

PURE HERBS, LTD.  
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(800)860-4372 Fax (586)446-8218  
[www.pureherbs.com](http://www.pureherbs.com)

Dec 2009/Jan 2010

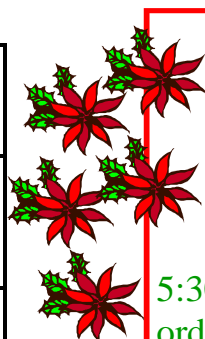


HAPPY HOLIDAYS  
FROM ALL OF  
US AT  
PURE HERBS, LTD.



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**HAPPY NEW YEAR !!!**

**DECEMBER HOLIDAY SPECIAL!**

For the month of December get 5% off of any Pure Herbs, Ltd. product order placed (excluding spray bottles), plus full P.V. (Purchase Volume). The special will begin on Tuesday, December 1st, 2009, and end promptly at 5:30 p.m. Eastern Time on Thursday, December 31st, 2009. Any orders left on the voice mail, fax, or received in the mail after 5:30 p.m. December 31st, 2009, 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 (excluding spray bottles). Once again, no shipping, renewal fees or application fees will be discounted. **Product only (excluding spray bottles)!** 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!**

**JANUARY 2010 SPECIALS**



PHOTO OF GOLDENSEAL.

Purchase three bottles (must all be the same product and the same size) of the following IMMUNE SYSTEM BUILDING herbs 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 OLIVE LEAF and receive a fourth bottle of OLIVE LEAF free. No Purchase Volume will be paid on any free bottles.

- **ASTRAGULUS** — Immune system builder
- **THREE BEE'S** — Energy, chronic fatigue and a natural antibiotic.
- **UNA DE GATO** — Raise immunity, arthritis, rheumatism and bad cells.
- **GOLDEN SEAL & ECHINACEA COMBINATION** — Combat infection, flu, colds and natural antibiotic.
- **OLIVE LEAF** — Natural antibiotic, colds, flu, normalize blood pressure; virus, bacteria and fungal parasite problems.

PURE HERBS, LTD. OFFERS MONTHLY SPECIALS. BE SURE TO ASK ABOUT IT WHEN YOU CALL YOUR ORDER IN OR REFER TO OUR WEB-SITE AT: [WWW.PUREHERBS.COM](http://WWW.PUREHERBS.COM).

ABOVE 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.

**WEB-SITE UPDATE:**

We have added a new menu button for your convenience. It is called **BULLETIN BOARD**. Here you will find the most current information on topics that we think are important for our Distributors to be informed about. Also, if there is a new product announcement between Newsletters, this is where you will find that information.

**UPS HOLIDAY SCHEDULE**

DECEMBER 24, 2009—DELIVERY ONLY. NO U.P.S. PICK-UP.  
 DECEMBER 25, 2009—NO U.P.S. PICK-UP OR DELIVERY.  
 DECEMBER 31, 2009—AIR DELIVERY ONLY. NO U.P.S. PICK-UP.  
 JANUARY 1, 2010—NO U.P.S. PICK-UP OR DELIVERY.

**NEW DIRECTORS FOR SEPT./OCT. 2009**

Jeri Spencer	Ruth Byler
Howard Pagel	Carol Pitts
Penelope Thomas	Maria Sanchez
Doris Moton-Spruill	Janet Gordon
Janice McClenic	Mary Norman
Priscilla Norfleet	Linda Butler
Anita Owens	Marcia Fox
Laverne Jackson	Charmayne Moody

**CONGRATULATIONS!**

**WELCOME NEW DISTRIBUTORS  
TO OUR PURE HERBS FAMILY**

**32,714 THRU 33,156**

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

**Shipping rates are as follows:**

\$ 99.99 and under	\$ 6.00
\$100.00- \$249.99	\$ 7.00
\$250.00 -\$499.99	\$ 8.00
\$500.00 – \$1199.99	\$ 10.00
\$1,200.00 and up	\$ 15.00

**C.O.D. FEE IS \$9.00**

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 have to 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 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.

