opportunity to let the old morbid, mental material go as well. Cranesbill, Inkberry, Horsetail and Oatstraw are known for their ability to pull mercury. I took 40 drops of Cranesbill and 20 drops of Inkberry 3x/day. I also took 80 drops of Horsetail and Oatstraw 3x/day.

Don't forget the antioxidant properties and overall support for healing of Vitamins: A, C, and E with Selenium. Pure Herbs, Ltd has excellent sources of all of these nutrients. I took 80 drops of Wild Rose Hips 3x/day. Bilberry and Chippewa Pine are also excellent sources of natural Vitamin C with its full spectrum of bioflavonoids. I took 800 to 1200 units of Vitamin E and 50,000 to 100,000 units of A and 2,000 to 4,000 units of Vitamin D daily (Pure Herbs vitamins from fish oil).

My kidneys and bladder let me know they did not appreciate the mercury now being eliminated through their channels. Cornsilk Comb and Buchu gave me immediate relief. I took 80 drops of each and repeated the doses an hour later. The discomfort passed. Our lymph's tend to act as a repository when the body is on poison overload. My lymph's are especially sluggish. I encouraged them to release by using 20 drops 3x/day of Red Root and 60 drops 3x/day of Goldenseal & Echinacea.

Bad guys are opportunistic. They will gravitate toward a location of least resistance, move in, shut the place down and take over. This must be a principle of life, because it is also true within the body. For instance, my heart, liver, pancreas, lungs and stomach

TESTIMONIALS CONTINUED

are working well and didn't need assistance through this detox, but as my neurogenic eye signs indicate, the (CNS) Central Nervous System (brain & spinal cord) is not my strongest component. It sustained the greatest injury from the mercury. For (CNS) repair and comfort I took 80 drops each of Scullcap and Lady's Slipper 3x/day. I also took 5 to 10 drops of Indian Tobacco 3x/day. Thanks to a compassionate Creator all of life is cyclic and so is cleansing. My energy level and clarity of mind have been sustained over this past year and I've had some rough days as well. Recognizing the "not so good" days as being 'more cleansing,' I am welcoming the elimination of yet another pocket or layer of mercury. The amalgams were put in between the ages of 10 and 15 years old. The 'big 60' is not far off. Those were whole decades to absorb and store a known poison. Any thoughts of the expense or inconvenience of such an intense regimen were quickly dispelled as I contemplated, 'inconvenient as compared to what? Sitting alongside the road and trying to remember my name?' I maintained this intense regimen for about 2 months and then began tapering off until now I am doing a very low maintenance program of about half the drops only 1 or 2x daily and alternating some of the herbs. On the 'not so good' days I return to the original program. Thank you, Pure Herbs, Ltd. for making available to our nation herbal sources with all the true virtue of some of God's best foods at a time on this planet when we need their help as never before."
—For Life, Jonny Yaden, Houston, TX

"My husband has osteoarthritis in his hands. He has tried several different natural remedies with no relief. Finally, he tried L.P.-W (Liquid Pearle). On the second day he remarked that his hands no longer ached. He continues to take Liquid Pearle and is pain free. He takes one half dropper full three times a day."
—Barbara Burr, Derby, VT

"Our beloved 11 1/2 year old dog Barney was diagnosed with Canine Anemia/Auto-immune Disease (his white blood cells were attacking and destroying his red ones). The Veterinarian put him on Prednisone and antibiotics with little encouragement for his recovery. When I asked Dr. Watkins if he had any suggestions, he immediately said Sutherlandia, Greasewood, Protein, H.I.-W and A.C.S. He also said Vitamin E would oxygenate the bloodstream and assist the herbs. He said to apply them to the pads of his feet. We were surprised at how absorbent the pads were. They soaked up the herbs like sponges. The improvement was quickly noticed by everyone. The Vet said it was 'amazing' how well he was responding to their treatments (we hadn't told them about the herbs). In our last contact with them, they said they could not get over how well our Barney had gotten. They said that by all accounts Barney should no longer be with us. Thank you Pure Herbs and Dr. Watkins. We now have Barney on A.M.F.-W (Animal Maintenance Formula) which we plan to continue as long as he is with us."
—Uncle Al's friend

"I am a Nutritional Counselor and Therapist. This is my husband's success story: In Florida we have several different kinds of parasites. My husband's back was attacked by parasites and was all puffed up like a growth or something. It got fatter and fatter! We had it evaluated by a professional and they said it was parasites. For three months we tried herbs and other remedies with no success. Orinoco Extract did help with the pain. This growth was three inches in diameter and was located on his spine. It was the size of a goose egg and very painful! I put two drops of Sutherlandia straight onto the growth and lightly spread it around until it was absorbed into the skin. I repeated this procedure two-three times per day. The growth began to shrink and the pain began to decrease. During the next three weeks it just kind of went away. There was a minor recess and the skin looked stained, but it is continuing to heal very nicely and has a healthy color as it is healing! It also healed my intestinal infection! Thank you Pat Courter for sharing Sutherlandia with me and Pure Herbs for making this wonderful product available to us."
—Lynn, Ft. Myers, FL For further information contact Pat Courter at: (940)726-5070

"I have had hot flashes and night sweats for several years. I did not want to use estrogen, due to the side effects it can cause. A friend introduced me to the Pure Herbs product, M.P.E.-P and to my surprise it worked instantly. Whenever I feel a hot flash coming on, and those of who have them know they sometimes can come with little or no warning, I simply take the recommended dosage and instantly my flashes disappear. M.P.E.-P is truly a God sent herbal solution. I sincerely recommend it to anyone who suffers from hot flashes and night sweats. Thank you, thank you, thank you Pure Herbs for your products!"
—Helyne Lloyd, Chattanooga, TN

IMPORTANT NOTE: When sending in a testimonial, please be sure to include which herbs you have used to help you. We have received many testimonials which do not give this information and then we have our Distributors calling, wondering which herbs were used. If you would like to send in your success testimonials, address them to: Pure Herbs, Ltd.

33410 Sterling Ponds Blvd.
Sterling Heights, MI 48312

Please let us know if we can publish them in our bi-monthly Newsletter and put them on our website. Also, let us know if you would like your name and phone number used. If you would only like the initials of your name to be used, please specify that. We would love to hear from you! **When your testimonial is published you will receive a free 4 ounce bottle of your choice with free shipping.** Please note some testimonials have been edited for space and clarification.

SUTHERLANDIA

(INFORMATION FROM THE HERBAL RESEARCH GROUP)

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

WHAT IT DOES:

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

WHAT IT WORKS ON:

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

WHAT TO EXPECT:

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

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

HOW MUCH TO TAKE:

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

INTERNAL USE:

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

EXTERNAL USE:

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

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

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

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

SUTHERLANDIA COMBINATION

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

WHY IT IS ALSO OFFERED IN A COMBINATION:

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

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

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

HOW MUCH TO TAKE:

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

With kindest regards,

**Dr. Eugene C. Watkins
President**

With best wishes,

**Gisela Watkins
Vice President**