**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, 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/ 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 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, 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 only be open for a half day on Thursday, December 24th, 2009 (Christmas Eve) and we will be closed Friday, December 25th, 2009 in observance of Christmas Day and Friday, January 1st, 2010 in observance of New Years Day.

**HAPPY BIRTH-  
DAY PURE  
HERBS  
EMPLOYEES:**

**DEC 10—JOANNE  
DEC 15—MIKE B.  
DEC 16—SUSIE  
DEC 23—BARB  
DEC 30—KIM**



**A SIMPLE EXPLANATION OF OUR COMPENSATION PLAN  
(MULTI-LEVEL MARKETING PLAN)**

**DISTRIBUTORS:**

\$100.00— \$299.99 = 10% purchase volume discount check from your upline Director.  
\$300.00—\$599.00 = 15% purchase volume discount check from your upline Director.  
\$600.00 & Up = 20% purchase volume discount check from your upline Director.

**Basic scenarios:**     \$100.00 = \$10.00 (10% discount check)  
                                   \$300.00 = \$45.00 (15% discount check)  
                                   \$600.00 = \$120.00 (20% discount check)

By sponsoring other people you can increase your purchase volume discount checks. Even if you are not interested in making a business out of it you can use the discount money to help with cost of purchasing your herbs.

**DIRECTORS:**

If you purchase \$1000.00 of products:

Average retail mark-up is approximately 25%. Your profit then would be:     \$250.00  
Pure Herbs, Ltd. Purchase volume discount check would be:             \$300.00 (30% of \$1000)  
**Total profit would then be:**     **\$550.00**

Purchase Volume (PV) is paid on product only! Application fees, renewal fees, shipping fees and 1 oz. plastic spray bottles are not counted toward Purchase Volume (PV).

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

**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:  
**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 70 cents each. If you would like to contact Frank & Irene 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 to, 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 9 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 9 for order details.

**IN CHARGE OF PRODUCTION SAYS:**

“Great News. . .Doc and I have been testing out a new formula for over three months now and the results are wonderful! Look for a NEW PRODUCT ANNOUNCEMENT SOON!!!”

Al Pfund, I.C.O.P. (In Charge Of Production)  
1 December 2009

**SEMINAR INFORMATION & OTHER IMPORTANT NOTES**

We list all Seminars at no cost to the Directors as long as it is a Pure Herbs, Ltd. Seminar, Course or Advanced Courses 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 class. 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 Wed., March 3, 2010 thru Wed., May 19, 2010  
Every Mon., April 19, 2010 thru Mon., July 5, 2010

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

**COST:** \$250 plus book fee of \$65

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

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

**MICHIGAN—SOUTHFIELD**

Irene's Myomassology Institute is offering classes 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.

**DATES:** Sat., Dec. 5, 2009 thru Sun., Dec. 6, 2009 and Sat., Feb. 20, 2010 thru Sun., Feb. 21, 2010

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

**PLACE:** 26061 Franklin Rd, Southfield, MI 48034

**COST:** \$296 (non-student fee) for the Dec. class  
\$312 (non-student fee) for the Feb. class

**For further information or reservations, please contact Irene's Myomassology Institute at: 248-350-1400.**

**CONVENTION NEWS!**

The Pure Herbs Ltd. National convention was a great success! We got together on the Disney World estate in Orlando, Florida.



Disney World is of course one of the world premier vacation and convention locations. We had a red hot time! We were there from the 4th of October through the 8th of October. It was like summertime all over again. Not to worry, our meeting halls were air conditioned. We had a great time exchanging information, giving samples of all the Pure Herbs exciting new products and meeting old and new friends. Maybe we will see you at our next convention.

Look for a color picture brochure of all the great events coming in our next Newsletter.

**NEW JERSEY—SOMERSET**

Dr. J.C. Williams, N.D. (Naturopath & Certified Holistic Health Cnslt.) of the Ankh House is offering Wholistic courses, which can lead to certification as an Herbal Consultant. Learn how to develop regimens for self, family & community. Dr. Williams is also available to travel to your location to present courses.

**COURSE:** Herbs & Healing I

**DATE:** Sat., Jan. 16, 2010 & Sun., Jan. 17, 2010

**COURSE:** Herbs & Healing II

**DATE:** Sat. Feb. 20, 2010 & Sun., Feb. 21, 2010

**COURSE:** Herbs & Healing III

**DATE:** Sat., March 20, 2010 & Sun., March 21, 2010

**COURSE:** Herbs & Healing IV

**DATE:** Sat., April 17, 2010 & Sun., April 18, 2010

**COURSE:** Herbs & Healing V

**DATE:** Sat., May 15, 2010 & Sun., May 16, 2010

**TIME:** 10:00 a.m. till 6:30 p.m. **all days**

**COST:** \$275 **per course** plus \$75 book fee for the first three courses and the last three course book fee to be determined.

The book fee pays for the Herbal practice library materials from Dr. A.B. Howard which will be used in the course teachings. If you already have these materials your cost for the book fees will be less or nothing if you have all the books you need.

**PLACE:** Hampton Inn 255 Davidson Ave  
Somerset, NJ 08873

**For further information or reservations, please contact: Dr. J.C. Williams at: 800-266-7785 ext. 21 or 609-903-1183.**

**WHY WE APPLY SOME LIQUID HERBS EXTERNALLY**

Excerpted from copyrighted material from The Center For Building Better Health Naturally, Inc.

All parts of the body do not absorb nutrients at the same rate. Some body parts need a little extra help. They may be weak, damaged or congested. For instance, the lymph glands may be stuffed with dead cells and poisons they just can't eliminate. The liver may be stunned with the residues from harmful medications and the chemical poisons sprayed on our vegetables and fruits to kill bugs. The bone marrow may be congested with chemically altered and artificial trans-fats. You run into a kind of toxic waste dump in those parts of the body. These areas may need some special help. Take the herbs internally and also put them directly over the organs or glands that are in trouble, two or three times per day. In this manner you nourish, clean, oxygenate, erase electrical upset to the nerves and repair body parts much easier. This is, of course, the great flexibility you have with high quality liquid herbs that are easily absorbed and straight from nature the way the Creator made them.

ABOVE INFORMATION IS OBTAINED FROM THE CENTER FOR BUILDING BETTER HEALTH NATURALLY AND HAS NOT BEEN REVIEWED OR APPROVED BY THE FOOD & DRUG ADMINISTRATION.

## **PROTECT YOURSELF AGAINST THE SWINE FLU, BIRD FLU AND ANY OTHER FLU OR COLD**

**The Center For Building Better Health Naturally, Inc./Herbal Research Group  
From the copyrighted works of Dr. A. B. Howard**

Keep the trash cleaned out of the body. Don't give the virus or germs a place to live. Keep the bowels clean. Please promote and allow at least two and preferably three easy and complete movements per day. Use one to four capsules of **CASCARA SAGRADA** each night. Start with one capsule and increase if needed. If you prefer you can use one 40 drops to one teaspoon of **C.C.E.-W** each evening.

### **TO GET RID OF VIRUS, FLU AND COLDS:**

Do not let your body become dehydrated. Always keep your body well supplied with plenty of natural vitamins, minerals and trace elements. Take one teaspoon of **FORMULA MAX** or **FORMULA M** three to four times per day. Drink plenty of real juices and spring water to flush out poisons, nourish and prevent dehydration. **PEPPERMINT TEA** is great for upset stomach or one teaspoon of **PEPPERMINT EXTRACT** to a cup of hot water. Also, use **I.V.-H** (Infection and Virus) for relief of flu suffering. Take one teaspoon two to three times per day.

### **GET PLENTY OF REST.**

Rest is a medicine. Christ said it best. "Come all ye unto me who are burdened and heavy laden and I will give ye REST."

### **USE ONE OR MORE HERBAL ANTIBIOTICS.\* CHOOSE FROM THE FOLLOWING & TAKE WITH FOOD:**

- **IMS.-W** to strengthen the Immune System. Use one teaspoon three times per day.
- **BEE PROPOLIS** or **BEE POLLEN** to fight the flu. Use one teaspoon or more three times per day.
- **OLIVE LEAF** one teaspoon every four hours while awake.
- **C.C.E.-W** (Cleansing-Corrective Extract) one teaspoon, or if severe flu, one Tablespoon every four hours while awake.
- **SUTHERLANDIA** ten drops every four hours while awake.
- **PLEURISY ROOT** if fluid in the lungs, one teaspoon to one Tablespoon every four hours while awake.
- \* **VITAMIN C** should definitely be a part of your program. Use 3,000 mg. of tablet form **VITAMIN C** plus a natural source of Vitamin C such as: **WILD ROSE HIPS, BILBERRIES OR ACEROLA CHERRY EXTRACT** one teaspoon three times per day. By using a natural source Vitamin C along with the tablet form Vitamin C they will work much more effectively.

### **TO BREATHE EASIER AND BREAK UP CONGESTION CHOOSE FROM THE FOLLOWING:**

**OIL OF CAJEPUT, WINTERGREEN OIL, PEPPERMINT OIL, FIVE OILS** or **EUCALYPTUS OIL**. You can put a few drops of any of these oils on a handkerchief and breathe deeply as needed. Also, apply any of these oils to the chest to breathe easier and break up congestion.

### **KEEP THE IMMUNE SYSTEM STRONG.**

Nourish the adrenal glands and this can make you more comfortable and get you well quicker. Choose any of the following: **BEE POLLEN, SIBERIAN GINSENG, LICORICE ROOT, SARSAPARILLA, ASHWAGANDA, FORMULA III, STILLINGIA**, or especially for women, **THREE BEES**. Take at a rate of one teaspoon every four hours while awake. If you must be around sick people, take 40 drops of **JUNIPER BERRIES** per meal to avoid sickness.

### **IF YOU GET THE FLU**

Use **F & F**, for flu and fever. Use **BLACK COHOSH** if chills and fever at a rate of ten to forty drops hourly, as needed. Also, apply **BLACK COHOSH** to the spine.

### **WHEN YOU EAT, MAKE SURE YOU GET SOME PROTEIN TO BUILD NATURAL BODY DEFENSES.**

Here is a list of **PROTEIN** sources you can use: **YOGURT, NATURAL PEANUT BUTTER, ALMOND NUT BUTTER** or ground sesame, also known as **TAHINI**. These can be put on puffed rice crackers and eaten that way. You can also supplement with liquid protein such as: **BEE POLLEN, FIVE GOOD** or **PROTEIN EXTRACT**. Use one teaspoon to one Tablespoon three times per day. To prevent flu use one teaspoon of **SWEET ROOT** per day.

*This information is about historical observations and historical information relating to herbs. This information is not intended to be a substitute for medical advice by licensed physicians. A person should consult a physician regularly in all matters relating to medical problems, especially in matters of diagnosing, treating or curing diseases or other physical or mental conditions. This information has not been verified by the American Medical Association or the Food and Drug Administration.*

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

### April 17, 2009

"I am writing to give my testimony regarding my 15 year old son who had his front tooth knocked loose by accident while playing basketball. We had to have the dentist put the tooth back in place and brace it against the other two teeth. I started him right away on **Knitbone**, **White Oak Bark** and **Olive Leaf** every two hours for several days, then kept him on it three times daily for over a month. The dentist was very skeptical that the tooth could be saved, giving it a 99% chance of dying! After two weeks of the Pure Herbs regiment, he was surprised that the tooth looked so good and reduced the chance of the dying down to 80%! After four weeks, he took the brace off and said it looked really good and dismissed him. In the beginning, he had nothing to offer other than a round of antibiotics (which I declined). I give credit to Pure Herbs and prayer for the healing of this tooth. It looks great and has tightened up and barring another injury, I believe it will be fine. We have also used other Pure Herbs products with much success. Even my skeptical husband and children now use **Olive Leaf** regularly when the start feeling poorly." —K.W., Greenville, OH

### February 13, 2008

"Ever since I can remember, my mom has used Pure Herbs products. My family knows Solomon Wickey and he suggests the Pure Herbs product line. My family uses the Pure Herbs products for their health situations. Recently, my two brothers got sick and I knew just what to do. Immediately, I pulled out **Marshmallow Root** to help keep me from getting sick. Amazingly, after it was all said and done, I was the only one who did not get sick. Pure Herbs products work brilliantly! The difference between medication and Pure Herbs is that I don't have side effects. My mom's side of the family has always been hooked on Pure Herbs because of the natural qualities versus the chemicals of conventional medicines. With many illnesses going around in the winter, Pure Herbs is definitely working to keep our family healthy. After using Pure Herbs products my whole life, I have to say that they work better than anything I have seen. Everyone else in my family would agree. I hope that Pure Herbs grows and changes the medical field in the future." —K. S., Dublin, OH

### February 18, 2008

"My husband had a corn on one of his toes that was pea shaped and was very sore. He was keeping cotton between his toes to keep from rubbing. Knowing that **Sanicle** sometimes helps to dissolve growths of tumors I thought why not try it on this! I put **Vitamin E** (a small amount) on a bandaid, then three drops around the sore. By the end of the week the only thing that was left was a tiny scab. I only applied it twice and his foot felt so much better. We are so grateful to your company for offering quality products that work so quickly." —Bonnie R., KY

### April 7, 2008

"Greetings in Jesus' name. We are firm believers in your herbs and Gods healing. I experienced twice how **Arnica** works along with some of your other products as well. A couple of months ago I sprained my ankle on a mis-step I made. By evening I could not walk on my leg and I had horrible pain. I rubbed **Arnica**, **Peppermint Oil** and **Herbal Adjustment** on my leg and wrapped it up. I only did it twice and by the next day it was totally healed. And, we experienced the same with a backache one time! We rubbed it twice with same three products as above and it worked! That too was healed totally the next day. My mom and sisters started to order your products too and they love them so much. God Bless your business!" —A. L, Atglen, PA

### August 29, 2009

"Pure Herbs thank you for **TRQ.-RH**. I read about **TRQ.-RH** in a recent newsletter and just knew we needed it! True to what was written, **TRQ.-RH** just takes the edge off of stress and lets me get through whatever is going on without feeling tired, dull or fatigued. In the past year my husband and I have been through many major life stresses; the loss of a parent, car accident, threatened job loss, relocating older parents with health problems to be closer to us. Each day seems to bring its own challenges, but when the challenges seem to be mounting I am so thankful for **TRQ.-RH!**" —Eileen Rees, Mine Hill, NJ (973)343-7597

### March 28, 2008

"I've been having health problems and a bad stomach for a few years. I went to see my herb doctor, J. Zehr and he had me try **Slippery Elm** and within a few weeks I felt better." —An Illinois friend

## WE ENJOY YOUR TESTIMONIALS, PLEASE SEND THEM IN!

### IMPORTANT NOTE:

When sending in a testimonial, please be sure to include which herbs you have used to help you. We have received many testimonials which do not give this information and then we have our Distributors calling, wondering which herbs were used.

If you would like to send in your success testimonials, address them to: Pure Herbs, Ltd. — 33410 Sterling Ponds Blvd., Sterling Heights, MI 48312

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

**TESTIMONIALS CONTINUED****November 2, 2009**

"I was concerned about my husband because of his heavy and loud snoring at nighttime. It often woke me in the night and scared me because of his not breathing freely and sounding like he couldn't get his breath at times. I had heard on the radio about sleep disorders and I was frightened for him. Some time ago I decided to use Pure Herbs products **T.L.-C** (Throat, Laryngitis & Colds/Cough), and **E.T.I.-W** (Ears, Throat & Infection) together to see if it would help his breathing. It worked great 90% of the time when I remembered to give the herbs to him. It was a little bit of a hassle though. I used about 80 drops of **T.L.-C** and 80 drops of **E.T.I.-W** immediately before he went to bed each night that I remembered. Well now I have really EXCITING NEWS! We have fallen in love with Pure Herbs new product....(drum roll)....**Spearmint Oil**. One of my Distributors gave me the idea by telling me she used some fragrant oils so her husband wouldn't snore. So while at the Pure Herbs convention this year we were given a little bottle of the **Spearmint Oil** and I decided to try it on my husband. By the third night we could tell he was sleeping deeper and his sleep was more restful! By the fifth night he was asking where that little bottle was. Needless to say I am ordering several bottles and of course he will get his own personal bottle of **Spearmint Oil**. He told me this morning that it smelled so good that he should use it as an aftershave! Here is our 'Secret' method of using it . . .He rubs the **Spearmint Oil** around his ears, front to back, and then he applies some to the front of his throat. It is wonderful to be relieved of that deep concern I had for his breathing and boy can I sleep better too! PLUS. . . He wakes up each morning now from a very restful and wonderful nights sleep! YES! Pure Herbs, you are awesome! You're still Number One in our world!!! God bless you abundantly!" —P.C. in Wonderful Texas!

**June 12, 2008**

"I've had a cold virus for nearly three weeks that wouldn't turn me loose. The constant coughing, throat closing and sneezing kept me and my husband awake nights and sapped my energy. It hit me so hard and knocked me flat that I didn't even think of my herbs for two weeks. I was so ill. Finally, I started taking **IMS.-W** and the coughing lessened 75% in one night and 20% more in two more days (it built up my immunity). I have also been using **Plantain** because of some bad food from the markets and cafes where I live. When I came down ill from some tomatoes that I had eaten, I knew it was serious so I ran for the **Plantain**. It took two hours to feel better. Normally, it works in 5-20 minutes at the most. So I knew it was not just normal food poisoning. I heard on the news that the café and market tomatoes had e-coli poisoning from eight different states. I cannot praise Pure Herbs enough for their products. I have also used **L.-W** (for lungs) to help keep my lungs clean during the years my heart was so bad. The medical doctors were astonished so I told them about the product and showed them the bottle. Also, please tell Dr. Watkins that Gravel Root cleaned the Mitral Valve so at surgery they didn't have to do a thing for that particular valve and the surgeon said it being clean made the job of replacing the other valve so much easier and much less dangerous. God bless." —F. W., Marion, IN

**April 30, 2008**

"I have experienced continued success with Pure Herbs products in time of ailment. My daughter came home from school with a vicious intestinal bug that was spreading through the house quickly. As soon as I felt the effects of it, I took a tablespoon of **C.C.E.-W** to wipe it out, along with 80 drops of **Ginger** extract and 80 drops of **Clove** extract for the nausea. The herbs fought the effects of this bug for a good four hours but I never let up on ingesting the three named extracts. These herbs took the painful edge off of the virus and had me healed in record time. I always make sure that I have **C.C.E.-W**, **Ginger** and **Cloves** with me wherever I go due to its continued success in eliminating nausea or any type of stomach problems that may ail me on the go. I truly do not know how I would survive without Pure Herbs!" —A.T.M., Metamora, MI

**March 24, 2008**

"My family and I love the Pure Herbs product **F. & F** (flu & fever). I found that if I took a couple of drops of **F. & F** on my tongue, I could be around sick people and it would keep me from getting what was going around. Also, my son has really bad sinus problems and found that **F. & F** really helps him. It also helped him when he fell and his bowels shut down. He became bloated and had really bad discomfort in his intestines. He asked me to apply the **F. & F** to his spine and on his stomach. After doing so, the bloating and discomfort went away. He kept doing that until he was able to get everything going again. We also applied **Arnica** to his spine two or three times to take the shock out of his spine." —D.G., Wytheville, VA

With kindest regards,

**Dr. Eugene C. Watkins**  
President

With best wishes,

**Gisela Watkins**  
Vice President

Best wishes,

**Aaron Watkins**  
Operations

**OLD  
PHILOSOPHER'S  
CORNER**

"Do you have any idea  
how important your  
positive emotions are?"

Dr. Eugene C. Watkins  
1 December 2009